

Daily Goodwill Review

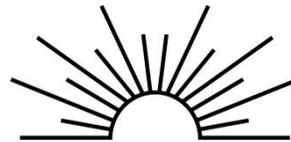
- ◆ As I review my day, what part has kindness played in it?
- ◆ How have I shared and spread the radiance of kindness today?
- ◆ What truthfully hinders my being kind to myself and others?
- ◆ Do I expect to be rewarded and recognized for being kind?
- ◆ Can I draw upon my inner goodwill and radiate it as a blessing when others need it?
- ◆ Do I see and recognize the spirit of goodwill blessing and influencing others?
- ◆ In what ways can I most genuinely share the quality of goodwill and serve others?

Spontaneous Acts of Kindness

Each person is kind in his or her own way. There are those who call a friend who is lonely, and those who explain a lesson to a student in difficulty. Someone will give you fresh lettuce from his vegetable garden, or smile at a child in a crowded waiting room. Others hold the door open for you when you are laden with parcels, and others still will devote their lives to feeding the hungry.

Opportunities for kindness are all around us. Life collaborates since all we have to do is see the chances for expressing and cultivating kindness. As when we look at those optical illusions in which, after we have gazed at a chaotic image, we see a coherent one emerge, all we have to do is look around, and instead of seeing a boring routine or a series of pressing duties, we find occasions for being kind. They emerge continually in different forms. We just have to pay attention.

The Power of Kindness by Piero Ferrucci



The Sundial House Group
& The Group for Creative Meditation

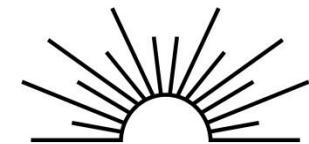
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THE SUNDIAL HOUSE GROUP



‘The principle of Goodwill is considered the primary platform from which the World Servers operate. It is what all men and women of goodwill *are* that is powerful in this work. The controlling factor is *harmlessness* in thought and word. . . . Next comes a refusal to *think unkindly* or with criticism. . . . *Silence*, complete and unbroken as to what you are doing, is also a vital factor. A *balanced attitude* in relation to all those in power throughout the world must also be cultivated.’

- Discipleship in the New Age, Vol. I, pp 65-6



The Principle of Goodwill

In every country in the world today there are men and women of goodwill and of true understanding. They are however overcome with fear or the feeling of futility and doubt as the work to be done is of huge proportions. Their best efforts they believe are rendered of little or no consequence. They need to be inspired and called to consider themselves as raindrops in a whole cycle of manifestation and precipitation. A group of raindrops can produce amazing results. Wouldn't you agree?

So by harnessing the positive power of thought and creative meditation, each of us can clarify and bring to light the qualities and principles of right living, goodwill and harmony. These qualities and values can be understood and shared with others. In fact with all of those we meet and come into contact with directly or indirectly. All we need is to use some creative thinking, spontaneity and skilful will. We can begin right now to be active agents of goodwill here where life has placed us. It only involves a matter of choice and our willingness to participate in cultivating a climate of goodwill.

Some Goodwill Qualities

- ◆ Kindness—Compassion
- ◆ Sympathy—Empathy
- ◆ Patience—Acceptance
- ◆ Tolerance—Understanding
- ◆ Gratitude
- ◆ Giving for—Forgiving
- ◆ Generosity—Sharing
- ◆ Humility—Harmlessness
- ◆ Sense of sisterhood, brotherhood and universality [All in it together]
- ◆ Spirit of Service



'Goodwill is contagious it spreads like wildfire.'

Cultivating Goodwill

A Scientific Approach to Cultivating Goodwill

Take a moment to come to your familiar centre of stillness and silence.

Answer the following questions in your own words:

- ✚ What does it feel like to receive and experience kindness & goodwill?
- ✚ How do you express kindness & goodwill?
- ✚ How do you notice kindness & goodwill playing out within your family, friendship groups, work place and within society?
- ✚ Take a moment to choose somewhere that would benefit from *an epidemic of kindness & goodwill*. It can be anywhere – locally, nationally or internationally.
- ✚ Take a few minutes now to imagine and visualise in as much detail as you can kindness & goodwill at work in as many of its guises as you can manage. Or if you do not think in pictures, describe your goodwill & kindness epidemic playing out as vividly as possible in a joyful heartfelt story.

Allow 5 minutes for this daily Exercise.

Cultivating a Goodwill Epidemic – an idea taken from unpublished Roberto Assagioli SDH Archive GCM Papers