

WORLD SERVICE



World Service

Years ago the Tibetan wrote, "I call you from your dreams of vague beauty, impossible utopias and wishful thinking to face life as it is today; and then to begin, in the place where you are, to make it better.

I call you to the experiment of right human relations, beginning with your own personal relations to your family and friends, and then to the task of educating those you contact so that they also start a similar work.

It is the work of attaining right individual relations, right group relations, right inter-group relations, right national relations and right international relations.

I call you to the realisation that in this work no one is futile or useless, but that all have a place of practical value.

I call you to recognise that goodwill is a dynamic energy which can bring about world changes of a fundamental kind, and that its mode of expression is through the activity of the individual man and woman and through their massed intent.

The massed power of goodwill, the dynamic effect of intelligent and active understanding, and the potency of a trained and alive public opinion which desires the greatest good of the greatest number, are beyond belief. This dynamic power has never been employed. It can, today, save the world".

From Djwhal Khul's Unpublished Writings © Lucis Trust



Cultivating an Epidemic of Goodwill & 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

A Scientific Approach to Cultivating Goodwill

- ✚ Take a moment to come to your familiar centre of stillness and silence.
- ✚ Raise your level of awareness and focus it within the head centre.

- ✚ From that point of focused concentration where the personality is in alignment with the Higher Self or Soul. 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, in as many of its guises you can manage, at work in your chosen scene. 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