



The Principle of Goodwill

'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

Goodwill in Action

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. A group of raindrops can produce amazing results. Wouldn't you agree?

By harnessing the positive power of thought and creative meditation, each of us can work with the qualities and values of right living, goodwill and harmony. These qualities can be shared through each day with all of those we meet and come into contact with directly or indirectly. 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.

Goodwill Qualities

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

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 unpublished idea from Roberto Assagioli

Daily Review of Goodwill

As I take a moment to review my day, what part has kindness played in it?

How have I shared and spread 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 share it silently with others?

Do I see and recognize the goodwill blessing and influencing others?

How can I most creatively share this quality of kindness and goodwill?

Spontaneous Acts of Kindness

Each person is kind in his or her own way. 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. - Piero Ferrucci

