

The Principle of **Goodwill**



Also see -

The Principle of Good Relations

The Principle of Unity

The Principle of Group-work

Creative Meditation for world service

The meaning of good

The basic meaning of 'goodwill' can be known by understanding the meaning of the words, 'good' and 'will'.

'Will' is an intention and an energy to initiate, create, or work at achieving something. This will is 'good' when the intended goal is for something 'good', or 'for the good'. In other words, when one's will is for achieving something good, then this is goodwill. Thus, goodwill is a will that is for-the-good, or a 'will-to-good'.

But then, what is 'good'? This is a more difficult word to define, because there are many kinds of good. First, we can distinguish two types of good: Intrinsic Good and instrumental good.

Intrinsic Good, like an intrinsic value, means something is good in and of itself, without needing any other something to justify it. It is self-evidently and intuitively known to be good, rather than needing a process of reasoning to know it is good. Intrinsic Good is also called an Ultimate Good or an Absolute Good.

Instrumental good, different from Intrinsic Good, is anything or any action that effectively leads to an Intrinsic Good. That is, an instrumental good is something that is instrumental towards an Ultimate Good. Therefore, once we know or decide what is an Intrinsic Good, then whatever effectively leads to this is an instrumental good. In a sense, an instrumental good is a practical way to achieve an Intrinsic Good, which is derived by reasoning.

Applying these basic types of good to the meaning of good-will, most would agree that goodwill is an instrumental good, rather than an intrinsic good, since it is not self-evidently good in itself. That is, goodwill can be rationally regarded as a value, or ethic, because it is instrumental for achieving various Intrinsic Good, such as love, harmony, happiness, and well-being in the world.

Ultimate Values and the Greater Good

Intrinsic Good can be distinguished in two ways:

(a) the Ultimate Values in life, and (b) the Greater Good of all.

Ultimate Values are the self-evident intrinsic values of our life, the qualities of life and the qualities of being that we most value and cherish. They are the most valued Qualities in life; such as happiness, health, harmony, love, enjoyment, beauty, wisdom, and creative freedom.

The Greater Good refers to 'what's good for the whole', or good for the larger group or larger world, and this is regarded as an ultimate Moral Value or Ultimate Good. The Greater Good is also called the 'Good of the whole', the 'Overall Good', and the 'Common Good'. This suggests that what is ultimately Good is that which is good for everyone, or good for the greater whole.

Thus, the Greater Good can be understood as an ultimate Value in itself, as well as an ultimate goal for ethical action; so that if an action effectively 'leads to' the Greater Good, then this is a 'good action' or a 'good result', and if one has an intention to act for the Greater Good, then this is a 'good intention'. Likewise, if a personal quality is helpful to 'the good of the greater whole', then this is a 'good quality'. And likewise, if one's thoughts are beneficial to the Greater Good, or helpful for the Common Good, then these 'good thoughts'. So, to think of the good of the whole, or to act for the good of the whole, is itself intrinsically Good.

Also, if we combine these two meanings of the Ultimate Good, then the Ultimate Good can be understood as the highest Values and Qualities of life, yet these have to be enjoyed by everyone, such that 'what is good' cannot just be something 'good for me' or good for just my group; rather, the Ultimate Good has to be good for everyone, for all of life and for the greater whole. Yet, even though the needs of the whole are more important than personal interests, the Values of each person still need respect.

Ultimate Values and Qualities of life

As self-reflecting human beings, we each can realize what are the Ultimate Values in life, or decide what is 'most important'. Yet our realization of Ultimate Values will probably not occur suddenly all at once, but instead will require many periods of thoughtful consideration and self-reflection, and this can even become an ongoing life question, as in 'what is most important?' Thus, over time and sincere reflection, we will gradually become more certain about the Ultimate Values and Goals of life.

Then, once these Ultimate Values are realized, or decided, they become reference points for making decisions about what to do or how to be in life. For now that one knows what is most valued and important in life, one can then ask 'how to achieve this Aim', and one can use practical reasoning to understand the needed steps or efforts to achieve those great Aims or Ultimate Values.

So, once we have a clearer idea about life's Ultimate Values, Goals, or Purposes, then we can use our practical reasoning to know what is instrumental or effective for achieving these. Additionally, we can think of a multitude of 'instrumental values' which are needed or beneficial for achieving the Ultimate Values. These instrumental-values can include beneficial 'ways of being', or self-qualities, which help nurture the greater Ultimate Values.

Now, to apply this to goodwill, we can think of goodwill as an instrumental-value, because it is beneficial or instrumental for achieving the highest Values and Qualities of life, such as love, harmony, peace, and enjoyment in all our relations. So, goodwill is not an end-in-itself, but it is very definitely instrumental for achieving the highest and greatest Values of life, in our personal relations and in the world. However, goodwill is a quality that is intrinsic in our true nature, our humanness, our soul, our being. So, in addition to having an instrumental value in life, goodwill is nonetheless an intrinsic quality within our own being, our soul.

The Greater Good

The Greater Good is itself an Intrinsic Good, an end in itself, a Great Goal, an Ultimate Goal. It is what is good for the whole, good for the group, or good for everyone, nature and world. This Greater Good becomes the Ultimate Goal for our ethical decisions and actions.

A Greater Good is more inclusive than just the good-for-oneself or for one's own 'personal good'. The Greater Good is for the larger whole and is a good greater than one's own desired good.

There are many spheres of 'the larger whole'; such as family, group, community, nation, humanity, and the ecologies of life. Each relation and wholeness could be the Greater Good, while the greatest wholeness of all is all of life, humanity and planet.

The Greater Good can also be understood as the Common Good, the good that is common to everyone, or the values/goals we all share in common, and this common good can even become our ultimate Moral Goal, or 'moral compass', or moral rule to live by.

The Greater Good can also be understood as that which benefits the most, or that which is most fair for all involved, in all our relationships within our common humanity and ecology. And in this larger and more encompassing perspective of what is Good, our aim is to benefit the larger whole and the common good, rather than just thinking that 'the good' is just about one's own self-interests or just about the interests of one's particular group.

We can also think of the Greater Good as the most positive and mutually beneficial values that can be achieved in a social group, a community, a nation, or the whole world. These Values can also be understood as 'humanistic values' or as 'spiritual values'. In spiritual terms, when we nurture these positive and mutually beneficial Values, for the good of the whole, we are working for the Greater Good of God and we are serving the Divine Purpose.

What is goodwill?

- Goodwill is a will that is oriented towards the good and doing what one believes is good.
- Goodwill is a will oriented towards the good of others or towards a greater purpose.
- Goodwill is a will to nurture or create what is good, right, or best.
- Goodwill is a will motivated by love, empathy, and caring.
- Goodwill is a will to bring love, caring and givingness into all relations.
- Goodwill is a will-to-love, will-to-help, and will-to-heal.
- Goodwill is an expression of love, compassion, care, and givingness.
- Goodwill seeks to express and manifest good qualities, good values, and good outcomes.
- People of goodwill are those who think and act with loving understanding and concern for the well-being of all.

Some qualities of goodwill

- respect and consideration
- truthfulness and trustworthiness
- tolerance and forgiveness
- caring and helpfulness
- sharing and givingness
- cooperation and collaboration
- self-responsibility for expressing goodwill

What 'good' does goodwill do?

Some positive effects of goodwill:

- Goodwill nurtures harmony and unity in human relations.
- Goodwill nurtures communication, sharing, and understanding.
- Goodwill resonates in others and improves any relationship or situation.
- Goodwill builds trust and unity, while healing distrust, division, or conflict.
- Goodwill solves problems and heals conflicts, and an attitude of goodwill can be maintained even when there is disagreement or conflict.

Goodwill creates a social atmosphere nurturing good-relations. It creates an atmosphere of love, friendship, peace, and trust. It creates an atmosphere of caring, concern, and helpfulness. And in this atmosphere of goodwill, closeness, sharing, healing, and creativity are nurtured. Goodwill also nurtures a spirit of cooperation and collaboration, in which problems are solved and conflicts are healed.

An outward expression of Goodwill can help those in need and solve problems in the world – such as environmental, world health, water and food, human rights and fairness, conflicts and violence, and promote a world of peace, caring, and cooperation. But an outward expression of goodwill in the world is not merely a giving of food, water, and health to those in need; for the best goodwill also helps people build security, good relations, self-reliance, and a fair economic system. Though, in addition to an outward goodwill, we can express goodwill through our thoughts, feelings, intentions, and attitude.

Having a good-will

A good-will is *oriented towards* the Good, and it benefits others. It is when one's will is for the greater good and the good of others. In contrast, a selfish-will is oriented towards mere self-serving interests. This is what marks goodwill from what is not goodwill. The interests of a good-will are more expansive and inclusive, than just one's own self-interests.

A good-will is a *will to express* and manifest good in any situation.

A good-will is *directed towards* expressing and manifesting good values, good qualities, and good outcomes.

A good-will *comes from* love. It is an active energy of love, which comes from one's heart and sincerity. It is love in action.

A good-will is *motivated by* love, empathy, and caring.

A good-will is *nurtured by* a sensitivity to the feelings and needs of others. For if one has no sensitivity, then there is no empathy, love or caring, and consequently one does not have goodwill.

Thus, a good-will is loving, empathetic and caring, and with good intention to help others, or to serve the common good. It is not a selfish-will, with selfish motives or plans that are mostly concerned with one's own self interests and success.

Good-will is a natural quality of our heart, a quality of our soul. It is our natural heart-soul response of caring and helpfulness to whatever is needed in any situation, and it includes many other qualities of the soul as well.

A person with goodwill awakened in their heart can encourage and nurture goodwill in others, but no one should force anyone to express goodwill, because this can produce a reactive disdain for goodwill and givingness. So it is best to nurture goodwill by one's own example and to spark the other's own self-recognition of the good-will that is already latent within their soul.

Expressing goodwill requires the mind

Goodwill necessarily involves the heart, but it also involves the will and the mind, and all three work together to produce intelligent and loving goodwill in action.

Goodwill comes from the heart, expressing as our desire to help others and our wishing good to others. Goodwill is an inspiration from the heart to do something good for others or to serve a need in the world around us. This is the feeling aspect of goodwill, or the emotional aspect.

Goodwill comes from the will. It is our will to give attention and energy to something that is good, and it is our will to persevere past any obstacles. This is the outgoing aspect of goodwill, the manifesting expression of goodwill.

Also, goodwill comes from the mind. Because even if we have goodwill in our heart and intention, we still need the mind to know the needs of goodwill and how to express it.

We need our intellect to answer some important questions concerning goodwill, such as:

- What is good?
- What are the expressive qualities of goodwill?
- Where are the needs of our goodwill?
- What exactly can we do?

We need to know where and how to express goodwill in the world of relationships and situations, and this will require the mind and intellect. It will require some thinking and thoughtful meditation. Thus, the mind is needed in order to give direction to the energy of goodwill, and to discern where and how to best give one's energy. As well, the mind includes our intuition and discernment of what is most important.

Practical reasoning will inform us of our common needs and what is the common good. But Intuition will inform us of the highest and most sincere Values, Qualities, Purposes. Intuition knows what are Ultimate Values. It knows what cannot be known by reason.

This is also called the Higher-mind, the Spiritual-mind, the Intuitive-mind, or the ethical intuition. We can learn from teachers about what is ultimately Good, including the spiritual qualities, such as goodwill. But it is only by Intuition that we can truly know an ultimate Good or a soul Quality.

And only by Intuition can we acquire a Vision of goodwill, manifesting through the qualities of cooperation, sharing, collaboration, and practical brotherhood. An example of such a Vision might be seeing how goodwill is expressing through people, motivated by love, and actively manifesting in all relations between people, nations, and ecology, thus building a united human family and a united whole world. Seeing this vision gives us an opportunity to participate in the spiritual evolution of the world.

Also, we can use creative meditation for the manifestation of goodwill, applying the power of thought and visualization, to inspire the ideal and quality of goodwill in all humanity.

First, spend some time thinking about what goodwill is and the qualities important for expressing it. This is a period of thoughtful reflection to clarify our understanding of goodwill. Then, enter into an experience or feeling of having goodwill, and know this to be a true quality of your being, your soul. Stay in this experience for awhile. Then, radiate, resonate, visualize and feel goodwill permeate the whole world and unfold from the heart, mind, and will of every person. Stay steady in this for a while, meditating goodwill into the world.

Five ways to express goodwill

There are five ways, or modes, by which we can experience and express the quality of goodwill. These are: attitude, intention, thought, feeling, and outward expression. The first four of these are the subjective aspects of goodwill, in complement to the objective aspect of outward expression. The subjective aspects, though not outwardly visible, are nonetheless ways by which we can express goodwill.

The first aspect, or mode, of goodwill is *an attitude* of goodwill. This is a distinct attitude that one can have in the world, or in life. It is a 'way of being', or an 'orientation' in life, which is to be loving and giving, caring and helpful. This goodwill attitude, this orientation in life, is often motivated by a sense of purpose. And this attitude of goodwill can be recognized in a person's outward expression.

A second aspect of goodwill is *an intention* of goodwill. This is the intention with which one approaches the world. Intention can be also understood as the inner aspect of 'will'. For example, the inner aspect of goodwill is a good-intention, while the outer aspect of goodwill is its outward expression.

These aspects of attitude and intention are often experienced together, which could be called a person's attitude-intention. For example, my attitude in life could include an intention to have goodwill towards others, and my intention in life could include maintaining an attitude of goodwill towards others. This combined attitude and intention creates an atmosphere that helps solve problems, heal conflicts and resolve issues.

The third aspect of goodwill is *a thought* of goodwill. This is a 'thought of good' upon others. One's thought is for the goodwill of others. This 'goodwill thought' can be directed generally to all humanity and all life, or it can be directed specifically towards someone, a group, or a circumstance.

A fourth aspect of an any quality is its *feeling*; as for example, a feeling of goodwill about someone or something, as in 'I care', or 'I want to help', either specifically or generally.

The thought and the feeling aspects of goodwill usually express together in combination. For example, a 'thought of goodwill' is usually together with a 'feeling of goodwill', which radiates into the social environment. This combination can thus be called a 'thought-feeling' of goodwill. A good-will is when one's thoughts and hopes for others are for their good. Also, when thought and feeling are unified, one thinks and responds from the heart.

A thought-feeling of goodwill could also be a 'good wish' for the good of others. This wish is a feeling from one's heart, and it is also a thought directed towards others or for the whole world. Similarly, a thought-feeling of goodwill might be expressed as a prayer, or as an intended blessing, for the good, well-being, and healing of others. For example, I wish others well, or I pray for their well-being and healing.

This thought-feeling radiates and vibrates into the atmosphere of any relationship or circumstance, creating an atmosphere of love and friendship, and giving people a feeling of being loved and cared for. Thus, these thought-feelings of goodwill have a great power to transform and improve relationships or situations. Others can recognize our thoughts and feelings of goodwill, and they will appreciate this. In addition, people may also recognize one's attitude and intention of goodwill.

The fifth aspect of goodwill is its outward *expression*, which is good-will in action. This is how we actually manifest goodwill in the world, or in our relations. It is how we express our love, care, and givingness to others, and other virtues of goodwill, such as kindness, respect, helpfulness, and cooperation.

The giving of goodwill

So let us ask ourselves, how can I give goodwill into the world? There are two main types of goodwill, outward and inward.

Outward expressions are such as charity, gifting, donations, community work, and other unconditional service for others. For example, in global service a person or group might bring food, clean water, healthcare, peace and security, or deal with more complex and difficult problems, such as the environment, human rights, safety, peace, and economics, while also making sure the solution is sustainable, intelligent, and long lasting. What is common to all of these outward expressions of goodwill is that each is free unconditional givingness, without expecting anything in return.

Inward expressions of goodwill are from our feelings, thoughts, intentions, and attitude. These are subjective activities, rather than outward activities, but this kind of goodwill is also effective.

So how can I give goodwill in this inward subjective way?

The first way is to give goodwill through my heart, my love, and my caring; bringing healing, peace, love, and friendship. The second way is through my mind and thought; sending out good wishes for everyone, and thinking the best for everyone. A combined way is the thought-feeling of love to everyone, or I can radiate out one of the other qualities of goodwill.

Another way of inwardly expressing goodwill is through my good intention, which is to give and do what I can towards what is good, best, or right. And the other way is through my attitude of having a good will towards everyone and giving what I can. Then, as a way of life, my attitude-intention will be for the good of all, of everyone I meet, all my relations, and all of the world.

All of these are inner ways to express the 'energy of goodwill', which then resonates and radiates into all of humanity.

Affirmations of Goodwill

When people of goodwill consciously affirm what they believe in and also affirm their intentions of goodwill, these affirmations of belief and intention will: (a) unite each person with all those who have the same beliefs and intentions, and (b) focus the mind on these truths and intentions to empower and send them forth, if we use these affirmations as seed ideas for creative meditation.

We believe in –

- the potential of love and goodness in every soul
- the interrelated unity of humanity and the whole Earth
- one human family which can live in peace and harmony
- the power of goodwill to build good relations
- the power of goodwill to help solve problems
- the power of goodwill to bring love in the world

Also, we accept our responsibility for creating good relations, between people, groups, nations, and all of life. We also accept the fundamental value of the common good, but also affirm the fundamental freedom of the human spirit, the creative freedom of each person, and that all people should be free to think, choose, and act according to their own values and beliefs.

Our intention is to –

- practice goodwill in all relationships and activities
- build good relations between all persons and groups
- care for the creatures and ecosystems of Earth
- creatively solve problems and resolve conflicts
- bring light, love and goodwill into all humanity

Goodwill in the world

Goodwill will become a new orientation in humanity, producing positive social changes in this coming age of holistic thinking, and in a spirit of goodwill, problems of the world will be solved. For the quality of goodwill inspires helpful creative solutions for the betterment of communities, relations, and the world. *

Goodwill is a central spiritual quality of every human being. Some people self-recognize and express this, and some do not. But all throughout the world are people and groups of goodwill, working towards positive solutions to the problems of poverty, violence, environmental destruction, and other global problems.

Each group with goodwill is part of the larger global network, which is first a subjective network, and second it is outward. Networks grow larger and more in unison when groups connect in cooperation. And when these networks unite with others, an even larger network is formed, and finally a global network, consisting of all people and groups of goodwill, connected and united by their common purpose to help the spiritual evolution and divine unfoldment of all humanity and help solve the needs of our common humanity and our common earth ecosystem.

Goodwill is already strong in the world, in all cultures, religions, and communities, creating a new world of sharing, cooperation, and good relations, in a holistic attitude of caring for the whole. And goodwill can be found in all sorts of fields and professions.

Leadership and responsibility are needed in the manifestation of goodwill, and when a person or group accepts responsibility for goodwill in the world, expanding opportunities will open up.

More inwardly, goodwill can be generated in the world through meditation – on understanding goodwill, experiencing goodwill, visualizing goodwill, or radiating goodwill out into the world.

* see [website links](#) to groups promoting a better world

Spheres of goodwill

The energy of goodwill goes outward from each 'centre' into their various kinds of relationships and generally into the world. A centre of goodwill is any person or group, who thinks, feels, and expresses the qualities of goodwill. This energy of goodwill can be in the form of a thought, a feeling, or an activity.

Each centre of goodwill can also be known as a 'centre of will', which radiates out the qualities of goodwill, like a lighthouse. And we can even think of our own good-will as a 'point of will' within the Universal Will, the Divine Will, or the Will of God.

This energy of goodwill, radiated and expressed outward from its centre, will have positive effects in many spheres of relations, including one's close relations and the various social groups of which one belongs. These positive effects of our goodwill energy also reach many other people and groups of whom we know not, because this energy radiates through the whole mental sphere of humanity.

Thus, we each have various spheres of relations, ranging from personal to larger social groups and finally to the whole world which includes humanity and the ecosystems of all life. So our radiance and activity of goodwill requires an inclusive holistic intelligence, which has consideration for all these many spheres of relationship, including the various needs of each sphere.

If we ask ourselves, what goodwill can I do? or what can I do for the world?, we will find that our opportunities to outwardly help are limited, such that our first sphere for outward opportunities is in our own personal life, circumstances, and relationships, followed then by the spheres of community, region and nation. But our expressions of goodwill can also come from our heart and our thoughts, which emanate out into these various spheres and even into the whole world of all humanity and all of life.

Giving and receiving

In a positive and mutually beneficial relation, there will be an interplay of giving and receiving, in an attitude of sharing. An ideal relationship has a reciprocity of giving and receiving, but a perfect balance of equality reciprocity cannot be expected.

So the better attitude to have, in any relation, is to just be giving, without expecting any reciprocity. This is an unconditional and freely-giving attitude of goodwill, which is to just think about how to help and give to others, without needing to think about what they will give in return.

Thus, the ideal relation is when there is a balance of reciprocity and mutual benefit, but in a spirit of goodwill there is no concern for what we should receive from this relation. Of course though in practical economic exchanges, we do make agreements about what is expected in this exchange, but there may be times when one side will have a greater need to receive or have little to give.

An attitude of 'what's in this for me?', or 'what will you give me?' may seem natural in a world of self-interest or competitive edge, but the attitude and expression of goodwill transcends all that. This is the difference between a loving-giving attitude and a selfish-taking attitude.

So in a spirit of goodwill, we should not always expect or demand a perfect equivalency in this exchange of giving and receiving. For at times, one side of the relation will be in greater need, while the other side will have less need and more to share. Thus, in a spirit of goodwill, the wealthier people, nations, and businesses would ideally share more freely with those in need. Also, this goodwill attitude of giving to those with a greater need will actually turn out beneficial to the giving ones, because their givingness will benefit the larger system of exchange, as the weaker segments of the system will become more able to give.

An attitude of goodwill in groups

An attitude of goodwill is especially beneficial in group relations involving social discussions, meetings, or plans for group-work. This attitude of goodwill is distinctly different from the attitude of fighting with others or trying to dominate others with one's own viewpoint or self-interest. The attitude of goodwill is first of all motivated by a love and caring for others and the group. Second, the attitude of goodwill is cooperative and collaborative. It is a will to work-with others for a common goal, rather than compete with or fight with others for one's own self-interests.

With an attitude of goodwill, common ground can be discovered and constructive solutions can be realized. And with a shared attitude of goodwill, conflicts can be resolved between opposing viewpoints or interests. Also with shared goodwill, the common good, or the 'good of the group', is significantly important; yet the viewpoints, values and interests of each person also need to be respected, because it is important to not squash the individual spirit of free and creative thinking, and individual free choice.

Group discussion, with a shared attitude of goodwill, can help solve problems and conflicts. Here are some key suggestions:

- 1) examine all aspects of the problem and from multiple angles
- 2) allow and listen to each person's viewpoint and ideas
- 3) everyone is open-minded but can also question or disagree
- 4) discuss points of agreement, common interests and goals
- 5) discuss points of disagreement, confusions, or uncertainties
- 6) be willing to make compromises on some points or issues
- 7) give more importance to broad and long-term goals
- 8) agree on common goals and practical steps to achieve these

Negative expressions of the will

The opposite of having a good-will is having a bad-will, but this would be mean to say of those who simply lack a self-recognition of the goodwill that is latent in them, or those who just do not know how to express goodwill. There are some people who might have a bad-will towards certain others, or who have a prejudice against certain kinds of people; but generally, a lack of goodwill in expression is the result of selfishness or self-centeredness.

The human will, which is actually a spiritual gift, can be misused; as for example, the will to rule over others or manipulate others. And unfortunately, many people with a strong-will have not also had a caring and compassionate will, or a will towards the good of others and the natural world, and they have used their power of will to selfishly dominate over those with a less developed will. A strong will is not something bad, but it needs to be balanced by love and compassion and a thinking about the needs of others. Goodwill has to combine the triad of will, love, and intelligence.

Goodwill is already latent in our soul, but often unrecognized. Our soul is our natural self, our true being, but this can become covered with artificial layers of forces, concepts and images, or else covered by our own emotional habits and reactions. Thus, the person might not realize their soul until later in life. Consequentially, the person also does not realize their goodwill.

For in the early years, each person is learning and conditioned from their society, culture, parents, school, and the media. In addition, their lower centres tend to drive the patterns of their personal character and behavior. Thus, there are many external and internal forces to dominate one's consciousness and rule over the subtler energies and qualities of the soul. This effectively covers and blocks the soul from consciousness, and thus also the consciousness of one's inherent goodwill.

The need for self-work

To promote, nurture and implement goodwill, one needs to first untie and resolve various obstacles to its expression, which will require ongoing self-observation, self-awareness, and self-work, in order to recognize those obstacles hidden from ordinary view.

These obstacles include self-centeredness, group-centeredness, prejudice, intolerance, resentment, selfishness, greed, and fear. The elimination of these requires a practice of self-observation, along with being open-minded, rather than closed-minded or fixated on one's own specific beliefs. Then, once these obstacles are lessened, it is possible for love and goodwill to blossom.

However, to lessen or dissolve these obstacles is not an easy task, which is why there is a need for self-observation and self-work. Once this is recognized, one has to make a commitment to this ongoing process of self-transformation, requiring self-effort.

Negative attitudes, preconceptions, and reactive patterns are dissolved with self-awareness, reason and discernment, as well as by a positive cultivation of the qualities found in one's soul, such as compassion, love, caring, goodwill, and helpfulness.

These methods for transmuting negative personality patterns and replacing these with soul qualities can be applied in daily life and at all times, but this can also be achieved in meditation, because energies are transmuted in the process of meditation, and in meditation one can consciously dissolve the negative patterns, while recognizing and developing the soul qualities.

For example, in meditation one can consciously reflect upon and intentionally develop the quality of goodwill in oneself, while also transmuting any negative thoughts or emotions, and this self-work in meditation will carry into one's daily life. As well, one can radiate goodwill into the world, which is itself self-transforming and transmuting of negative self-energies.

Meditating on Goodwill

Questions for reflective inquiry on Goodwill

1. what does *goodwill* mean, or what is goodwill?
2. how would I explain *goodwill*?
3. how is *goodwill* expressed or manifested?
4. what are some expressive qualities of *goodwill*?
5. what is the importance of *goodwill*?
6. what are some positive effects of *goodwill*?
7. what are some first steps to achieve *goodwill*?
8. what is my own responsibility in *goodwill*?

Prayers of Goodwill (to reflect upon and visualize)

- may everyone in my surroundings be blessed
- may everyone realize and express their inner goodwill
- may everyone realize the importance of goodwill

Visualizations of Goodwill

- visualize all people having goodwill for everyone else
- visualize all groups and nations having goodwill
- visualize yourself expressing Goodwill in all relations
- visualize a symbol of goodwill:
 - an image of people giving food and other gifts
 - an image of children sharing in friendship

Affirmations of Goodwill (to reflect upon and affirm)

- in my heart I have goodwill for all humanity and all of life
- my will is for the good in all circumstances
- I will strive to express goodwill all of the time

Radiate Goodwill out into the whole world

- from your heart, from your mind, and from your will

Qualities of Goodwill to meditate upon

Meditate on one of these Qualities:

- reflect upon its meaning and value
- think about how to express it
- experience a feeling of it
- radiate out this Quality,
through thought and being

Love	Responsibility
Caring	Service
Compassion	Generosity
Empathy	Nurturance
Respect	Cooperation
Consideration	Supportiveness
Kindness	Fairness
Friendliness	Trustworthiness
Helpfulness	Truthfulness
Givingness	Forgiveness
Sharing	Understanding
Charity	Unifying

Also see -

The Principle of Good Relations

The Principle of Unity

The Principle of Group-work

Creative Meditation for world service