



THE GOODWILL PATTERNS

*Seven Keys to Inner Peace for Individuals
& for Peace between Peoples*

Magnificent Skills
for
Right Human Relationships

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& for
Peace between Peoples*

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for
Right Human Relationships**

*This booklet is dedicated
to the spread of goodwill and
unity among all peoples, nations, races and religions*

ACKNOWLEDGEMENT

*To those who have inspired and helped the spread of goodwill at any time
in history, and to those who are doing so now*

Thank you

ABOUT THIS BOOKLET

This Goodwill Skills booklet is a tool to help people find and explore and develop ways to improve their home, career or business life, service to others, and all relationships.

The English dictionary definition of the word goodwill is: “An intangible asset taken into account when assessing the value of an enterprise”

There is, of course, much more to goodwill than this purely ‘commercial’ interpretation, though it has a grain of truth in it. Goodwill is *the will to good in action*, sometimes also described as *higher love in action*.

Our descendants may well ultimately assess the “value of our enterprise,” the value we assigned to our home (this beautiful, yet fragile, Planet Earth), *according to how much goodwill we generated and passed on to one another and down to our children while we lived here*.

This booklet is based upon ideas known to work well in creating right human relationships. As these ideas have no exact equivalent names in English or any modern language, that may be a reason our society has not understood or practised them fully (as yet, for there is still time).

I have seen much practical good come from the use of these skills in families and work places, and have come to think of them as “magnificent helpers”. They are powerful, profound ideas, much more so than may appear at first or superficial reading. Further, they have creative power. I have seen them seem to work miracles when applied patiently and persistently. But since they are based upon reliable psycho-spiritual principles anyone can test for themselves, these were not really ‘miracles’ that cannot be understood. Each little ‘miracle’ was actually the outcome of the *application* of those reliable, provable, practical principles. Understanding them comes from doing them.

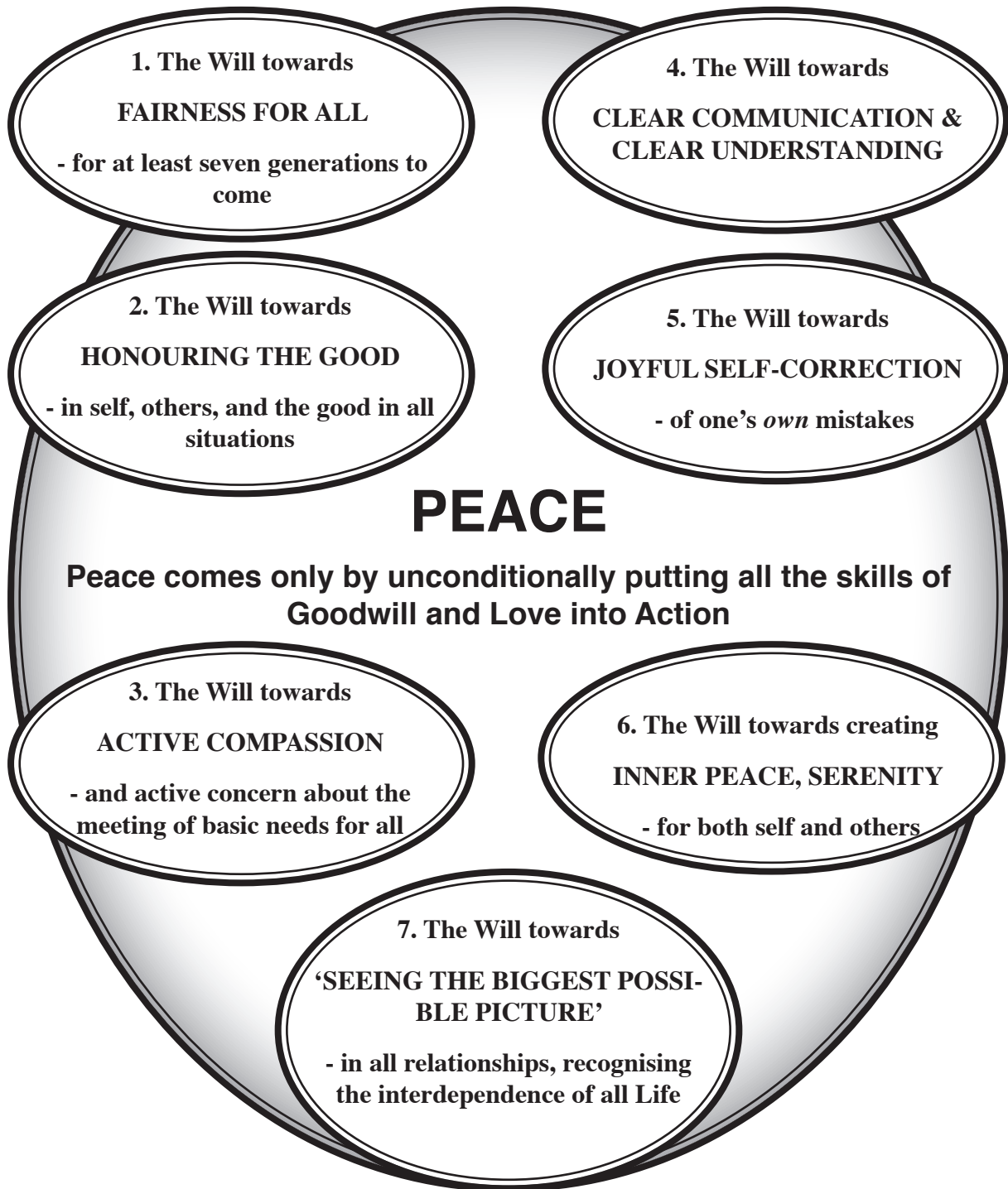
In this booklet we will show how to develop ways to:

- ♥ Develop and spread inner peace, to harmonize conflicts in a ‘win-win’ way
- ♥ See what ‘true needs’ really are - both of our self and others, and how to work so that they get met, and get met harmlessly
- ♥ Seek out, selectively pay attention to, emphasize, and nurture ‘the good’ in our self and others
- ♥ Work towards what is ‘fairest-to-all’ so that it happens
- ♥ Remove blocks to love and creativity in our minds
- ♥ Make sure we look at and understand ‘the big picture’ before making decisions
- ♥ Communicate better

This booklet is drawn from notes first used in a Goodwill Skills Seminar, a companion to a seminar about Unconditional Love and Forgiveness Skills

I wish you well with this material,

May it bring you increased joy, and enable you to spread goodwill



THE PATTERNS OF GOODWILL SUMMARIZED

Please Note: Forgiveness Skills work very well with the Goodwill Skills, and they are a topic covered elsewhere. Both can be partners in building a better consciousness and better world. They can be learned. They can be put into practice separately.

For more about Forgiveness Processes (from various traditions) visit www.iloveulove.com (or search the web for other sites till you find what meets your needs)

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THE GOODWILL PATTERNS - INTRODUCTION

A sage once wrote:

- *“How will the world be brought to a condition where there is a just and right sufficiency for all?”*
- *How can national differences be healed and racial hatreds be ended?*
- *How can the many religious groups pursue their work of leading men to an expression of their divinity along the lines of individual heritage, and yet at the same time exist in harmony and present a united front to the world?*
- *How can wars be ended and peace be brought on earth?*
- *How can true prosperity be established, which shall be the result of unity, peace and plenty?*

ONLY IN ONE WAY - BY THE UNITED ACTIONS OF THE MEN AND WOMEN OF GOODWILL AND UNDERSTANDING IN EVERY COUNTRY AND EVERY NATION.”

There are seven “mind-sets” that enhance the quality of life more than any other mind-sets. They must, however, be set in your mind by an act of will. A mind set is a combination you can set in your mind - of goals, attitudes, and how you will use your imagination and memory.

They are not totally new, but they have not been universally recognised and applied as yet. They were first recorded in a manuscript in an ancient language. Because we do not have *single words* in English (or perhaps any modern language) for them, the concepts need describing in *sentences*. This might be the reason humanity has not been able to apply these concepts widely yet. After all, if you did not have the word “hair” in your language, and I said, “Get your hair cut”, you could not possibly know what to do or how to do it! Useful concepts may be old, but they will seem new to us when we first come across them, and non-existent if here are no words for them in our language. They will first have to be described in words we can understand before we can apply them in our lives (we see how in the field of science and computers, for instance, new words are needed almost every week).

Putting the goodwill patterns (or mind-sets) described in this booklet deliberately to work will

always improve relationships. They also make the self-healing process of forgiveness much easier. Conversely, the use of the forgiveness process makes it easier to practise the goodwill patterns. They make a good team. Whenever one or several of them are missing, disharmony occurs. *Thus whenever there is disharmony, one can usefully inquire – which of the Goodwill Patterns do I/we need to bring into this situation? And, how can I apply them?*

All the Goodwill Patterns working together form a beautiful structure or pattern in your consciousness. In the old days, dedicated people spent years building beautiful *physical* structures to lift people above the usual levels of consciousness (cathedrals, temples, mosques, etc.) Today, you may not need or want to build a cathedral, temple or mosque yourself, but you can build a ‘beautiful structure’ in your own *consciousness*.

The forgiveness processes and goodwill patterns can be regarded as partners in the ‘anatomy and physiology of unconditional love and right relationships’, just like the heart, lungs, and blood circulation make up a vital partnership in your body. Woven together in practise, they will form a stable structure in your consciousness. Like the cathedrals, temples, and mosques of old, these concepts are reliable, enduring, and extremely beautiful – perhaps even more so. I will be suggesting exercises to help you develop these qualities and capacities for yourself, and you may be able to invent your own as well.

Like any other skills, you will progress through different levels as you develop these qualities. Only when you have mastered and can practice any level *at will* can you be free to decide what level you want to live your life in. But note that just as you cannot speak two languages at the same time, so you cannot hold two different levels of a mind-set at the same time. Unless and until you choose to live at a higher level, you will remain stuck with your usual, ‘default’ setting or pattern (usually, for most of us, that is the level of emotional reactivity).

Goodwill Patterns enhance life. More poetically, they “bring heaven to earth,” - they bring blessings to all involved *whenever and wherever they are practised*. The first modern description of these mind-sets that I am aware of appeared in a book about the healing power of unconditional love and forgiveness. I was fortunate to have the author, who has now passed away, as my teacher. She pioneered many of the exercises given here. What follows is based upon what I learned from her, and my deep thanks go out to her.

Different words may be needed to make them meaningful to different people, for people come in many different ages, from different backgrounds, cultures, and speak different languages. Whatever words are used to describe these mind-sets, you may not fully understand the deepest meaning and significance of these ideas until you practice them. Eventually each person has to meditate and practice their way into true understanding and appreciation of them. If you are willing to do that, I think you may find the implications profound.

“You mean - I have to decide to do this? Does that mean me?”
(The flash of sudden insight of a student of the Goodwill Patterns)

1. THE WILL TOWARDS FAIRNESS FOR ALL

The first mind-set leading to GOODWILL is the mind-set of THE WILL TOWARDS FAIRNESS-FOR-ALL. This means having a “hunger and thirst” for Fairness-for-All, of wanting Fairness for All more than food or drink, and being willing to make some sacrifices for it.

Hunger and thirst are basic needs; there is considerable driving force behind them. It is an equivalent driving force behind THE WILL TOWARDS FAIRNESS-FOR-ALL that is hinted at here. Hunger and thirst are essential tools for survival of an individual. If we think about it carefully, THE WILL TOWARDS FAIRNESS-FOR-ALL will be essential to the survival of the human family on earth.

With each Goodwill Pattern there is a progression of the related mind-sets each with increasing value and usefulness. In this case we find:

1. Lowest value of all is ‘Wanting Revenge or Retribution’ - leading to the philosophy of “tit-for-tat” or “an eye for an eye, a tooth for a tooth,” (where everyone ends up hurt, blind and toothless). (Zero goodwill - “He hit me back first!”)
2. Next comes ‘Getting Justice’ (but ‘justice’ will vary - according to country, the legal system, the courts, the judge). (The level of *goodwill* with which people go to court, however, varies a lot).
3. But best value of all is ‘True Justness’, or ‘FAIRNESS-FOR-ALL.’ (Maximum goodwill)

Decisions taken under the criterion of going for what is truly “Fairest for All” will take into account the needs of ALL people involved, *including future generations*.

The quality of mercy often enters into the higher goal of Fairness to All. It is ‘fairer to all’ when mercy is shown and wrongdoers are healed and rehabilitated rather than hated and punished. Also systems of ‘restorative justness’ (rather than ‘retributive or punitive justice’) can lead to healing of both victims and offenders, and even in some cases towards eventual complete victim-offender reconciliation.

THE WILL TOWARDS FAIRNESS-FOR-ALL lifts us above our usual way of seeing the world. We become better able to see the best outcome for everyone in any given situation.

THE WILL TOWARDS FAIRNESS-FOR-ALL is a group-conscious, or trans-personal, attitude/goal combination. It stems from our deep need and longing to be in harmony with the natural world, with each other, and with the Source of our Life. Its outcome is a kind of “vertical” alignment with everything that is best in us, and a “horizontal” release of goodwill into any situation in which we find ourselves. One who practises THE WILL TOWARDS FAIRNESS-FOR-ALL will become increasingly aware of the interrelationship of everything and everyone – of how “No man is an island...”

THE WILL TOWARDS FAIRNESS-FOR-ALL is as essential to our planetary life as food and water are to an individual, and the instinctual drive towards it is as right and proper as hunger and thirst. FAIRNESS-FOR-ALL is the driving force behind the instinct to share.

DEVELOPING THE WILL TOWARDS FAIRNESS FOR ALL

1. Imagine positive images for the outcome of “Fairness for All”.
2. Feel the goodness of being treated fairly.
3. Imagine treating others fairly, wisely, equitably. How would you feel if you were doing this? Imagine how the world would be if we all took into account real fairness to those who come after us. Feel the naturalness of acting this way - like “coming home”.
4. Find a symbol for FAIRNESS FOR ALL, one that has the essence of it and is meaningful for you. Sketch it. Symbolic images have psycho-spiritual force.
5. Let the quality of FAIRNESS FOR ALL, enter you and grow. See the difference between the levels of revenge, retribution, ‘justice’ of different qualities in different parts of the world, and FAIRNESS FOR ALL.
6. After 5-10 minutes of reflection, write ideas of how you can be more Fair and Equitable, in your relationships. Become aware of your degree of willingness to express FAIRNESS FOR ALL. (This applies to any of these transpersonal qualities, as we go through them later).
7. In everyday life, look for opportunities to use your Will to express FAIRNESS FOR ALL. See and feel the difference between when you are wanting your own back (plotting revenge; proving you are right and the other(s) wrong); wanting ‘legal justice’; and working towards whatever is truly FAIREST FOR ALL.
8. Imagine the different outcomes as you consider those three patterns. Which brings the best long-term benefits? How would you like to be treated? How will you choose to act yourself?

The symbols or scenes in which people imagine FAIRNESS FOR ALL are often to do with SHARING. Deep down we all recognise that peace on earth can only come when the Earth’s resources are SHARED FAIRLY among all people and all kingdoms in Nature.

Those who strive towards Fairness-for-All, for sound & just behaviour, which takes account of the needs of all, including future generations, *more even than for food and drink*, “bring something of heaven” (i.e. blessings) to earth

2. THE WILL TO HONOUR THE GOOD

THIS MEANS - DELIBERATELY SEARCHING FOR, ATTENDING TO, HONOURING, AND FOSTERING THE GOOD - IN ONESELF, OTHERS AND ALL SITUATIONS

THE WILL TO HONOUR THE GOOD is a mind-set that is an intention to have complete openness and willingness to searching for, naming, and then honouring by giving loving attention to, the good - in oneself, others, and in Life. It means honouring and strengthening the good *more than* focusing on the bad the bad the bad the bad... (which is so much easier to do).

Without THE WILL TO HONOUR THE GOOD set in the mind, it tends to scan first for 'badness'. This is probably a residue of an ancient survival instinct – in the jungle it was important to check for how dangerous another animal, berry, location was ('badness') first, before assuming it was 'good'. In modern life, our minds continue to do this in many unsuspected ways, but this can lead to serious distortions in how we see ourselves and others, to suspicions, prejudices, and self-limitation.

I have made up an "ancient word" – "Nooka" (= Not-O.K-a) which can be used to name any tendency to perceive the negative first and emphasise *that* more than the good. Do you know anyone who does that? Someone who complains a lot, or who sees the bad possibilities and not the good ones? Can you see it in the media, a politician, a teacher, a spouse, yourself even? So often it's easier to see this tendency in others! But not so easy to see it in ourselves!

The mind-set of ACTIVELY SEEKING TO PERCEIVE AND HONOUR THE GOOD IN SELF, OTHERS, AND LIFE, modifies the way the mind and body work. It modifies our perceptions, thoughts, reasoning, judgement and discernment, - and thus the output of behaviours, internal processes, chemicals, feelings, and energies of a person.

THE WILL TO HONOUR THE GOOD focuses our minds on the good energies stored in our memories about a person, and *de-emphasises* the negative ones. This starts to open channels for goodwill and love to flow. It opens the door.

THE WILL TO HONOUR THE GOOD develops the Heart Centre. Developing and expressing Goodwill necessarily includes the use of the THE WILL TO HONOUR THE GOOD.

Note this - THE WILL TO HONOUR THE GOOD must be done *independently of the behaviour of others*. It is no use waiting for others to do it first!

When we use THE WILL TO HONOUR THE GOOD we choose and will to look for - and recount - the good in others, and to own the good that is in us. The behaviour of the other(s) has no effect on our choice and decision to look for the good in them as persons, or in ourselves. We also look for the potential good in a person, or even in suffering. We might respond to suffering by trying to 'make it all happy and comfortable' again – or, and perhaps more wisely, we might seek out the needed lessons that are being learned, and thus 'see' the potential good and the opportunity for the increase of that good that can emerge. This latter perspective can increase foresight and wisdom, and keep alive the qualities that stimulate beneficial growth. (Re-labelling 'problems' as 'challenges' or 'opportunities' is one example of how people are already starting to do this).

THE WILL TO HONOUR THE GOOD can have very beneficial effects in our relationships.

Another example, if quarrelling, separating, or divorcing parents always recount to their children the *good* in the other parent (and not the ‘bad’), the self-image of the children as they grow will include this ‘good part of themselves’, internalised as part of their ‘psychological inheritance’.

Here is a check – on a scale of 0-10, how well can you do these:

1. See the good in yourself, in the room where you are, in this present situation, - and then tell several people about it.
2. See the good in others, especially the young.
3. See the good in other people, places and situations, in your work, and the good that can come out of problems, challenges, accidents and illnesses - and then write it all down or tell someone else about it.
4. Now look for the good in someone whose actions you don’t particularly like, write it down and start a (truthful) “Good Rumour” about them, - tell some other people about the good you see in that person.
5. Keep silent about your purpose of creating Right Human Relationships.

ALWAYS KEEP THE *ACTIONS* OF PEOPLE SEPARATE IN YOUR OWN MIND FROM THE *DOERS* OF THEM, AND KEEP IN MIND THE GOOD POTENTIAL IN THEM AND THE SITUATION (EVEN IF IT SEEMS LATENT)

Condemn an *action*, perhaps, but deliberately look for the good (and potential good) in the *doer* of that action.

THE WILL TO HONOUR THE GOOD includes letting others be totally responsible for their actions, and still being willing to see and fostering the good in them as people, even if it seems latent (perhaps ‘imprisoned by their emotional and mental conditioning’) at this time.

I well remember a lady who died well into her nineties with all her family around her. They told me afterwards - “We never heard her criticize or speak ill of anyone. She always spoke about the good she could see in them”. I noted also that she had hardly ever been ill and I had only prescribed once for her, a few aspirin for a sprain, which she did not take...

***“It may be true you’re not doing things my way,
Yet I choose and will to have goodwill towards you anyway.
I choose and will to see the good in you, and
I choose to desire the best for you, no matter what”***

THE WILL TO HONOUR THE GOOD

Exercise 1. Honouring the good – on starting ‘good rumours’

1. Decide that you are 100% willing to improve the atmosphere in your work-place, home, or other environment.
2. Decide that you will put some effort into creating this beneficial change. Decide to do this as your own personal project. Tell *no one* what you are doing - then you won't have to explain anything to anyone, nor will you get sabotaged.
3. Make a list of the positive qualities about another person and *keep silent* about what you are doing. You may see and hear plenty of negative ones from other people (gossip), but you are choosing not to focus on them for this period of time, in order to concentrate upon the positive qualities and actions (YOU ARE USING YOUR WILL TO HONOUR THE GOOD).
4. Once you have this Appreciations List, select one item with which to start the first ‘good rumour.’
5. Whenever it is appropriate, share that item with a fellow-worker, family member, or whoever, saying something like “I really like how neat and clean Nancy looks today” Or, “Did you know how well Mary cares for her children (dog or whatever)?” or “I appreciate John’s always being so prompt.” Note: This must be a true observation.
6. Even if the responses from others are negative, do not react or even comment. Even though you may agree, you are deliberately looking for something good, and are choosing to EMPHASISE THAT, to give it energy, as it were.
7. You may repeat this truthful good observation to someone else if you wish, or in a day or so, select another quality or action you appreciate and share that with another person.
8. Continue this process and observe how the emotional and mental ‘atmosphere’ begins to change, subtly at first, then more obviously.

This process is like choosing to water the flowers in your garden in preference to watering the weeds. It is also the opposite of gossip.

Example:

Maggie, not the best student in the class, brought her homework to the teacher. He looked at it and found it full of spelling mistakes.

He said, “Maggie, your writing is neat and the margins are well placed.”

She said, “Thank you, Mr. Bright, I’ve been trying so hard at that. Next, I’m going to start on my spelling.” Later, she became a highly gifted teacher of disadvantaged children.

*The love of a person implies not the possession of that person, but
the affirmation of that person in all their uniqueness*

*Those who perceive others with unconditional love
will receive unconditional love in abundance from within -
both for themselves, and to give to others*

THE WILL TO HONOUR THE GOOD

Exercise 2. Honouring the Good (by giving energy and attention to it)

What good, or good potential, can be ‘seen’ in, or ‘brought forth from’, the following?

- ♥ To start with, choose one from each of the six sections. (Later you can do more)
- ♥ Write down your answers in some form like this: “The good potential I can see in ...x... is ...y...”
- ♥ Note which ones are easy for you and which ones require more effort.
- ♥ Think deeply about what it really means to always ‘honour the good’ in self, others, and situations, and share/discuss your findings with a friend, partner or small group.

A. Fairly easy:

1. The most wonderful things that have happened to you
2. Your peak experiences
3. The beauty that surrounds you
4. Your friendships
5. Your past accomplishments
6. Your family members
7. Courses/books/movies/people that you have experienced that have contributed to your personal or spiritual development

B. Still fairly easy?

1. Babies
2. Children
3. Teenagers
4. Adults
5. Parents
6. Old People

C. A bit more challenging:

1. Your experiences of healthy anger, fear, grief, guilt, admiration
2. Your experiences of unhealthy anger, fear, grief, guilt, false guilt, envy

D. Testing, testing?

1. The United Nations
2. The Daily News

E. More challenging still?

1. Paying Taxes
2. Accidents
3. Illnesses, cancer, vascular disease, asthma, diabetes, addictions, HIV, CJD ...
4. Being made redundant
5. Conflict between the sexes
6. Women's liberation/Male chauvinism
7. Becoming paralysed, deaf, blind, losing a limb, or developing other handicaps
8. Earthquakes, tsunamis, volcanoes, floods, other natural disasters
9. Pollution & Ozone Layer depletion

F. Wars and other major world 'crises of decision':

1. Famine
2. Global warming and climate change
3. Genetic engineering
4. Nuclear arms & chemical warfare
5. Destruction of the rain forest
6. Concentration camps
7. War crimes
8. Land mines
9. Free trade/tariffs and protectionism
10. Conflicts – e.g. those involving Korea, Vietnam, Cambodia, Laos, Myanmar, Sri Lanka, the former Yugoslavia, Rwanda, South Africa, Zimbabwe, the Congo, Nigeria, Liberia, Spain, Palestine, Israel, Cyprus, Ireland, Russia, Chechnya, Iraq, Iran, Syria, China, Taiwan, Japan, Dafur, Afghanistan, Pakistan, Kashmir, India, Central and South America, East Timor, NATO, the USA and...
11. Drug trafficking
12. 'Terrorist' attacks: The "Nine-eleven" attack on the World Trade Centre and the Pentagon; in Madrid, London, Russia, Iraq, Bali, Turkey, upon ships and embassies...

13. 'Freedom Fighters'?
14. Religious and sectarian conflicts – Fundamentalism, Catholic/Protestant, Christian/Islam/Judaism, Hindu/Islam ...other?
15. Exploitation of men, women, children; trafficking in men, women, children?
16. Global epidemics – AIDS, SARS, Bird 'flu, Malaria, Tuberculosis...?
17. Come up with what is your own most difficult test for setting and maintaining the mind-set of THE WILL TO HONOUR THE GOOD – and then do it.

Bearing in mind that this is your first time with this exercise, how did you get on? Repeat in one month. Then at intervals until you improve to master it.

Can you begin to see that in *even the most apparently 'bad' situations* there are also 'good' things' happening, and 'good people' working really hard and effectively? That in even the most apparently 'bad' situations, there is also the possibility (and often the actuality) of 'good' being brought out of them? And there are people doing just that who need our support.

Sometimes outwardly 'bad events' are the very situation in which people learn to do amazing things, demonstrating enormous courage and compassion.

After practising THE WILL TO HONOUR THE GOOD for a while you will become increasingly aware of the enormous amount of goodwill that IS in the world already, and the valiant struggles of 'extraordinary ordinary people' as they bring 'good' out of 'bad' daily all over the world. Notice, and pay attention to *them*. Strengthen their hands in some way if you can.

In terms of the evolution of consciousness, therefore, what do you think is the role of the seeming polarity between 'good' and 'bad', and the way our great teacher, Life, ever confronts us all with the need to make increasingly wiser choices?

- ♥ How could we develop strength without taking exercise?
- ♥ How could we develop our problem-solving ability without increasingly difficult problems to solve?
- ♥ How could we ever develop courage without situations that frightened us?
- ♥ How could we develop Unconditional Love if everyone always fulfilled our conditions and no one ever let us down?
- ♥ How could we develop our will, without difficult choices to make and difficult actions to do?

It has been said that we can learn as much from our 'enemy' as we can from a wise teacher like the Buddha or the Christ.

Only with an 'enemy' or a significant 'obstacle' can we put the Teachings into practise and demonstrate them. Eventually we may become able to say, sincerely, "Blessings on the Obstacles!"

You will need to cultivate the mind-set of THE WILL TO HONOUR THE GOOD very deliberately at first.

As you discover how THE WILL TO HONOUR THE GOOD (or any other of the Goodwill Patterns) improves your life and the lives of those around you, and as you keep practising it, it will steadily become 'second nature' to you, and increasingly effortless.

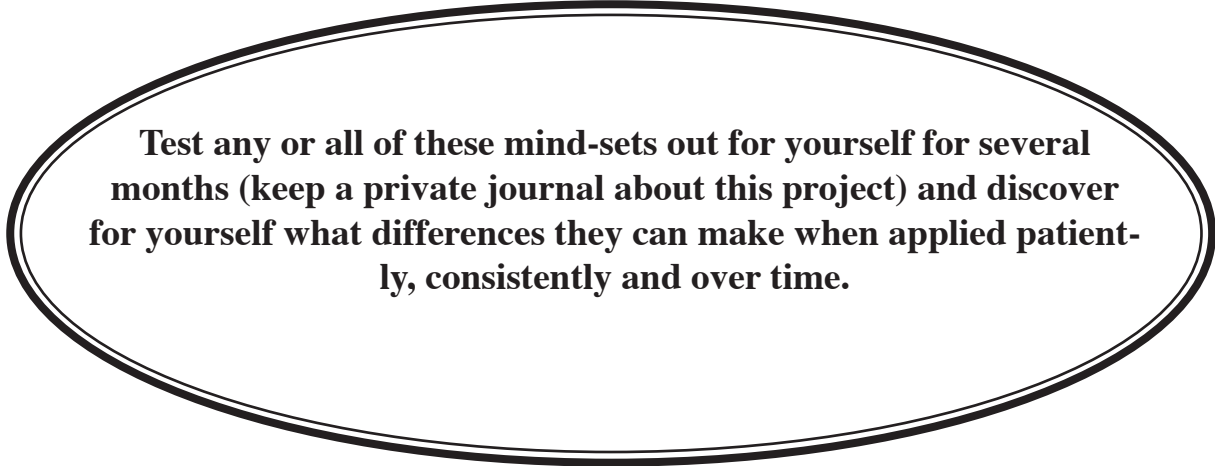
Any skill benefits when you patiently give it your patient attention, regular cultivation, regular nurturing, and regular *practice*.

Your best teacher, Life, will provide you with plenty of situations and opportunities in which you can develop these skills.

You will not have to go far to find situations which could benefit from the application of more of one these Goodwill Patterns by you. You will find them all around you in your daily life.

You can read about these principles in this booklet. That will bring you intellectual knowledge of them.

You will truly understand them, appreciate them, and be able to say that you *know* them when you can *actualise* and *demonstrate* them in any situation - even one where you may be the only one to start doing that (maybe because the others have not even heard of them yet).



Test any or all of these mind-sets out for yourself for several months (keep a private journal about this project) and discover for yourself what differences they can make when applied patiently, consistently and over time.

3. THE WILL TOWARDS ACTIVE COMPASSION

- **The Will to really understand and meet whatever the true needs are in any situation**
- **The Will towards accurate empathy**
- **The Will towards unconditioned and accurate perception of basic needs of others (and self), plus the Will to help to get those needs met, harmlessly**

It is hard to find a single English word (or even a short phrase) that accurately describes this mind set. Perhaps THE WILL TOWARDS ACTIVE COMPASSION is close and will be used here. Other phrases are given above. This mind-set has two parts:

1. THE WILLINGNESS AND THE OPENNESS TO PERCEIVE TRULY AND ACCURATELY THE NEEDS OF OTHERS FROM THEIR POSITION (including an awareness of their start in life, their historical setting (e.g. the great depression, wartime etc.), their family of origin, childhood, teenage and adult experiences). It is THE WILL TOWARDS ACCURATE EMPATHY.
2. THE DEEP DESIRE OR WILL (AND GOAL) TO MEET, OR HELP THAT PERSON MEET, THOSE NEEDS IF PRACTICAL, THAT IS, TO GIVE SERVICE. This may mean helping in an obvious physical way, or it may mean helping the other person to gather the skills they need to become able to meet their own needs more wisely and skilfully – and harmlessly. The mind-set of THE WILL TOWARDS ACTIVE COMPASSION helps us to find “win-win” solutions in relationships, business, and international affairs.

On the Law of Basic Needs

A basic law affecting all human life is that each individual seeks to meet their own needs (see list at end of this section) in a manner established by their nature, conditioning history, environment, and the level of Will available to them.

A person expressing THE WILL TOWARDS ACTIVE COMPASSION will know the working of this law when observing someone else. S/he will recognise that the other person is trying to meet their needs, even if they are caught in an unpleasant or destructive pattern bringing harm to self or others as they try to do so. S/he will endeavour to accurately discover what those needs are, truly and sincerely. S/he knows s/he is not really the target of another person’s unpleasantness, but that such behaviour almost invariably arises out of the pain of one or more unmet basic needs. THE WILL TOWARDS ACTIVE COMPASSION is needed to discover these – as seen from the other person’s position in life.

THE WILL TOWARDS ACTIVE COMPASSION can be used to determine one’s own true needs also.

The energy of any anger and frustration can then be re-directed away from blaming and shaming, away from confrontation, towards discovering ways in which each person’s needs are to be met satisfactorily (i.e. towards win-win solutions).

Two opposites of THE WILL TOWARDS ACTIVE COMPASSION are:

1. “I don’t care what you need!”
2. “I know just what you need! What you need is to... What you should do is... (then comes a description of what ‘I think is best’ for you – but seen from my position, not yours)...!”

Negative mind-sets such as hostility, anger, and/or preconceived notions about others, tend to close down our ability to ‘see’ the true needs of others from their position, and also, incidentally, to see our own needs accurately too.

Negative mind-sets easily turn scant evidence into ‘proof’ that we have correctly determined the other person’s needs. (A green filter, for example, in front of our eyes will “prove” that the person we are looking at is “green” – all the time! And the next one... and the next one...)

UNCONDITIONED ACCURATE PERCEPTION is not customary for any of us - it must be deliberately striven for.

Great care is needed to maintain an attitude of THE WILL TOWARDS ACTIVE COMPASSION at all times, lest we deceive ourselves into thinking that we know another’s needs accurately and the way they see them, when in fact we do not. We may find ourselves thinking, “I know just what you need!” but are not seeing their deep need accurately at all.

Without THE WILL TOWARDS ACTIVE COMPASSION, the true needs of others as they see them are blocked from our minds, (neighbours, family members, boss or employees, friends, opponents, etc.). So also can be our own true unmet needs (“I can do without love! ...”).

All behaviour is a form of communication.

Illness and unpleasant behaviour can often (if not always), be an unskilled way of communicating unmet needs.

Certain qualities are characteristic of THE WILL TOWARDS ACTIVE COMPASSION

- ♥ Inner silence, and a deeply active, listening, attitude
- ♥ Patience, which allow the needy one to express their need in their own way and time
- ♥ A willingness to ‘read between the lines’, to ‘see through’ another person’s behaviour and ‘see’ the unmet need(s) that may be driving it; then attending to that rather than just to our annoyance, resentment, anger...etc, about the outer behaviour alone
- ♥ Such inner silence allows greater openness, leading to better understanding of the other person’s point of view
- ♥ Inner silence and patience in turn permit us to access the source of our own transpersonal energy, to establish connection with the promptings from our Higher Self

- ♥ Ideas and information come then intuitively to us from the transpersonal levels of our being
- ♥ These intuitive and wiser ideas are not usually available to us on the ordinary habitual and everyday personal emotional and intellectual levels of consciousness alone.
- ♥ This deep inner silence “washes out” our own busyness and activity so that we can become available to intuitive wisdom coming to us from higher levels.
- ♥ This wisdom also enables us to see the difference between needs and wants. ‘Needs’ are necessities for life, and meeting them brings satisfaction. ‘Wants’ come from desires, which are stimulated by the environment; meeting them often leads to more wanting (addiction).
- ♥ Focusing on the quality of the service one gives helps one to assess the level of contact with the Higher Self, and to increase that contact: “Help me to truly see and meet the needs of others wisely and lovingly.”

It has been said that: “Service is the instinct of the Soul”, just as hunger, thirst, etc., are instincts of the lower self. A deep sense of joy begins to pervade wherever this is occurring, even in quite unpromising outer circumstances. This is very different from “reluctant service” performed as a “should”, which is usually painful, and is based on conditional love (which is an earlier form of unconditional love).

Service rendered with an attitude of THE WILL TOWARDS ACTIVE COMPASSION brings ‘prosperity’ to all parties, and this can be on physical, emotional, mental, and spiritual levels according as to whether it is physical, emotional, mental or spiritual needs that are being met.

Such service will always be sought after, whether it is goods or intangibles that are needed, and whether it is for customer, client, family member, friend, or even “opponent”. Such transactions bring benefit to both parties.

Interestingly, a person who practises THE WILL TOWARDS ACTIVE COMPASSION will never be unemployed for long. Employment opportunities open up to those who are willing to love themselves and serve the needs of others.

***Learning how to see the needs of others (and one’s own)
takes PRACTICE, & strengthens your capacity for PATIENCE***

KEY POINTS TO REMEMBER ABOUT THE WILL TOWARDS ACTIVE COMPASSION

1. The mind-set of THE WILL TOWARDS ACTIVE COMPASSION opens your mind to perceive the needs of others accurately, without distortion. It has also the goal of meeting those needs, or helping those needs to get met, if practical.
2. Awareness of your own needs is essential so that you can know if it is practical for you to meet the needs of the others at this time. While sacrifices may be asked of any of us, and be willingly made at times, failure to meet your own needs over a long time can breed increasing resentment and perhaps even lead to burn-out in you.
3. True success in relationships is not enduringly possible without an attitude of THE WILL TOWARDS ACTIVE COMPASSION on the part of all.
4. Needs are basic. They are necessities of life. When true needs are met, there is genuine satisfaction.
5. Wants are desires, stimulated by our outer life, and they can be endless.... When wants are met, there is short-term, temporary, and incomplete satisfaction, or none at all. Addictions are based on unmet needs masquerading as 'needs' (e.g. "I need a drink, a smoke, sex, to gamble etc... ") when these are actually 'wants'. Meeting such 'wants' never meets the true need or needs beneath the addiction (e.g. "I need to forgive and love myself and others").
6. Those who practise THE WILL TOWARDS ACTIVE COMPASSION tend to become excellent listeners and communicators.
7. Meeting the needs (not wants) of others (when it is practical, remember) brings 'prosperity' on all levels to all those involved.
8. Sharing ideas may often meet needs more fully and more lastingly than "doing for" another.
9. Teaching skills brings confidence and self-reliance. "Doing for" may keep a person weaker than they need to be, and can lead to resentment
10. Arrogance is a sign of lack of THE WILL TOWARDS ACTIVE COMPASSION. True humility is always present in one who practises THE WILL TOWARDS ACTIVE COMPASSION. (Unfortunately, the English words "meek", "humble" and "humility" have developed mixed meanings; now they seem associated with lack of power, and even with low self-worth).
11. THE WILL TOWARDS ACTIVE COMPASSION is not a sign of weakness. It is actually a strong act of conscious will.
12. Other transpersonal qualities such as inner silence, wisdom, and service develop with THE WILL TOWARDS ACTIVE COMPASSION.
13. THE WILL TOWARDS ACTIVE COMPASSION is very helpful to the Forgiveness Process, which leads to unconditional love.

DEVELOPING THE WILL TOWARDS ACTIVE COMPASSION - 1

Make a decision to practise THE WILL TOWARDS ACTIVE COMPASSION, say, for a certain time each day - (1, 2, 3, 5, 7 or 8 hours – whatever you can manage at first).

For that period of time, pause, and quietly listen inwardly for, and seek to discover, the needs of others – as seen from their position.

- ♥ Some may say, “I need so much money to meet my needs.”
- ♥ Some may say, “I need tea in bed in the mornings.”
- ♥ Some may say, “I need a cigarette, a cup of coffee, a whisky, a Valium etc. to keep me going.”
- ♥ Some may say, “I need you to be good”.
- ♥ Ask yourself: “Is that really the unmet need?”
- ♥ Or is what is really needed a creative idea that would supply their inner needs for years to come?

The great wisdom of the transpersonal level of consciousness is available to you, and by asking at that higher level you may receive an idea, immediately or over the next few days.

Be willing to take the answer as it comes, even if it does not seem to “fit” immediately or seem practical at the moment, - for the path may open with time.

- ♥ It could be practical assistance that is needed, and you can give it
- ♥ It could be ideas, or skills, or direction to a resource, (their own or another’s), that is needed
- ♥ It could be love and understanding, as they live out their lives in difficult circumstances.
- ♥ Or, it might be something else - let not yourself be limited, but allow creativity its full play
- ♥ Over time, you may want to increase the time each day that you set aside for THE WILL TOWARDS ACTIVE COMPASSION, until it becomes second nature.

Those who practise THE WILL TOWARDS ACTIVE COMPASSION, by seeking to understand and meet the true needs of others (and themselves) harmlessly will bring about true prosperity – and on every level.

**THOSE WHO PRACTISE THE WILL TOWARDS ACTIVE COMPAS-
SION**

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unpleasantness.

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needs
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DEVELOPING THE WILL TOWARDS ACTIVE COMPASSION - 2

Purpose

- ♥ To truly understand someone's needs and how they might be better met, or your own (by modifying the words slightly)

Preparation:

- ♥ Sit quietly with the spine erect. Let the eyes close softly to turn in and up, and let the body be relaxed and yet alert.
- ♥ Become aware how Life is breathing you...allow yourself to feel gratitude for the rhythmic life-sustaining process of the breath...
- ♥ Set aside emotional concerns for this period of time...let the emotions be calm and serene... like a lake as the wind drops and the waters become smooth and calm...
- ♥ Still the concrete mind that likes to reason, and name and compare things... let the creative mind be awake, alert, and aware... clear, like mountain air...

Alignment:

- ♥ Imagine your Higher Self, or Soul, as a light above your head and imagine there the qualities of THE WILL TOWARDS ACTIVE COMPASSION ... like the Sun radiates life giving light and warmth to our Earth...
- ♥ Be aware of the quality of Silence, which enables one to listen to others and truly hear them...
- ♥ Be aware of the quality of Wisdom, which causes one to quickly and easily see the difference between genuine needs and 'wants'...
- ♥ Recall how THE WILL TOWARDS ACTIVE COMPASSION also includes the Will and Motivation to understand the true needs of others, independently of their behaviour...
- ♥ Allow the essence, or spirit, of Silence, Wisdom, and THE WILL TOWARDS ACTIVE COMPASSION to merge and fill your consciousness...
- ♥ Draw these qualities into you and merge with them...let them fill you...

Utilisation:

- ♥ Now, imagine a specific person whose needs you would like to understand more fully, (and this need not necessarily be someone you like, though for your first go at this exercise you may prefer to start with someone you love).
- ♥ Connect with your willingness to understand their needs from their position.
- ♥ Imagine a bridge of unconditional love filling your consciousness from the Source, and flowing out to this person by an act of your will...

- ♥ Now, allow yourself to become aware of his or her unmet needs as seen from their position...
- ♥ Begin to see any unpleasant behaviour they show as a cry for love or help, perhaps from the “hurting child” within them...
- ♥ Begin to wonder what happened to them, how their needs have not been met in the past... and what those needs truly were and are now... (It may help you to go through the list of basic needs which is on a subsequent page, one by one, as you do this)...
- ♥ Drawing upon Wisdom...see if it practical for you to meet those needs, or help the person to do so wisely. It may not be. But if so, allow ideas to come as to how you could do so... Or, how those needs could be met in some other way.

Healing Radiation:

- ♥ Now, in your imagination, see this person’s true needs being met... see in your mind’s eye the potentials of this person being developed and expressed...
- ♥ Imagine this person joyous and happy and fulfilled...
- ♥ Feel deep gratitude that you can see these possibilities for them...

Grounding:

- ♥ Now, bring your consciousness back to your personal self... to your body and to the room...
- ♥ AT THIS POINT YOU MAY WISH TO MAKE A “WILL STATEMENT” RELATED TO THE ABOVE EXPERIENCE, such as:
- ♥ “I will to comfortably meet the needs of ...(name)... as presented in this meditation; or:
- ♥ “I will to practise THE WILL TOWARDS ACTIVE COMPASSION in my life.”

BASIC HUMAN NEEDS

Needs are necessities of life, and failure in their being met leads to diminishment, failure to fulfil potential, and maybe illness or death.

The most important needs may have a different pattern of emphasis for different people, or for the same person at different times in life.

“Special love” and “Special hate” relationships (co-dependency) are often based upon expectations about meeting needs and frustrations about not meeting needs.

Being “for-giving” means being open to others getting their needs met as well as our own.

“Do unto others as you would have them do unto you” takes on a very practical meaning.

We can choose to become aware of each need in turn, and examine behaviours arising from it in ourself and others

PHYSICAL NEEDS

Food, liquids, shelter, sleep, oxygen, light, warmth, exercise all of good quality and in the right amount

Enough money-flow, — or ideas on how to get it harmlessly (= access to the earth’s energy. How much is “enough”?)

PSYCHOLOGICAL NEEDS

To have security

To receive love, (incl. affection, right touching, tenderness, gentleness, mutual trust with absence of fear)

To be cherished

To belong (to family, group, or tribal tradition),

To be deeply understood

To be deeply accepted and recognised,

To be forgiving, (yes, this is a basic need!)

To have self-respect

To have self-esteem (esp. from parents or parent figures.)

To give love

To love one’s self (one’s parts, one’s history (especially the Inner Child), one’s potential)

SEXUAL NEEDS

To accept and respect one’s own body and the bodies of others

To accept feelings and urges as proper and vital (even if choosing to not always act on them)

To learn the difference between sexual and affectionate touching, and be comfortable with either

To accept one's need for psychological and physical intimacy (sexual intercourse does not always remove loneliness and estrangement).

To learn what it is to be a man or woman, and how to be with a person of the same or opposite sex appropriately

To accept one's sexuality and the sexuality of others

To accept one's desire to reproduce, protect, and nurture children, or, to find a channel for one's creative energies that is wise, loving and satisfactory.

SELF-ACTUALISATION NEEDS

To grow

To develop our potentials

To have challenges

To be curious, to find out

To know, to understand, to seek meaning

To achieve progress

To gather the resources that one needs while still recognising and taking care of the needs of the whole of which one is a part (ecosystem, groups etc.)

To choose, to make choices and learn how to use Time skilfully and wisely, from what happens

To develop one's capacity to love

To train oneself in the right use of the will

AESTHETIC NEEDS

Beauty in sound, form and colour.

Fun and humour

FREEDOM NEEDS

To speak and to be heard

To choose

To do what one believes is right, provided it is harmless to oneself and others

To inquire

To defend oneself

To be just, to be honest, and to be fair

To live, grow and develop as a soul-infused person

To improve (spiritual and other) skills

SPIRITUAL NEEDS:

CURIOSLY, WE FIND WE ACTUALLY NEED TO PRACTISE THE GOODWILL PATTERNS:

- ♥ To learn and practise true humility (THE WILL TOWARDS ACTIVE COMPASSION)
- ♥ To learn and practise fairness to all (THE WILL TOWARDS FAIRNESS-FOR-ALL)
- ♥ To learn and practise unconditional positive perceptive love (THE WILL TO HONOUR THE GOOD)
- ♥ To learn and practise loving self-diagnosis and self-correction of errors in the mind (THE WILL TOWARDS JOYFUL SELF-CORRECTION)
- ♥ To learn and practise peace skills (THE WILL TOWARDS INNER PEACE)
- ♥ To learn and practise holistic or synthetic vision (THE WILL TOWARDS ‘SEEING THE BIG PICTURE’)

These are very deep needs. We all have a deep need to learn and practise unconditional love:

Here are some others:

- ♥ To know one’s deepest values
- ♥ To develop a stable hierarchy of values by which to make decisions
- ♥ To develop meaning in our lives
- ♥ To relate to others, individually, in group, and as a human family, in meaningful ways
- ♥ To contribute - there is a deep need to serve others and develop one’s potentials
- ♥ To relate to something greater than oneself - at a very deep level each human being knows they are part of something larger than self, larger than the life visible to them, larger than the earth-system, more than three-dimensional.
- ♥ To recognise a scheme of things in which we have a part - a pattern in which we logically belong, with a purpose to account for the vicissitudes of life.
- ♥ To find our place in the scheme of things
- ♥ To have a sense of inner life - an “essence” impregnating matter, some subjective, spiritual, “plus” factor, no matter what it may be called, which links us with some wider field suggesting continuity
- ♥ To have a loving relationship with the Source of Life

- ♥ To have order
- ♥ To contact our inner source of peace and express the peace and other qualities latent within the Higher Self
- ♥ To build and live in harmony with ourselves and all of life
- ♥ To seek for truth, and to understand ourselves - our composition and why we function as we do
- ♥ To trust life

HIERARCHIES OF NEEDS AND VALUES

We all value getting our needs met.

We also value developing skills and higher qualities.

We cannot escape the fact that our thoughts and behaviour reflect our hierarchies of needs and expressed values - things, thoughts, actions that we value more than other things, thoughts and actions.

Our expressed values may not be in accord with our deepest values, however, unless we make a conscious choice and use our will to set goals and make this happen.

The most important thing anyone can do is to develop a stable hierarchy of values, which enables decisions to be made with integrity.

For example “I value developing courage, love and trust more than fear, security and stagnation” could enable me to risk meeting someone at a deeper and more satisfying level than otherwise. To stay with the need for security may mean that the need for personal growth is neglected.

The forgiveness processes are based upon meeting higher needs and upon valuing unconditional love more than its opposites, resentment, hate, fear (and sometimes laziness!).

We are responsible for meeting our own needs.

Our demand that others meet our needs as a condition for us to love ourselves, them or the Source of Life is one of the underlying causes of our need for using the forgiveness process.

The basic needs must be met before the higher ones can get much attention. It is hard to work for beauty if one is starving.

But abandoning our higher needs and values to meet our lower needs causes us distress in the long run.

What we call ‘crises’ are sometimes precipitated when a higher need or value is crying out for fulfilment.

When someone is labelled “neurotic” it may actually mean they have unmet basic needs. The word “neurotic” when applied to a person has often been used as a kind of put-down, even as insult. It thereby lost any usefulness it may have had. If you are tempted to call someone “neurotic” or hear someone being called that, remember the following mnemonics:

NEeds	NEver
Unmet are	Unlearned the
Reacting	Redundant
Onto	Old
Their	Tapes
Inner	In their
Child	Computer

Patterns of behaviour arise at times when our needs are not met in any significant way, and these can persist years after they are no longer appropriate or even working.

If someone appears to be attacking you by their behaviour, there is a high probability that they are attacking because you or the situation reminds them of a past trauma - in many ways “you are not the target”. They are acting out of their previous pain. THE WILL TOWARDS ACTIVE COMPASSION can see this. THE WILL TOWARDS SEEING THE BIGGER PICTURE can too.

Perhaps one day we will all see “bad” behaviour simply as “a call for love”

Now sometimes a person engages in behaviour that stirs up others to become angry with them, and then denies they had anything to do with it! Until they attend to their own contribution to the situation, it will continue to be harmful to them and everyone else involved. That pattern you might like to call “neurotic *behaviour*” – but please, never apply it to the *people* without considering what has just been written above.

BASIC NEEDS EXERCISE

Read right through once or twice to make sure you understand the steps of the exercise.

1. You will need paper and pen.
2. Study the LIST OF BASIC NEEDS, physical, psychological, sexual, self-actualisation, aesthetic, freedom and spiritual.
3. List those that are not being met satisfactorily in your life at present.
4. Choose one of your most important unmet needs (you can do this exercise with the other needs later).
5. For each unmet need you discover, in turn, write your answers to the following eight items.

1. What do you DO when this need is not met?

Observe your behaviour and describe it.

eg. “When my need for X is not met I.....”

Include your inner dialogue - the way you talk to yourself.

“I say to myself...”

2. What do you FEEL when this need is not met?

Observe your feelings and record them.

“When my need for X is not met I feel”

3. What do you BELIEVE or IMAGINE when this need is not met and you are feeling and doing those things?

Observe your thoughts, images and beliefs and record them.

“When my need for X is not met I believe/imagine that...”

4. What do you EXPECT (or DEMAND) of yourself and others when this need is not met?

“When my need for X is not met I expect that...”

5. Write down what you think, feel and do when those expectations are not met?

“When my expectation for ...X... (from myself, or from Y...) is not met then I...”

6. REFLECT — is doing those things actually getting you what you need? Is it doing so harmlessly?

7. If not, come up with 3 or more new ideas as to how you could get the unmet need met more wisely.

8. Run an inner and outer “ecology check” that these new strategies are harmless and

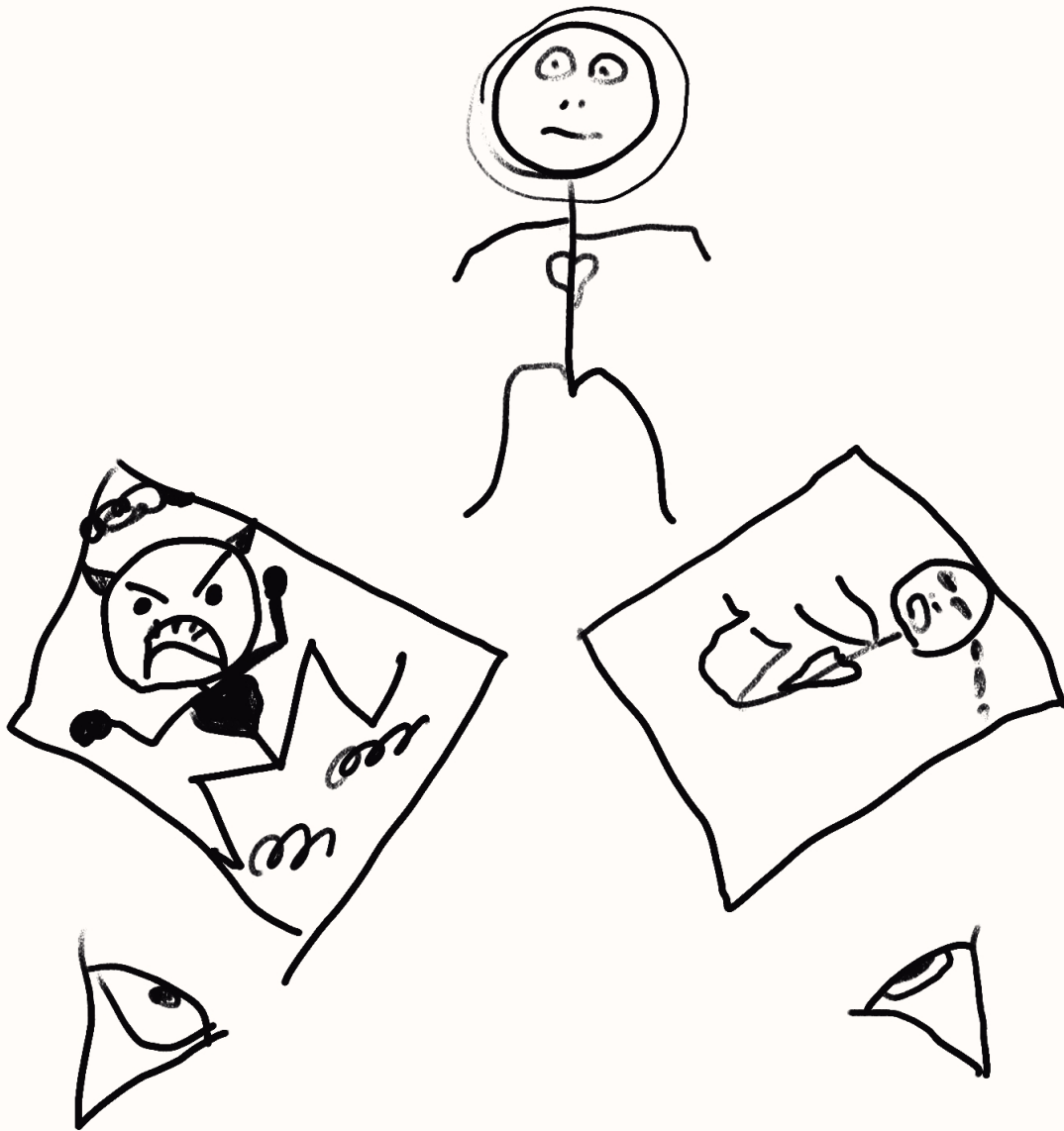
wisely balanced.

1. This will involve you in considering the strengths and weaknesses of each strategy, plus its likely effects or consequences upon yourself and others.
2. It may need to include finding ways to balance opposing needs – for growth and safety, for instance.
3. It may include finding ways to balance your needs with those of others, or arranging that needs be met in sequence, not all at the same time.

You may well be asking, “Why are these mind-sets so important?”

Perhaps the diagram on the next page will help to answer that .

None of us sees the same:



*Mind-sets filter what we can perceive.
This virtually predetermines our
conclusions, decisions and actions,
thus also the results we get in life.*

DEVELOPING THE WILL TOWARDS ACTIVE COMPASSION - 3

THE WILL TOWARDS ACTIVE COMPASSION is the attitude of seeing the needs of another as they see them with also a desire to meet them if practical. Here you can see the benefit of working with others in this self-development project. You can do something akin to this process on your own but it is usually richer when done by three keen students together.

1. Form groups of three.
 2. Choose amongst each other those who will, for the purposes of this exercise, be called A, B, & C. Keep these designations throughout.
 3. Note that the centring exercise is done before each process.
- ♥ "A" is the Presenter, who, after centring (see below), will present a concern or problem in which he/she needs to understand what action to take to solve or heal this situation. (Long or very detailed problems should not be used at first for this group exercise.)
 - ♥ "B" is the Counsellor, who will listen intently, to understand the situation as "A" sees it. He/she then seeks from the Higher Self the answer to the need. Then checks it out to see if it is practical to meet that need, and then shares the solution or idea that comes into his/her consciousness - briefly.
 - ♥ "C" is the Observer, who will observe and listen intently, and also seek from his/her Higher Self a solution, but keeps silent until "A" has finished, and then shares what was received.
 - ♥ "A" then will briefly inform "B" & "C" how well he/she felt their need was met.

Round One:

After A, B, & C have acquainted themselves with their tasks, all sit silently... breathe deeply ... relax the physical body. Put aside any emotional concerns ... still the concrete mind, which likes to reason and name things ... open yourselves to your Higher Self. Even if you don't think you have one, imagine one - a source of great Wisdom, like the wisest person you ever knew, and then some more.

"A" asks for the wisdom to present his/her situation clearly and briefly; waits for the simplicity to emerge, and then presents to "B".

"B" & "C" seek to be open to the Higher Self, open to the wisdom to see clearly and accurately the problem as "A" sees it, and to be open to see a practical way to meet that need. They also wait for the simplicity to emerge, and do not censor it.

Then, "A" in 2-3 minutes only, presents as clearly as possible the concern or problem he/she has to "B"; and "C" observes silently as above. "B" listens silently, and may ask a brief question to clarify. (Take care not to re-engage the reasoning mind.)

Then "B" offers what has been received, bearing in mind how "A" sees the problem and having checked if it is practical for them to meet this need.

Then “C”, having listened and observed, and if “A” is open to receive more, offers what he/she has received into consciousness, if it seems appropriate.

Keep it short, and simple. The solutions may come in symbolic form e.g. an image, or even a single word. Simplicity is the essence of the Higher Self consciousness. Being open to it is the key.

“A” then shares how well (or otherwise) their need was met.

Rounds Two and Three:

”A” becomes the Observer, “C” the Counsellor, and “B” the Presenter

“A” becomes the Counsellor, “B” the Observer, and “C” the Presenter.

4. THE WILL TOWARDS CLEAR COMMUNICATION

Clarity leads to empowerment

Communication implies becoming “at-one” or unified with someone. It comes from the same root as the word “community.” When we are not “at-one” we are in difference, there is separation, misunderstanding, and often the scene is ripe for conflict.

My work as a doctor, psychotherapist and counsellor has convinced me that many ills arise from people:

1. Not being able to know and express their needs or point of view clearly, and
2. Not making sufficient effort to understand other people’s needs and points of view accurately.

Both of these can lead to stress, strain, negativity, breakdown, illness, or injury. Love flow is blocked.

Neuro-linguistic research has shown that good communication occurs when people match each others preferred sensory language style. These include the visual, auditory, kinaesthetic, and to a lesser degree, gustatory and olfactory modalities.

Accelerated learning research has shown that people usually prefer to learn (i.e. to receive information) in some but not all of many different ways - through the use of different types of learning intelligences. These include the global and linear styles, the visual, kinaesthetic, auditory, logical, linguistic, musical, and the inter- and intra-personal styles. We can have preferences for some modes over others.

To communicate with, to learn from, and to teach each other we need to become aware of these facts and learn to use them wisely. This could ease many difficulties and traumas in education and relationships.

We all need to become more aware of the power of thought and speech. There are thoughts and words that heal as surely as the right medicine or surgery in the appropriate situations. There are also harmful thoughts and words, which can wound, or even cause death.

Right use of speech, both inner and outer, is essential for love to flow and right relationships to be created and maintained. Since no one else can do this for us, we are responsible for doing it ourselves, and must acquire the skill of doing so.

The need for THE WILL TOWARDS CLEAR COMMUNICATION was not mentioned in the original ancient text, and the recognition of its importance has been a more recent idea. But it can easily be seen, it is just as important to Goodwill and Unconditional Love in Action as the other mind-sets. Wherever clear communication and understanding are lacking, frustration and conflict become more likely. In one way, it is an aspect of the Will Towards Compassion.

Improving Your Communication Skills:

With some friends, create an exercise for improving communication between two people, or between a person and a group.

You could also visit your library or local polytechnic for information on courses to improve your communication skills. There are many such courses available nowadays.

Note: You could gain much from inventing your own exercises for developing any and all of the mind-sets listed in this booklet in forms that are better suited to your own age, gender, cultural or religious background.

You could probably learn as much or even more by doing that, or by improving those I have suggested, than from doing only those I suggest here in the exact forms I have given them!

5. THE WILL TOWARDS JOYFUL SELF-CORRECTION

THE RELIEF OF MENTAL STRESS

THE WILL TOWARDS JOYFUL SELF-CORRECTION is a mind-set that leads to compassionate Self-correction of one's mistakes (without self-denigration). It is a mind-set, set in place by an act of Will, which has the following goals:

1. Of allowing one's own errors in mind-processing or behaviour to come into one's awareness, joyfully, and with love towards oneself as one does so
2. Of envisioning the correction of the error(s) with love and joy rather than self-castigation, self-denigration or remorse. The mistake is corrected joyfully.
3. The intention is to learn from the errors (gain wisdom), and enjoy the self-development that follows.

You can discover for yourself that relief or cure of mental stress comes with this mind-set, or goal/attitude combination. There is no word in English that adequately conveys this idea so it has been hidden from us. We tend to agonise over our mistakes, and being "wrong" is associated with blame, "sinning" is associated with the idea of inevitable, even eternal, punishment. These concepts have sunk deep into the collective unconscious of the Western world. Our 'justice system' became "Find who's to blame and give them pain." Thus it became increasingly painful to be aware of our errors, and we have given the message to our minds to keep our errors from our awareness. Sadly, a poor self-image arises from this.

Suppressing both our awareness of our errors, together with the idea of punishment, can cause us to make choices in life that actually tend to bring about that "punishment". Energy follows thought, and the images made in the mind tend to actualise. There is absolutely no need to condemn anyone while learning how to do things better and more wisely, nor to waste energy in remorse. There is no reward for so doing. The energy is much better used to impress the mind (and memory-bank) with the desired and improved version of the behaviour we want to have for the future.

Distinguish between 'goofs', 'sin', and evil.

'Goofing' is error through ignorance. An appropriate response is: Oops!

'Sin' derives from an ancient archery term that means, simply, "missing the mark". After missing the mark, the archer took aim again, making the necessary corrections. No energy was wasted in remorse.

'Evil' could be: Choosing courses of action that are against Life, with no conscience, no feelings of guilt about the consequences. It can be the harming or destroying of life, or potential for growth, of others - while believing that one is in the right. There lacks any inner voice of conscience.

It is time to challenge the belief that "sin" requires punishment. It is time to challenge the belief that therapy must be hard work, and that you must 'work' through your pain, rage, grief, anger etc., before healing it. Beliefs like that only delay healing.

First useful truth:

“Sin” is best regarded as error that simply requires joyful Self-correction of the unskilled behaviour in the future, and punishment hardly ever causes that.

Second useful truth:

Working to improve ourself, whether alone or in therapy, can be fun, playful, and satisfying.

We cannot change that of which we are unaware. The EVENING REVIEW is a tool for developing awareness and THE WILL TOWARDS JOYFUL SELF-CORRECTION

In the review, we spend time at the close of each day studying our actions to learn how to improve them - a technique widely used by successful athletes all the time nowadays, with constant improvement and refinement of athletic performances the world over. We are not our actions, but we are responsible for them, and for learning from their outcome.

THE WILL TOWARDS JOYFUL SELF-CORRECTION includes maintaining an attitude of love for ourselves while we are learning - joyful self-correction of our own errors is an act of love for ourselves, not just for others. It is ‘mental and emotional house cleaning’, and, like house-cleaning, it needs to be done often or we live in the mess!

THE EVENING REVIEW (1)

We do this exercise lightly and with humour, and we do NOT replay negatively charged scenes forward, with their associated mind-body-emotion patterns. This only impresses them deeper into the memory-bank. We do it literally backwards, just like a video running backwards. One person who had been apple picking all day watched the apples fly back onto the tree - while at the same time recognising for the first time that he had spent the whole day harbouring vengeful thoughts against another! He was delighted to discover this error in right human relations before it led to harm. He then visualised approaching his “enemy” to restore goodwill, which he did the next day.

The material from the review is instantly re-visioned as any errors come into awareness. Evocative Self-questioning that could be helpful could be:

Of what errors of my own do I need to become aware?

1. In human relations
2. In developing my character
3. In regard to my health habits
4. In regard to my belief systems - are they working out satisfactorily, or are there errors?
5. Are any improvements needed in my beliefs - about myself, other people, or the world?
6. Are there improvements needed in my goals, attitudes, judgements, behaviour (actions and habits)?”
7. In short, “Where in my life have I been missing the mark?”

Notice that with THE WILL TOWARDS JOYFUL SELF-CORRECTION, as for this exercise, the focus is entirely upon finding what we ourselves may have been doing that has contributed to harmful or difficult situations – not upon others.

Much honesty and humility is needed here, lest we deceive ourselves we have done nothing at all in thought, word or deed to contribute to what has happened or is happening...

Example: Professor Theodore Billroth (who in the 1880s was possibly the first surgeon to risk operating inside the abdomen, a great man whose name was long remembered by being attached to two particular stomach operations), was one of the few who was willing to admit and discuss his failures openly. He said, when one of his assistants failed to request a post-mortem on a patient Billroth had operated upon so as not to discomfort his professor:

“Failures must be acknowledged at once, without groaning over our mistakes. An unsuccessful case is more important to learn about than a dozen successful operations. We owe that to the patients”. (Note his humility and the ‘group conscious’ nature of his thinking (characteristic of the Higher Self), and how he also wants to do what is “Fairest for Everyone”).

What is also not generally known is that many people who have been called “successful” have actually also experienced and acknowledged more episodes of “failure” (or rather, “successfully learning how not to do something”) than less successful people. They had learned from their experiences, perhaps even with a kind of exhilaration. Not ‘failures’, but ‘lessons in how to do things better’.

After a while, begin to analyse the TYPE of your errors - usually there are only a few TYPES even if many errors. This will simplify your task greatly, and solutions will come to you more quickly.

THE WILL TOWARDS JOYFUL SELF-CORRECTION EXERCISE - THE EVENING REVIEW (2)

This exercise is done in order to develop your capacity to Self-correct your thinking (perceptions, beliefs, goals, attitudes, imaginings), and behaviours joyfully. It will help you to turn all experiences into useful learning, thus improving your physical, emotional and mental health, and the quality of your relationships.

The Evening Review can also be used to cultivate certain qualities - e.g.. patience, compassion, understanding, unconditional love. You can set the goal to practise the quality for a day, for a week, or month etc., and review your progress each evening and see how to do it better.)

An Evening Review

- ♥ Any time after 5pm (best not just before sleep, so as to be more alert, and improve the quality of the exercise), find a quiet place.
- ♥ Breathe deeply to relax the body.
- ♥ Close the eyes to turn inward.
- ♥ Review the day backwards, as if looking at a reversed movie - this makes it much lighter and prevents the negative emotions that “replay” if you do the review forwards. It keeps you objective and in charge.
- ♥ Refrain from any criticism of yourself or others, and from any remorse. Doing any of these wastes time and energy.

Hint number one: always review your day backwards - compassionately

- ♥ At each point where you find you prefer that you had thought or acted differently, with no criticism, decide how you could have acted differently (not how others could have acted differently! They are responsible for their own actions.)
- ♥ With that change in mind, imagine yourself in the same and similar circumstances. Now you have the chance to act differently; do so.
- ♥ Run it through several times in your imagination until you have in your mind more ideal thought patterns and behaviours. These ‘patterns’ or ‘templates’ will then become impressed in your memory and be available to you in similar circumstances in the future.
- ♥ If you have intuited some actual action that needs to be taken to put things right, go and do it as soon as practicable.

Hint number two: Always re-vision forwards – optimistically.

You are making adjustments, improvements

For instance, you might in the review find a time when you were impatient with another. As you re-vision the incident, you now ‘see’ yourself acting patiently, and almost certainly in consequence, understanding why the other(s) took so long. In your visualisation, you are aware of your inner calm, and the behaviour of the other(s) does not affect you. You bring a patient serenity into the circumstances, and you begin to see the possible benefits of that for yourself and the other(s). You may even begin to feel grateful that the other person gave you the opportunity to learn to develop the quality of patience in your life.

As you get better at this, look also for subtle or even unsubtle errors of perception, beliefs, and interpretation about yourself or others - e.g. perceiving only the bad about others or yourself, or perceiving only in terms of the past. Perceptions do not have to be fixed by the past. Perception is continually shifting and changing, accepting or rejecting, organising and reorganising. You can choose how you will perceive yourself and others, and this will greatly affect your thoughts, feelings, body, behaviour and relationships. You have a choice, always.

Doing this review each evening helps us to discover, (joyfully!) where in life we are missing the mark. Spend no time in regret! (Technically that would probably weaken your pericardial, or heart-constrictor meridian). Spend the energy changing the scene before it becomes a fixed structure in the brain, which is more difficult to change later!

Test out certain evocative questions, say, for a week at a time:

How well did I maintain an unconditionally loving attitude today? For example:

- ♥ THE WILL TO HONOUR THE GOOD: How well did I look for the good in others, and myself, today?
- ♥ THE WILL TO INNER PEACE: How well did I set the attitude of being at Home in Serenity today, and how did I maintain it?
- ♥ TOLERANCE, PATIENCE: How accepting and understanding was I today? Was I critical of myself, or others? Was I preoccupied with faults, or did I practice compassion for myself, and others, today?
- ♥ THE WILL TOWARDS ACTIVE COMPASSION: How well did I seek to understand the needs of myself and other(s) today, and to meet them if practical?
- ♥ FORGIVENESS: Do I need to forgive myself or others for any events of today (or before today) - am I still holding on to disappointed expectations and their harmful consequences? How quickly did I forgive?
- ♥ THE WILL TOWARDS FAIRNESS FOR ALL: How well did I strive for Fairness for All?
- ♥ THE WILL TOWARDS JOYFUL SELF-CORRECTION: Where in my life am I “missing the mark”, and how can I change that for the better – joyfully?
- ♥ How am I doing in my project of cultivating... (insert here any other quality or mind-set you are seeking to cultivate)... and how can I do it more skilfully?

At first, you may feel uncomfortable doing this, until the more usual habits of self-criticism and self-denigration fall away. As you continue, you will become progressively more aware of the benefits to yourself and others around you.

Document your results in your journal, and evaluate your progress. A Daily, Weekly, Monthly, and Yearly Review can reinforce the benefits, and provide good reasons to “make an appointment with your Self on a regular basis.”

Notice that this type of review is what the best athletes do all the time nowadays - review their performance, often on video, and then spend time imagining how to improve.

It is based upon a very ancient spiritual exercise. Remember, the ancient word for “sin“ was then an archery term meaning simply, “missing the mark”. Taking aim again is how to get better results – there is no other way...

Mistakes are the essential stepping-stones to wisdom and skill.

Look, we get a chance to do it better next time!

Those who can become quickly aware of their own internal blocks

To love, health, creativity, their life purpose, etc.,

And quickly self-correct themselves with joy and forgiveness

Shall be cured of mental stress and grow stronger

6. THE WILL TOWARDS INNER PEACE OR TO BEING ‘AT HOME’ IN SERENITY

This mind-set conveys something more than just “peace of mind” though is closely related to it.

To be “AT HOME IN SERENITY” means to be in contact with the place of deep inner serenity that exists deep within each person’s higher Self, to feel and to be in harmony, whatever the outer circumstances are doing. From this “place” in our psyche, we can see the life of our personality as the place of trial and error - a learning ground for the development of all kinds of important qualities. This gives a broader perspective than when we are ‘caught up in’ the concerns of everyday life. We are in touch with our intuitive wisdom here.

More than that, THE WILL TOWARDS INNER PEACE has within it a further idea, - namely that, when present, THE WILL TOWARDS INNER PEACE can be felt, sensed, and directed, like an invisible gentle force that tends to penetrate into relationships and promote harmony.

Its presence makes things “the way they ought to be” so that it is like “coming home” when we experience it, - whether in a family, an office, clinic, factory, meeting, Parliament (Yes!) etc. Meetings where people “centre themselves” and become relaxed and at peace before discussions begin do go so much better.

THE WILL TOWARDS INNER PEACE can be imagined to be like a force-field which aligns things in an overall pattern (like a magnetic field aligns compass needles, iron filings etc.).

THE WILL TOWARDS INNER PEACE aligns people with the best pattern for the group. One person expressing THE WILL TOWARDS INNER PEACE in an office, for example, can harmonise many people working there. (I have used this together with clients at the beginning of consultations now for some time, and find it to be of real practical value). It is active and dynamic, not passive or static.

To be “AT HOME IN SERENITY” is available for us to use whenever we use our Will to lift our consciousness to levels above the personal self – that is, to the higher, or transpersonal, self level of consciousness

Inner Peace Exercise I

“Peace Pilgrim”, in “Steps to Inner Peace” put forward twelve steps to inner peace. They may appear rather simple as you read them. They are, in principle, uncomplicated and simple. They get to the point and eliminate non-essentials. Putting them into practise will take time and patient persistence, however, as you will discover. Your reward will be a profoundly satisfying life and inner peace. Here they are, transmitting light like twelve facets on a jewel:

FOUR PREPARATIONS

1. Assume a right attitude to life (and this Goodwill booklet helps us to understand more about what attitudes are).
2. Live good beliefs.
3. Find your place in the Life pattern.
4. Simplify your life to bring your inner and outer values and wellbeing into harmony.

FOUR PURIFICATIONS

1. Purify the bodily temple.
2. Purify thoughts.
3. Purify desires.
4. Purify motives.

FOUR RELINQUISHMENTS

1. Relinquish self-will.
2. Relinquish the feeling of separateness.
3. Relinquish attachments, addictions, and attachments to specific outcome (i.e. expectations that things should turn out your way).
4. Relinquish all negative feelings (which are all due to either wrong action, wrong inaction or wrong reaction).

Take each one of these and try to understand it; then mind map or write down what it means to you and — the steps you will take to fulfil these requirements.

If you can, share your 12-faceted journey with another person and assist each other to do this.

*“Let the Spirit of Peace
Be spread abroad, in my heart,
In my group, and
Throughout the world”*

*Peace is not the result of having won a war or a battle
It is the opening of a gate through which unconditional love can
flow*

*Those who serve Peace shall be called the “Inheritors of the Source
of Life”*

Peace Exercise II: To develop ‘Being AT HOME IN SERENITY’

- ♥ On waking, stand and stretch slowly and gently, then breath deeply, 6 times.
- ♥ Now sit with back straight and close your eyes.
- ♥ Be aware of your body and let it be relaxed.
- ♥ Reach up in consciousness to your higher Self (raising your awareness above your head).
- ♥ Imagine there “Home in SERENITY” as a centre of Light and rest above your head.
- ♥ It is in your Highest or Deepest Self that the Source of your love, wisdom and inner strength is.
- ♥ Feel gratitude for some things in your life that you are thankful for.
- ♥ Identify with the Wise Self within: “I am the Self! I have choice. I have will. I am in charge of my life, my actions, my mind and my emotions. The mind-sets I choose will determine whether I suffer or rejoice. I now choose to be calm and serene. I am in charge. I can use my inner wisdom to show me what is really important now.”
- ♥ Contact the quality of Serenity in your Higher Self, Soul.
- ♥ Let that Serenity, like a golden light, flow down into your mind, emotions and body.
- ♥ Imagine a lake becoming calmer and calmer as the wind above it drops, and let your body, mind, and emotions become increasingly calm and peaceful like the surface of the calm water.
- ♥ Let that Calm pervade your consciousness.
- ♥ Rest in that Serenity, in that Source of Deep Peace.
- ♥ Let it now radiate out into relationships where it is needed. See it flowing into the spaces between people, harmonising relationships with the will to good.
- ♥ Imagine yourself in various scenes in the future acting with poise, calmness and serenity, (even if others are being irritating or impatient): “I am the Self. I have a choice. I can choose to be Calm and Serene; or to be like those about me. The mind-set I choose determines whether I suffer or rejoice. I choose to be Calm and Serene, and I am in charge of my life. I have enough love and patience in my heart to meet the need here”.

Peace Exercise III: Serving peace in a situation

Make your usual preparations for quiet meditation:

- ♥ Relax the body, calm the emotions, and still the concrete mind.
- ♥ Lift your consciousness above the level of the personal concerns to that of the Higher Self, the Light Within, the Soul, the Wise Part Within you.
- ♥ Become aware of your ability to set goals and use your will.
- ♥ Now get in touch with your will. Examine your willingness to make a decision that is right for you.
- ♥ Be aware now that you are above the level of anxiety and concerns.
- ♥ Ask within yourself questions such as:
 - “What is the message this situation and my tension have for me?”
 - “What am I to learn here?”
 - “What is the best that can come out of this for everyone?”
 - “What is the Spirit of Peace able to bring to this situation?”
 - “What serves Peace best here?”
- ♥ Ask any question that is appropriate for you at this time.
- ♥ Wait for the answer to come. This is not a mental process. Do not try to think it out. If you are using too mental a process, pause and lift higher in your consciousness.
- ♥ Allow the answer to come from your Higher Self. (Some people who visualise easily may imagine a Source of Light above the head to symbolise this, and the Light of Wisdom flowing downwards from there into the personality, or onto the problem. Others find the answers come to them from the Silence quickly, or more commonly, over time. For others, nothing may seem to happen; and only when they look back much later, they see that answers did come, often in unexpected, subtle ways).
- ♥ You may find you receive or discover a “seed thought” about peace that you can dwell on for a few minutes each day, drawing inspiration from it.
- ♥ When you feel the process is complete, make a will statement such as: “I will to hold the attitude of being at Home in Serenity all this day, and to do it comfortably. I will to maintain this spirit of calm, peace and serenity about me in all my relationships this day.”
- ♥ Become aware of your body and breathing, open your eyes and go about your day in peace.

Peace Exercise IV: Handling Criticism Constructively

Serenity when in the face of scorn or harassment, when one's own behaviour is sound, is needed to hold one's course and not be led by mass consciousness or pressure from others. This is a test of our capacity to maintain love for another despite his/her tormenting actions.

We need the attitude of the Source of life itself, which gave free will to all others to conduct their lives as they choose. We need to restate the Basic Law of Life and maintain the good-will patterns. If we do so, we experience inner peace, we become more able to function fully at the transpersonal level of consciousness. We can all learn from role models, even though no one is perfect. However, consider the "will-to-good role-modelling" given us by the lives of people like Zoroaster, Buddha, Confucius, Lao Tzu, Socrates, Jesus Christ, Mohamed, Gandhi, Albert Schweitzer, Mother Theresa, Martin Luther King, Nelson Mandela, Desmond Tutu, etc... If you prefer a different role model than any of these, find one that is right for you, from within your own cultural tradition, and study how a life can be devoted to the increase of love, wisdom and goodwill in the world. How did *they* handle criticism? What can be learned from them?

If we experience hurt when being unjustly criticised, we are not conforming to the Basic Law of Life. We are forgetting that the tormentors strike out of their own inner pain, their own history of unmet needs, their lack of connection with transpersonal levels of consciousness. To be strengthened in this way is not to live in an ivory tower of illusory "sweetness and light". It is to experience personal hurt and to rise above it.

First, is it criticism or just good Feedback? Distinguish between "Feedback", which is sharing of feelings and perceptions about what has happened, without demands that the other should change, and love and goodwill continues to flow, and "Criticism", which is giving an opinion about a person with an implied demand that the person should change, or goodwill and love will be withheld. Honest feedback can help you to grow. Criticism stifles the spirit.

A. WITHOUT DEFENDING YOUR ACTIONS, EXPLORE THE CRITICISM THROUGH QUESTIONS ONLY. EXPLORE ONE QUESTION FULLY BEFORE SHIFTING TO ANOTHER.

The order of these questions can be altered to suit the circumstances. Establishing rapport is essential and for that questions 1,2,7,9, & 10 are the most useful. The others are more aggressive and are best used only after good

- ♥ **Clarify the content of his/her criticism and substantiate your understanding through "Do you mean...?" questions.**

This method can be very powerful in establishing rapport with your critic. It can often defuse anger and weaken the resolve to push the criticism. You will learn a great deal about and from your critic and gain his/her respect. Thus a setting is created for dealing constructively with the issues.

However, this method needs you to be calm and clear-headed enough to be open to your critic. Avoid rushing to your own defence, or using sarcasm or provocation. Be willing to thank you critic for feedback.

Project an atmosphere of impartial enquiry. This becomes easier with practise, so allow yourself to be grateful to anyone who gives you the opportunity to develop these skills. In this way they become your collaborators in your personal growth programme.

If you are too emotionally charged, not in an appropriate mental state, then use method B, below.)

- ♥ **Explore the grounds for the criticism by asking for examples and probing the basis (reasons) for his/her judgement.**

Find out why the person thinks you did what you did.

- ♥ **Find out how it makes the critic feel, and why.**

This can be deepened: Does s/he have different feelings if other people do the same thing? If so, why? This is asking for feedback in place of criticism.

- ♥ **Find out when it was first noticed and why s/he waited till now to mention it.**

- ♥ **Ask if the issue is only between the two of you or if it also bothers him/her in others, or is like anything that has happened in the past.**

- ♥ **Ask if there are other things about you that cause similar feelings and judgements.**

- ♥ **Is there anything else?**

- ♥ **If any theories or underlying beliefs about you or people seem implied by your critic, make them explicit by asking, for example, “Do I understand correctly that you believe that etc.?”**

- ♥ **If your critic seems annoyed by the process or impatient for you to take a stand, then ask permission to explore the criticism further.**

- ♥ **Before taking any stand on the criticism:- Ask if you have fully explored and understood the criticism.**

- ♥ **Sometimes the best end to unwanted criticism is:- “I hadn’t thought of that - you could be right. Thank you. I will think about it.”**

B. IF YOU ARE NOT IN AN EMOTIONAL OR MENTAL STATE CONDUCTIVE TO EXPLORING THE MATTER, ADMIT IT AND ASK TO SCHEDULE ANOTHER TIME FOR DISCUSSING THE MATTER.

Do the catharsis exercise to release pent-up emotion safely, do the forgiveness process, and then return to the negotiations. You will be surprised at the difference in outcome.

C. DOING THE FORGIVENESS PROCESS* BEFORE, DURING, OR AFTER AN INTERACTION, IS OFTEN ESSENTIAL TO HEAL HURTS RESULTING FROM THE EFFECTS OF CRITICISM.

Critical thinking blocks love-flow and diminishes the critic as well as the criti-

cised one. It is essential that we all learn to refrain from thinking critical thoughts about ourselves and other people; that in our thoughts we learn to separate doers from their actions; and that we learn to emphasise and nurture the good and good potential in others, ourselves, and situations.

D. COUNTERING.

First use the exercise for THE WILL TOWARDS JOYFUL SELF-CORRECTION, to double check that you yourself are not in error! Then consider carefully whether it is countering that you really desire to do.

When your critic merely puts you down (with no constructive intent to give you useful feedback) you could reciprocate. But better, you could use “I statements” (e.g. “I feel hurt by what I hear you saying about me”) about how you feel. This is owning of responsibility for your own feelings, and is much wiser than “You statements” (e.g. “You make me angry”) which will tend to aggravate the break in the relationship). It also gives your critic a chance to receive feedback about the effects of his/her criticism. Your firmness serves to release any anger it caused you and to teach your critic that you do not tolerate such abuse. Countering may not necessarily be the wisest course, especially if your critic is physically violent or paranoid (in the psychiatric illness category).

It is always more effective not to put your opponent down, but merely to state and restate your own position and feelings.

It is not necessary for the other to be wrong for you to be right.

It is better to give feedback about the action and its consequences, not criticism of the person.

*Those scorned for the stand they take,
If their own behaviour is sound and fair-to-all,
Will have complete inner peace and serenity*

[But only if their behaviour is sound and fair-to-all!]

*An affirmation, a seed-thought, that you could use daily to close
your morning meditation to cultivate the mind-set of being “at Home
in Serenity” during the day*

*I am a point of peace, and through that point, love and true light can
flow*

*I stand in restful poise, and through that poise I can attract the gifts
that I must give—*

*An understanding heart, a quiet, dedicated mind, the gift of purpose,
my All of my Self*

7. THE WILL TO SEE THE BIG PICTURE

To develop a Vision of the Wholeness and Oneness of Life, seeing with no faults in the mind

EXERCISE: This exercise can be used to attain the truth about some situation or relationship.

- ♥ Select a quiet location, and sit with your back straight (it may even be better to stand), become comfortable. Let the eyes close, become aware of your breathing, and how Life is breathing you.
- ♥ Set aside emotional concerns for this time.
- ♥ Still the concrete mind that likes to analyse and compare and reason.
- ♥ Let your higher mind be awake and alert.
- ♥ Be aware of the Source of Life.
- ♥ Raise your consciousness to your Higher Self or Soul, above your head, as a centre of light and energy where you are all-wise and perfect.
- ♥ In this light create an image of yourself as whole, in perfect health, filled with joy and gladness.
 - Imagine yourself aligned with the will of your deepest, truest Essence.
 - Imagine yourself in this state of wholeness, fulfilled and doing some kind of service for others. This may be something you have never done before. It may even be your main life's purpose - what would fulfil you most of all.
 - Imagine yourself doing this happily, easily, and with joy.
 - Hold this picture and allow this joy to express itself through your body.
 - Retain this image in the light of the Higher Self for 3-5 minutes.
- ♥ Connected with your Higher Self, you are gradually enabled to "see" with greater purity, to see things Whole, from a Greater Perspective, with no faults in the mind.
- ♥ As if from a great height (e.g. as if from a mountain top, cloud, helicopter, aeroplane, space ship...), from this more elevated and broader perspective you can also look down on your personal life on earth. See the inter-relatedness of your past, present, future. See the interconnectedness and interdependence of different individuals and of all peoples, of the human family, and the other creatures in Nature who share this planet. You may even begin to glimpse the underlying Love, and Purpose, and Intelligence behind the Creation, and behind your part in it, and behind any situation you wish to consider.
- ♥ Now prepare to let the image go, and let it fade. You can return to it later if you choose.

- ♥ Become aware of your body, your breathing and where you are now.
- ♥ When you are ready open your eyes and return to your usual activities.

The broader perspective enabled by this kind of meditation can often cast further light on a situation or relationship about which you were seeking wisdom, and your way becomes clearer through intuition rather than just reasoning it out.

What is “seeing the Big Picture”? It is perspective purified of the usual distortions caused by our usual ways of ‘seeing.’ We so often ‘see’ through the distorting lenses of our prejudices, our insecurities and fears of lack, our fears of illness, our sense of inadequacy or pride, of our pet hates, our pet loves, our jealousies, our genuine or false guilt, our shame, our depression, and so on. You begin to “see the Big Picture” when you are no longer projecting past negatives onto the future, for these are expectations that give you no peace. Enlightenment is (among other things) “the ability to no longer confuse a partial truth for the Whole Truth”.

Purification is the process of eliminating whatever inhibits soul vision and the full expression of soul qualities. Disease is often the result of inhibited soul life.

About Love-Wisdom, a sage once wrote:

“Love is perceptive understanding, the ability to recognise what has produced a situation, and a consequent freedom from criticism. It involves that beneficent silence which carries healing on its wings, and occurs only when a man no longer has to still his lower nature and quieten the voices of his own ideas in order to understand and achieve identification with that which must be loved.

Can you follow the beauty of this concept and comprehend the nature of this silent depth of true understanding?”

“Wisdom is the sublimation of the intellect, involving the sublimation of both the higher and the lower aspects of the mind. It is a blend of intuition, spiritual perception, cooperation with the plan (of the Evolution of the Universe, of God) and a spontaneous intellectual appreciation of that which is contacted, and all this is fused and blended with and by the love defined above, plus an esoteric sense of energy which must be unfolded as consciousness expands”.

AN EXERCISE FOR SPIRITUAL ALIGNMENT

- ♥ Make the usual preparations for meditation.
- ♥ Become aware of your deep hunger and thirst for “coming home” to the meaning of your life, your soul purpose.
- ♥ Contemplate the seed thoughts: “I will to align myself with the Source of Life”.
- ♥ Become aware of the all-wise part of you, the spiritual part, that longs for you to align with the Source of Life, which knows all about you, your potentials, your latent qualities and talents, your needs, your weaknesses, your strengths, and your abilities.
- ♥ Allow this fine subtle energy to surround you, fill you, and nourish you.
- ♥ Feel gratitude for the all-wise part of you.
- ♥ Allow yourself to be filled with this loving nurturing energy, and rest in this fulfillment.
- ♥ Return your awareness to the external environment, knowing that your spiritual hunger and thirst can and will be satisfied.

Add this Exercise if you wish:

As you go to bed for the night, put to your Higher Self requests such as:

- ♥ “Teach me how to love” or
- ♥ “Teach me how to become a better server” (or whatever your main spiritual goal is)

Notice how your life changes over the years (remembering that this process will not be immune from crises, as the old patterns will have to yield to the new ones)

FOLLOW-UP IDEAS

Continuing to develop Goodwill

1. Solo:

Energy follows thought.

- ♥ Meditation on these Goodwill patterns and qualities will bring them into your life.
- ♥ See also the Exercise for Evoking and Developing Desired Qualities in your life (later in this booklet).

Here is a suggestion:

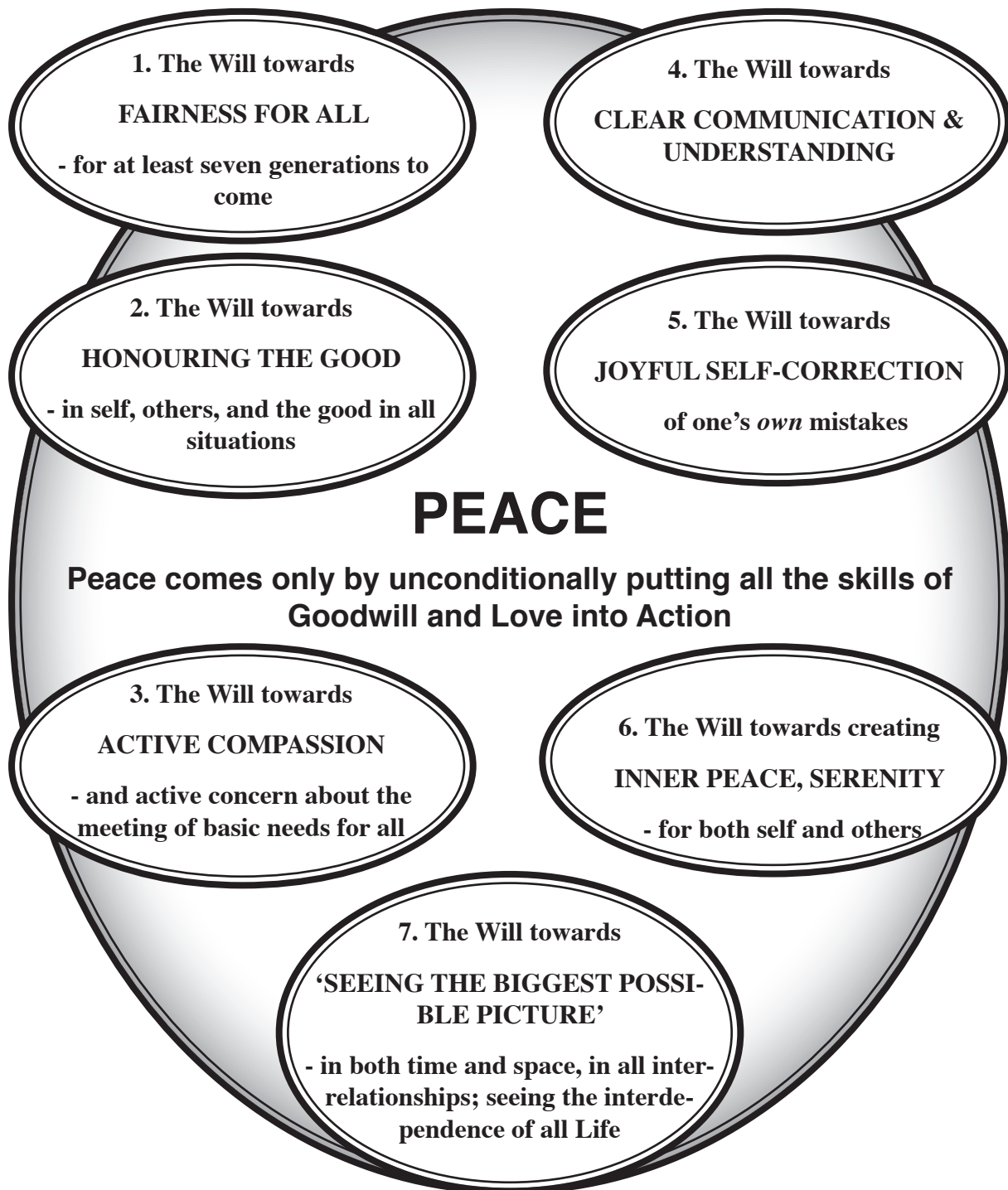
- ♥ You could take one mind-set or quality each day, or one for a period of time, say a week or a month.
- ♥ You could make audio-tapes, using your own voice, of the exercises in this booklet, and use them to guide yourself through them.

2. Group Work with the Patterns of Goodwill

- ♥ It is especially effective if you work with a small “action group”. This has proven very helpful in similar groups who met together to complete their forgiveness work. Perhaps whole families might like to explore and pioneer this.
- ♥ The group takes one of the Goodwill patterns to work with for the interval between their meetings.
- ♥ Each person in the group agrees to do the exercise on the desired pattern or quality each morning, and to keep a diary of their experiences, benefits and challenges.
- ♥ Members then share their experiences at the next meeting, and give each other support and encouragement in developing the Goodwill Magic patterns.
- ♥ Acknowledge, encourage, validate, support, and strengthen each other as you work together

3. How could the Patterns of Goodwill be put to work: In international relations? In relations between faiths? In relations between races?

Keep note of your own ideas about this as you develop this project over time



THE PATTERNS OF GOODWILL SUMMARIZED

Please Note: The Skills of the Forgiveness Process work very well with the Patterns of Goodwill, but they are a topic covered elsewhere. Both can be partners in building a better consciousness and better world, and they can also be put into practice separately.

For information about The Forgiveness Processes (from various traditions) visit www.iloveulove.com (or search the web for other sites till you find what meets your needs)

GOODWILL PATTERNS - A SUMMARY

1. THE WILL TOWARDS FAIRNESS FOR ALL

The intention and will to discover and work towards whatever is Fairest-for-All in any situation, harmlessly.

2. THE WILL TOWARDS INNER PEACE AND SERENITY

Serenity, or the “atmosphere” of a place where this is being practised. The intention and will to hold an attitude of inner peace and serenity. Holding this, and remaining open and loving, even when being criticised or attacked unjustly.

3. THE WILL TOWARDS JOYFUL SELF-CORRECTION

The intention and will to be open to awareness of one’s own errors (where one is “missing the mark”) - joyfully! And to re-envision the improved behaviour instantly so that it is stored in the memory. Compassionate self-correction of one’s attitudes and goals. The relief of mental stress.

4. THE WILL TO HONOUR THE GOOD

The intention and will to open one’s mind to becoming aware of the good in oneself, in others, and in life situations, and the act of so doing and telling others about it, so that it influences the atmosphere of situations. Unconditional Positive Regard. Perceptual Love.

5. THE WILL TOWARDS ACTIVE COMPASSION

The intention and will to truly and accurately perceive the needs of others from their point of view, with the intention to meet those needs if it is practical. Also to perceive one’s own needs in the same light. Accurate Empathy. Humility. A knowledge of the basic needs is necessary to do this.

6. THE WILL TOWARDS CLEAR COMMUNICATION

The intention and will to make one’s own communication truly clear to the other person and to really seek to clearly understand the other person(s) from their point of view. This may mean learning their language, their preferred sensory modality and learning style, and checking out that communication has accurately taken place without misunderstanding.

7. THE WILL TOWARDS SEEING THE BIGGEST POSSIBLE PICTURE

The intention and will towards seeing things Whole (the parts, the Whole, and how they are all inter-related simultaneously). A very wide, inclusive perspective, seeing inter-connections not normally available on the ordinary level of awareness. “Seeing without faults in the mind” (i.e. without the usual distortions due to the effects of our conditioning and projections etc.)

GOODWILL

IS REALLY UNCONDITIONAL IMPERSONAL LOVE IN ACTION

Goodwill is the outer behaviour of a person (or nation) that is maintaining all the goodwill patterns.

The seven “keys” described in this booklet unlock the power of practical love in everyday life, and of the will towards inclusive, impersonal, unconditional love — which is what causes Goodwill in action.

The ancient word for the combination of all the Goodwill Patterns working together was related to the root of a word for ‘the womb of Life’.

And just as the womb nurtures the baby within it, so also GOODWILL “surrounds, includes, nurtures, feeds, stimulates the life and growth - in all who are embraced by it.”

GOODWILL SKILLS - VISUAL PROFILE

INSTRUCTIONS: Rate yourself (or get someone else to!) on each of the above skills, qualities, or mind-sets, and place a coloured mark in the appropriate place. Join these up to give a 'profile' of where you stand now, and draw it. Do this again in different colours at intervals - say monthly, and show your progress as you deliberately cultivate these. Support each other (e.g. in small groups of 2-3) in this project of developing these skills. You are free to make copies of this table for use by yourself and others.

PARTICULAR SKILL, OR ABILITY		YOUR SELF-RATING									
		0	1	2	3	4	5	6	7	8	9
<p>THE WILL TO HONOUR THE GOOD Ability to look for the good in yourself and others deliberately, and to give that your attention, selectively, thus drawing it forth into the foreground, and always strengthening the good in yourself and others</p>	<p>In yourself - In (all) situations - In (all) Others -</p>										
<p>THE WILL TOWARDS ACTIVE COMPASSION Ability to look through someone's behaviour (or your own), and to see the most needs(s), plus, the intention to help them to meet the need(s), wisely and also knowledge, if it is practicable for you to do so</p>											
<p>THE WILL TOWARDS FAIRNESS FOR ALL Ability to know specifically what would be fairest for everyone in a situation, (including all those who cause it), and to do whatever you can to make it happen</p>											
<p>THE WILL TO SEE THE BIGGEST POSSIBLE PICTURE Ability to look far and see the whole picture in a situation, to develop holistic vision, or the soul view (as opposed to only the personality view). A 'Helicopter' or 'Eagle's eye' view</p>											
<p>THE WILL TO JOYFULLY CORRECT ONE'S OWN ERRORS Ability to look at your own mind-sets and behaviour with compassion, to see what needs to be improved, and then to improve or upgrade them to wise ones joyfully - and to put right whatever needs to be put right, also joyfully</p>											
<p>THE WILL TOWARDS BEING 'AT HOME IN SERENITY' Ability to centre and stabilize yourself in the 'Place of Peace', and then to emanate a deep calm peacefulness from that centre into any situation where it was previously lacking, thus restoring harmonious inner and outer relationships</p>											
<p>FORGIVENESS SKILLS Ability to cancel all conditions in yourself that block the flow of love and goodwill (in yourself and others), and to re-establish the flow of unconditional love, independently of the behaviour of others</p>											
<p>CLEAR COMMUNICATION Ability to (i) Listen to others to ensure that you have understood their point of view accurately, and (ii) Communicate your needs (not just wants) and point of view so that other people can understand you</p>											

EXERCISE TO DEVELOP HIGHER QUALITIES

You can deliberately cultivate many fine qualities over time. You can recognise how others have developed these qualities, when they evoke admiration from you for their character.

These variations on what is one basic exercise are for creating or strengthening a desired quality within your own psyche. In the following outline, the quality of **goodwill** is used, but the same exercises can be adapted for any other qualities, such as those at the end of this section, by substituting for the word “goodwill” a different one throughout.

You could do it daily, or once or twice weekly. Use these exercises for cultivating any of the Goodwill Patterns and/or the other qualities listed on the next page. Our Planet Earth needs this!

It is important that the choice of such a quality and the decision to develop it come from within you, not as a “should” but as something you have chosen purposely and freely as a further step in your growth.

- ♥ Find a relaxed, comfortable position and take a few deep breaths. Relax your body each time you breath out. Let calmness come into your emotions as you continue to breath deeply and easily. Some people find the image of a mountain lake surface settling at the end of the day as the wind drops helps this quietening process. Let your mind become still, like the air above the lake — you can set aside concerns for this time. . . . Now think about the idea of goodwill—hold the concept “goodwill” in your mind and reflect on it. What is its quality, nature, meaning, etc.? . . . As you develop insights, ideas, or images associated with goodwill, record them in your journal. .
- ♥ Open yourself to further ideas and images related to goodwill that may emerge from your unconscious and write them down.
- ♥ Realize the benefits of goodwill, its purpose and use, especially in our turbulent modern world. What happens if it is lacking? Praise goodwill in your mind. Desire it. . .
- ♥ Assume a physical attitude of goodwill. . . Relax all muscular and nervous tension. Breathe slowly and rhythmically. . . Allow goodwill to express itself on your face. It may help to visualise yourself with that expression.
- ♥ Evoke goodwill directly. Imagine you are in a situation where you feel goodwill — in nature, perhaps a place where you experienced goodwill in the past, or with some person or animal towards whom you feel goodwill. . . . Repeat the word GOODWILL several times. . . Let goodwill permeate you until you seem to become goodwill.
- ♥ Image yourself in circumstances common to your daily life which in the past would have tended to upset or irritate you: perhaps being with a hostile person . . facing a difficult problem . . . obliged to do many things rapidly . . . or in danger . . and see and feel yourself calm and able to maintain and express goodwill. . .

- ♥ Resolve to bring goodwill into your day increasingly . . . to be a living example of goodwill . . . to radiate goodwill. . . “I choose and will to express goodwill in my daily life”.
- ♥ Make a sign with the word GOODWILL using color and lettering that best conveys this quality to you. Place this sign where you can see it daily and at times when you need goodwill the most. Whenever you look at it, recall within yourself the core beliefs and feelings that are associated with your chosen quality of goodwill.
- ♥ Do it. Use it. Give goodwill away as often as you can.

This exercise to develop desired qualities can become the focus of a larger self-development programme. You can create or gather together poetry, symbols, music, drama, artwork, photography, dance, and biographical excerpts, all evoking or in some personal sense symbolizing goodwill, and use them for a total experience. By surrounding yourself with these materials, you will evoke and develop a deep sense of goodwill - or of any other quality.

Sometimes you may experience a negative reaction to this exercise, i.e., attempting to evoke goodwill may bring tension, restlessness, anxiety, etc. If the negative reaction is strong, it is best to do one or both of the following:

1. Suspend the exercise while exploring the negative feelings or “self-talk”, possibly releasing them through catharsis (emotional release), dancing them out, sketching, writing or painting them out etc. or applying the forgiveness process.
2. You can also overcome inner resistances by writing all of them out. Every time a negative reaction occurs, note it down on a sheet of paper as one of your resistances. Then write the positive opposite it. Continue to do the exercise. The negative reaction becomes weaker as you acknowledge them, express it, and then continue to replace it with the positive.

After this, the exercise will flow much more easily and will then have particular value as a means of filling with a positive, desired quality the psychological “space” by release of the negative feelings and inner resistances.

Other Higher Qualities – what a feast!

Here is a list of some of other themes or qualities you may want to cultivate over the years as part of your personal life programme.

AUTHENTICITY	INFINITY	UNIVERSALITY	FREEDOM
BEAUTY	COMPASSION	COMPREHENSION	COURAGE
BEING	BROTHERHOOD	GENEROSITY	GOODNESS
CREATIVITY	ENERGY	POWER	ENTHUSIASM
GOODWILL	GRATITUDE	APPRECIATION	ADMIRATION
HUMILITY	PATIENCE	ETERNITY	RIGHT SPEECH
INTEGRITY	BALANCE	SELF-WORTH	FORGIVENESS
LIBERATION	WILL	COOPERATION	FRIENDSHIP
LOVE	RENEWAL	TRUST	FAITH
PURPOSE	WISDOM	RESPONSIBILITY	QUIET
CALM	SIMPLICITY	SYNTHESIS	DISCERNMENT
REALITY	TOLERANCE	MODESTY	CHEERFULNESS
RECEPTIVITY	JOY	BLISS	LIGHT
SECURITY	CONTENTMENT	BUOYANCY	HOPE
SERENITY	PEACE	SERVICE	SILENCE
WHOLENESS	UNDERSTANDING	VITALITY	INNER STRENGTH
WONDER	HARMONY	HUMOUR	INCLUSIVENESS
INTUITION			

NON-ATTACHMENT TO PERSONALITY-CENTRED OUTCOME, ATTACHMENT TO SOUL-CENTRED OUTCOME

If there is something you would especially value and wish to cultivate - feel free to add it.

What else would you like to see here and cultivate?

For those who appreciate the Power of Prayerfulness

A GOODWILL PRAYER

Let me act as an instrument of Peace
Where there is hatred, let me sow love
Where there is injury, forgiveness
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light, and
Where there is sadness, joy

Let this be:

That I may not so much seek
To be consoled as to console
To be understood as to understand
To be loved as to love
To be healed as to help heal others
To be served as to serve others

It is in order for us to be for giving that we have been given Life

Devise your own Personal Programme based on this booklet

The 3 main things I learned were:

- 1.
- 2.
- 3.

I will use these ideas in my life (home, work, play....) by:

- 1.
- 2.
- 3.

I can expect this initial difficulty or challenge:

I will overcome it by the following strategy or actions:

- 1.
- 2.
- 3.

I need to learn more about:

- 1.
- 2.
- 3.

Action and timing:

I will read:

By:

I will get together with:

On:

I will meditate on:

Time:

I will practise:

How:

Other:

When:

COMPANION STUDIES

Should you also become interested in understanding more about the nature of the Forgiveness Processes, you will be able to find various approaches to the Forgiveness Processes on this web site: <http://www.iloveulove.com>

Envoi: Please Read This

PLEASE BE WILLING TO SHARE THE IDEAS & THIS BOOKLET

Ancient they may be, but we need the goodwill patterns more than ever in today's world.. We are their trustees, not their owners. All of us. **PLEASE MAKE COPIES OF THE BOOKLET AND PASS THEM ON.**

Peace on Earth will come about as a result of increased goodwill - not just between individuals, but also between and within *groups* of people (racial groups, nations, groups of nations, religious groups, business interest groups and so on).

This booklet is therefore for *use* - and over long periods of time, and by lots of people. Please experiment - read and *use* all the exercises until you master the skills and discover for yourself - can you thus become a more effective 'agent of goodwill' in your world? Remember you can use the Goodwill Patterns *whenever* and *wherever* you find yourself in a situation where more goodwill is needed. Do it in the place where you live and work. Think globally; act locally. Think also how *groups* might better express goodwill, as well as individuals. Think also about how these ideas can be rephrased/improved for use by different people.

If your experience with these ideas and methods leads you to believe they can help increase the amount of goodwill on this planet, **DEFINITELY FEEL FREE TO MAKE COPIES OF THIS BOOKLET AND PASS THEM ON TO OTHERS** - in your family, community, business, education, media, politics - wherever you see a need and/or wherever you believe a response to these ideas can be found.

It will help to refer to this booklet often; keep a copy by your bed, on your desk, on your coffee table (even in the toilet - whatever makes it easy for you to refer to the themes and exercises often!) Place copies where others can read them. Promote conversations about how to increase goodwill. Have spare copies to share.

If you wish to express gratitude for this booklet, deliberately look for any persons or organisations that you perceive are working towards goodwill on Earth. Then send them anonymous letters of appreciation, and/or money to support their work. You might be amazed how much it can uplift such a person (and often they work in very challenging circumstances) to receive such appreciation and encouragement. Your gratitude might reach them on their darkest day and *make a real difference to them and their work*. By doing it *anonymously* you ensure you are not asking for anything in return, not even a 'thank you'. Curiously, this actually strengthens them further. *You simply circulate the energy of goodwill*. May a steadily increasing joy and happiness be yours along the Way of Goodwill.

Your Notes:

