

## Meditation on Goodwill

### Stage I

1. Link up in thought with all those people throughout the world who are working with this Goodwill Meditation Group.
2. Reflect upon the fact of relationship. You are related to:
  - a. Your family
  - b. Your community
  - c. Your nation
  - d. The world of nations
  - e. The One Humanity, made up of all races and nations.

3. Use this mantram of unification:

The souls of all are one and I am one with them.  
I seek to love, not hate;  
I seek to serve and not exact due service;  
I seek to heal, not hurt.

Let pain bring due reward of light and love.  
Let the soul control the outer form,  
And life, and all events,  
And bring to light the Love  
That underlies the happenings of the time.

Let vision come and insight.  
Let the future stand revealed.  
Let inner union demonstrate and outer cleavages be gone.  
Let love prevail.  
Let all people love.

### Stage II

1. Reflect upon your own and humanity's relationship with all beings who dwell in the higher realms of mind and heart—the spiritual Hierarchy of saints, Rishis, Bodhisattvas and Masters honored by all the world's religions and spiritual groups.
2. Imagine that you are standing together within the centre of the spiritual Hierarchy, immersed in the consciousness of the Heart of Love. For some this Heart of Love is known as the Christ, other faiths have other names for the One at the Center, such as Maitreya, the Imam Mahdi and the Kalki Avatar.
3. Maintaining that high point of contact, let your thoughts reach out to include all members of the human family in whom the energy of goodwill is active.

4. Silently use the affirmation:

In the centre of all love I stand;  
From that centre I, the soul, will outward move;  
From that centre I, the ones who serves, will work.  
May the love of the divine Self be shed abroad  
In my heart, through my group, and throughout the world.

**Stage III**

Visualise the energy of love flowing from the spiritual Hierarchy, through the men and women of goodwill, and into the hearts and minds of all people infusing them with goodwill and creating loving and harmonious human relationships.

**Stage IV**

***Meditate on ways of spreading goodwill, creating right human relationships and restoring peace on Earth.***

**Stage V**

Realize that you are helping to build a channel between the spiritual Hierarchy and humanity, through which the energy of goodwill may flow, uniting humanity, solving its problems and healing all differences and cleavages.

**Stage VI**

Linked in thought with men and women of goodwill all over the world, say The Great Invocation (adapted version listed below). Say it with deliberation and full commitment to its meaning, knowing that you are radiating its potent energies to humanity:

THE GREAT INVOCATION

From the point of Light within the Mind of God  
Let light stream forth into human minds.  
Let light descend on Earth.

From the point of Love within the Heart of God  
Let love stream forth into human hearts.  
May the Coming One return to Earth.

From the centre where the Will of God is known  
Let purpose guide all little human wills –  
The purpose which the Masters know and serve.

From the centre which we call the human race  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

OM

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OM

[www.worldgoodwill.org](http://www.worldgoodwill.org)  
[https://www.lucistrust.org/world\\_goodwill/goodwill\\_meditation\\_group1](https://www.lucistrust.org/world_goodwill/goodwill_meditation_group1)

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