



The Way of the Will or Action - The Way of Goodness

Like the twelve immutable laws of the universe, the value of Goodness does not stand on its own. Without Beauty and Truth, Goodness is merely subjective, good deeds in the mundane. With Goodness at the center of our will, our actions come from our soul, rather than our ego.

Goodness is an outward and inward expression of Beauty and Truth. It is cyclical through service and stillness. It is the constant movement of giving and receiving, where one feeds the others in a never ending cycle.

In the Age of Globalization, the travesties and atrocities that occur in the world seem to be everywhere. Yet, in the midst of the perceived chaos is the bonding element of Goodness that seeks to be still *and* to be of service. The world will never be devoid of pain and suffering. However, we can choose to alleviate pain and suffering through seeking the goodness in others first, and finding the goodness within ourselves.

“Treat those who are good with goodness, and also treat those who are not good with goodness. Thus goodness may be attained.” ~ Lao Tzu, Tao Te Ching

We can also alleviate our own pain and suffering through acts of goodness – toward others and ourselves. This is the foundation of self-care: *To thine own self be true.*

Being Good:

Goodness, in and of itself, is subjective. The sense of goodness within ourselves acts as our moral compass. Out of goodness is born the virtues of compassion, mercy, and love. From these, other virtues can grow such as: empathy, integrity, and forgiveness.

The level of goodness with which we treat ourselves will be the same level of goodness with which we treat others.

- When we empathize with our past, we can learn and grow from it.
- When we set internal standards, we can establish boundaries for ourselves.
- When we forgive ourselves for past misdeeds, we can love ourselves wholly.

Take a moment and ask yourself: When was the last time you conducted an internal inventory of virtues? ‘Being’ good is an internal function that requires resting in the Beauty and Truth that lives in the soul and gives birth to positive virtues.



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When we reach a level of goodness within ourselves that allows us to love ourselves wholly and unconditionally, we have established a norm that allows us to love others wholly and unconditionally. And further, allows others to love us wholly and unconditionally.

Doing Good:

There is no selfless deed. All deeds, good or bad, lead back to a benefit or consequence to us. However, by doing good, or being in service to others, we reap far more benefits than consequences.

‘Doing’ good requires that we put the needs of others before self. When we live from a constant state of service, that service returns to us with the same level or greater of the intent that we put out.

When we share our time, talents, or treasures with others, we become the generosity that we seek in the world.

The Law of Correspondence (As above; so below – As within; so without) plays an active role in The Way of Goodness. The way we perceive, and interact with, ourselves is directly reflected in the reality that is our existence.

If you don’t like your view of the world, become the change you want to see in the world, and the view *will* shift.

Speaking in a Good Way:

Speaking in a good way requires that we let our words be encouraging and uplifting. However, speaking in a good way also requires that we speak truth where deception may be present. Speaking truth must be done in such a way that it does not harm others. Basically, stick to the facts and keep the emotion out of it.

Sharing Time, Talents, and Treasures:

When we see want or need in the world, we are recognizing the want and need that lives within ourselves. Monetary contributions don’t solve every problem in the world. Sometimes, we need to give more of our time or talents to help solve problems. Volunteering for causes that we are passionate about naturally leads to heightened internal levels of compassion, mercy, and love.



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Stillness in Our Daily Lives:

We cannot pour from an empty cup. We must return to the eternal source on a daily basis to refill our own cup of compassion, mercy, and love. Spending time within the Divine through prayer, meditation, devotions, or other rituals assists us to release the stress of our outer-world, and allows the brain to relax long enough to emerge renewed and ready to continue being in service to the world – the natural world and other people.

The Way of Goodness directs our every thought, word, and deed. When we practice goodness in union with Beauty and Truth, our worldview changes, along with how we view ourselves.