

Goodness Training Group, Basic concepts

As I define it, Goodness is “the ability to take pleasure from the happiness of others, and to live happily on your own.” Good people make their own way. If they find themselves isolated in a cabin—literal or metaphorical—they figure out how to make the best of it. When with others, they are generous and open.

The means consist in a three ironclad rules:

Rule Number One: **Never feel sorry for yourself.** Never permit the development of resentment in your heart. Never permit envy. Never permit self pity.

Rule number two: **Persevere.** Always keep moving, even when you think you are failing, and even when you feel it won't do any good. If it matters to you, finish it. Never quit, ever, as long as there is breath in your body.

Rule number three: **Always keep moving perceptually.** Never assume you know all you need to know, or that your views are necessarily the right ones. Always be willing to question your own first assumptions about the world, and realize that everyone, every day, is an idiot, to some extent, which I will discuss in a moment.

In its nuts and bolts, this is my program. From these basic ideas, though, flow a virtual infinity of possibilities. You can't be brave if you feel sorry for yourself. You can't be compassionate if you lack perception. All of the virtues we value flow from these core habits.

Please contact me at barry@goodnessmovement.com or 502-639-1512 to learn more. Thanks for your time!!!!