



**STAR ALLIANCE™**  
**Good Will Values Education for All™**  
— Promoting Quality-of-Life Peace Ethics since 1985 —

**STAR CITIZENS**

**Aspiring Reflection For**

**• Good Will Over Ill Will •**

**A Fundamental Moral Choice For Humanity**  
**— Greater Safety, Peace, Joy & Love In Shared**  
**Commitment to All Our Highest Civic Ideals**

People everywhere desire lasting security, peace, joy, happiness, love, & fulfillment. Our desires naturally include a healthy, beautiful environment and all good things for ourselves, the people we cherish, and different identity groups we belong to like nations, language and ethnic groups, races, creeds, and other affinities and distinctions.

Yet with reflection and experience, we must realize — and act accordingly — that to achieve our highest goals, and have them last in a realistic way, in an increasingly diverse and universal society: It is vital to share key values like good will, honesty, integrity, respect, and cooperation; to generate deeper understanding; to share vital knowledge, skills, resources, and other strengths in a mutually supportive way. Indeed, in an ideal civilization, all people would harmonize amidst their great natural differences, within universally positive, sustainable societies — enjoying excellent practical and spiritual benefits as a result of this harmony.

In the direction of such a secure, inclusive, and enriching universal peace — and as a critical pathway to sustainable

success in all good undertakings — let us educate and inspire ourselves and others to see that all members of society, all *Universal Citizens*, can become *Star Citizens*<sup>™</sup>. How? by learning basic ethical principles early in life, and doing our best to maintain sustainable relationships at every level throughout life.

Vital to this process is everyone becoming more aware and skillful surrounding one, critical choice required of all of us<sup>1</sup> — sometimes day in and day out — in order to optimize our social potentials as we encounter life's challenges, great and small.

This choice is the difficult and courageous one that each one of us must make — and often remake — to endure and hope to achieve resolution and transformation in the face of conflicts, social irritations, and stressful circumstances. It is the choice for holistic *good will over ill will*, and it is made from deep within our own minds and hearts.

Good will comes before peace. For who among us is inclined to resolve conflicts peacefully and creatively; to do anything but vigorously defend, if we can; or else wisely run and hide from the more powerful, when we are first threatened, attacked, or even *feel* or suspect that we are?

In the ongoing *Challenge of Lasting Peace, Love, and Happiness*; let us identify clearly one, essential, *common enemy of all*: unnecessary — especially *deliberately-sustained* — *even cherished* — *ill will!*

How do we conquer this destructive common enemy? By everyone doing their best — repeatedly — to choose: to want, to wish, to *will* for good, and good outcomes, ideally for everyone!

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<sup>1</sup> As individuals, families, neighbors, & friends; as groups; as institutions in civic, social, & religious life; as people of science, art, business, education, entertainment, industry, craft, & representative government.

Supportive to this crucial choice, and a positive habit of *wanting, wishing, willing, and working for good*<sup>2</sup> (in preference to wanting, wishing, willing, and working for *harm* or perhaps *unfair domination* over others) — we must first become conscious that this wish is, indeed, a deep choice of ours, even under very difficult conditions.

Then we must try our best to make it — this initial wishing for good — and to learn and courageously follow all the other ethical principles and values surrounding and stemming from good will. These we identify and declare as *Our Highest Civic Ideals*.<sup>3</sup>

Commitment to holistic good will — and to all its related principles and values — will allow us to achieve more optimal, healthy, positive, and sustainable relationships, together with other *Star Citizens*, so committed and so dedicated everywhere.

We must patiently work together through the challenges of learning, habituating, and applying all our learned, declared, and committed ethical principles for sustainable peace and love — in best balance and proportion to each unique, practical situation.

Many times we must make these all-important deep choices while dealing with the uncertainties of unfolding events, unfamiliar and unpredictable actors, and the many difficulties brought about by human error, including our own.

Let us reflect and prepare for this process...for in life's winding and branching pathways, we will often be so challenged. It is the universal *Challenge of Lasting Peace, Love, and Happiness*.

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(Continues...)

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<sup>2</sup> Where good implies "fitting well," a coming together; ideally: a uniting of diverse elements with benefits for all. (See English word derivation for "good.")

<sup>3</sup> Please see [www.STARALLIANCE.org](http://www.STARALLIANCE.org).

When we encounter stress and conflict: rather than rushing to pre-judge “the other” — whether consciously or unconsciously — instantly assuming they must surely be at fault, and furthermore that they must surely, in some way, wish us harm; rather than nourishing enmity by quickly adopting and stubbornly preserving one or more negative assumptions, assigning blame and punishment while lacking sure proof; rather than wasting energy endlessly justifying unproven assumptions, resenting everything that has or does go wrong from *our* point of view; rather than alienating ourselves from “the enemy” with chronic evasion from direct communication<sup>4</sup> — and/or actively employing deceit; rather than immediately expressing intense irritation and starting to entertain or even to *cherish* and *nourish* hate and ill will; let us instead: actively choose to *want*, to *wish*, to *will for good outcomes* — *ideally for all!*

Let us make this choice even when we do not, can not, and possibly *should* not feel good about the situation as it stands, or seems, right then and there. Let us, if we possibly can, choose and project holistic good will at least for a time, until we know more.

This is wise *because*: If we actively cherish and project good will from our side — just as strongly and consistently as we can despite difficult circumstances and the unknown — we will find that (not surprisingly) much more often than not, things will go, and conclude, *much better* than they will in the presence of unchecked, deliberate or reflexive ill will from either side. *Someone* must choose first, to begin the healing.

In order to 1) duly allow for the possibility of innocent intentions from “the other” side; 2) avoid unnecessary, often hurtful drama and escalation of conflicts; 3) preserve and nourish, by contrast, our own emotional, practical, and spiritual benefits; and 4) hold and express due

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<sup>4</sup> Temporary evasion from attempted serious conflict resolution or any important activity, however, is appropriate whenever the distorting influences of alcohol & drugs, severe stress or fatigue are present. Wait for solid mutual sobriety & a refreshed starting point to engage discussions, decision-making & actions! Statements made by parties known to be “under the influence” should be wisely and strongly discounted.

sympathy, empathy, compassion, and respect for others; let us make this one "*Fundamental Moral Choice*:" to will for the best, most "fitting" short and longterm outcomes for ourselves and the essential humanity (at least) of all others, just as strongly and consistently as we can.

Just as with exercise and training for the body, repeatedly exercising this *Fundamental Moral Choice* for good will, will strengthen our mental muscles in that area, and help us succeed in making that *wishing*, that *wanting*, that *willing* for good and good outcomes *habitual*, in matters great and small. This way, our power of good will become far stronger in the future, even under the stress of demanding interactions, circumstances, and feelings of the moment.

Even if and when we temporarily falter, or even "lose it" for a while under intense overloading demands, let us allow this all-important "*willing for good*" to *recover* in our minds and hearts, just as quickly as it can. Typically, it will, if we allow and encourage it! So let us allow and encourage it.

Let us *not* deliberately sustain and nourish ill will for even a moment or degree beyond its natural life and intensity! Just because anger is sometimes spontaneous and justified to maintain one's dignity and stand up to abuse, we need not stay angry for a moment longer than necessary, than natural; than truly useful in the long run.

How challenging this can be — a positive choice and quick recovery — precisely when we are stressed, injured, fatigued, or otherwise out of balance. How hard, when we feel hurt and uncertain about what has happened; when we feel disappointed, depressed, confused, suspicious, afraid, and upset — from real or perceived hardships; from current or remembered abuses; from past or present conflicts, disrespects, misunderstandings, and fears; from explicit or veiled threats; from deceit, evasion, and all their multiple, damaging, and ever-branching influences; from other losses, frustrations, temptations, and neglect! How tough it is when we have been wounded — whether physically, mentally, emotionally, socially, financially — or all of these!

Yet how much *more* important, then, that we choose wisely for the long term — especially when we have little margin of safety, resources, and power.

Let us each do our best, from our side, to prevent or break the tragic, continuing cycles of mutual alienation, grief, and harm — potential or expressed — that can go on and on and on, literally for generations!

Let us each do our best to act in accordance with all *Our Highest Civic Ideals*, and to ensure that all others have equal opportunity to learn and practice, to *their* best abilities, these same, vital social values and principles. Let us make best individual and collective contributions to healing injured relationships — our own and others whom we may know and care for — towards healthful social progress and a vibrant, healthy whole.

In the ongoing *Challenge of Lasting Peace and Happiness*, each one of us matters. Because we are the ultimate deciders. We have individual minds, endowed with freedom, in a huge and unfathomable collective consciousness created by our whole human race and other sentient beings.

The very idea of *cherishing ill will*, certainly for its own sake, and among our own species, is obviously evil, if we can avoid it. We should wish our enemies good, even, in the greater, holistic sense, although they may need to be restrained and make amends; because if they truly know and do, or at least allow, such good, it will be better for us, for them, and for the whole of greater society.

The concept of evil is understood most simply from its word derivation in English: “exceeding proper limits.”

Why would one love and cherish the desire to harm others, beyond its necessary and natural occurrences for immediate self defense, or the defense of the vulnerable? Yet this unfortunate, inherently dangerous and damaging excess has historically occurred often,

ultimately resulting in the planned, organized, sustained, profoundly painful, ugly, costly, wasteful, hugely horrific, and deeply tragic violence of wars.

No other species engages in such extreme, excessive, and sustained behavior against its own. The Seville Statement on Violence (1986) has maintained to the effect: "It is scientifically incorrect" to say that violence and war are inherent to biological human nature. The statement concludes:

"Just as 'wars begin in the minds of men', peace also begins in our minds. The same species who invented war is capable of inventing peace. The responsibility lies with each of us."

Let us distinguish (that is: mentally and intellectually separate) between people's mistakes — their bad speech and bad actions at particular times; and on the other hand: their ongoing essential being, their humanity, and their human rights.

We can never know completely what another human being, born innocent, has lived through.

Of course we must oppose, restrain, and attempt to correct socially harmful attitudes and actions — especially violence in all its forms.

Violence, by definition, violates. And it often damages permanently, not only an individual, but a community and the greater whole.

In righteous opposition, we need not, in most cases, seek to destroy, whether partially or completely, others' potentials for learning, healing their own wounds, and earning a deserved better future by being socially responsible with their freedoms and choices.

When we have been hurt in one way or another by others, possibly many times, still: Let us not be blinded to the good that remains; especially since being blind to the good may well, sooner or later, be returned upon us and those we love and care for!

Let us reserve hate for the things that hurt everyone over time: the undue hardening of ill intentions and negative circumstances that destroy people's opportunities to improve; true injustice, ignorance, poverty, violence, and sustained ill will itself! Let us not crystallize our judgments forever, for we may only end up punishing ourselves and our communities.

Except for little children, is any of us so perfect as to be free of all defects or blame? No human being can be perfect by all standards.

In preference, therefore, to intentionally nourishing ill will and exacting revenge that actually damages the whole, including ourselves in some way; let us each take responsibility, to the best of our abilities, for the totality of our speech, actions, and those of our communities.

Let us all perform our best roles to help heal old hurts and create sustainable relationships. In the daily *Challenges of Lasting Peace, Love and Happiness*, let us aim together at better futures for one and all. Let us choose to reaffirm up-building emotions and directions.

Let us “*Communicate, Cooperate, and Celebrate*” continually — as openly, honestly, directly, and inclusively as possible — renewing our own good will and hope, and that of others’ in the process.

Let us undertake positive initiatives whenever we can. Let us culture due humility, extend appropriate forgiveness and due respect, employ kind diplomacy<sup>5</sup>, and exercise wisdom. Let us strive for justice through 1) accountability to self and others, 2) skillful mutual corrections; and, to whatever extent proves possible, 3) proper recompense!

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<sup>5</sup> Politely, appropriately, & when needed: assertively; remembering and employing at intervals the power of positive silence.



Let us welcome objective, fair-minded, “outside,” or “third-party” assistance in resolving and transforming conflicts more safely, efficiently, and effectively.

Let us reach for personal and community reconciliation and productive justice over fruitless (and often reciprocal in different ways) mere punishment! Let us achieve deeper calm, greater discernment; and clearer expressions: not only of our own grievances, but of *specific needs*, which, when fulfilled, will actually make things better! Let us strive together to evolve creative solutions with lasting benefits for all.

Importantly, to facilitate all this: Let us transcend our natural differences in pure consciousness — at least partially and temporarily every day — employing the easiest, most natural and effective techniques available.<sup>6</sup>

United first in these positive intents: 1) truly to transcend into the freedom of pure consciousness 2) to find areas of mutual respect and commonality, 3) to engage peaceful processes, 4) to avoid unnecessary harm, 5) to heal past injuries, 6) to build up the common good, and 7) to enjoy our overlapping, shared, and interacting futures — let us *succeed together* in resolving and transforming conflicts — inside, outside, and among us!

Let us culture in education, mind, heart, and habit, all our clearly-declared *Highest Civic Ideals!* Following all these principles to our best abilities, and in all these ways: Let us achieve more positive outcomes for all — and do this much more safely, more efficiently, and much more pleasantly!

*So wish we each! So wish we for all!*

*And indeed: So may everyone!*

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<sup>6</sup> For seekers of regular transcendence, we recommend the Transcendental Meditation™ technique ([www.tm.org](http://www.tm.org)): an effortless way to help feel one’s best on a daily basis, via profound natural relaxation, calm, and energetic refreshment. “T.M.” does not require faith or belief, and impressively, a large body of scientific research validates its many benefits for the individual and society.

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STAR ALLIANCE STAR CITIZENS™ do our best to learn, share, & practice, at every level of society, all the principles described in our Declarations, Pledges, & support documents. [Also recommended: The UNITED NATIONS *Bill of Human Rights* & related documents.] • Our greatest *Stars* are timeless essential principles, or “axioms” which, we theorize, constitute the many natural laws & duties of lasting peace & love in healthy, sustainable relationships at every level. Genuine, sustainable peace & love (that is, not only romance & physicality) are defined by honoring, willing, & working our best together toward *all* the declared Civic Principles & Ideals — applied in best balance & proportion to each practical situation. We feel the same principles apply (or should) to intimates, families, friends, communities, regions, nations, our world, & beyond; in the personal, social, economic, cultural, political, & legal spheres. • WARNING: Not all people are yet educated, nor able to perceive their best interests in making a comprehensive commitment to, and practicing, all the declared principles. Therefore, due caution is advised!