



Willingness Is an Action

Mother calls **willingness** the key to transformation. You may have noticed in the past that without willingness not much changes. And sometimes that can be exactly what you want or need. But in order to transform your challenge you'll need to become willing to do so. The definitions below seem to imply that there is more to willingness than simply saying that you're willing. They imply that choice, feeling, and action are involved, and it all stems from your personal will.

Willingness is defined as:

1. inclined or favorably disposed in mind (ready)
2. prompt to act or respond
3. done, borne, or accepted by choice or without reluctance
4. of or relating to the will or power of choosing

Dive into these Love Pages with as much honesty as possible. Mother teaches that you don't have to be 100% willing – just willing enough to tip the balance from resistance to flow.



1) What does willingness mean to you?

2) How does it feel when you're willing?

3) What actions, thoughts, or behaviors have helped you in the past to become willing to transform?

4) When you consider your challenge, are you open to the possibility that it can be transformed?

5) Are you open to the possibility that you need help and support in order to transform your challenge? (It may seem obvious that the answer is yes because you're in this course, but feelings and beliefs rarely follow the straight path of logic.)

6) What *School of Love* actions have you been willing to take since this course began?

7) Are those actions helping you to become inclined or favorably disposed in mind (ready) to transform your challenge? Why?

8) Can you feel that the willingness to take one action during this course can support your willingness to take another and another and so on until your challenge is transformed?

9) Are you open to the possibility that love is the power that will bring about the transformation of your challenge? Why?

10) If you answered yes to the previous question, is it possible that your challenge exists because you don't yet know how to let love facilitate the shift?

11) Are you open to learning how?