



GOODNESS TO GO

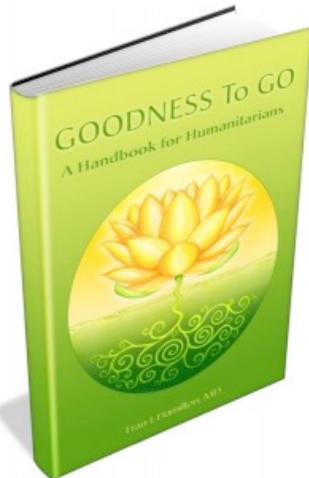
Compassion In Action

3062 4th Street • Boulder CO • 80304 • Ph: 303-413-1206
www.goodnesstogo.org

Dear Friends of Goodness To Go,

Welcome to the **Goodness To Go** newsletter!

Goodness To Go - A Handbook For Humanitarians was launched on 11-11-11 as an e-book (or 480 page computer download) from the GTG website, Amazon, and other sites. A print version will be available in 2012. Dozens of golden balloons and candles lit the launch party held in the Prasad Place in Boulder, Colorado. The festivities honored many of the talented people who made its release possible, including graphic artist Megan at Hamsa Design, editors, website and book designers, volunteers, and story contributors. Like any creative offering, Goodness To Go needs to be cared for and promoted so that its integral service can contribute to our world. Many thanks to everyone who has purchased a copy of *Goodness to Go*!



During this holiday season, many people celebrate the spirit of giving and welcome the return of light to days grown dark. *Goodness To Go* is the perfect gift to give and receive any time of the year! In addition to clarifying our integral service and mobilizing compassion in action, *Goodness To Go* and its social enterprise support 3 key missions. These include the development of an integrated K-12 social learning curriculum, support of global GTG action groups, and the empowerment of young girls at risk of being sold into Calcutta brothels through community-based prevention programs. It is with deep respect that we enter into partnership with Child In Need Institute (www.cini-india.org). We'll return to Calcutta, India again in February of 2012 to meet with CINI's founding director, Dr. Samir Chaudhuri.

"How will I offer my goodness-to-go in 2012?"

2012 is approaching quickly and many believe that it holds the potential for expanded awareness of our global interconnectivity. As we prepare to welcome the new year with our heart, head and hands, it's useful to reflect with clarified intent about the forms our compassion could take. Consider experimenting with the A*B*C*D Self-Inquiry Process described in the Introduction of *Goodness To Go*.

***Attention** - prepare yourself inside and out to be relaxed with undistracted attention as you formulate and optimize a question about your topic of inquiry

***Balanced Breath** - breathe evenly as you let go of distractions; follow the flow of your balanced breath into your heart as you silently repeat your question

***Connect & Contemplate** - in silence, with respect and gratitude, connect and align with your heart; ask for insights related to your question; listen with patience

***Download & Describe** - record without judgment the ideas, images, and voice of your heart; develop small, specific, scheduled action steps - and implement them

I hope that you'll enjoy this process of appreciative inquiry. Share it with friends. May auspiciousness light your way through 2012. Happy Holy Days!

Celebrating integral service,

Fran Hamilton, M.D.



Let's mobilize our compassion and widen our circle of caring to embrace all living beings.