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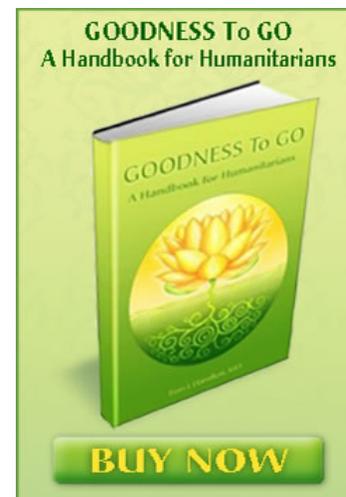
May 2015

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Dear Friends of Goodness To Go,

As May flowers blossom, millions of families celebrate the loving patience, generosity, strength, and resourcefulness of mothers. As mothers of the world serve, nurture and protect children and the earth, compassion grows. Everyone who advocates for children is a mother activist, regardless of gender. This week, we were honoured to host **Samir Chaudhuri, M.D.**, a mother activist of profound compassion who has empowered millions of mothers and their children for over 41 years as the founding director of **Child In Need Institute (CINI)** in West Bengal, India where our daughter Grace was born.

Goodness to go is compassion in action. Practice extending the loving kindness of compassion to yourself as well as others. The



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your self-care as your circle of compassion grows to include all living things. Your purchase of the Handbook supports CINI programs that empower mothers and girls living in extreme poverty near Calcutta, including the new, pioneering **Girl Power** program that tracks girls at risk of being trafficked into sex slavery.

Two months ago, our virtual global book circles began. You may want to gather with friends regularly as you explore themes offered in these newsletters. So far, you've had the opportunity to begin identifying what is needed to manifest your gifts of benevolent, skillful compassion. The **A*B*C*D* Self-Inquiry Process** outlined last month is a useful framework as you contemplate anew what deeply concerns you and what holds the most meaning for you at this point in your life. A dedicated journal or computer file is useful as you prepare to dive deeper and engage the compassion at the heart of your goodness to go.

Researchers Christina Feldman and Willem Kuyken write that **compassion recognizes the universality of pain in human experience, and is the capacity to be open to suffering, to meet the pain experienced by ourselves and others with kindness, empathy, equanimity and patience, and to aspire to its healing.** What would nurture and enhance your capacity for mindful compassion? Is there a distinction between sympathy and compassion? How does pity feel different from compassion? *What if ... all people lived compassion?* Pause, reflect, and record your responses. **The questions we ask today shape our tomorrows.**

Global Grace Notes



Hi! My name is Grace Shanti and it's an honor to be co-writing the Goodness To Go newsletter with my Mom. It was fun to make us a pancake breakfast this morning for Mother's Day. Tears sprang to her eyes when I hugged her,

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way she helped me rise out a dark time in my life.

This week, one of my heroes stayed with us in Boulder! Although I was supposed to be doing homework, I took notes as Dr. Chaudhuri described his response to the deadly 7.9 magnitude earthquake in Nepal. CINI partners with Nepali charities to prevent cross-border trafficking of Nepali girls into Calcutta brothels. From decades of experience, Dr. Chaudhuri knew that the devastation was likely much worse that initial reports suggested, and that international relief could take several days.

On the first evening of the disaster, Dr. Chaudhuri mobilized trucks of food, essential medications, water and water-purifying tablets. As rain fell and the death toll climbed to nearly 8,000 people, CINI prepared more truckloads with supplies that survivors had identified as additional needs, such as flip-flops, tarpaulins for shelter, sanitary pads, umbrellas, water bottles, dal, and more *chira*, a flattened half-cooked sun-dried rice that doesn't require additional cooking.

Dr. Chaudhuri is such a good person. It was a relief to come home after dealing with high school dramas and be embraced by his big smile, warm hugs, and sweet energy. I'm really thankful for the goodness to go of everyone at CINI!



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The 14th Dalai Lama teaches that if we want ourselves and others to be happy, the gentle practice of compassion is key. ***Compassion and love are the source of peace, and are fundamental to the continual survival our species.*** Our brains, our personal experiences, and our societies are constantly being co-created through our social connections with others. Peace is every thought, every word, every step. Compassion is a key element of evolutionary thinking that nurtures humanism and beneficial social interconnection free of judgment.



How could your compassion be given a tangible form as integral service? Together, we can mobilize benevolent transformation in communities of compassion. **What is a small, specific, scheduled step that you could make this week to leave the world a kinder, more loving, and interconnected place?** What gifts are uniquely yours and how will you offer them to benefit the world? Remember to acknowledge your own inherent goodness as you cultivate a life of mindful compassion. **Happy All Mothers' Day!**

Celebrating integral service,

Fran I. Hamilton, M.D.

P.S. Thank you for spreading the word about Goodness To Go through your social networks. A portion of proceeds from your purchase of the Handbook benefits CINI's transformational girl empowerment programs.



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