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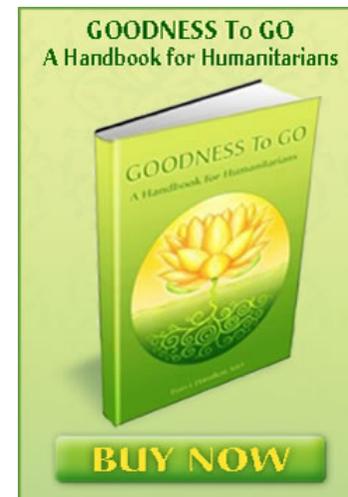
August 2015

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Dear Friends of Goodness To Go,

Most of us want to create fulfilling, meaningful lives. We want to be happy. **"The only ones ... who will be really happy are those who have sought and found how to serve,"** wrote Dr. Albert Schweitzer. Last month, we discussed empathy, the compassionate identification with others that is natural to us. The theme of this month's book circle and of Chapter 6 of Goodness To Go is **altruism** – empathy in action. As we experience our interconnectedness, compassion and gratitude naturally manifest through altruistic actions in lives devoted to the well-being of all.

A Buddhist monk, Matthieu Ricard, defines altruism as the compassionate desire to increase the happiness of others and relieve their suffering. Many people around the globe



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key to solving the ecological, economic, and social crises of our times. Expressing your empathy encourages the natural altruism of children.

"You are here to enrich the world," wrote Woodrow Wilson. We're coded for empathy and altruism, and brain scans reveal that the practice of altruism changes our brains in ways similar to decades of contemplative prayer or meditation. Record at least three inspiring examples of compassion in action. Remember that altruism brings happiness and that self-care sustains your enjoyment of service. **List possible obstacles, internal and external, that could stifle your altruism. How might you move beyond these perceived impediments?**

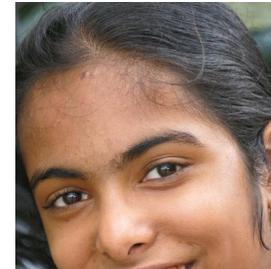
The [Handbook for Humanitarians](#) is a uniquely valuable personal resource to deepen your self-care as your compassion manifests in altruistic actions. Margaret Chen, head of the World Health Organization, reminds us that obstacles to the education, health, and empowerment of billions of girls and women are primarily social and political. Your purchase of the Handbook supports **Child In Need Institute's** WHO award-winning programs that empower girls and women living in extreme poverty near Calcutta, India where my daughter Grace was born.

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. Earlier this month, we went to [Ignite Boulder](#). The themes of the slide shows were very thought-provoking. I like imagining the potential of the brain power in a room. Imagine if we all put our heads together to reach solutions for even one global issue!

I'm interested that the mind and



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says that harmony and heart-mind balance are emphasized by Ayurvedic physicians. There's a Sanskrit word, *prasad*, that relates to our goodness to go and the connection between giving and receiving. *Prasad* is the cycle of blessings flowing through acts of kindness. Recently when I gave Mom a hug, I realized that I was also receiving one. When you give one, you get one – I love that! It's natural to receive when we give from the heart without expectations. And it's great that we're built for collaboration. Last night, we watched a documentary about Charles Fisk and his creative team of music lovers who handcraft huge custom pipe organs. It's amazing how much more we can accomplish together!



Mobilize Your Goodness – Light Tomorrow with Today

The courage, compassion, and generosity of altruism are natural to us. The Roman philosopher Seneca wrote more than 2,000 years ago, "**It is not because things are difficult that we do not dare. It is because we do not dare that they are difficult.**" Dare to explore the path of altruism. The psychologist Dr. Clarissa Pinkola Estes reminds us that in any dark time, it is not helpful to focus on how much is wrong or unhealthy in the world. "**We are needed, that is all we can know.**" Reflect on how you could offer your unique gifts to the world.

Integral service is a tangible form of our gratitude for life. Together, we can mobilize our altruism 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? At this point in human history, how are collaborative, altruistic



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anyone you know might be interested in volunteering with Goodness To Go, please contact us. A social media coordinator is needed as well as educators who would like to develop K-12 integrated school curricula based on service learning and global citizenship values. Thank you for your every day acts of altruism and enjoy the full bloom of summer!

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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