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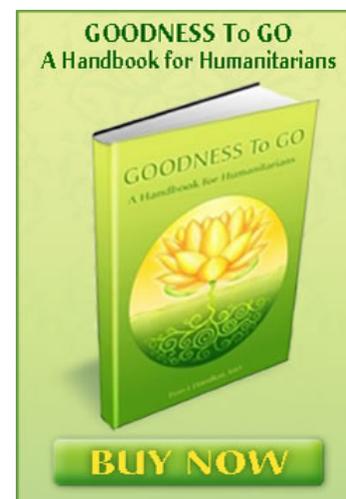
September 2015

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Dear Friends of Goodness To Go,

This full moon is celebrated by over a billion Hindus around the world. **Rakhi Day** is a time of the heart when family and friends give thanks for the love and support they share. Rakhi bracelets tied around wrists also symbolize our circle of global fellowship and interconnectedness. Tonight, as you gaze at the golden circle of our moon's fullness, allow your heart to send blessings to those near and far who are in need of support. Remember: the Heart is always full.

Last month, we discussed altruism, and the theme of this month's book circle and of Chapter 7 in **Goodness To Go** is **Summon the Power of Your Heart**. How do you incorporate noble practices like kindness and compassion into daily life, especially when you've been injured or



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14th Dalai Lama. **"If you want to be happy, practice compassion."** Extend compassion to your self and develop healthy habits of self-care. Remember that the in-breath of self-care supports the out-breath of service.

The **Handbook for Humanitarians** is a uniquely valuable personal resource to deepen your self-care as your compassion manifests in altruistic actions. Recently, a retired nurse planning to offer her goodness to go in rural Central America expressed how useful its self-inquiry process has been to clarify the legacy of this chapter of her life. 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. I'll bet you can relate to the intensity of the transition from summer adventures to hours of homework during the first week of Grade 10! Goodness gracious!

A friend of ours is especially kind and gentle – he's a pearl of great price. Jon's gratitude and happiness uplift his interactions with people, his approach to tasks, and the way he sees the world. Recently, Jon shared a great story about a time he'd helped a teenager who'd grown up in an impoverished neighborhood of a big city. Several years ago, Jon taught him how to install tile floors, not knowing that he was *teaching a man to fish*. Empowerment is a good thing!

As the years passed, the young man was able to support his family with his

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folded in a thank you note. Tears rose from heart to eyes as he read his young friend's words of gratitude. "No one else has ever done that for me," he wrote. "And you asked for nothing in return!" As fate would have it, our friend's wife had just broken her string of pearls. With the \$100 gift, Jon was able to buy a beautiful strand of cultured pearls on sale to surprise his wife on her birthday! I really love goodness to go stories! If you're willing to share some of your stories, please email them to us or post them on our GTG Facebook page!

Mobilize Your Goodness – Light Tomorrow with Today

This September marks the 75th anniversary of the Blitz (Blitzkrieg means "lightning war") when London was bombed for months during World War II and 20,000 residents were killed. As we honor victims of violent conflicts then and now, we contemplate how we can contribute to a healthier, more harmonious world. How can you light tomorrow with today?

Our hearts are pearls of great price, treasure troves of great virtues. Hearts overflowing with goodness and generosity are being summoned to integral service, and a new definition of greatness was given to us by Dr. Martin Luther King, Jr. **"Everybody can be great. Because everybody can serve,"** he said. **"You only need a heart full of grace. A soul generated by love."** When we cultivate the power of our limitless heart, we can step – even leap! – into our greatness. How could the alchemy of self-care and service strengthen the resilience of your mind and expand the capacity of your heart to contribute your gifts to this world?

As a global family, we can mobilize benevolent transformation in communities



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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?
Acknowledge and summon the inherent goodness of your limitless heart as you
welcome the beauty and bounty of autumn.

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.



Educate a girl. Change the world.

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