

February 2015

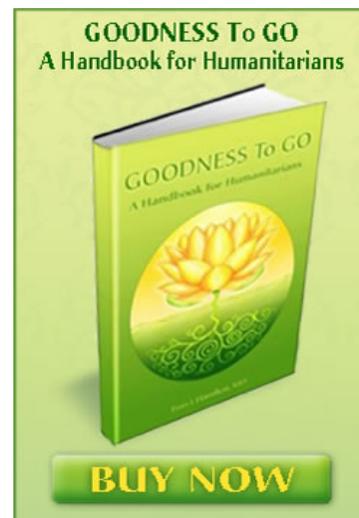


Dear Friends of Goodness To Go,

As this New Year begins to unfold, it's time for the Goodness To Go newsletter to have a new format. Themes from the Handbook for Humanitarians will be introduced briefly, followed by questions that can be used for reflection and self-inquiry. In a new section called Global Grace Notes, we'll hear from my daughter, Grace Shanti, who was born in Calcutta, India and adopted at five months of age. In future editions, we'll include stories and photos about Child In Need Institute's girl empowerment programs in West Bengal. Whether this is your first Goodness To Go newsletter or your thirty-first - welcome! The month of the Heart has begun!

A beloved Persian poet named Hafiz lived in the 14th century. He encouraged us to remember happy times that are our true guides and friends. With remembrance of that which brought us deeper into the Heart, we return to the Divine Season at a flex of our will's might. Take a moment to recall a moment in which you've experienced the genuine love of the Heart. Find a way to honor this memory.

"What is love?" asked Rumi, another renowned Persian poet who lived in the 13th century. To this multi-dimensional question, Rumi answered, "**Gratitude.**" Love is gratitude that reveals life's fullness. With thanksgiving, remember when you've experienced love as gratitude and gratitude as the love of your ever-open Heart. One such memory for me was the timeless moment in which my baby girl was first placed in my arms. The Calcutta orphanage dissolved in the light of a love I had never known and which transformed my life forever. In many ways, this newsletter is one of countless ripples from that moment of profound love and gratitude.



Global Grace Notes

Hi! My name is Grace Shanti and it's an honor to be writing to you for the first time in my mother's Goodness To Go newsletter. Today is **Child In Need Institute's** "Foundation Day." Forty-one years ago, Samir Chaudhuri, M.D. founded CINI in Calcutta India where I was born in 2000. I have great respect for the award-winning programs that CINI has created to uplift millions of people in West Bengal.

In high school, I'm studying world geography and history with great interest and some dismay. There are so many inter-related global problems that it's tempting to hide away in ignorance. I've made a promise not to give up on planet Earth. We as a planet represent hope because of what we can do. There are infinite possibilities. We have the power to benefit the world or harm it further. It's whether we want to use that force for hope. I'm very thankful for the hope and possibilities that school offers me and want that opportunity for everyone. Thank you, Dr. Chaudhuri, for being the founding-director of CINI for 41 years! May you and CINI live long and prosper!



Mobilize Your Goodness

"Gratitude bestows reverence," wrote John Milton, "allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world." How did a moment of reverent gratitude change you? In what new ways could your gratitude be given tangible form as integral service?



Let's 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 and celebrate moments luminous with love and gratitude. Happy new "supermoon" on February 18th marking the Chinese and Tibetan New Year of the Wood Sheep. And Happy Valentine's 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. Educate a girl. Change the world.

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