



Dear Friends of Goodness To Go,

It's already time to celebrate the mid-point of 2013! **Happy Canada Day** on July 1st and U.S.A.'s **Independence Day** on the 4th! As the complete print version of Goodness To Go - A Handbook for Humanitarians is being published after five meaningful years of writing, I'm relishing the first days of summer in the magical city of Prague. Back in 1968 in Grade 8, my appreciation for the profound opportunity of freedom deepened as I researched the invasion of Czechoslovakia by Communist forces. As I learned about human rights abuses, I vowed to never take liberty for granted, and now realize that I'm a member of the 21st century abolitionist movement to end all forms of slavery around the globe.

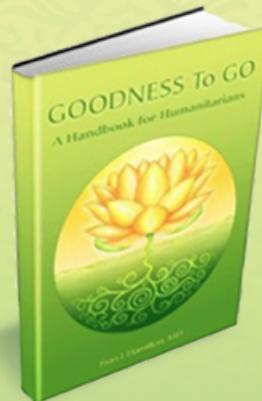
It's wonderful to spread the word about Goodness To Go at a global gathering of family physicians in this resplendent city where **Vaclav Havel** led the non-violent Czech "Velvet Revolution" in 1989. After negotiating his country's freedom following forty years of Soviet domination, Havel served as president of the Czech Republic until 2003. Known as the "Euro-Gandhi", Havel is the poet-philosopher who wrote, **"Hope is a dimension of the soul ... an orientation of the spirit, and orientation of the heart. Hope is ... an ability to work for something because it is good, not just because it stands a chance to succeed. It is not the conviction that something will turn out well, but the certainty that something makes sense regardless of how it turns out."** What integral service calls forth these dimensions of hope at this point in your life?

You're warmly invited to a local Goodness To Go book launch party in a few weeks! Mary Williams has generously offered her fine arts gallery in east Boulder for this celebration on the full moon of July 21st from 3:30 to 5:30 pm. You're welcome to come by this "open gallery" gathering for any length of time that you have available. **Please RSVP** if you'll be attending by email or voice mail - 303-413-1206. I look forward to seeing you there!

"To be born at all is a miracle," said the Dalai Lama, **"so what are you going to do with your life?"** Goodness To Go - A Handbook for Humanitarians is a valuable guide to clarify and mobilize your compassion in action. Reviewers have commented enthusiastically that "there's nothing else like it" and that "something like this doesn't come along every day." Let's be the goodness that soars and serves globally!

At this point, the complete paper edition is available from the Goodness To Go website and on Amazon, and you're warmly invited to order your copy now (\$40 plus tax and shipping). Proceeds from Goodness To Go support programs that empower and educate

Section One of Goodness To Go is available in paperback!



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Summon Your Heart
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young girls at risk of being sold into Calcutta brothels.

Please help to spread the word! Contact your local librarians and request that they purchase the handbook. Consider purchasing one for a school, church, or philanthropic organization in your community, or starting an ongoing Goodness to Go action group with friends. Goodness To Go celebrates and galvanizes our inherent generosity. Proceeds support award-winning social programs of Child In Need Institute that transform millions of people living in extreme poverty in Calcutta, India where our daughter Grace Shanti was born. Your ideas and support are warmly welcomed! Many thanks for sharing this newsletter and Internet links for Goodness To Go and CINI with your family, friends, and social network connections. Together, we are a force a goodness caring for life on earth.

Mobilize Your Goodness



Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. Rejoice in your own goodness and the potential for goodness that we all share. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving, and interconnected place?** The journey of a lifetime can begin in a single step from "no" to "yes." Success is measured not only in achievements but in lessons learned, lives touched, and moments shared along the way.

Many serve simply because it does good and it feels good. [Goodness To Go - A Handbook for Humanitarians](#) outlines an interactive process of self-inquiry that clarifies the intentions and direction of your integral service. The handbook has been described as an exceptional, "one-of-a-kind" resource to mobilize the offering of your gifts to the world in sustainable, enjoyable ways. Proceeds support the missions of the Goodness To Go social enterprise, including **Child In Need Institute's** girl empowerment and brothel prevention programs. You're invited to visit [Goodness To Go](#) to receive a free excerpt. **Please contact us if you're interested in ordering the complete handbook** (522 pages) as either a print or e-book. Its four sections (about 130 pages each) are available individually as e-books from Amazon.

Let's hold the vision of global peace, wellness, and equity close to our hearts as compassion moves into action. May our goodness to go spread light through our interconnected world.

Celebrating integral service,



Fran I. Hamilton, M.D.



P.S. Thank you for spreading the word about Goodness To Go through your social networks.

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