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April 2014 Newsletter



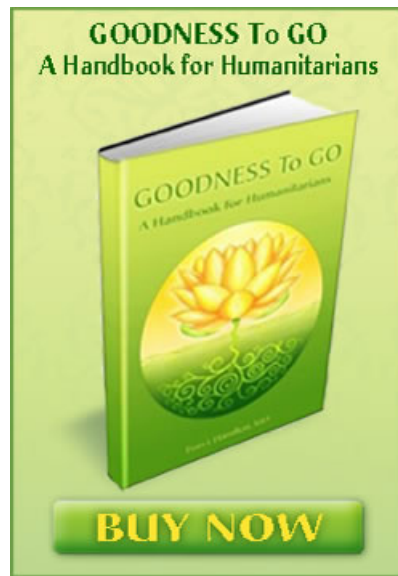
Dear Friends of Goodness To Go,

It's my birthday today and I'm celebrating the golden opportunity of being born on this magnificent planet. Many thanks to each one of you for your presence, your support, and your commitment to mobilizing your goodness to go. Spring brings the promise that fresh life and opportunities await us. Daffodils are blossoming and birdsong greets each dawn.

My daughter, Grace Shanti, and I celebrated her Spring Break on the Gulf of Mexico last week. It was a delight to offer a presentation together about Goodness To Go and **Child In Need Institute** at the Selby Library in Sarasota, Florida. When she was asked what it was like to be the seed of our social enterprise Goodness To Go, Grace took a golden pause to consider her response. She said, "At first, when I was only eight years old and Mom started to write the handbook, it was weird. But as I learned more over the past five years, it's become an honour."

Grace shared a line this afternoon from a story she's writing. **"Humanity will be saved not by more information but by more appreciation."** Our friend who has served as a lifeguard on Sarasota beaches for nearly 40 years agrees. Every day, Jon practices gratitude for the golden opportunity to protect both human life and nature's beauty. Consider some of the opportunities that you've had for which you're grateful.

The Handbook for Humanitarians is a unique resource to refresh your self-care so that you can express your gratitude in enjoyable, sustainable ways. Proceeds from book sales support girl empowerment programs developed by **Child In Need Institute** (www.cini-india.org) in Calcutta, India where Grace was born. It's a win-win-win proposition to purchase several copies for local libraries and family members. You're warmly invited to help spread the word by liking us on Facebook, sharing this newsletter with friends, and letting us know if you're interested in volunteering as our Global Marketing Director or in some other capacity.



Mobilize Your Goodness



We are fortunate to be alive at this unprecedented stage of



human evolution. **What do you want to bring forth in your community and on our planet?** We have the choice and golden opportunity to transform the values that have placed the interconnected web of life in a precarious situation. It's easy to feel overwhelmed with the complexity of global issues and rapid rate of change. Remember that change can be positive and occurs internally as well as externally. Direct your attention to your intention for the highest good. Breathe deeply. Practice patience and self-care. Go at your own pace as you participate in the creation of new paradigms of cooperation and abundance. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, healthier, more equitable place?** Spring is the season of resurgence. With our goodness on the go, let's blossom together in healthy, sustainable global gardens!

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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