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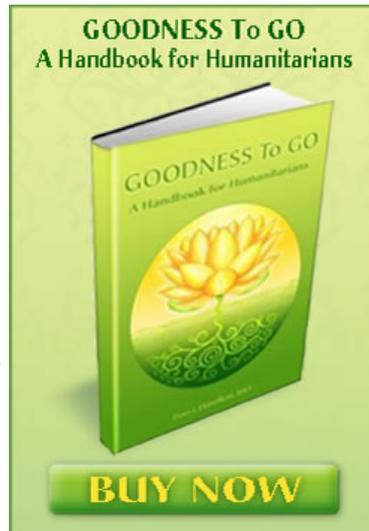
August 2014 Newsletter



Dear Friends of Goodness To Go,

For recent tangible experiences of our inter-connectedness with all of life, I offer you heartfelt gratitude. Every act of kindness soothes the mind, nourishes the soul, and strengthens the spirit of the giver as well as the receiver. It's been a month since cancer was diagnosed in my breast, providing opportunities to integrate benevolent self-care ever more fully. Last week's surgery went remarkably well and I'm thankful that I could return to work two days later. Your prayers, good wishes for courage, beautiful flowers and nutritious food, gentle listening, and notes of compassion (and humour!) will be appreciated always.

We've recognized for millennia that gratitude is love, and gratefulness is where the honouring and healing of all levels of relationship begin. "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."



Cultivating unconditional gratitude for everything that life brings is not easy. Like many of my patients, I'm experiencing that as understanding and perspective expand, the valley of a life-threatening condition can be a path to the grandeur of life's inner peaks. As medical professionals offer their service to free my body of malignant cells, the practice of seeing the light of goodness in every moment expands my experience of equanimity, joy, and gratitude.

*One of the first emails that I received in response to last month's Goodness To Go newsletter was from the founding director of Calcutta's **Child In Need Institute**, Dr. Samir Chaudhuri. "I offer my love, peace, and deep respect for you...and hope I will be granted that wish to allow you to continue your humanitarian activities," he wrote. Several copies of **Goodness To Go - A Handbook for Humanitarians** were purchased this month. Spreading the word about CINI's World Health Organization award-winning programs, making donations, and purchasing the Handbook are meaningful ways to uplift the world. CINI empowers impoverished girls in West Bengal, where our daughter Grace was born, to stay in school and be free of the risk of being sold into domestic or sex slavery. Goodness To Go is also a uniquely valuable life resource to clarify your personal self-care practices, resource your resilience, and mobilize your spirit of integral service in sustainable, enjoyable ways. The natural goodness in the human heart yearns to be expressed in action that is positive and transformative.*

Mobilize Your Goodness



Remembering that our physical lifetime is finite can be a valuable daily contemplation. It is our great good fortune to be alive at this potent time. Recognizing that each moment and every breath are profound gifts of life deepens our gratefulness for opportunities to give back and inspires our compassionate concern to move into action. **"What are we here for? That's what we need to find. That's the soul journey,"** wrote Jean Shinoda Bolen, M.D.. The effect of one good-hearted person in our inter-connected world is incalculable.

*It's been said that we live our short spans in a vortex of miracles in which it is magic to be present. Name some of the many ways that your life has been gifted with resources. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving, and interconnected place?** Together, let's mobilize benevolent transformation in communities of compassion. We are agents of change. The poet Maya Angelou encountered untold challenges in her life and her words live on to encourage and remind us: **"When you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."** As summer leaves turn golden, let's share the light of our gratitude and goodness with ourselves and everyone we meet.*

Celebrating integral service,



Fran I. Hamilton, M.D.



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Goodness To Go | 3062 4th Street | Boulder | CO | 80304