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December 2014 Newsletter



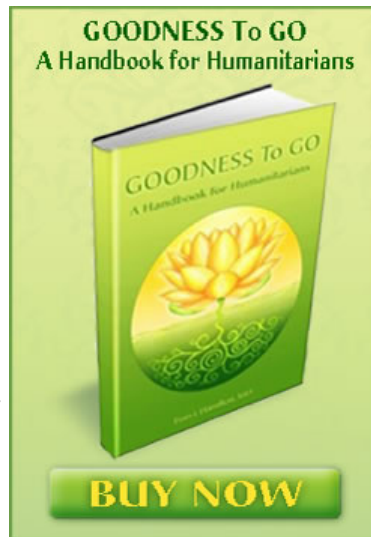
Dear Friends of Goodness To Go,

The season of welcoming light and compassion is upon us again. Last month, we gave thanks for life's blessings and now opportunities abound to give back. This is also a beautiful time to turn within, rest in the stillness of the present moment, and experience love's transformative power.

Many people are preparing to welcome the return of light at Winter Solstice and celebrate the birth of a divine child of Love. Two thousand years ago, the power of love transformed the status quo, and its compassion has continued to light the heart of movements for positive change around the world.

Compassion changes everything. Last month, a compassionate stand for the human rights of girls internationally was made with bipartisan support by the U.S. Congress. The **Girls Count Act of 2014** authorizes the Secretary of State and the U.S. Agency for International Development (USAID) to assist government ministries of developing countries to ensure that girls living in poverty obtain equitable access to social programs.

Malala Yousafzai is the Pakistani teenager who was awarded the 2014 Nobel Peace Prize. In her home town, girls inspired by Malala's message are uniting to protect the right of girls to be educated and not sold into child marriage. In West Bengal where our daughter Grace Shanti was born, **Child in Need Institute** has developed **child parliaments** to prevent girls from becoming child brides. CINI community workers assess the needs of impoverished families who often see early marriage as the only option for their daughters. Explanations about the significant long-term benefits of educating girls as well as CINI's financial support for school supplies and teachers' salaries allows many girls to continue their education. Proceeds from the sale of the [Handbook for Humanitarians](#) benefit award-winning girl empowerment programs offered by CINI for over 40 years. Copies of [Goodness To Go](#) are wonderful gifts to both give and receive during this holiday season.



Mobilize Your Goodness



"Love is a practice. Love is the capacity to take care, to protect, to nourish...to love oneself is the foundation of the love of other people....be kind to yourself...look at everyone with eyes of equanimity," said Thich Nhat Hanh, the world renowned Zen master and peace activist. As you prepare to welcome the beginning of a new year, how will you strengthen



the transformative power of loving kindness in your life?

Fifty years ago, Dr. Martin Luther King, Jr. was awarded the Nobel Peace Prize for his compassion in action. He lived the transformative power of love that knows our essential oneness. On personal and societal levels, compassion has the power to end exploitation, discrimination, and oppression. This is the radical transformation that the world needs now more than ever before. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving, and interconnected place?** Compassion for self and others is a practice that changes everything, moment by moment, day by day. May every cup overflow with blessings of goodness eternal and may peace prevail in every heart. Happy New Year!

Celebrating integral service,



Fran I. Hamilton, M.D.

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