



Dear Friends of Goodness To Go,

Light is increasing in the Northern Hemisphere as **Summer Solstice** approaches on June 21st. It's a wonderful time to exhale, celebrating the new life of spring and welcoming the bounty of summer. Through an improbable sequence of events, each one of us has the rare and marvelous opportunity to be alive at this moment on this magnificent planet. **Relax. Rejoice. Replenish yourself and your world.**

Five years after its initial outline was written, **the four sections of Goodness To Go were sent to the publishers last week!** Engaging my heart, head, and hands in this integral service has been a profound gift and honor. I'm very grateful for the invaluable support of each individual who contributed to the creation and release of the printed version of this handbook for humanitarians. May this offering assist life on earth to live long and prosper in integral wellness, social equity, and harmony.


Each section of **Goodness To Go** has eleven chapters. The titles of the four sections are: Summon Your Heart; Empower Your Mind; Mobilize Integral Service; and Integrate Heart, Head, and Hands. Each section is over 120 pages and the manuscript is four inter-related books in one. Last month's newsletter included the first paragraph of Chapter 1 entitled "We're All in This Together." The second chapter, "There is No Other", begins:

In every culture and age, mystics have pointed to the existence of one life energy, and have long said that the world is one. Unus mundus. As we begin the exploration of our goodness to go, it's helpful to recognize that there is no other. We summon the heart that recognizes our unity and mobilizes integral service free of judgments about apparent differences. When we welcome another, we welcome ourselves.

"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 useful guide to clarify and mobilize your compassion in action. The complete paper edition will be available next month 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 young girls at risk of being sold into Calcutta brothels.


Please help to spread the word! **Goodness To Go**

Section One of Goodness To Go is available in paperback!



BUY NOW

Order your copy of **Summon Your Heart** (130 pgs) for only \$20 including shipping

 Please join us on Facebook!

The complex block is a promotional banner for the book 'Goodness To Go'. It features a green background with a white border. At the top, it says 'Section One of Goodness To Go is available in paperback!' in green. Below this is a 3D rendering of the book 'GOODNESS TO GO: A Handbook for Humanitarians' with a yellow lotus flower on the cover. Underneath the book is a green button with 'BUY NOW' in white. Below the button, it says 'Order your copy of Summon Your Heart (130 pgs) for only \$20 including shipping' in green. At the bottom, there is a green box with a white Facebook logo and the text 'Please join us on Facebook!' in white.

celebrates our inherent generosity and the award-winning social programs of **Child In Need Institute** uplift families 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.

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 be 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 a process of self-inquiry that helps to clarify your integral service. The handbook is a useful 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. The full paper edition will be available in July. **Please contact us if you're interested in ordering the complete handbook** (\$40 plus tax and shipping) as either a print or e-book. The four sections of the handbook will be available individually in an e-book format soon.

Let's hold the vision of global peace, justice, 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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