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## September 2014 Newsletter



### Dear Friends of Goodness To Go,

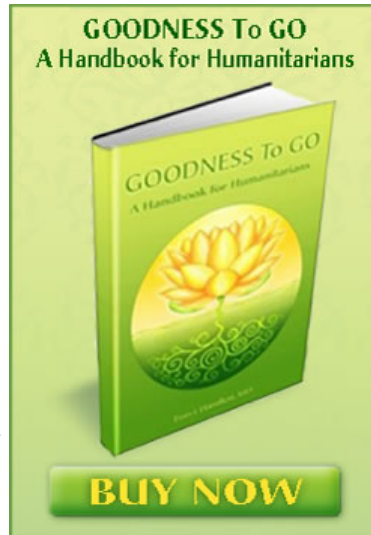
Once again, the seasons change, bringing a new time of transition with the reminder to turn our attention within. **For sustained expressions of goodness to be enjoyable, it's important that we pause.** Bringing awareness to the pauses between breaths, to transition points in each day and throughout our lives, strengthens our resilience. An inner haven of peace and self-knowledge nurtures gratitude for the opportunity to be alive in this moment. **The power of peace is in the pause.**

For millions of young people, this transition time also marks the beginning of a new school year. Do you remember how difficult the first day can be? During a stressful first week of high school, our daughter Grace tapped into inner reserves of resilience. She's remembering to pause, breathe deeply, listen for inner guidance, and then offer her best to each moment. It's a practice for a lifetime.

On every level, from personal to planetary, challenging times bring potentials for transformation and reintegration of interconnected systems. After July's surgery for breast cancer, I'm now half-way through radiation treatments. The support of our Goodness To Go community is invaluable and I see more clearly how **kindness is a growing edge of evolution.**

Recently, my brother asked if radiation gives super-powers! After laughing, I paused to reflect on his question. What radiates more strongly now? Gratitude for every act of kindness grows. Appreciation increases for the generations of service that have refined medical treatments. Compassion deepens for the difficult journeys that we undertake. To be alive is indeed good. Each day of life is a miraculous opportunity.

To live with the freedom to develop our unique gifts is the birthright of everyone on this magnificent and troubled planet. Proceeds from the [Handbook for Humanitarians](#) support **Child In Need Institute's** programs that empower girls living in extreme poverty in West Bengal, India where Grace was born. On September 4th, our family is giving a presentation about CINI in Boulder to which you are warmly invited. Let your friends in Colorado know that we'd love to see them this Thursday at 7 p.m. in Alfalfa's community room!



### Mobilize Your Goodness



The goodness to go of each one of us is needed at this pivotal time in the evolution of life on earth. We are being called to co-create healthy, equitable societies. **"What do you want to be? What do you want to do? What is your gift to bring to**



**our world?"** These are life-long inquiries that we ask young people as they start a new school year and that we also can ask ourselves at the beginning of each day and during transition periods throughout our life cycle. What values inspire you now?

**Be the kindness,** knowing that the effect of one good-hearted person is incalculable. Rejoice in your own goodness and the potential for goodness that we all share, recognizing that within our global family, helping others helps ourselves. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving place?** The journey of a lifetime can begin in a single step from "no" to "yes." Infuse your yes with enthusiasm and gratitude until it becomes **YESSSS!**

Today is Labour Day, a time to honour the integral service of countless people benefitting our communities around the world. Enjoy this day of rest and reflection. Let's welcome this season of transition and Equinox, accepting its invitation to bring the light of awareness into our contemplations of who we are and what we are called to offer to life now.

Celebrating integral service,



*Fran I. Hamilton, M.D.*

*P.S. Thank you for spreading the word of Goodness To Go through your social networks. Let's mobilize benevolent transformation in communities of compassion!*



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