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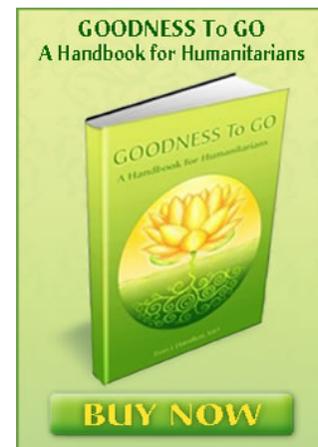
## Dear Friends of Goodness To Go,

Freedom from fear is possible, and our response to fear is up to us. Tragically, mass shootings by unstable individuals continue. Rather than allowing terror to tear us apart, blaming and hating 'the other', we can deepen inner connectedness, freedom, and unity. Like Aung San Suu Kyi, the Nobel Peace Prize laureate who was a prisoner of conscience in Burma for fifteen years, our inner courage empowers us to be free of victimization by fear. In the face of harsh, unremitting pressure, she wrote, "**The only real prison is fear, and the only real freedom is freedom from fear.**" Recall a time when you felt weakened or strangled by fear and were able to trust your true self, move forward, and do what you needed to do anyway.

"**Life shrinks or expands in proportion to one's courage,**" wrote Anais Nin. Our inborn strength can be invited into daily life whatever our circumstances may be. We encounter countless fears, real and imagined, on many levels, including fear of loss (of health, shelter, freedom, employment, belonging, respect, and meaning), fear of criticism, abuse, and violence, change, time, and death. On the physical plane, fear can warn us of possible and imminent dangers that threaten our safety and survival. Many people also work with biochemical and psychological factors that predispose them to experience anxiety, avoidance, and fear.

With self-compassion, we remember to pause, breathe deeply, and **soften into an exploration of places inside and out that scare us.** With gentle, steady practice, we can acknowledge and learn about the energy of fear, be willing to trust and tap into our wellspring of courage, direct our attention away from limiting habits, articulate a more empowering perspective, and move toward freedom. Like any type of warriorship or peacemaking, this, too, requires courage.

"**Courage that comes from cultivating the habit of refusing to let fear dictate one's actions could be described as 'grace under pressure' – grace which is renewed repeatedly.**" says Aung San. With ongoing commitment to free



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our courage muscle. Mindfully present in this very moment, we can *free* ourselves *from* fear's grip and be *free to* create a world of equity and empathy for all. Now is the best time to serve. The warmth and power of light encourage tightly closed buds to open. Freeing up clear inner space opens up more possibilities. **What in your life is calling you to summon forth your inner freedom and courage?**

A uniquely valuable support through this peacemaking process is [The Handbook for Humanitarians](#). Our global book circle is now focusing on Chapter 17 of the [Empower Your Mind](#) section entitled **Empowering Our Relationship With Fear**. The handbook is a friendly companion as the courage of your mind and heart finds expression in your goodness to go. Purchases benefit World Health Organization award-winning programs directed by [Child In Need Institute](#) in Calcutta, India where our daughter Grace was born. (She turns 16 on July 18th!)

## Global Grace Notes



Hi! My name is Grace Shanti and I'm thankful to be co-writing the Goodness To Go newsletter with my Mom – no homework in sight! I'm back from adventures in London and Paris that included historic flooding and thousands of extra security guards patrolling the City of Lights with machine guns due to the international soccer tournament. It was surprising how quickly I got used to the machine guns. I'm glad that the sun eventually came out and the art museums opened. I especially liked seeing Van Gogh's

luminous "Starry Night", climbing Le Tour Eiffel, sunset over the Champs–Elysees, Evensong at Westminster Abbey, and, of course, the Harry Potter film studio!

The night before flying to London, I told Mom that I needed to move outside my comfort zone to grow. I'm letting go of my habit of holding back from life and old anxieties about trying new things. My new motto is *Begin!* **"When you know who you are, and can see through your veils, your old fears become wind in your sails,"** sings Damien Rice. This encouraging quote reminds me of characters in [The God of Small Things](#) that I studied at the end of Grade 10. The novel is set in India where the women characters were severely oppressed, afraid to challenge the often brutal patriarchy. Some of them began to see through the veil of social conditioning and live with more courage and freedom. That's a very good thing!

A few days ago, Mom had a follow-up mammogram two years after being diagnosed with breast cancer. We're so thankful that journey is ending on a healthy note! Although we thought we were fairly calm, stress hormones made our bodies tense even after we'd heard the good news. So we shook things loose – literally! I played the upbeat song "Happy" and we danced, sang, shivered, and shook – "shaking medicine" really works! Animals naturally shake off fear and our friend writes about ways to move from fear to peace in [Attitude Reconstruction](#).

Studying world history and literature shows me that the best of our values,

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for freedom inside and out, let's also honor the battles to come. Remember – humor is helpful! When I see babies laughing with their parents or I share a laugh with someone who speaks another language, I realize that **laughter is the first language**. People are meant to dance, laugh, and hug one another. Let's *begin!*

## Mobilize Your Goodness – Light Tomorrow with Today

During the month of July, many countries around the world celebrate their freedom and independence, including Canada, Algeria, Belgium, Malawi, Peru, Venezuela, and the United States. For the tremendous opportunity to live in freedom and peace, we express our gratitude and respect for the courage of countless people in every generation. May we thrive in freedom and peace with equity and empathy evermore.



**"The idea that some lives matter less is the root of all that's wrong with the world,"** wrote Paul Farmer, MD, a global humanitarian and co-founder of Partners in Health. For millennia, this dehumanizing notion has fueled fear-based behaviors of oppression, greed, and violence. **"Why do you stay in prison when the door is so wide open? Move outside the tangle of fear– thinking. Flow...in ever widening rings of being"**, wrote Rumi, the 13th century Sufi poet. Fear is an e-motion (energy-in-motion) that can alert us to thought-prisons. Fear may not mean stop – it may mean **GO!** Let's release regrets about the past and fears about the future as we move into places that scare us and **cultivate the peace, clarity, and empathy that begin in our hearts and minds**. When limiting beliefs and fears arise, gently recall your intention to: \*acknowledge these burdens, \*let go and stay present, \*be specific as you clarify what's true now, \*create or reframe a more empowering 'story', and \*express your beneficial response. Your transformation story of peacemaking is an offering to our world.

**"Established in Being, take action,"** the Buddha taught. Living in a society that supports the healthy cultivation and expression of each person's unique potential is tremendous good fortune. **What is a small, specific, scheduled step that you could make this week to create a freer, more equitable, harmonious, and interconnected world?** Let's sow seeds of peace and freedom for all to come!

Celebrating integral service,

*Fran I. Hamilton, M.D.*

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