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June 2015

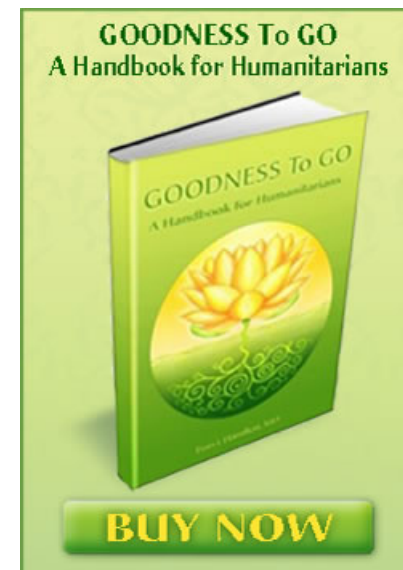
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Dear Friends of Goodness To Go,

On this summer solstice of June 21st, the United Nations will be initiating the first **International Day of Yoga**. Although physical postures of hatha yoga have numerous health benefits, the ancient practices of yoga, which means union with the creative intelligence in all beings, is a vehicle for creating a world based on oneness.

In the yogic tradition, giving back, integral service, and goodness to go are known as *seva*. Offering compassion in action is "being while doing" enlivened by gratitude, mutual respect, generosity and wisdom. Extend the loving kindness of compassion to yourself as well as others.

The **Handbook for Humanitarians** is a



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compassion grows to include all living things. Your purchase of the Handbook supports **Child In Need Institute** programs that empower mothers and girls living in extreme poverty near Calcutta, India where my daughter Grace was born.

Three months ago, our virtual global book circle began. A dedicated journal or computer file is useful as you prepare to dive deeper into ongoing self-care and mobilize the compassion at the heart of your goodness to go. There have been invitations to reflect on ways to nurture your capacity for mindful compassion and to identify what now calls forth your personal potentials and gifts. Receiving and giving are a unified cycle of mutual blessings. Our capacity to receive and fully imbibe our many blessings allows us to give generously in return. How might you sustain personalized self-nourishment and fine-tune your awareness of what you're being called to offer the world? The **A*B*C*D* Self-Inquiry Process** is a useful framework as you contemplate anew what deeply concerns you and what holds the most meaning for you at this point in your life.

During this month of celebrating global unity through yoga, our theme is **interconnectivity is our unity**. We live in a vast ecology of interdependence or inter-being. Consider some of the thousands of stems of support linking you to everything from sunlight and the food you eat to teachers who have educated you. Family and community members, healthy environments, and personal well-being are a few stems of support that empower us. In the midst of your busy days, what are some ways that you could focus your attention on the interconnected web of life? What are at least three sources of support that made it possible for you to be reading this newsletter? **The questions we explore today shape our tomorrows.**

Global Grace Notes



Hi! My name is Grace Shanti and it's an honor to be

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Grade 9 just finished and it was an intense year of personal growth as well as academic learning. I'm very thankful to have had so much support from my teachers, family, and readings from yogic traditions that my Mom and I discuss before bed. I really don't think I'd have made it through this especially challenging year without them. And I'm so thankful that Mom's recent mammogram was cancer-free!

I've been thinking about what my life might have been like if I'd had to stay in Calcutta as an orphaned girl. It makes me want to not take any opportunity for granted. I know I'm lucky to have a safe, loving home, good health, and a quality education. Even clean water is a privilege. I want to remember this and to remember who I really am. Then my life can be an expression of the goodness to go that I'm here to offer.



Mobilize Your Goodness – Light Tomorrow with Today

Life is relationship; united we stand. We're all connected within one web of life. Dr. Martin Luther King, Jr. wrote, "**All life is interrelated and we are all caught in an inescapable network of mutuality ... Whatever affects one directly, affects us all ... by living out this fact, we will be able to remain awake through a great revolution.**"

Mindful compassion and consciously living our interconnected unity are key elements of evolutionary



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judgment. How could your compassion be given a tangible form as integral service? Together, we can mobilize benevolent transformation in interconnected communities of compassion. **What is a small, specific, scheduled step that you could make this week to leave the world a kinder, more loving, and interconnected place?** What gifts are uniquely yours and how will you offer them to benefit the world? Remember to acknowledge your own inherent goodness as you cultivate a life of oneness and compassion. Remain awake on your journey of inner and outer change. Experience and celebrate the deep beauty and power of our unity. **Happy United Nations International Day of Yoga** on June 21st!

Celebrating integral service,

Fran I. Hamilton, M.D.

P.S. Thank you for spreading the word about Goodness To Go through your social networks. A portion of proceeds from your purchase of the Handbook benefits CINI's transformational girl empowerment programs.

Educate a girl. Change the world.



Stay Connected!



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