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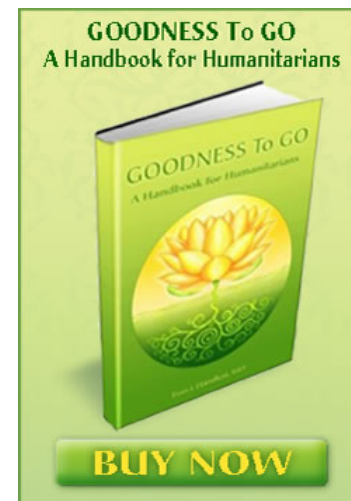
July 2015

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**Dear Friends of Goodness To Go,**

**"Freedom...is the breath of life,"** said Mahatma Gandhi. **"Live as if you were to die tomorrow. Learn as if you were to live forever."** Happy Independence Day in the U.S.A. and Happy Inter-dependence Day to everyone on planet Earth! One year ago, I shared the beginning of my breast cancer journey with you and although some new steps to be navigated appeared last week, I'm thankful to have this day of life to live fully – with fireworks!

The **Handbook for Humanitarians** is a uniquely valuable personal resource to deepen your self-care as your compassion expands to include all living things. Your purchase also benefits **Child In Need Institute** programs in West Bengal, India to empower the freedom of impoverished



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Our global book circle began four months ago and last month's theme was *interconnectivity is our unity*. In Chapter 3 of the Handbook, we're reminded that we all share one magnificent home planet, that serving others not only does good, it feels good, and it also helps ourselves. This month, we'll reflect on **empathy and ethical artistry**, which is discussed in Chapter 5. A dedicated journal or computer file is useful as you nurture the natural compassion at the heart of your goodness to go (Chapter 4). Remember to *learn as if you were to live forever*.

**"Once you start to see through the myth of status, possessions, and unlimited consumption as a path to happiness, you'll find you have all kinds of freedom and time,"** wrote social commentator David Edwards. What habits that consume your resources of time, energy, and money might you let go of? Less burdened by material possessions and light of heart, how might you engage in enjoyable self-care and offer integral service free of expectations? How could screen time be reduced and fun time in nature increased? What limiting beliefs and negative emotions that drain your life energy and enthusiasm could be released? What resources would support this empowering and liberating process?

**The questions we explore today shape our tomorrows.** Rather than being overwhelmed by the vast number of complex global issues, list eight problems affecting your community that galvanize your empathy and ethical artistry. Offer blessings as you hold each concern in your heart. Then ask yourself, **"What are three issues calling me at this time?"** Choose the one that most strongly resonates with your empathic, creative generosity. What's your first action step?!

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## Global Grace Notes



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

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We just returned from an amazing road trip through New Mexico, Arizona, California, Utah, and back home to Boulder, Colorado. After a difficult first year of high school, it was great to have an adventure! I was wonder-struck on the cliffs along California's Highway 1 overlooking the Pacific Ocean.

In addition to meeting wonderful people and seeing new places, I had time to reflect, draw, and write in my journal.

I'm thankful for insights that arose about who I am now, and I want to remember them and put their lessons into practice. It feels like my goodness to go involves sharing stories that nurture the wonder, magic, beauty, and kindness of the human spirit. If there's an uplifting story that you're willing to share, let me know!

Last week in Denver, our spirits were uplifted by **Malala Yousafzai**, the teenage girl from Pakistan who miraculously survived a Taliban assassination attempt and went on to become the youngest recipient of the Nobel Peace Prize in 2014. She emphasizes how important family and community support is, and believes that **the only way we can create global peace is to educate the minds, hearts, and souls of every human being**. Malala reminded us that many people have no knowledge of human rights, no access to education, and no freedom to question the violent regimes controlling them.



I'm so thankful to live in a free land of opportunity and diversity! This afternoon, I attended an Independence Day neighborhood party. It was so much fun to play games with new friends from Ethiopia. Although we speak different languages, laughter is universal. Have fun!

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**Mobilize Your Goodness – Light Tomorrow with Today**

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book that I received yesterday as a surprise gift from a friend. ***May you recognize and share the gifts that only you can give*** is one of its quotes. How could gratitude for the freedoms and opportunities in our lives be given a tangible form as integral service? What are the gifts that only you can give?



Let's create lives that we love as we celebrate the freedom to nurture empathy, develop our potential, and share our gifts. Together we can mobilize benevolent transformation in communities of empowerment and compassion. **What is a small, specific, scheduled step of ethical artistry that you could make this week to create a world of freedom, kindness, and interconnectivity?** Remember to acknowledge your own inherent goodness as you celebrate the freedom to be who you are, create the life you love, and share your unique gifts that the world needs now.

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.**



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