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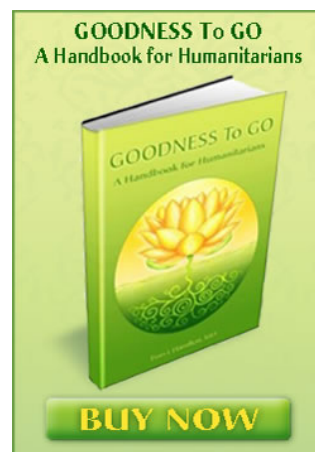
## Dear Friends of Goodness To Go,

*"Trust yourself. That is the beginning."* This teaching has encouraged me for decades to reflect anew. What does it mean to trust deeply and wisely? How is trust not simply blind faith or naive confidence? Why is trust important? And who is the 'self' I am trusting?

Ongoing commitment to loving-kindness and self-inquiry is key. **"The root of true confidence grows out of our ability to be in unconditional friendship with ourselves, to train in gentleness, and to trust in our natural intelligence to navigate life,"** writes Pema Chodron, an American Buddhist nun. Trust in ourselves fully accepts that we'll make mistakes from which we'll learn. It's not that we'll never act in ways that bring remorse. Rather, we commit with easeful steadfastness to the process of growing in compassion, wisdom, and skillfulness. Recognizing and refraining from harmful actions allows space for more beneficial responses to arise. Through daily practices such as balanced breathing into our center, self-inquiry, and integral service, we cultivate the opening and unity of our hearts and minds. Genuine self-trust and goodwill naturally grow stronger.

**"To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity,"** wrote William A. Ward. Trusting yourself implies the willingness and resilience to acknowledge, honor, and share your inherent goodness – and to take yourself lightly! Gradually, we learn to not take things personally and stop projecting our values and perceptions onto others. Like most meaningful endeavors, this developmental process benefits from daily practice.

This month, our global book circle is exploring Chapter 18 of **Goodness To Go** entitled **Trusting Yourself**. Moving toward becoming anchored in self-trust and engaging in courageous, life-affirming transformation require self-compassion and stamina. A uniquely valuable support through this ongoing process is [The Handbook for Humanitarians](#). Purchases for yourself and others benefit award-winning, comprehensive girl empowerment programs directed by [Child In Need](#)



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## Global Grace Notes



Hi! My name is Grace Shanti. Two weeks ago, I turned sixteen – and somehow I do feel different. It's hard to put into words. Maybe it's that I'm beginning the transition into young adulthood and some of my old coping strategies need an upgrade! Of course, there is some fear as I face the unknown; there is also trust in my true, best self.

***Go to places that scare you.*** Last month at India–Nepal Heritage Camp, I again had the opportunity to face my fear of heights. On a rafting trip, several of us chose to jump 30

feet off Jump Rock into the Colorado River. Two years ago when I jumped for the first time, it was very frightening – and an *amazing* adrenaline rush! Familiarity definitely helped. We can feel the fear – and trust the leap!

At camp, I also met an inspiring humanitarian who has offered his goodness to go in southeast Asia for over 30 years despite many hardships, including having a serious, chronic health condition and living in regions that are very dangerous. Talk about generosity, resilience, and self-trust!

Recently, after seeing the new Star Trek film, Mom and I walked my dog Merlin under a magical starry sky. A key line in the film was, "I'd rather die saving lives than live by taking them." World events have been so awful lately that it'd be easy to feel helpless, frightened, or cynical. But how does that help? I told Mom that we need to understand the darkness. We make the darkness darker by casting our shadow on it, whether it's fear, doubt, hatred, or distrust. I choose to always trust in the goodness of humanity. Some lines from a poem that I wrote are, "Victorious, Free, and with more wisdom than when you started...The fake wings you had are replaced by the real, and so you run spreading wings that will hold you, and the night is different than it was before." Let's love and trust our light.



## Mobilize Your Goodness – Light Tomorrow with Today

Practice unconditional trust in your own goodness, which also dwells within everyone whether they realize it or not. **"We're in a hurry, so let's take our time,"** William Ryerson, the founder of Population Media Center, reminds us. Through creative collaboration, this organization works to stabilize the human population at a level that can be sustained by the world's natural resources. So many community and



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is the best time to serve. Grace says, "**Begin!**"

We are sustained by countless cycles of giving and receiving, doing and being. Farmers cultivate the soil and plant the seeds that in turn nourish us. Human *doing* seems inextricable from human *being*, and wisdom traditions teach that it's most useful to offer generously without expectations. To clarify and sustain our skillful, benevolent service, it's important to **slow down, turn within, and listen to our inner wisdom**. As trust in ourselves and one another deepens, we offer our goodness to go in uplifting ways that nourish body, mind, and soul. Kindness is always possible. **May everyone enjoy the daily nourishment that leads to peace.**

It's empowering to transform fear, to trust our natural goodness, and act with friendliness and compassion for ourselves and others. **What is a small, specific, scheduled step that you could make this week to deepen trust in your self and in our global family?** Although the times call with urgency, let's remember to take our time so that we can give our best. Together in trust, let's uplift our 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. 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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