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February 2016

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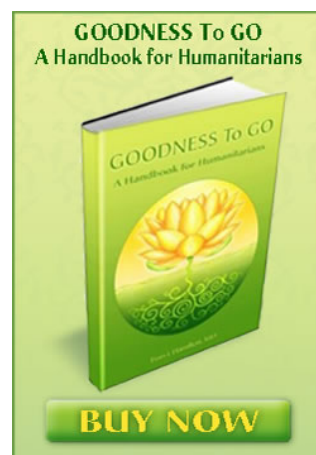
## Dear Friends of Goodness To Go,

As I've been packing to fly to India tomorrow, huge piles of papers in various locations remind me that I have much more to learn about mastering the art of letting go! It's also a challenge (for which I'm grateful) to integrate the gifts and lessons of 2015 as I let it go. How have you been welcoming 2016? What new possibilities for deep self-care are you exploring?

Last month, Grace asked us, **"What supports your steady discipline that turns good intentions into genuine commitments?"** Although new beginnings radiate fresh potential, life is not an endless self-improvement project. Inhale fully and pause. Turn inward and allow your mind to rest in the light of your heart. **What are your key priorities at this point in your life?**

For the past year, our global book circle has explored Section One of Goodness To Go entitled *Summon Your Heart*. The second section of the Handbook for Humanitarians is ***Empower the Mind***. It begins with Chapter 12 whose title asks "Don't My Ducks Have to Be in a Row?", giving voice to a mistaken belief that we must reach maximum personal improvement before we can offer our integral service to the world. Goodness to go includes both simultaneously. Self-care commitments and "putting on our oxygen mask first" are both personally empowering *and* catalyze our ability to serve others with compassion and skill.

**Evolutionaries** acknowledge responsibility for their personal evolution as well as for creating our collective future. There is no need to hurry. Be fully present and trust yourself. The in-breath of self-care empowers you to offer your unique gifts to the world and the Handbook for Humanitarians supports robust resilience of mind that is free of attachment to a desired outcome. This is a perfect time to purchase copies to benefit yourself as well as girl empowerment programs directed by Child In Need Institute in Calcutta, India where Grace was born.



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## Global Grace Notes



Hi! My name is Grace Shanti and it's an honor to be co-writing the Goodness To Go newsletter with my Mom. I'm glad that she'll be participating in a meditation retreat in Mother India during the first half of February. Last weekend, we saw *Star Wars: The Force Awakens* again. (I admit it was my fourth time!) There's more to it than meets the eye, and I like to think about how its themes relate to my life.

I've learned that it's valuable to have a "beginner's mind" and practice seeing things with new eyes. I saw more clearly how the Force is the universal energy of good that created everything and lives inside everyone. Dark forces of evil are distortions or tears in the fabric of goodness. Ego is really "no-thing" but can be like a black hole, a distortion in space-time that sucks in everything around it. Dark forces are insatiable in their desire to power *over* others.

I'm learning that I can train my mind to power *with* positive energy. Thank goodness! I can choose to redirect my attention away from dark, constricted states and I'm practicing ways to break free, like meditating, dancing, and playing with my dog Merlin. With this month's Leap Day, we have even more time to celebrate the goodness of life! May the Force be with you!



## Mobilize Your Goodness – Light Tomorrow with Today

**"If we all refuse to serve until we attain perfection, there will be no service. The fact is that perfection is attained through service,"** wrote the great servant leader, Mahatma Gandhi. On February 14th, many people honor **Saint Valentine**, the martyred patron saint of love whose service included uniting couples in holy matrimony against a Roman emperor's edict.

Throughout history, compassionate, courageous souls have felt called in many ways, from liberating nations nonviolently to sacrificing greatly for their convictions. True callings of mind and heart are profound gifts, regardless of the scale of their potential impact. Set aside a few minutes to breathe in deep and breathe out long, allowing the breath to be fully released. Pause and re-energize in the space between breaths. **Allow your mind to become more serene and rest in the heart.**

The cultivation and contribution of your unique gifts is an ongoing process. Take time to rejuvenate, contemplate, and recognize that we all have breath in common on this interconnected planet. Fresh possibilities and opportunities abound. Is there a local, international, or global issue that especially calls forth



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could make this week to leave the world a healthier, more harmonious, and compassionate place?" Enjoy strengthening interconnections of heart and mind.

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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