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July 2014 Newsletter



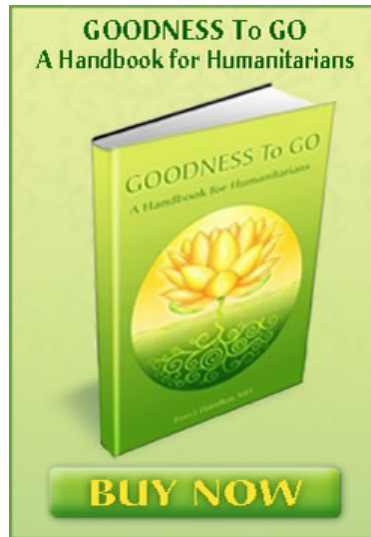
Dear Friends of Goodness To Go,

Three days ago, I learned that cancer cells are present in my right breast. This knowledge has intensified personal contemplations about freedom that arise for many of us as July 4th celebrations abound in the United States.

Freedom is a profound gift that nourishes us on many levels. As I've been served by compassionate, skillful medical practitioners and received accurate information about my treatment options, I've benefitted from the research and experience of many before me. I deeply wish that these opportunities were available to every human being on earth, and am very grateful that I am free to choose how I will respond to what arises in each moment.

The surgeon who gave freely of his time to educate me on this holiday weekend has volunteered with many medical missions around the world. On the exam room wall was the photograph of a young girl orphaned by AIDS. Her face serves as a reminder of the millions of people who do not have the freedom necessary to live their lives with sufficient food, medical care, protection, education, and love.

I shared with the surgeon my deep respect for Dr. Samir Chaudhuri who has served for 40 years as the founding director of **Child In Need Institute** in Calcutta, India where our daughter Grace was born. The effect of one good-hearted person is incalculable. Dr. Chaudhuri has uplifted the lives of millions of people living in extreme poverty, and proceeds from the **Handbook for Humanitarians** benefit girl empowerment programs run by CINI. Give the gift of freedom from being sold into slavery. Educate a girl. Change the world.



Mobilize Your Goodness



"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."** It is our great good fortune to have the freedom and opportunity to experience our interconnectedness. Knowing that we are one with life is deeply nourishing. Since we're all connected, choosing to help others helps ourselves.

What is a small, specific, scheduled step that you could take this week to strengthen the freedom and interconnectedness of our world? Live as though this was your last day on our magnificent and rare planet. The journey of a lifetime can begin in a single step from "no" to "yes." **Yes is a world of freedom.** Every good wish for vibrant health and abounding joy as we celebrate the countless opportunities that freedom brings.

Celebrating integral service,



Fran I. Hamilton, M.D.

P.S. Thank you for spreading the word about Goodness To Go through your social networks.

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