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July 2012 Newsletter



Dear Friends of Goodness To Go,

The long sunny days of mid-year are a great time to recharge your batteries. The Earth's axis is tilted toward the sun and her ocean's phytoplankton continues to create half the air we breathe. Take a moment to breathe deeply and savor these light-filled days. Reflect on the first half of 2012 as you acknowledge and celebrate the many ways that your goodness has been on the go. Look ahead to new ways to strengthen your self-care and mobilize your compassion in action. Clearly visualize a beneficial change that you'd like to manifest. While remaining aware of your circle of concern, focus on your circle of influence. Do what you can with what you've got where you are.

During the month of July, many people **honor the profound gift of liberty**. Canada Day is July 1st and on the 4th of July, Americans celebrate Independence Day. It's invaluable to appreciate and recognize the opportunities and responsibilities of freedom. **"Eternal vigilance by the people is the price of liberty,"** said President Andrew Jackson in 1837, **"and you must pay the price if you wish to secure the blessing."** Jackson's message, was echoed in 1852 by Wendell Phillips in his speech given before the Massachusetts Antislavery Society.

The sacred fire of liberty burns bright when caring citizens are informed and engaged. Knowledge is key to freedom. Its light is fueled by the courage of democratic principles and can be hidden by greed for power and money. **"If a nation expects to be ignorant and**

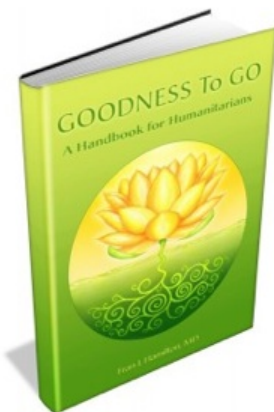
free...it expects what never was and never will be," wrote Thomas Jefferson. Empower your voice and your activism. Know the source of the money, including from billionaires, corporations, and lobbyists, that influences the electoral process. Insist that politicians actively support regulations that shed light and ensure transparency of banking transactions, and vote to protect citizens from predatory lending schemes. Courage and commitment are required to actively protest corruption and injustice. Thomas Jefferson reminded us that to preserve liberty, we need to preserve the spirit of resistance. Speak up. Act up.

On July 6th, Buddhists around the world celebrate the birthday of their globally respected spiritual leader. The Dalai Lama has mobilized compassion for over half a century, including advocacy for the freedom of Tibet from Chinese occupation. **Patience is a sign of great inner strength and freedom** and the Dalai Lama's peaceful, elegant patience has inspired millions. On July 20th, Ramadan begins, the Islamic month of fasting during daylight hours which is intended to as a practice to imbibe spiritual patience.

Nothing great comes easily. France's Bastille Day on July 14th marks the uprising against the prison-fortress that symbolized oppression by its ruling class. Although few reigning monarchies remain today, there are millions of people around the world who continue to be oppressed by tyrannical despots. Many who fight for liberty sacrifice their lives. If we're willing to fight for something more important than our own personal safety, we have a chance of being free, wrote the British philosopher John Stuart Mill in the late 1800s. Tyranny inevitably ensues when absolute power is concentrated in the hands of a few.

The freedom of human beings is not for sale. Although human trafficking is rarely in the news, it continues in nearly every corner of the globe. No person is for sale. Every child should be free to thrive and never be forced into sexual slavery. **"Involuntary servitude shall not exist going forward"** states the 13th Amendment to the U.S. Constitution. What might you do to include human trafficking in your circles of concern and influence?

Mobilize Your Goodness



Remember that the effect of one good-hearted person is incalculable. The oceans and sacred land of the earth are being polluted by our toxic waste. Every species of life deserves to live free in a healthy environment. **How could you contribute to the health of our home planet? What is one small, specific, scheduled step that you could take this week to restore basic human rights or the civil liberties of someone in your community or your world?**

[Goodness To Go - A Handbook for Humanitarians](#) outlines a process of self-inquiry that can help you to clarify your integral service. The handbook is a useful resource to mobilize the offering of your gifts to the world in sustainable, enjoyable ways. Proceeds support the missions of the Goodness To Go social enterprise, including **Child In Need Institute's** girl empowerment and brothel prevention programs. You're invited to visit [Goodness To Go](#) to receive a free excerpt and to order your eBook. A paper edition will be available later this year.

May all beings be free. As fields and orchards bring forth the beauty and bounty of their fruit,

gently tend the mighty tree of liberty growing in your life. If you live where you're relatively free from oppression, find ways to express your respect and gratitude for the blessings of political, religious, economic, and cultural freedom.

Celebrating integral service,



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Fran I. Hamilton, M.D.

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