

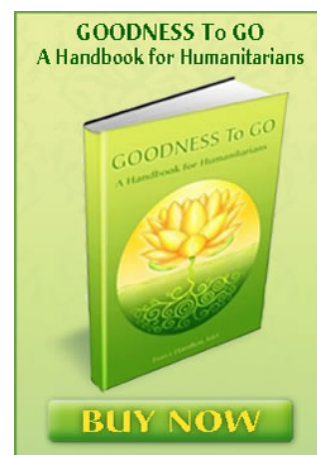
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January 2016

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Dear Friends of Goodness To Go,

Bravo! The goodwill and concern of leaders, activists, and countless global citizens inspired an ambitious, life-affirming vision at the United Nations climate talks. The Paris Agreement set a landmark goal of net-zero human emissions that gives us the platform to create a safe future for generations. **"Those whose hope is strong see and cherish signs of new life and are ready every moment to help the birth of that which is ready to be born,"** wrote psychologist Erich Fromm. Together, we can birth a new paradigm empowering global health and hope.



Last month, we explored the theme of Chapter 10 in the Handbook for Humanitarians – Forgiveness: The Power of Peace. As 2016 begins, we'll focus on the final chapter of *Section One – Summon Your Heart* which is **Integral Optimism – Hope and Trust**. Goodness to go is rich with the power of hope and trust. When have you experienced the steady resolve of trust that springs from a mature relationship with thoughts and feelings beyond the duality of hope and fear?

Hope chooses to act with courage and the knowledge that there are things more important than fear. Angela Merkel, the brilliant "Chancellor of the Free World", grew up in communist East Germany and was Time Magazine's 2015 Person of the Year. In the face of harsh criticism, she is willing to accept hundreds of thousands more Syrian refugees who are fleeing from terrorist violence. **"Every person who comes is a human being,"** is Merkel's response to the fearful reflex of many to close borders to refugees. The reaction to 'slam doors, build walls, and trust no one' threatens more than the European union. Her stand to welcome refugees requires tremendous courage and reflects values of generosity, integrity, optimism, and tolerance. The actions of Merkel and millions of humanitarians create the hope and trust of a living **Yes** that is far more important than fear.

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your unique gifts and integral service to the world. The Handbook for Humanitarians kindles and cultivates robust resilience and hope that is free of attachment to a desired outcome. This New Year is a perfect time to purchase copies and benefit girl empowerment programs directed by Child In Need Institute in Calcutta, India where our daughter Grace Shanti was born. Recently, Grace created videos about CINI, offered a slide show presentation to her high school business class, and gathered donations to support CINI's award-winning programs empowering girls living in extreme poverty in West Bengal.

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 really glad that first semester's final exams are over so that I can catch up on sleep, have some fun, see *Star Wars: The Force Awakens*, and think about possible New Year's resolutions. It sounds like a cliché, but once again it looks like 'more exercise' is on my list! I spend way too much time sitting in front of a computer screen doing homework, and I know I feel stronger and more energized when I exercise. It awakens the force inside! Time-energy management and remembering to remember my resolutions are always issues. Can you relate?! What supports your steady discipline that turns good intentions into genuine commitments?

As I've been thinking about this, my biology class comes to mind. Microscopes have resolutions that make things clearer. Self-inquiry can be like a microscope, bringing more precise understanding of my intent for making a resolution and clarifying the purpose of my goals. What about you? As the New Year begins and Epiphany approaches, we can have epiphanies on the inside, too. Have a wonderful, peaceful 2016. Awaken your strong force of goodness! Be the light!



Mobilize Your Goodness – Light Tomorrow with Today

"Hope smiles from the threshold of the year to come," wrote Alfred Lord Tennyson. New beginnings are rich with the light of hope, faith, and fresh potential. Hope is described by the poet Lisel Mueller as **the singular gift that invents the future**. What needs to be let go of so that you can open into new



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"Trust and patience combined with openness and acceptance enable us to sustain ourselves...

With equanimity and compassion as inseparable companions in our work we are also less judgmental and less attached to outcomes," wrote Zen Buddhist teacher, Roshi Joan Halifax. At the beginning of this New Year glistening with potential for positive transformation, we're called to serve as creative stewards of humanity's course. **Enlivened with hope, what will you create?**

As limiting thoughts and habits are released, open up to your good and reflect on your intentions for 2016. Remember regenerative self-care. Protect your compassion and imagination from anything that compromises them. Illumine and empower forces that nourish your ethical artistry. 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.

A new year of fresh possibilities and opportunities is beginning. Is there a local, international, or global issue that especially calls your goodness to go? In each moment, we can offer the gifts of our hope, courage and benevolence with each in-breath and out-breath. Ask yourself, **"What is a small, specific, scheduled step that I could make this week to leave the world a healthier, more harmonious, and compassionate place?** Let's be omens of goodwill shining the light of hope and trust as we live with integral optimism throughout 2016. Good wishes to all for deep peace, health, and harmony in the New Year.

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.



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