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June 2016

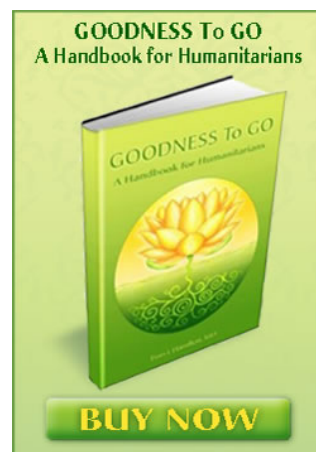
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Dear Friends of Goodness To Go,

Thankfully, new life is springing forth around the world. Tending our small garden reminds me again that for new growth to reach its potential, tenacious bind weed needs to be pulled out! Naturally, well-tilled, moist soil is more fertile than rocky, unyielding ground. Bringing new ways of seeing and being to old paradigms is like bringing a flower and a rock together. In this timeless metaphor, the flower symbolizes our potential for the blossoming of our compassion, clarity, freedom, wisdom, and joy. Solid rock represents the heavy resistance of mind, habit, and attachment to limiting beliefs and structures that can bind us and blind us to the goodness within us and the splendor surrounding us. Consider how being stuck in misery-producing frames of mind increases personal and global suffering, and how compassion for self and others allows space for our natural goodness and wisdom to emerge.

How do we befriend and transform resistance that often stifles the creative, benevolent expression of our goodness to go? Bringing compassionate awareness to hardened habits can free our creative intelligence to gradually dissolve barriers, alleviate suffering, and expand possibilities. The Wright brothers were open-minded aviation pioneers who overcame resistance of many kinds to make flight possible. Inviting in the opposite – a *yes* to a *no*, gentle self-appreciation to harsh self-criticism – brings small changes that add up. Resistance, which is often fear-based, can lead to brittle narrow-mindedness and hard-heartedness. Strengthen your practice of bringing compassionate awareness to your breath and then to old patterns you aspire to transform for good. Cultivating deep friendship with ourselves and confidence in our ability to work with whatever is happening allows us to be open, kind, and effective.

How would you describe the difference between standing your ground, refusing to budge, and flowing around or dissolving resistance? Some habits of mind that reinforce avoidance and resistance are restlessness, reactivity, reverie, and



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[Handbook for Humanitarians](#) explores **Transforming the Face of Resistance** as we invite the natural, joyful goodness of our minds and hearts to emerge.

One helpful way to reframe and gradually transform negative perceptions and entrenched habits is the **ABCDE model** developed by cognitive-behavioral psychologists. First, become **A**ware of adverse situations and of **B**eliefs that arise automatically. Then recognize the **C**onsequences of reactive feelings, judgments, and behaviors. **D**isputing limiting habits with discernment leads to **E**mpowerment as we free ourselves from their choke-holds and expand our skillfulness in response to adversity. Find a pathway that moves you toward freedom.

It takes courage to embrace change and gentle steadfastness to transform habits. "**Anytime you're going to grow, you're going to lose something... You're losing habits that you're comfortable with, you're losing familiarity,**" said psychologist James Hillman. The good news is that freedom and happiness grow as our lives become paths of awakening. Moving toward freedom and life-affirming transformation requires self-compassion and stamina, and a uniquely valuable support through this ongoing process is [The Handbook for Humanitarians](#). Purchases for yourself, friends, schools, and libraries benefit comprehensive, award-winning girl empowerment programs directed by **Child In Need Institute (CINI)** in Calcutta, India where our daughter Grace was born.

Global Grace Notes



Hi! My name is Grace Shanti and this contribution to our Goodness To Go newsletter is being written as I pack to fly to London and Paris for the first time! The last few weeks of Grade 10 were *intense* and I was inspired to keep going by ideas woven through Harry Potter's adventures and the BBC television series about *Merlin*, the teenage warlock magician who served Prince Arthur en route to their destiny of uniting Great Britain. Like them, I've resisted my duties (known as homework in my case!), was often distracted and tempted to procrastinate. I've also been tricked by justifications coming in the backdoor! *You deserve (another) break; it'd help you get balanced.* Sometimes, the wall of resistance felt like thugs pushing me back with blunt sticks. Eventually, I saw the bigger picture: ego was trying to weaken my self-trust by making me feel badly about being distracted. Thank goodness we can wake up and train our minds!

I've been thinking about things like fate and destiny and free will these days. It seems that destiny comes in different forms, depending on who you are. **What inspires you to want to fulfill your destiny?** There is a guiding force and I believe there are things we're meant to do. Of course, we can ignore our duties or dig in our heels and say *No!* But really, what's the point of that? **Why slacken now?** All sorts of real



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when I'm willing to let go of resistance and open to what I'm meant to do. Like getting back to packing! I'm really looking forward to touring the studio near London where the magical world of Harry Potter was filmed. Have a great summer! Relax, dream big, and take those first steps to making your dreams come true. **Just do it!** And, as I learned in Latin class (where I also had fun translating magic spells!), *Gaudeamus hodie* – let us rejoice today!

Mobilize Your Goodness – Light Tomorrow with Today

"Service to others will help you become deaf to a voice inside of you that does not believe in happiness," wrote the beloved 14th century Persian poet known as Hafiz. Offering integral service is a time-honored pathway of uplifting ourselves and the world as we become free of aversion and resistance. **Now is the best time to serve.** Our natural generosity wants to embrace life, embody our wisdom and innate goodness, and act in beneficial ways.



Grace really does accomplish magic! Her kind of magic exemplifies the writer Somerset Maugham's definition: "**Magic is no more than the art of employing consciously invisible means to produce visible effects. Will, love, and imagination are magic powers that everyone possesses; and whoever knows how to develop them to their fullest extent is a magician.**" To create lives we love, it's important to be fully present moment by moment with mindful, **compassionate awareness.**

Let's manifest our unique magic! Recently, Grace gave a sigh of relief, smiling as she told me how good it feels to know that she is *not* the critical, resistant ego. It's deeply empowering to learn how to transform fear and resistance with the invisible magic of our creative imagination, will power, and loving-kindness. **What is a small, specific, scheduled step that you could make this week to free up the creative vitality and friendliness of our global family?** As Canada and the United States prepare to celebrate bountiful gifts of freedom with birthday and Independence Day festivities at the beginning of July, let's find pathways to move toward freedom for all. Magical Summer Solstice to you!

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



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