

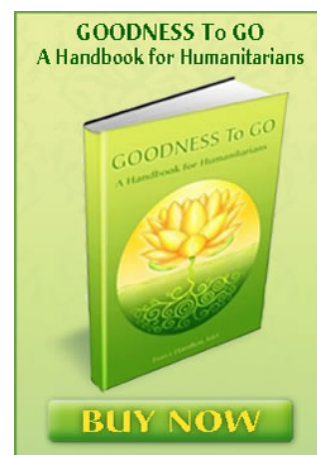
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March 2016

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Dear Friends of Goodness To Go,

Leap Day greetings! Wherever you live on our magnificent planet, opportunities abound to welcome a new season with One Big YES! Two weeks ago, I returned from a meditation retreat, aligned with the inwardness of winter in the Northern Hemisphere. This has been a rejuvenating and receptive time to assimilate and implement lessons and gifts bestowed. Beyond simply 'counting our blessings', talents, insights, and gifts, a renewed perspective recognizes and **gratefully acknowledges gifts great and small that life gives to each one of us**. These gifted seeds of potential and possibility yearn to be nurtured; some hard seed coats need a nick to let in water and nutrients. The gift of life is miraculous and we've been entrusted with the power of choice. **What are some gifts and capabilities that are yours?** How will you choose to embrace, expand, and express them as a new season begins?



"Watch what you think. Thoughts become words. Words become actions. Actions become character. Character becomes destiny," said the Buddha. This year, our global book circle has moved into Section Two of Goodness To Go entitled ***Empower the Mind***. Chapter 13, ***Our Heart-Mind Intelligence***, explores pathways to strengthen the mind that is busy broadcasting thoughts, beliefs, and worlds, both positive and negative. Speech is a divine gift. It's useful to remember that we are not our thoughts, that thoughts are often disempowering wastes of time and energy, and that we can choose which thoughts to cultivate – and when.

Evolutionaries acknowledge responsibility for their personal evolution as well as for creating our collective future. ***As we are, so are the times.*** Stay fully present and trust yourself. The in-breath of self-care empowers the offering of your unique gifts to the world and the Handbook for Humanitarians supports robust resilience of mind free of attachment to desired outcomes. This is a perfect time to purchase copies to benefit yourself as well as girl empowerment programs

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Global Grace Notes



Hi! My name is Grace Shanti, and I enjoy contributing to our Goodness To Go social enterprise. This month, I've been studying George Orwell's chilling dystopia, 1984, as well as the institution of slavery and the Industrial Revolution. The dark side of history is difficult to integrate, and I've cried more than once. Photos of exhausted, uneducated young children forced to work long hours to make factory owners rich are heart-wrenching.

I'm thankful that my high school celebrates humanity's goodness to go. March is **Women's History Month** and on a poster was a quote by Margaret Mead, the renowned anthropologist. She wrote, **"I personally measure success in terms of the contributions an individual makes to her or his fellow human beings."** Since I want to help the world, I'm listening for inner guidance that will show me the way. The term *evolutionary* intrigues me – and I'm pretty sure that's my tribe! How do *you* "measure success"? In what ways are you an evolutionary? During Spring Break, let's have fun *and* explore these questions. I'd love to hear from you. Happy Leap Day!



Mobilize Your Goodness – Light Tomorrow with Today.

YES is more than a word; it's a world. **"yes is the only living thing,"** wrote the renowned poet, e.e. cummings. Even when it feels difficult to access life-affirming awareness, *YES* reverberates deep in your mind and heart. Potential does not grow old. What possibilities are calling you? Genuine, beneficial callings at every age and stage of life 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 release fully. Listen to and feel your breath. Pause and re-energize in the space between breaths. **Make the mind your friend. Allow thoughts to settle. Invite your mind to rest in the heart with deeper serenity.** As you are, so is your world.

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. Vital possibilities and opportunities



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your goodness to go? Ask, **"What is a small, specific, scheduled step that I 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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