

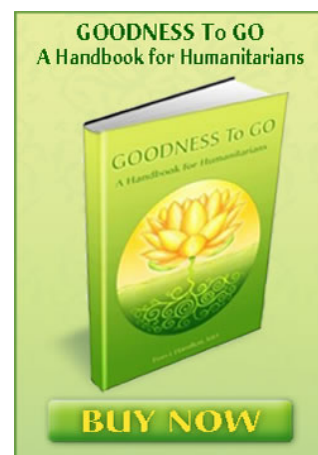
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May 2016

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Dear Friends of Goodness To Go,

In the midst of recent natural disasters and violent devastation, compassionate, creative energies also abound. Uplifting blessings and practical aid are being sent to those affected by earthquakes, floods, and war. Recently, a patient arrived with a big blue balloon encouraging me "to be audacious and vivacious." This inspired 70 year old is revitalizing her creativity and zest for life with the **Modern Muses**. Muses are often unconventional guides that help free us from past conditioning. *Spills* celebrates imperfection, allowing what happens to flow without resistance. *Aha-prodite* is your inspiration to pay attention to new insights, possibilities, and callings, and *Audacity* nurtures the courage to take risks. *Marge* mobilizes your call to action and *Lull* reminds you when it's time to let go and rejuvenate with radical self-care. A muse might also be an opening into an expanded understanding or worldview—like a new prescription for your glasses. Inspiration can flow, stagnate, congeal, or transform. Breathe deeply. **What muse is calling you right now?**



Our global book circle has moved into Section Two of Goodness To Go entitled ***Empower the Mind***. In Chapter 15, ***There's Wisdom Outside of the Box***, we're encouraged to expand beyond limiting habitual patterns of thinking, feeling, and acting. Of course, 'boxes' are not literal and true wisdom cannot be confined within a single ideology. Wisdom flows everywhere. Offering our goodness to go is fueled by our creativity, which includes cycles of opening to inspiration, insight, incubation, and expression. At times, it may seem that our inner wellspring has run dry or that our creativity is blocked. Pessimistic thoughts, debilitating beliefs, and dysfunctional habits may be perpetuating inner resistance to the natural flow of creative energies. When you feel uncomfortable, uncertain, or distressed, practice relating *to* rather than *from* your mind. Choose to soften and flow, let go of thoughts, and allow the felt energy behind them to move on. Rather than an

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"I am not empty; I am open." Enjoy being as open and free as the vast blue sky.

The [Handbook for Humanitarians](#) is a uniquely valuable muse and supportive companion as you cultivate and manifest your goodness to go. This is a perfect time to purchase copies to benefit yourself, friends, and libraries as well as World Health Organization award-winning programs directed by [Child In Need Institute](#) in Calcutta, India where our daughter Grace was born. Say **YES!** to all people living a life they love. Nourish, protect, and educate all children. Change the world.

Global Grace Notes



Hi! My name is Grace Shanti and I'm glad to take a break from PSAT studying to contribute to our social enterprise's newsletter. I love receiving 'real mail'. Recently, a six-page typed letter from my friend in the Netherlands arrived, with everything from her reflections on the Paris bombings and refugee crises to her love for a cool on-line community whose slogan is DFTBA (**Don't Forget To Be Awesome!**) People inspired to decrease "worldsuck" make videos for charities. That's a great big Yes! Let's be non-violent global "nerds" creatively fighting for goodness. Check out the *Vlogbrothers* YouTube channel; Nerdfighteria's founders John and Hank Green rock!

We're all here for a reason. Like me, my friend really cares about every young person's potential being developed. This is especially important now that robotics technology will be eliminating millions of jobs in the near future. Elianne posted her video about the education of all children on YouTube, and told me, "I just try to do something good in the world, even if it's just a small speech. I just try to use every opportunity I get to spread a bit of awareness, positivity, and hope." I'm happy to have such a kind, inspiring friend!



I'm realizing that a lot of things are coming together for me. I am free. I am so thankful for the life I have, to be strong, powerful, and a freedom fighter. The momentum I have gained is enough for take off. Of course, we all need a little help from our friends! Love your life – and **DFTBA!**

Mobilize Your Goodness – Light Tomorrow with Today

"Don't believe your thoughts. What you resist persists. Change is the only constant. Be here now." We've heard these reminders many times. How do we align with and manifest the gifts of creative, generous



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Persian poet, honors a wisdom outside of any box:

"This is a subtle truth: whatever you love, you are."

What really matters to you? Your love for life and the cultivation and expression of your unique gifts light today *and* tomorrow. Nurture your willingness to think and act outside the box of confining status quos and misery-inducing beliefs. **What is a small, specific, scheduled step that you could make this week to increase creative problem-solving and leave the world a more equitable, loving, and interconnected place?** Be audacious! Now is the best time to serve. The world calls for our compassion in action. Let's celebrate life's goodness on May Day!

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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