



Friendship: Concentrated Compassion

The Human Relations Laboratory 2010

August 8 to 14, 2010

On Friendship

From the inspiration of Kahlil Gibran

Your friend is your needs answered,
your field which you sow with love and reap with thanksgiving,
your board and your fireside,
Where you come with your hunger, seeking peace.

Rogers' basic tenet was that if unconditional positive regard, genuineness, and empathic understanding, was present in any relationship, that growth and healing would occur.

Our human relations laboratory is based on the work of Carl Rogers. **In a recent paper John Hoff has written** ([Insert link](#)) about experiential laboratory learning,

he cites Rogers as impacting the purpose of the lab. Carl Rogers wrote, “The good life is a process, not a state of being. It is a direction but not a destination.” A human relations laboratory demonstrates a process of choosing a good life: what it is and what it takes to maintain it

A human relations laboratory is a place to come, having been spun around a great deal by life, in order to slow down, find your heart, remember what you truly desire for your life, and then allow in the energy and wisdom that you need to get on about it with freedom. Lab is particularly a good idea for people who want to improve their lives without having to prove something else first. This is why it begins with acceptance, which is regenerative, transformative, and empowering.

You Can Expect...

- A week living in a learning community studying *friendship*.
- A rich, intergenerational experience, including a program for children and youth.
- Live music—Joe Crookston is exceptional!
- Social creativity in play, drama, dance, music, and song.
- A rejuvenating, healing experience of living for a week on this magical land—adding to the meditative environment.
- A plan for bringing the *Lab* experience forward into your life.
- An opportunity to learn and practice non-violent communication and friendship with encouragement from others.



The Lab is held at **Sahale Learning Center**. Just 20 minutes from Belfair, WA, the 68-acre site is an easy drive from Seattle. (Insert link)

Highlights of the week

Sing and dance professionally and skillfully led by Joe Crookston and Dyanne Harshman.

Large and small group conversations that deepen learning.

Committed couples and families will have an opportunity to apply the learning process to their living situations.

This intergenerational event offers a program for children and youth

The Lab is known for nurturing, home-cooked meals, mostly organic , with fresh produce from the Sahale gardens.

A rich, varied program makes room for rest, quiet time and exercise.

Hot tubs and river play are favorites.

“The Swamp” is a lively cabaret in which to complete the day.

Cost includes: program food, camping or indoor accommodations, and learning materials.

Cost : \$750 (Adults) Some scholarships are available and discounted price for groups of three or more registering together, families and couples.

Visit us at www.goodenough.org or call 206-323-4653

Register Today!