



# Village eView

July 18, 2018

Elizabeth Jarrett-Jefferson,  
Guest Editor



**UPCOMING:**  
**HUMAN RELATIONS LABORATORY – AUG 5 -11**  
**FALL SCHEDULE TO BE ANNOUNCED SOON!**

## What Is an Open Heart?

By [Rick Hanson, Ph.D.](#)

***The Practice:* Put no one out of your heart.**

**Why?** We all know people who are, ah, . . . challenging. It could be a critical parent, a bossy supervisor, a relative who has you walking on eggshells, a nice but flaky friend, a co-worker who just doesn't like you, a partner who won't keep his or her agreements, or a politician you dislike. Right now I'm thinking of a neighbor who refused to pay his share of a fence between us. As Jean-Paul Sartre put it: "Hell is other people."

Sure, that's overstated. But still, most of a person's hurts, disappointments, and irritations typically arise in reactions to other people.

Ironically, in order for good relationships to be so nurturing to us as human beings - who have evolved to be the most intimately relational animals on the planet - you must be so linked to others that some of them can really rattle you!

### ***On-Line News of the Goodenough Community System***

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center The

EcoVillage at Sahale

**So what can you do?** Let's suppose you've tried to make things better - such as taking the high road yourself and perhaps also trying to talk things out, pin down reasonable agreements, set boundaries, etc. - but the results have been partial or nonexistent.

At this point, it's natural to close off to the other person, often accompanied by feelings of apprehension, resentment, or disdain. While the brain definitely evolved to care about "us," it also evolved to separate from, fear, exploit, and attack "them" - and those ancient, neural mechanisms can quickly grab hold of you.

But what are the results? Closing off doesn't feel good. It makes your heart heavy and contracted. And it primes your brain to be more tense and reactive, which could get you into trouble, plus trigger the other person to act worse than ever.

Sometimes you do have to hang up the phone, block someone on Facebook, turn the channel on TV, or stay at a motel when visiting relatives. Sometimes you have to put someone out of your business, workgroup, holiday party list — or bed.



In extreme situations such as abuse, it may feel necessary to distance yourself utterly from another person for a while or forever; take care of yourself in such situations and listen to that inner knowing about what's best for you. But in general:

You never have to put anyone out of your heart.

**How?** When your heart is open, what's that feel like? Physically, in your chest - like warmth and relaxation — and in your body altogether. Emotionally - such as empathy, compassion, and an even keel. Mentally — like keeping things in perspective, and wishing others well. Feel the strength being openhearted, wholehearted. Be not afraid, and be of good heart. Paradoxically, the most open person in a relationship is usually the strongest one.

Get a sense of your heart being expansive and inclusive, like the sky. The sky stays open to all clouds, and it isn't harmed by even the stormiest ones. Keeping your heart open makes it harder for others to upset you. Notice that an open heart still allows for clarity about what works for you and what doesn't, as well as firmness, boundaries, and straight talk. Mahatma Gandhi, Nelson Mandela, and the Dalai Lama are famous for keeping their hearts open while also being very effective.

Seeing all this, make a commitment to an open heart.

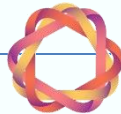
In this light, be mindful of what it feels like — physically, emotionally, mentally - to have your heart closed to a particular person. Be aware of the seemingly good reasons the reactive brain/mind throws up to justify this.

Then ask yourself, given the realities of this challenging person, what would have been a better path for you? For example, maybe you should have gotten more support from others or been more self-nurturing, so you wouldn't have been as affected. Or spoken up sooner to try to prevent things from getting out of hand. Or managed your internal reactions more skillfully. Maybe you've done some things yourself to prompt the other person to be difficult. Whatever these lessons are, there's no praise or blame here, just good learning for you.

And now, if you're willing, explore opening your heart again to this person. Life's been hard to him or her, too. Nothing might change in your behavior or in the nature of the relationship. Nonetheless, you'll feel different - and better.

Last, do not put yourself out of your heart. If you knew you as another person, wouldn't you want to hold that person in your heart?

***Rick Hanson, Ph.D.***, is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His books include *Hardwiring Happiness (in 14 languages)*, *Buddha's Brain (in 25 languages)*...



***In recent editions of the eView*** we have been exploring themes that will be present – or help you prepare for – the Human Relations Laboratory. Last week our theme was *Freedom* – and the barriers to it. This week we are exploring *Open Heartedness* – or Open Mindedness – yet they all seem to abide in one another.

Below are a few selections from last week.

You'll also see an article written by **John L Hoff** years ago about being an artist: A prerequisite is an Open Heart. It speaks to the Lab experience, doesn't it? --Editor

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## **Excerpts from *Dissolving the Barriers to Freedom***

*The Bright Path Group*

Once I saw a beautiful picture of a person in prison holding the bars with gripped hands and with a fearful and worried look as if he was desperate to get out. Behind him, there was no back wall to the prison cell. It was simply open and what could be viewed was a magnificent vista of a vibrant, healthy, happy life. All it would take is for the person to let go of the bars of the cell and turn around and walk out

into the expanse and wonder of Infinite possibilities. There was no one holding them inside the cell. They were simply looking in the wrong direction. They had turned to face the bars; had simply forgotten that freedom was directly there waiting for them to turn around.

This is a wonderful analogy to the mechanics of the human condition. **We hold on to certain ideas, judgments and beliefs, we hold to some very tightly until our knuckles are white through the grip on the cell bars. We bemoan our fate to the uncaring world, but we have forgotten that our prison was self-imposed. No one put us there, we created it.** For some this is hard to accept, but to accept this brings great opportunity to allow the fresh air of freedom to waft through the old cell. It brings with it the responsibility and desire to take action in life. For no one can do it for us. Only we can make the choice.

All true spiritual practices will move your attention **from the self-imposed bars of limitation** to the wondrous expanse of your Being. This is beyond belief, it is an



experience. It has been my experience that Ascension is the most simple, natural and effortless tool to gently turn the attention from the prison of ones limited mind and gravitate it towards the landscape of one's Consciousness. For it is precisely by becoming intimate with this simple experience that one's clarity, peace and happiness becomes enlivened.

Really all that is required is to let go. Let go of what we think, let go of the attraction to the mind, let go of the bars and our attention will automatically move towards greater Happiness, greater Love, and greater peace. This is the beauty of the techniques of Ascension. It is an art, a very simple art. One thinks the technique and then we stay alert to the experience. By doing so, the mind rides the waves of eternity back to its source and fulfillment in heart, mind and body is experienced. Beyond the constant chatter of the surface of the mind, is an endless wellspring of Peace, Joy, Creativity and Freedom. This Teaching offers a very rare opportunity to experience what it means to be truly alive.

## The Chance of a Lifetime: To Be an Artist

By John I. Hoff

**Y**ou have been given life—a *chance* to live a lifetime. Your *chance* at this life you have is the opportunity to develop yourself; that is, to develop your potential. This chance to live your life is an opportunity to develop your potentials. You are a complex unity because you have a number of potentialities. You are body, soul, and mind with a cluster of abilities to develop. Your complexity brings the challenge to be balanced and beautiful. Your chance to

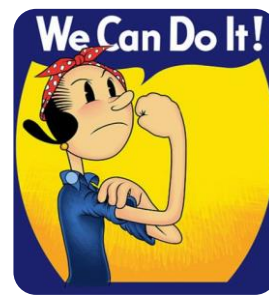


develop yourself requires an aesthetic and artistry. You are given a chance to develop yourself **and** to grow in grace and beauty. Quite often we focus on the skills to be developed without ever mentioning the chance to become an artist in what you do and the way you do it. When I look around at family and friends and let myself notice what it is that each of them could give to me, I become aware that I am touched the most by the intangible qualities of artistry. This is the uniqueness that makes each of us memorable. You, too, have this opportunity to be an artist with your life if you accept the chance. So why not do it!

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**Moving Party and Final Cleaning This Saturday, July 21, at Barton Street!**

*We're on the home stretch!* Let's give one more big push and get it spit and polished for the management company. Barbara Brucker, our community liaison, has reviewed the list of what needs to be done before we vacate the premises. While the list is extensive, it really is quite doable.



**Saturday, July 21, 10 am to 4 pm, 3610 Barton Street SW, Seattle**

Please let Elizabeth ([Elizabeth.ann.jarrett@gmail.com](mailto:Elizabeth.ann.jarrett@gmail.com)) know if you can lend a hand. [We promise to return it!] And thank you!

***-Pam Jefferson***



*A flyer for the Lab is attached to our email announcement; consider passing it along to friends*

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**Take a seven-day journey of experiential learning that encourages the freedom and human development fundamental to a good life.**

- **Experiment** with living from your true nature.
- **Draw on** large- and small-group processes to open your heart, mind, and body.
- **Open your heart, mind, and body** in expertly designed large- and small- group processes.
- **Deepen human connections** and practice interpersonal skills in a supportive environment.
- **Enjoy freeing experiences:** Laughter yoga, dance, singing, artistic expression, and social creativity.



**Transformative . . . Rejuvenating. . .Healing. . .**

*Held within the magical 68 acres of Sahale Learning Center on the Kitsap Peninsula*

<https://www.goodenough.org/human-relations-lab>

## The deAnguera Blog: Heartfelt Connections



**How important are heartfelt connections?** As important as your heart. If my heart

dies, I am a goner. Heartfelt connections start with the heartbeat. The heart sets the pace for everything else in the body. Heartfelt connections allow us all to be in harmony in the same way. When we are in harmony with each other we get to send energy to each other. A whole group of folks can be energized.

Heart connections start with each of us send energy to the others of our community. I get my energy from doing something I really like. In the upper photo, John Schindler is blacksmithing just for the fun of it. He has also shared his skills with others. This builds connections with other folks.

Pedge Hopkins directs the rest of us in our assigned tasks. You see her in the right hand photo.

Unlike the business world, communities like ours need heart connections. We have been about building heart connections for nearly 50 years. We have gotten so good at it now people are attracted to us just by staying at Sahale as a Work away or Air bnb.

Heart energy is the most important energy. You never know what John might produce with his blacksmith forge.

People sense our heart work at the Human Relations Lab which can make readjusting to outside life a challenge. Rhythms can be disrupted. Maybe the divine angle of discontent might cause people to think about how they really want to live. Lab is meant to challenge participants because that's how we grow. I have certainly grown a lot over the many years I have attended Lab.

Unlike political movements and ideologies Lab is experience. The experience will change you if you are open to it. We don't tell you what to do.

Being part of a gift economy can certainly increase heart connections. I just received a pair of nice shoes from Lori Boess who taught us how to make drums during Summer Camp. She noticed my work shoes looked ragged and had an extra pair to send. Her shoes mean a lot more to me than a pair bought at a store. There is not the same feeling about them.

I have received a camera and several coats from good friends increasing my connections with them. Gift do that for us. Even a letter can make a difference. I have received many from Theresa Jacobsen.



Heart connections are the best and most powerful way to make social change. They also give us a currency we can always trust.



**New shoes are what it is about. Thanks, Lori Boess!**

## **Our Mother Drum has been birthed!**

**It is never be too late to send in prayers and messages to the drum**

**Dear Community Friends,**

On Saturday June 22, the Mother Drum was created for our community by many loving hands under the direction of Lori Boess. Lori and our team of youth counselors aged 15 and up crafted this beautiful large drum made from cedar pieces which form a gorgeous frame, topped with buffalo hide drum heads on two sides and laced with hand-made lacing. Our drum maker Lori is helping us learn the process as well as inviting us into a sacred process of making prayers and setting intentions for our community and our shared lives and aims.

I invite you, the community that inherits this drum, to join in the process of birthing in this next stage. Many of you have helped with financial support and now we have all the material supplies. What is needed now is your spiritual support and prayers for healing, wellness, vision and whatever else is important in your life.



Please send written prayers and written messages back to me, Irene at [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com). I will be happy to write messages onto a leather disk for you and attach it to the drum. You could also consider a symbolic charm on a piece of yarn or twine and it can be tied to the drum body. Medicine pouches could be made, small objects, gems, stones, bones, shells, feathers, etc. could all be sent to me or brought to a visit to Sahale and added to the drum body with your prayers. These items would be smudged and purified and then



respectfully added. Bear in mind that small tokens are best for hanging onto the drum.

These intentions and prayers will be living with the drum with the knowing that the drum is an instrument of healing and intentions. As we learn about her and play her, she releases our prayers through her tone and the spirit beings that are manifest in her.

Blessings on this new birth and I hope you will find your way to Sahale this summer to meet her...she does not have a name yet, but perhaps she will soon!

Peace,

*Irene Perler*



**Phenomena are preceded  
by the heart  
ruled by the heart,  
made of the heart.  
If you speak or act  
with a calm, bright heart,  
then happiness follows you,  
like a sweet shadow  
that never leaves.**

**~Dhammapada  
(circa 70 BCE, a scripture of the Pali Canon  
of Theravada Buddhism)**

## [West Coast Communities \(Un\)Conference: Cultivating Collective Liberation](#)

**Something is Emerging**

**What are the Communities of the Future?**

**Join us for an intergenerational inquiry**

- What are the Social, Cultural, Spiritual and Deep Eco-logical Technologies for communities of the Future
- Intentional Communities as Living Laboratories for Social Transformation
- Conversation & Innovation around Privilege, Access and Inclusion within Intentional Living Movements
- Envisioning Communities as vehicles for Cultivating Collective Liberation in the larger society

“Enlightenment is a group activity” - Charles Eisenstein

**September 14-16, 2018**

**Sahale Ecovillage and Learning Center**

**Tahuya, WA**

Now accepting applications for programming Sliding Scale Registration Options and Scholarships Available

For more information:

website: [www.WestCoastCommunitiesConference.org](http://www.WestCoastCommunitiesConference.org)

email: [WestCoastCommunitiesConference@gmail.com](mailto:WestCoastCommunitiesConference@gmail.com)

Facebook: [www.facebook.com/westcoastcommunitiesconference](http://www.facebook.com/westcoastcommunitiesconference)



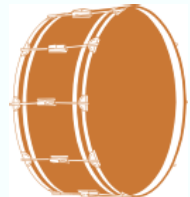
## ***Birthdays, Anniversaries & Other Important Brush Strokes***

- ❑ *Congratulations* to **Sadie Scott**, daughter of Bill Scott and Nancy Krecker Scott, on her recent graduation from high school!
- ❑ Happy 16<sup>th</sup> wedding anniversary to **Bruce and Irene Perler**, July 20.
- ❑ Happy birthday to **Therese Gossett**, July 24.
- ❑ Happy birthday to **Josh Demers**, July 25.

### **The Skinny Drummer Boy**

*By Jim Tocher*

**A**bout a month before I was to graduate from the 8<sup>th</sup> grade, the high school orchestra teacher came to me with a big request. Would I join the senior high orchestra and play drums for the Spring Concert coming up just before school let out? Why me??? Well, because I was learning to play drums in the junior high orchestra, and the high school senior who played drums in the senior high orchestra had decided to quit school and join the Navy – all of a sudden like. I said yes, not knowing how big a leap this was going to be. During rehearsals for the Spring Concert I was probably awful, but then a miracle happened, and our senior drummer decided not to join the Navy and came back to school. I was greatly relieved – but I did play with the orchestra in the Spring Concert. I played the triangle – maybe three or four notes, and I managed to come in at the right time.



So that was how my musical career as a drummer started. In my freshman year I joined the orchestra and played all the percussion instruments. (I also joined the marching band as a snare drummer – although the snare drum was almost as big as me). With lessons from our orchestra teacher (and some diligent practicing), I became a passible percussionist for our high school orchestra. By my junior year I had become the bass drummer of the marching band. (Boy that thing was heavy when you had to march for miles with it hanging on you).

In orchestra our piano player helped me out a lot when I had to tune the tympani (or change the basic tone to fit the key requirement). I had a tin ear, so she would sound the note on the piano and indicate whether I was to raise or lower the pitch). But, all in all, I thought I was pretty good as a drummer in our small town school. That impression changed when I got to Cal (University of California, Berkeley). In my sophomore year at Cal I decided to join the Cal Marching Band. I think they needed an eighth guy to fill out the drum rank, and I was available. The rest of the snare drummers were really good! I struggled to learn the most complex marching drum beat I had ever heard, struggled to learn the complex maneuvers on the field for half-time, struggled to learn the songs, but it was exciting to be part of such a top notch band.

I didn't do anything about drumming for many years after graduating from Cal until I took up drumming with a Native American drum as part of the Goodenough Community activities. In recent years, I have left the drumming at our Human Relations Lab to the likes of Phil Buchmeier. It's in good hands.



## Spatialist for Hire

*Pam Jefferson*

**Do you need help** with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.



## Calendar of Programs and Events

*New Program Calendar is coming soon!*

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**What makes community meaningful and fun?** The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year's events. More information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)

**The Third Age** - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** We will start our meetings again in the fall. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)



**The Women's Program** is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our meeting place: [hollisr@comcast.net](mailto:hollisr@comcast.net).

**The Men's Program** is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



**Pathwork, a Program of Convocation: A Church and Ministry.** On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together

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about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle.** Contact Colette Hoff for more information:

[hoff@goodenough.org](mailto:hoff@goodenough.org)



### **Human Relations Laboratory, August 5 to 11, 2018**

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**The Goodenough Community Council** meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: [hoff@goodenough.org](mailto:hoff@goodenough.org)



### **True Holidays Celebration, Saturday, December 1, 2018**

Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

### **Work and Play Parties throughout the Year**

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email [hoff@goodenough.org](mailto:hoff@goodenough.org) with information about what may be coming up. It is a great time to bring friends to share Sahale!

### **Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404)

