



The Village eView

September 20, 2017

Kirsten Rohde, Guest Editor

Benevolence

Coming Up

Pathwork, September 24, 7:00 PM

Council, September 25

Men's Weekend, October 6 to 8

Women's Gathering, October 7

This week's eView is about benevolence. The following article by Rick Hanson describes how benevolence towards ourselves and others improves our ability to feel more peace, happiness and caring for others and our planet.

Deanna Schindler (Drai) writes about her birthday celebration and the feeling of benevolence she felt as she received the good wishes and love of many friends. Mike DeAnguera writes about benevolence as a way of life.

At the end of the eView check out a study conducted among students at the University of British Columbia which found that performing acts of kindness can help lower people's social anxiety, which often leads to negative self-beliefs and behaviors. **"Besides its potential for alleviating anxiety along with other health benefits** there is an infectious quality to kindness that goes deeper than simply being the popular thing to do in the moment."

"It even goes deeper than what we know about the measurable energy exchange that occurs between two people when they touch. A simple example of this "touch energy exchange" is when someone extends the kindness of helping a stranger up from a chair: Chances are their touch didn't set off fireworks – though it happens – and they might never meet again, but studies show both giver and receiver change profoundly, if only for

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

the moment. As they fan out in their circles of family, friends, co-workers, etc., what passed between them has the power to continue affecting others.” (the full article on back page continues with evidence of the energetic fields human create based on their feelings and how kindness can have ripple effects.)

WHAT ARE YOUR INTENTIONS TOWARD OTHERS?

By Rick Hanson, PhD

Benevolence is a fancy word that means something simple: good intentions toward living beings, including oneself.

This goodwill is present in warmth, friendliness, compassion, ordinary decency, fair play, kindness, altruism, generosity, and love. The benevolent heart leans toward others; it is not neutral or indifferent. Benevolence is the opposite of ill will, coldness, prejudice, cruelty, and aggression. We’ve all been benevolent, we all know what it’s like to wish someone well.

Benevolence is widely praised - from parents telling children to share their toys to saints preaching the Golden Rule - because it has so many benefits:

- Benevolence toward oneself is needed to fulfill our three fundamental needs: to avoid harms, approach rewards, and attach to others. When these needs are met, your brain shifts into its Responsive mode, in which the body repairs and refuels itself, you feel peaceful, happy, and loving.
- Benevolence toward others reduces quarrels, builds trust, and is the best-odds strategy to get good treatment in return.
- Benevolence within and between nations promotes the rule of law, educates children, feeds the hungry, supports human rights, offers humanitarian aid, and works for peace. Benevolence toward our planet tries to protect endangered species and reduce global warming.

Of course, this is just a partial list of benefits. Bottom-line, benevolence is good for individuals, relationships, nations, and the world as a whole.

The fact that benevolence is often enlightened self-interest makes it no less warm-hearted and virtuous. And at this time in history when individuals feel increasingly stressed and isolated, when relationships often stand on shaky ground, when international conflicts are fueled by dwindling resources and increasingly lethal weapons, and when humanity is dumping over nine billions tons of carbon each year into the atmosphere (like throwing 5 billion cars a year up into the sky, most of which stay there) – benevolence is not just moral, it’s essential.

But easier said than done.

How can we sustain benevolence in ourselves and in our relationships, nations, and world?

How?

- Know what benevolence feels like in your body, heart, and mind – Bring to mind a sense of warmth and good wishes toward someone. How does this feel? Try on other kinds of benevolence, and toward other beings, to sense what these are like as well.
- Realize that benevolence is natural and normal - In the media, we are so bombarded with words and images of anti-benevolence that you can start to think that ordinary decency and kindness are somehow exotic. But in fact, as we evolved, our ancestors stayed alive and passed on their genes by caring about themselves and others. And given the gratitude and reverence for nature commonly found in hunter-gatherer bands today, they likely also cared about the world upon which they depended.
- Take care of yourself - When your core needs are met - when you're not stressed by threat, loss, or rejection - the brain defaults to its resting state, its home base. From this home base, most people are fair-minded, empathic, cooperative, compassionate, and kind: in a word, *benevolent*. While it's possible to sustain goodwill in a state of fear, frustration, or loneliness, it is sure a lot harder. An undisturbed, healthy brain is a benevolent one.
- Take a stand for benevolence - Establish your intentions formally - perhaps at the start of the day, or during a contemplative practice, or at a meal - to wish yourself and all other beings well. In challenging situations, take care of your needs while *also* asking yourself, "How could I be benevolent here? How could I restrain any destructive thoughts, words, or deeds? Can I wish for the welfare of others? Can I express compassion and kindness?"
- Step out of your comfort zone - Not doing anything foolish, consider how you could stretch a bit (or more) in your good intentions toward others. For example, seeing people you don't know, try wishing them well. Or with someone who's irritating, try looking past the surface to sense this person's own stress and worries; without waiving your rights, can you find more patience, can you let go of recrimination or payback? Or could you extend yourself with friends or family, maybe doing more dishes or giving someone a ride? In the larger world, consider volunteering some time or giving more to a charity.
- Last, appreciate some of the benevolence that buoys you along - We've all been nurtured and protected by friends and family, humanity altogether, and the biosphere. In some sense, there's an exuberant benevolence in the physical universe itself; consider that most of the atoms in your body – any

that are heavier than helium – were born inside an exploding star. Afloat in these gifts, who could not be benevolent?!



This comes from [Rick Hanson, Ph.D.](#), psychologist, *New York Times* best-selling author, Senior Fellow of the Greater Good Science Center at UC Berkeley, and invited speaker at Oxford, Stanford, and Harvard universities.

BIRTHDAY BENEVOLENCE!



I experienced first-hand, 'out-loud' benevolence on my 50th birthday.

It was perhaps one of the very best days of my life.

I had asked my Longdance sisters Willow and Kelly if they would please give me a party to mark my 50th year....and they did. All year long they planned, organized, asked me myriad questions and began to

create the event I longed for and had missed for the other 49 years. Colette, the Goodenough Community and Sahale joined the mix ... and magick happened!



I had no idea what an impact it would have on my heart. People showed up.

LOTS of people showed up... for ME. That is a profound feeling. At first I felt embarrassed and nervous.
Then I CHOOSE to shift into nothing but happiness and pure gratitude.

Some even drove in from Oregon and flew in from Arizona. WOW. I DO matter...
that is the message that flowed over me that day.



While of course I loved the festivities, the food, the company, the gifts, the laughter, music and drum circle... what unexpectedly caught me was the lightening quick dissolution of decades of 'old tapes'. No longer can I say people don't get me or don't see me.

No longer can I cry, "I am alone." No longer do I have to hide my light, my self, my spirit and medicine.
My new phrase, since moving to Sahale and having experiences like this is

"I am living my life out loud!" It is powerful good.



At a core level, I now understand my lifetime of gathering and serving people and relationship building. I see it all coming full circle in what I have sought and FOUND – what YOU have given and shared. I have such a wealth of family of heart. In fact, I think in this, I may be THE wealthiest woman I know! Ah such fortune... your beautiful smiles, wisdom, kindness, support and beingness in my life is my balm.

You poured a bucket-o-benevolence upon my soul.

I thank you and thank you.

Without those old tapes, I am SEEING MORE. It is like a switch flipped at 50 that instantly shows 'nonsense', which I find I am no longer willing to spend my energy on.

So, now I walk forward, covered in your love, seeking to be my very best self, to use the abundant gifts the gods have so kindly blessed me with (another batch o' benevolence),

to serve with humility and to BE in truth and light.

I hope only to pour benevolence back - 1000 fold.



with my everlasting love, Draï

At the Window

Mark Nepo

I was at the window
when a fly near the latch
was on its back spinning—
legs furious, going nowhere.

I thought to swat it
but something in its struggle
was too much my own.

It kept spinning and began to tire.
Without moving closer, I exhaled
steadily, my breath a sudden wind
and the fly found its legs,
rubbed its face
and flew away.

I continued to stare at the latch
hoping that someday, the breath
of something incomprehensible
would right me and
enable me to fly.

Suite for the Living: Poems

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Co-Creating Our Community into the Future

Colette Hoff

The Goodenough Community, founded in 1981, has proven its effectiveness and longevity as an organization. **We are inviting you to join the Community Council on October 20 to 22 at Sahale Learning Center** with the intention to sharpen our focus toward the future and renew

organizational goals and objectives. The Community Council feels this weekend is important to precede the Friends of Sahale weekend January 12 to 14. Sahale, sponsored by the Goodenough Community, is one aspect of the work of the whole community.

This year at Lab, we learned how much more effective it is to work in teams rather than alone. No one person can decide community goals, but together we can generate the creative energies needed. This weekend is open to anyone interested and being a member of Council is not necessary. Please RSVP by emailing hoff@goodenough.org.

The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace. -Carlos Santana, musician (b. 20 Jul 1947)

Pathwork

Joan Valles

Pathwork, a program of Convocation: A Church and Ministry, meets from 7 to 9:30 p.m. on alternate Sundays as an interfaith circle of practice under the leadership of Colette Hoff.

This autumn the Pathwork circle is going to continue working with Lab, partially drawing upon the work of Rick Hanson and his book, *Buddha's Brain*. Anyone who is interested in continuing work begun at Lab or anyone wishing to explore the idea of using your brain to change your mind and move beyond habitual patterns is invited to join. You need not have attended Lab to participate. For those who attended it's an opportunity to enhance the experience; for those who did not, it's an opportunity to learn about this transformative work.

The next Pathwork circle gathering is on September 24, with subsequent dates Oct. 8 and 22; Nov. 5 and 19, and Dec. 3 and 17 in the Community Center in West Seattle. Check the eView for confirmation of these dates or possible changes. For additional information, contact Colette (hoff@goodenough.org).

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The Good News
Thich Nhat Hanh

They don't publish
the good news.
The good news is published
by us.

We have a special edition every moment,
and we need you to read it.
The good news is that you are alive,
and the linden tree is still there,
standing firm in the harsh Winter.
The good news is that you have wonderful eyes
to touch the blue sky.
The good news is that your child is there before you,
and your arms are available:
hugging is possible.
They only print what is wrong.
Look at each of our special editions.
We always offer the things that are not wrong.
We want you to benefit from them
and help protect them.
The dandelion is there by the sidewalk
smiling its wondrous smile,
singing the song of eternity.
Listen! You have ears that can hear it.
Bow your head.
Listen to it.
Leave behind the world of sorrow
and preoccupation
and get free.
The latest good news
is that you can do it.

from *Call Me by My True Names*, 1999

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Announcing the Third Annual Friends of Sahale Weekend

Kirsten Rohde

This is the third year that the Goodenough

Community will host the **Friends of Sahale weekend** at Sahale. It will be the on the **Martin Luther King weekend, January 12-14**, with those who wish welcome to stay over on Monday.

The *Friends of Sahale* are people who enjoy and care about Sahale and are interested in helping shape Sahale's life, culture, and future. This is the "**save the date**" announcement with more



information about this weekend to come in future eViews. In the meantime, please send me your thoughts and questions in preparation for this weekend. krohde14@outlook.com

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The deAnguera Blog: Benevolence



Benevolence is defined as a disposition to do good. In order for me to do good I have to be *disposed* to do good. It needs to be in my heart.

As you can see Irene Perler is demonstrating benevolence by serving us good clam chowder with a smile. You can tell she likes doing good. We have a number a people here who enjoy cooking meals and share this talent with the rest of us. Cooks, thank you for all you do.

The business community feels that making a profit is the highest calling. Whatever will contribute to higher profits is always a good thing. If that is so then the business community will do what it can to increase profits even if it means putting stuff in food that is not good for you such as Roundup, a weed killer in breakfast cereal or adding dyes to clam chowder such as yellow and red to make it look more appealing.

When the bigger companies use bad stuff in the foods they market, they scare a lot of small operators to do the same just to make a living. That is not benevolence.

For us here at Sahale benevolence is a way of life. It pays off. Our Workaways know this to be true. That's why they are coming to us in ever increasing numbers. Our dinner table is often crowded and full of conversation. There was a time when I was primarily alone and had to make my meals alone.

I feel compelled to repeat this point again and again. Benevolence pays off. It can enable a profit, increase business and thus make for security. It surrounds me with lots of friends, a very necessary ingredient for a psychologically healthy life.

The cultural message though is we can't afford benevolence. I am sure it is something we were all taught by our parents as well as other authority figures. It is okay to do what my heart yearns for but I must be practical and do what pays the bills. For a long time this sounded like good advice to me but the promised security never materialized. I was deceived. It felt like I was doing business with the devil who promises many things and sounds so convincing. But he never keeps a single one. I was never able to achieve my career dreams nor security following

the well-meaning advice of my elders. Social isolation was another result of not being benevolent.

Serving others is supposed to be what my work does. If I am not serving others helping make their lives better, then what am I really doing? Fattening the pockets of some big fat cats?

It was only when I stopped following the cultural message that I finally achieved the long sought for security. I now place my trust where it should have been all along: with my friends.

The friendships I now enjoy have been created through many long years of testing. Goodenough Community friends can be trusted to do the right thing. These are the people I want to spend the rest of my life with.



Peter's motive for holding and hugging Ned is genuine. Benevolence springs from the heart and is found nowhere else.



Save the Date!

**Celebrating Colette Hoff's 70th
Birthday**

**Friday, November 10, 5 to 10:00 PM
Community Center – 3610 SW Barton
Street, Seattle**

**For information in the meantime, contact
Elizabeth or Hollis
elizabeth.ann.jarrett@gmail.com**

Community News

Happy birthday, Bruce Perler – September 22

Happy birthday, Mike DeAnguera September 23

Happy birthday, Paula Majors – September 24

Happy birthday, Sadie Scott – September 27

From Mari Scott: Hello friends! **I have a dream . . .** I would love if you considered donating to help fund my dream to meet my birth parents. (no donation is too small).
<https://www.gofundme.com/maris-birth-family-search>



Outcast Productions, Whidbey Island

A KID LIKE JAKE

by Daniel Pearle

directed by Ned Farley

CAST

Alex - Sommer Harris

Greg - Nate Edmiston

Judy - Gretchen D'Armand

Nurse - Chelsea Matthews-Jensen

September 15, 16, 22, 23, 28, 29 & 30

@ 7:30pm

Sunday, September 24 @ 4pm

Purchase your tickets by credit card at:

<http://www.brownpapertickets.com/event/3063191>

or email us at ocp@whidbey.com to reserve tickets and pay at the door by cash or check. Tickets are \$14 students/seniors & \$18 adults

Thursday, September 28 - all tickets \$12

Calendar of Programs and Events, 2017 - 2018

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be in November. Contact Kirsten Rohde for more information: 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 West Seattle community home: hollisr@comcast.net
Fall dates: **Saturday 10 – 2 in West Seattle: October 7 and November 4.**



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. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men's gathering. October 6-8** at Sahale. Contact Bruce Perler for more information: 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 p.m. under the leadership of Colette Hoff. This is a time to learn together 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. In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith. Fall gatherings on Sunday evenings in West Seattle are: August 27, September 10, 24, October 8, 22 and November 5. Contact Colette Hoff for more information: hoff@goodenough.org



True Holidays Celebration, Saturday, December 2, 2017

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



Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner.

Contact: Colette Hoff hoff@goodenough.org

New Year's Eve at Sahale, 2017 – 2018. Sunday will be New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives.



Work and Play Parties throughout the Year.

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 25 – 28, 2018), 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.

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe.

To confirm your plans to come out to Sahale contact: Colette Hoff,

hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com



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 48th year! Contact: Colette Hoff, hoff@goodenough.org



Friends of Sahale annual weekend, January 12-14, 2018. The *Friends of Sahale* are people who enjoy and care about Sahale and are interested in helping shape Sahale's life, culture, and future. See more description of this weekend in this eView or contact Kirsten Rohde, krohde14@outlook.com



Annual Community Weekend at Sahale: March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

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



Council meetings are September 25; October 9, 23; November 6.

On the **weekend of October 20-22**, the Council invites all those interested in exploring and planning for the future of our community to join us at Sahale. For more information: Colette Hoff hoff@goodenough.org



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) or at Sahale – 360 275-3957. In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

– Maya Angelou



Try a Little Kindness

Everyone loves that warm heart feeling they get when they do something kind for another. It's wonderful, right? Did you know kind acts – even secret ones – can do wonders for your physical, mental and emotional health? And there's another curious thing about kindness: It's uniquely contagious, kindness researchers say.

A study conducted among students at the University of British Columbia found that performing acts of kindness can help lower people's social anxiety, which often leads to negative self-beliefs and behaviors.

"We found that any kind act appeared to have the same benefit, even small gestures like opening a door for someone or saying 'thanks' to the bus driver," the published study states. "Kindness didn't need to involve money or time-consuming efforts, although some of our participants did do such things. Kindness didn't even need to be 'face to face.' "

Besides its potential for alleviating anxiety along with other health benefits, some of which are listed in this article, there is an infectious quality to kindness that goes deeper than simply being the popular thing to do in the moment.

It even goes deeper than what we know about the measurable energy exchange that occurs between two people when they touch. A simple example of this "touch energy exchange" is when someone extends the kindness of helping a stranger up from a chair: Chances are their touch didn't set off fireworks – though it happens – and they might never meet again, but studies show both giver and receiver change profoundly, if only for the moment. As they fan out in their circles of family, friends, co-workers, etc., what passed between them has the power to continue affecting others.

Everyone Has Their Own Personal Magnetic Field

HeartMath Institute explored touch energy exchange nearly two decades ago in its widely cited study, *The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People*. [See the study](#).

In the years since that study, HMI has expanded its interest to a more profound way in which energy is circulated between and among people, even in large numbers. First, it is important to remember that the various processes and systems of the human body, and, for that matter, all living things, generate electrical energy.

Everyone has their own personal magnetic field a – local field environment – around their bodies. This is because the energy our bodies generate actually radiates outward. This magnetic field has been detected and measured as far away from the body as several feet using sophisticated magnetometer technology. (HeartMath's Global Coherence Initiative (GCI) also uses magnetometer technology in various parts of the world to monitor the earth's magnetic fields.) It is interesting to note the magnetic field produced by the heart is more than 100 times stronger than the field the brain generates.

What you contribute to the energetic field environment has consequences, but you likely already know this. For example, when you are considerate in carefully choosing your words or avoid being too loud, critical, etc., it is because you sense how you may be affecting the people around you. Why? To name a few of the reasons, we know such actions may upset people, raise their blood pressure or perhaps set a bad example for children.

On the other hand, we know without even thinking about it that being nice to others, considering their feelings or performing some act of kindness for them is a good thing. This is illustrated by the phenomenon of situational awareness in which someone can enter a room of people and immediately sense a distinct air of tension among them. Or, we can experience the opposite effect upon joining a group where there seems to be a palpable flow of positive energy and a comfortable ease with one another.

The collective magnetic energy fields of all human beings across the world comprise a global energy field, what HeartMath calls the global information field. In this field, HMI and GCI researchers hypothesize, biologically relevant information connects all living systems. All the emotions you feel, whether positive or negative, the energy you create, and your acts of kindnesses affect your field environment. You are sharing all of it with everyone around you.

Ripple Effect of Kindness

Like the fanciful metaphor of a butterfly's fluttering wings changing the weather thousands of miles away, or the inspiration Olympians stir in people across the world, your emotions, feelings and choices matter. If you are angry when you come home after work, there's a good chance you will affect the moods of others in the house. That is unless, you choose to let go of your anger or if a family member's positive energy, such as an act of kindness, helps to brighten your composure. Your energy, actions and feelings are all "feeding the field."

The distribution, intermingling and sharing of information in the global information field is part of a broader field of study HeartMath and the Global Coherence

Initiative have been focused on in the last decade. It is called interconnectedness, the idea that all things are interconnected by our connections to Earth's magnetic fields.

A final note on the ripple effect a kind act can generate comes from [Random Acts of Kindness](#): "The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to 'pay it forward.' This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!"

Benefits of Kindness

Kindness studies over several decades have demonstrated these benefits, among many others:

- Longer lifespan
- Less stress
- Improved cardiovascular system
- Increased energy
- Improved immune system
- Lower risk for depression
- Stronger relationships
- Better performance at work and school

The Global Coherence Initiative has formulated the following hypotheses related to planetary magnetic and energetic fields.

1. Human and animal health, cognitive functions, emotions and behavior are affected by planetary magnetic and energetic fields.
2. The earth's magnetic fields are carriers of biologically relevant information that connects all living systems.
3. Each individual affects the global information field.
4. Large numbers of people creating heart-centered states of care, love and compassion will generate a more coherent field environment that can benefit others and help offset the current planetwide discord and incoherence.