



The Village eView

October 4, 2017

Colette Hoff, Editor

INTUITION

What is Intuition?

Intuition is the process of perceiving or knowing something without conscious reasoning: knowledge of events such as an act of nature that has yet to happen; or knowledge of a distant material object such as an unseen obstruction blocking the highway ahead. Researchers with the HeartMath Institute and many others who have conducted numerous controlled and scientifically validated studies over more than half a century have expanded the definition of intuition to include not only conscious perception by the mind alone, but also by the body's entire psycho-physiological system. This unconscious perception often is evidenced by subtle changes in emotions and measurable physiological changes that can be detected throughout the body, according to the study *Electrophysiological Evidence of Intuition: Part 1* and *Part 2*, McCraty, Atkinson and Bradley, 2004. (*These papers are available on-line and are excellent.*)

“Heart intuition or intelligence brings the freedom and power to accomplish what the mind, even with all the disciplines or affirmations in the world, cannot do if it's out of sync with the heart.” – **The HeartMath Solution, 1999, Childre and Martin**

Coming Up:

Men's Weekend, October 6 to 8

Women's Gathering, October 7

Pathwork, October 8, 7:00 PM

Council, October 9

Community Visioning Weekend, Oct 20 to 22

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

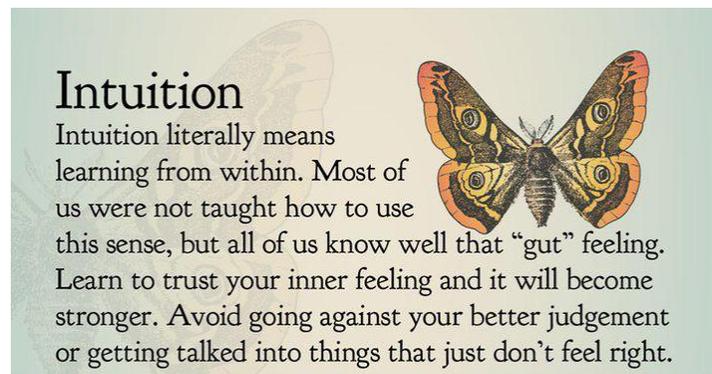
At the center of this ability is the human heart, which encompasses a degree of intelligence whose sophistication and vastness we are continuing to understand and explore. We now know this intelligence may be cultivated to our advantage in many ways.

HeartMath theorizes that intuitive abilities we're unable to attribute to subconsciously stored memories and experiences or to the conscious brain's analytic processes, make sense in another context: The body is connected by sensory perception to a field of energy that enfolds the information we attribute to intuition.

To help us understand this concept, consider an established scientific fact in the area of quantum physics that could not be explained by classical physics in the early 20th century: We know there is virtually instantaneous communication of information in the subatomic world between particles separated by vast regions of space and these particles act as if they have knowledge of events before they happen. This "nonlocal communication" seemingly exists outside the confines of space and time as we currently understand them.

"The only real valuable thing is intuition." – **Albert Einstein, 1879 – 1955**

October 8, 2012 The Math of HeartMath 5116



Intuition, A Gift

Colette Hoff

The study of intuition demonstrates once again how working with the mind is a good way to change the brain. It is a gift we can develop just as we exercise our muscles and can be utilized more fully than we usually realize. I'd like to think our intuition serves as a bridge from inner knowing to mind.

An article follows that describes ten behaviors of intuitive people. Managing negative emotions is included and essential for quieting the mind and allowing intuition to come on line. Another article can be found on page 18 at the end of this newsletter that is 5 ways to develop intuition and includes the encouragement to have a meditation practice.



10 Things Highly Intuitive People Do Differently

By [Carolyn Gregoire](#) from [Huffington Post](#)

Intuition is challenging to define, despite the huge role it plays in our everyday lives. [Steve Jobs called it](#), for instance, “more powerful than intellect.” But however we put it into words, we all, well, *intuitively* know just what it is.

Pretty much everyone has experienced a gut feeling — that unconscious reasoning that propels us to do something without telling us why or how. But the nature of intuition has long eluded us, and has inspired centuries’ worth of research and inquiry in the fields of philosophy and psychology.

“I define intuition as the subtle knowing without ever having any idea why you know it,” Sophy Burnham, bestselling author of *The Art of Intuition*, tells The Huffington Post. “It’s different from thinking, it’s different from logic or analysis ... It’s a knowing without knowing.”

Our intuition is always there, whether we’re aware of it or not. As HuffPost President and Editor-in-Chief Arianna Huffington puts it in her upcoming book [Thrive](#):

Even when we’re not at a fork in the road, wondering what to do and trying to hear that inner voice, our intuition is always there, always reading the situation, always trying to steer us the right way. But can we hear it? Are we paying attention? Are we living a life that keeps the pathway to our intuition unblocked? Feeding and nurturing our intuition, and living a life in which we can make use of its wisdom, is one key way to thrive, at work and in life.

Cognitive science is beginning to demystify the strong but sometimes inexplicable presence of [unconscious reasoning](#) in our lives and thought. Often dismissed as unscientific because of its connections to the psychic and paranormal, intuition isn’t just a bunch of hoo-ha about our “Spidey senses” — the [U.S. military is even investigating the power of intuition](#), which has helped troops to make quick judgments during combat that ended up saving lives.

“There is a growing body of anecdotal evidence, combined with solid research efforts, that suggests intuition is a critical aspect of how we humans interact with our environment and how, ultimately, we make many of our decisions,” Ivy Estabrooke, a program manager at the Office of Naval Research, [told the New York Times in 2012](#).

“Intuition is the highest form of intelligence, transcending all individual abilities and skills”
-Sylvia Clare

[www.PoweredByIntuition.com](#)

Your intuition knows what to do. The trick is getting your head to **shut up** so you can hear
- Louise Smith

Here are 10 things that people in touch with their intuition do differently.

They listen to that inner voice.

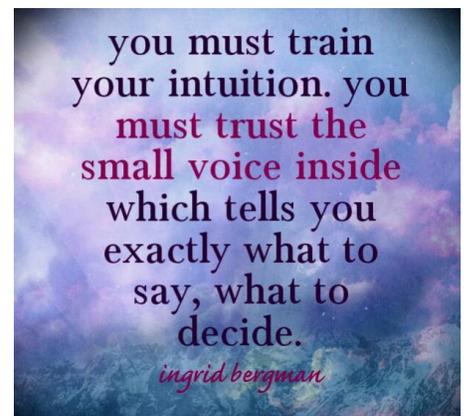
“It’s very easy to dismiss intuition,” says Burnham. “But it’s a great gift that needs to be noticed.”

The No. 1 thing that distinguishes intuitive people is that they listen to, rather than ignore, the guidance of their intuitions and gut feelings.

“Everybody is connected to their intuition, but some people don’t pay attention to it as intuition,” Burnham says. “I have yet to meet a successful businessman that didn’t say, ‘I don’t know why I did that, it was just a hunch.’”

In order to make our best decisions, we need a balance of intuition — which serves to bridge the gap between instinct and reasoning — and rational thinking, [according to Francis Cholle, author of *The Intuitive Compass*](#). But the cultural bias against following one’s instinct or intuition often leads to disregarding our hunches — to our own detriment.

“We don’t have to reject scientific logic in order to benefit from instinct,” says Cholle. “We can honor and call upon all of these tools, and we can seek balance. And by seeking this balance we will finally bring all of the resources of our brain into action.”



They take time for solitude.

If you want to get in touch with your intuition, a little time alone may be the most effective way. Just as solitude can help [give rise to creative thinking](#), it can also help us connect to our deepest inner wisdom.

Intuitive people are often introverted, according to Burnham. But whether you’re an introvert or not, taking time for solitude can help you [engage in deeper thought](#) and reconnect with yourself.

“You have to be able to have a little bit of solitude; a little bit of silence,” she says. “In the middle of craziness ... you can’t recognize [intuition] above all of the noise of everyday life.”

They create.

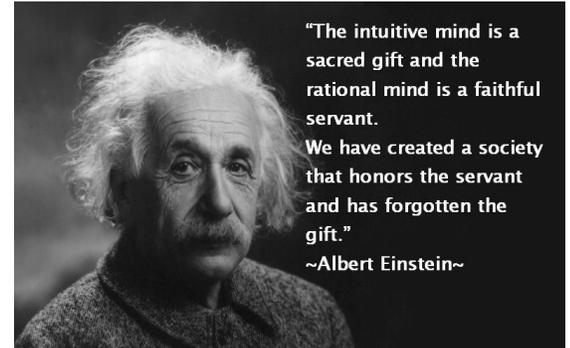
“Creativity does its best work when it functions intuitively,” [writes researcher and author Carla Woolf](#).

In fact, creative people are highly intuitive, explains Burnham, and just as you can increase your creativity through practice, you can boost your intuition. In fact, practicing one may build up the other.

They practice mindfulness.

Meditation and other mindfulness practices can be an excellent way to tap into your intuition. As the [Search Inside Yourself Leadership Institute](#) explains, “Mindfulness can help you filter out mental chatter, weigh your options objectively, tune into your intuition and ultimately make a decision that you can stand behind completely.”

Mindfulness can also connect you to your intuition by boosting self-knowledge. [A 2013 study](#) published in the journal *Perspectives on Psychological Science* showed that mindfulness — defined as “paying attention to one’s current experience in a non-judgmental way” — may help us to better understand our own personalities. And as Arianna Huffington notes in *Thrive*, *increased intuition, compassion, creativity and peace are all wonderful side effects of meditating.*



They observe everything.

“The first thing to do is notice — keep a little journal, and notice when odd things happen,” Burnham says. You’ll gain a keen sense for how often coincidences, surprising connections and on-the-dot intuitions occur in your daily life — in other words, you’ll start to tap into your intuition.

They listen to their bodies.

Intuitive people learn to tune into their bodies and heed their “gut feelings.” If you’ve ever started feeling sick to your stomach when you *knew* something was wrong but couldn’t put your finger on what, you understand that intuitions can cause a physical sensation in the body. Our gut feelings are called gut feelings for a reason — research suggests that emotion and intuition are very much rooted in the [“second brain” in the gut.](#)

They connect deeply with others.

Mind reading may seem like the stuff of fantasy and pseudo-science, but it’s actually something we do everyday. It’s called empathic accuracy, [a term in psychology](#) that refers to the “seemingly magical ability to map someone’s mental terrain from their words, emotions and body language,” according to Psychology Today.

“When you see a spider crawling up someone’s leg, you feel a creepy sensation,” [Marcia Reynolds writes in Psychology Today.](#) “Similarly, when you observe someone reach out to a friend and they are pushed away, your brain registers the sensation of rejection. When you watch your team win or a couple embrace on television, you feel their emotions as if you are there. Social emotions like guilt, shame, pride, embarrassment, disgust and lust can all be experienced by watching others.”

Tuning into your own emotions, and spending time both observing and listening to others face-to-face can help boost your powers of empathy, [says Reynolds.](#)

They pay attention to their dreams.

Burnham recommends paying attention to your dreams as a way to get in touch with your mind's unconscious thinking processes. Both dreams and intuition [spring from the unconscious](#), so you can begin to tap into this part of your mind by paying attention to your dreams.

"At night, when you're dreaming, you're receiving information from the unconscious or intuitive part of your brain," says Burnham. "If you're attuned to your dreams, you can get a lot of information about how to live your life."

(And, the dreams we are conscious of that we have for ourselves should be given attention as well. ed)

They enjoy plenty of down time.

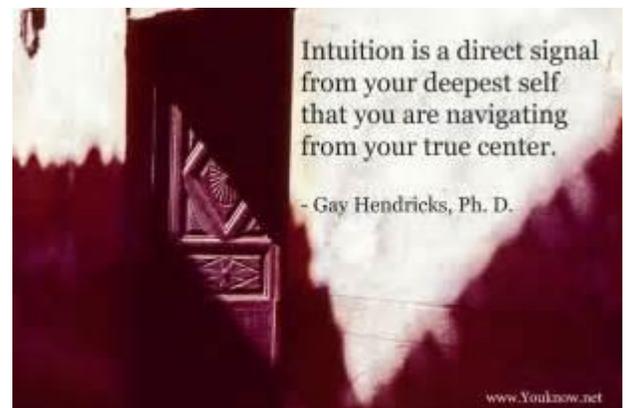
Few things stifle intuition as easily as constant busyness, multitasking, connectivity to digital devices and stress and burnout. According to Huffington, we always have an intuitive sense about the people in our lives — on a deep level, we know the good ones from the "flatterers and dissemblers" — but we're not always awake enough to our intuition to acknowledge the difference to ourselves. The problem is that we're simply too busy.

"We always get warnings from our heart and our intuition when they appear," [she writes in *Thrive*](#). "But we are often too busy to notice."

They mindfully let go of negative emotions.

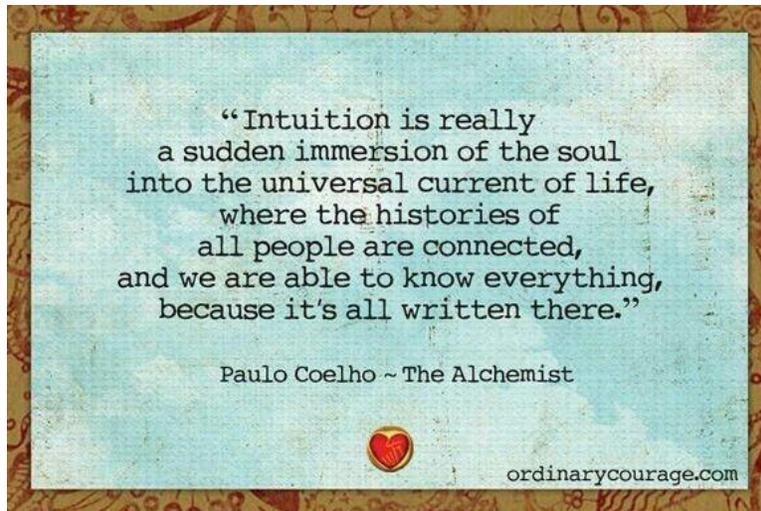
Strong emotions — particularly negative ones — can cloud our intuition. Many of us know that we feel out of sorts or "not ourselves" when we're upset, and it may be because we're disconnected from our intuition.

"When you are very depressed, you may find your intuition fails," says Burnham. "When you're angry or in a heightened emotional state ... your intuition [can] fail you completely."



The evidence isn't just anecdotal: A [2013 study published in the journal *Psychological Science*](#) showed that being in a positive mood boosted the ability to make intuitive judgments in a word game.

That's not to say that intuitive people never get upset — but your intuition will fare better if you're able to mindfully accept and let go of negative emotions for the most part, rather than suppressing or dwelling on them.



*The problem before us
is how to bring about a change
in our hearts and effect
an inner conversion
so that we can see truly and clearly
and learn to discriminate
between truth and untruth.
Since this lies beyond the scope
of body and intellect,
it can only come about
through an inward illumination
of divine wisdom
in the sanctuary of the soul.*

*~Sant Kirpal Singh Ji Maharaj
(1894-1974 Mystic Adept, Spiritual Teacher,
Organizer of World Conference on Unity of Man,
President of the World Fellowship of Religions,
and Sant Satguru of Surat Shabd Yoga)*



Women's Culture, October 7 For Peace of Mind, Change Your Mind!



Learn how to make simple changes to change your brain
physiology
and improve your mental health.

They say it is a woman's prerogative to change her mind. Modern neuroscience suggests that it is not only our *right* to change our mind, but perhaps it is our *responsibility* to do so. We can train our brain to become more compassionate, less reactive, more positive, more receptive to psychological and spiritual growth, less stressed ... and what a gift we then become to our family, our friends and colleagues, and to the world!

Now, at the beginning of the 2017-2018 programmatic year, **we invite you to come join gatherings of the women of the Goodenough Community** as together we learn simple yet amazingly effective practices to become happier, calmer, and more fulfilled.

The Goodenough Community women's program encourages and supports self-development, helps women reach a greater connection with their inner source of feminine strength, celebrates who we are as women, and helps improve relationships with partners, family members, friends, and self.

Our women's gatherings are friendly and convivial, filled with thoughtful conversation and companionship, with time for solitude, movement, and ritual.

When: **October 7, 2017, from 10:00 a.m. to 2:00 p.m.** Lunch will be served. The 2018 dates will be announced shortly.

Although we encourage you to attend each gathering, each session is discrete. Please come when you can!

Where: **3610 SW Barton Street, West Seattle, 98116**

Cost: We suggest a donation of \$20 per gathering, and trust that you will give according to your means.

For more information and to RSVP: Send an email to hollisr@comcast.net. Your RSVP helps us plan, but **please come** even if you have not sent us an RSVP.



Co-Creating Our Community into the Future, October 20 to 22

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 elizabeth.ann.jarrett@gmail.com By the way, Pathwork will not meet on October 22 due to this weekend.



Save the date!

Third Annual Friends of Sahale weekend January 12-14, 2018

Kirsten Rohde

In 2016, the Council of the Goodenough Community decided that all that happens at Sahale, including visioning and planning, would best be reviewed by the group of people most connected to Sahale – residents, volunteers, frequent visitors, and other community members. We termed this group, “Friends of Sahale” and had our first weekend at Sahale in January of 2016. A second weekend followed in January of 2017. We will be holding our third weekend this coming January and all are invited who have an interest in the life and future of Sahale.

These weekends are a time for appreciation and celebration, brainstorming and dreaming. We learn together about strategic planning, the art of discussion and decision, and the value of appreciating what we have accomplished. At the first weekend we reviewed the activities of the past year, roles, goals, projects and accomplishments. We looked at finances and had our first of many conversations about the future of the aging white tent. We reviewed aspects of Sahale including the retreat business, the forming Home Owners Association, and the EcoVillage residents and projects. The need for structural improvements and funding these was a major topic of discussion and a list of possible upgrades was created to be forwarded to the community annual meeting in March.

In 2017 we worked on goals and objectives for Sahale, thinking many years into the future. The Capital Campaign fundraising for Sahale improvements and the status of several of the projects was reviewed. Three ongoing teams are working on:

- Aesthetic, including safety, accessibility,
- Land Stewardship;
- Infrastructure and building projects.

The financial report was very positive for Sahale with an emphasis on the ongoing need to **expand** the number of people who are making monthly contributions to support a major Sahale expense: the mortgage.

Please consider coming to this year's Friends of Sahale weekend. This weekend is an invaluable opportunity to share reflections, ideas, creativity and dreams; help with planning and visioning, work in groups to strategize ways to accomplish goals, enjoy each other's company, and share many appreciations.



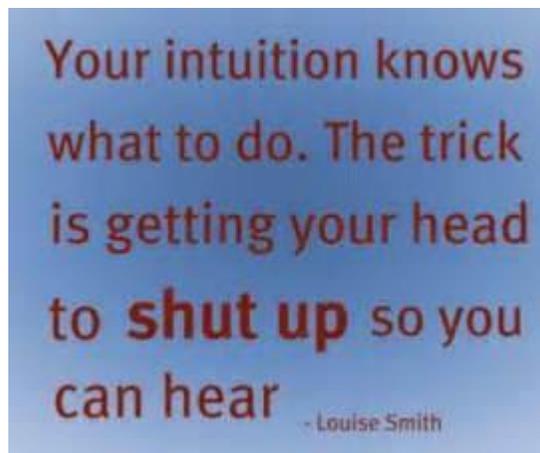
Pathwork

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; 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).





The deAnguera Blog: Intuition



The Blue Pearl! Thanks to the magical T-shirt given to him by Draai Schindler Bruce Perler is no longer just an ordinary motorcycle rider. He has been transformed into the Blue Pearl. (And I have just revealed his secret identity! Drat! Sorry Bruce.)

With this new identity, Bruce's true superhero nature will now begin to shine forth. What will set him apart from other super heroes will be his intuition. This will be far more important than any physical strength or skill he may have. He is definitely somebody we all need in today's world. Those super criminals can master anything if we believe the likes of Marvel and DC Comics. But could any of them master intuition which comes from wisdom? It takes a clean heart to do that.

Well actually one could appeal to the Dark Force but that would be like using the Ring of Mordor in Tolkein's Fellowship of the Ring. The ring can make one feel powerful but it can only serve the evil Mordor because that's who forged it. There is a terrible price to pay for using the Dark Force, the loss of one's Selfhood.

With intuition I can come up with something without using a conscious process. How can that be? I think the idea must come from somewhere. Some may call it God. I believe that because wisdom is necessary and for me the only possible source is my Greater Self.

Why didn't I just say 'God'? That would denote a being apart from me at least in the Christian sense. To me the Divine as a separate being is just not true. Wisdom traditions show this Being including all of us. This is the foundation for the Perennial Wisdom which we have spent a lot of time studying.

There is only one of us here playing all of our roles.

Could a T-shirt actually make a difference? That would depend on how Bruce regards it. What would go through his mind as he put on the T-shirt? It's important that the T-shirt be visible. After all if Superman didn't change out of his Clark Kent clothes, something would not be right. Might that cause one to lose confidence in one's superpowers? Does a symbol like the Superman symbol always have to be displayed?

I am reminded of clowns like J.P. Patches. Even though Chris Wedes played the role, in my mind Chris and J.P. were two totally different characters. Did they think differently? I believe they did. When Chris wore J.P.'s outfit, that drew out J.P. That's the mystery of the heyoka or sacred clown.

Hmm.....maybe Bruce will also need to wear a mask or use face paint. Would the helmet be enough? I think it should carry the Blue Pearl image of the T-shirt. That's my intuition of the whole business. I know it is true because a little wise man told me so. He joined me in Hong Kong and has been with me ever since.



Ah..a font of wisdom and intuition for me. He's been with me since I was a youngster in Hong Kong.

The light surrounding him shows his Divine nature.



We are suggesting that our next **Third Age** gathering will be on Friday, Nov. 3. We hope this date will work for you.

Community News

Birthdays!

- October 1 – Richard Kenagy. Happy belated birthday, Richard!
- October 2 – Andrew Hovenden. Happy belated, Andrew!
- October 2 – Eric Sieverling – Happy belated, Eric!
- October 2 – Sophie Hoff. Happy 11th birthday!
- October 10 – Carla James. Happy birthday Carla
- October 12 – Tom James Happy birthday, Tom!

From Mari Scott: Hello friends! [I have a dream . . .](https://www.gofundme.com/maris-birth-family-search) 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>

Remembering Ray Richter

Elizabeth Jarrett-Jefferson

I wanted to let you know that my stepfather, Ray Eugene “Bud” Richter, 94, passed away on Sunday, September 24, while Pam and I were spending time at Sahale. My stepdad was a very important man in my life, both as the second husband of my mother, who was widowed in 1974 (and who died in 2014), but as the man who introduced my parents, George and Dru. A story he liked to chide us kids about was that if it weren’t for him, “we” kids wouldn’t “be”! The story there is that in the 30s and 40s, the Richter family and the Morris family were neighbors in Centralia, Washington, living across the street from one another. Bud told stories of my own dad as a kid spending a lot of time with the Richter family since family life for my dad was rough. In high school when Bud obtained a second job in Centralia, he passed not only his paper route on to my dad, but gave him his car to boot. The paper route took him to Bucoda, where he met the beautiful red head (Drusilla), my mother.

This is my way of saying what a generous, good hearted man Bud was. The extended Richter family was very important to us as kids growing up. We knew the Richter family—both Bud and his then wife Charlotte & kids (now my step siblings, all of whom I went to high school with), as well as Bernice, Bud’s sister, and her family. We spent time at their home, going on vacations to the ocean, having dinners and fun times at their home. The Richters,- including O.H. and Winona, Bud and Bernice’s parents, were family to us as kids. When WWII started, both my dad and Ray were in the South Pacific (he in the Navy and my dad in the Marines), and it was Ray who kept in touch with my father, keeping my dad’s family informed of his welfare. It turned out that Dad and Bud were never far apart geographically during the war. I learned more about my own dad from Bud than I ever knew from him! Bud was also a very proud veteran.



**Bud; my stepbrother Bill, my nephew Chuck.
Taken August 19, 2017, at buds 94th birthday
dinner in Centralia**

Ray was as open and accepting of us as his children as he was of his own, generous, steady, always extending with a twinkle in his eye and demonstrating a heart of gold. He was a great storyteller and a jokester. He and my mom married in 1985 (my own father died in 1974). He loved to hunt and fish when he was younger. In later years, he enjoyed making clocks, woodworking, and feeding and visiting with the squirrels. He also loved spending time with his grand kids and great grand kids.

I am grateful to have known Bud and appreciate the deep and rich impact he’s had on my family. I will miss him dearly.

A celebration of life will be held Sunday, Oct. 8, 2017, from 1 p.m. to 4 p.m., at the Oakview Grange, 2017 N. Pearl, Centralia, WA 98531.



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



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 November 3. 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, and November 5. **NOTE:** We will not be meeting on October 22 due to the community Visioning weekend.
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.



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

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 49th year! Contact: Colette Hoff, hoff@goodenough.org



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.

5 Ways to Develop Your Intuition

By Melissa Carver and Leo Carver

Intuitive skills are inside all of us. Intuition is always there for us, to guide, protect, and help us develop. As we grow into adulthood, we may push this intuition to the side to conform to what society says we should do. The more we do this, the less we tend to listen to that little voice or those gut feelings.

And like anything else in life, when you stop using it, you can lose it. A muscle must move, an eye must see, a brain must think; the same holds true for the intuitive process.

Here are five ways you can develop intuition.

Meditate

If you're an avid reader of Chopra.com, you may be tired of seeing articles on meditation. But there's a reason meditation is suggested so often—it's important. Meditation can be beneficial for almost anything in life, including helping you access intuition.

There are several states of consciousness described in Silva Method. Beta is a normal level of consciousness. Alpha is relaxed awareness, theta is a state of meditative trance, and delta is a state of transcendental experience. Of these four mental states, alpha is the level that helps you learn, memorize, interact, and read the thoughts and emotions of others and yourself. The alpha state of the brain also relates to meditation. A daily meditation practice helps you control this alpha state, and therefore control the intuitive process.

Cultivate a Healthy Pineal Gland

The pineal gland is a small gland in the brain the size of a grain of rice. If you place one finger on your third eye and one just above your ear, and you could have the two fingers meet in the brain, this is the location. The pineal gland regulates your circadian rhythm and helps your brain enter the meditation state easier by the alpha state of consciousness. For optimal health of this gland, try these steps:

- **Avoid Fluoride:** Fluoride builds up on the pineal gland, calcifying and reducing, or eliminating altogether, the intuitive function. Fluoride is in our public water system as well as in toothpaste. Although the toothpaste is not being consumed it does soak into the bloodstream through the gums. This also holds true for the shower, hot tubs, etc. Skin is our largest organ; turning on the hot water opens pores and welcomes the fluoride into the bloodstream, circulating onto the pineal gland.
- **Tune Your Chakra:** The third-eye Chakra, or the *Ajna*, is the area to concentrate on for heightened intuitive abilities. Balance in this area can be tuned by daily meditation and yoga practices. Up the intensity of tuning by incorporating the color indigo around the home and office, carry or wear healing crystals such as an amethyst, and consciously focus your mind on the area between the eyebrows (*Ajna*) each day.

Make it a Game

Think of simple items, colors, or situations. Create the vision in your mind and watch as your intuition guides you through certain scenarios. For your first try, notice how long it takes for your intuition to speak to you. Keep notes in a journal. Notice if the answers to certain items or situations come faster than others. If so, what do they have in common?

Play with these optional outcomes and try to gain an object, this time faster than the previous effort. For example, you may think of the color pink. You walk outside to check the mail and your gut tells you to look to your left. There you notice a pink Cadillac drive by, that had you continued to focus on the route to the mailbox, you might have missed. Keep your goals simple; it will help you receive answers on a more regular basis because the game is more likely to hold your attention. As the intuitive muscle builds and subconscious declines, you can increase the complexity of your goals.

This is, of course, purposely manifesting. Manifestation is the main reason to tune your intuition. For example, saying, “I am always safe” is an affirmation of a specific manifestation, and the intuition will guide you through the road of safety. Making a game of this intuitive strength will create excitement, show the universe this is a goal, and keep you focused. Focus plus intention equals results.

Live in the Now

It becomes difficult for your intuition to speak to you if your mind is in the past or the future.

Consider this quote from Lao Tzu: “If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.”

The gift intuition works best when the mind is in the present. Pain caused in the past can take over the mind. The future can seem frightening. What is on the other side of today or even an hour from now? At this point even when the intuitive process could send you signals loud and clear, your fear will allow the subconscious mind to override those signals.

When depression or anxiety creeps into your thoughts, repeat the above quote. The “now” is the place where intuition resides. Your higher self has no concept of our earthly time.

Talk to Your Higher Self

Intuition is yourself, your higher self, that is. Creator, the Universe, or your soul are all patiently waiting your instruction, more than happy to guide you. So why don't humans just have gold rolling out of every home, happy relationships, and eternal good health? Humans have forgotten how to communicate such things to the universe.

Ask yourself, “Am I sending the message of what I want or am I vibrating what I'm worried about?” The universe may end up giving you the signals that send you to all the wrong places.

How do you speak to yourself? Do you say 'I am always sick' or 'I love being healthy'? Consider and consciously choose your inner dialogue and language. In both statements, you may really want to be healthy. But the statements vary, and they send different signals to the Universe. Choose your dialogue wisely to ensure your desires don't get skewed.

Your intuition is your own **personal GPS**, built in with 24/7 access. Continue to charge the power, program the software, and input the correct data and you will succeed.

Some of the above steps will take practice and patience, but will be well worth it. Your personal intuition will become like a magical wand; you'll wonder how you moved through life without it. Intuition is not for the spiritually gifted, those who meditate all day, or those with relaxed lives. It's a tool for each and every one of us ... Now use it!

