

# The Village eView

September 13, 2017

Colette Hoff, Editor

## *Coming Up*

**Pathwork**, September 24, 7:00 PM

**Council**, September 25

**Men's Weekend**, October 6 to 8

**Women's Gathering**, October 7

## **My Thoughts on Silence**

John L. Hoff

It could be said that silence is the absence of sound. This is not a helpful line of thinking. It is more that silence is something you hear and sense and feel and know. Silence is something that can shape and change you. To be open to silence is a mystical experience and introduces you to the presence of something—mystery. 09-13-2017

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## **Keeping Healthy with Silence**

Colette Hoff

Living in the country gives me the opportunity to savor quiet, especially in the early morning when the deer are eating apples and watching. It is like being in a meditation. Quieting the mind is a gift you can give yourself by any method. The practice of meditation is the most recognized method of detaching from everyday thoughts.

This issue of the eView offers two articles on allowing silence, space between words, thoughts, actions. It is actually good for the brain which needs more down-time than it often gets. When to use silence is also considered and is a skill that can be practiced.

## ***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**

## Why Silence Is So Good For Your Brain

03/05/2016 Carolyn Gregoire Senior Writer, The Huffington Post

In a loud and distracting world, finding pockets of stillness can benefit your brain and body. Here are four science-backed reasons why.

Making time for silence can make you feel less stressed, more focused and more creative, according to science.

We live in a loud and distracting world, where silence is increasingly difficult to come by — and that may be negatively affecting our health.

In fact, a 2011 World Health Organization report called noise pollution a “modern plague,” concluding that “there is overwhelming evidence that exposure to environmental noise has adverse effects on the health of the population.”

We’re constantly filling our ears with music, TV and radio news, podcasts and, of course, the multitude of sounds that we create nonstop in our own heads. Think about it: How many moments each day do you spend in total silence? The answer is probably very few.



As our internal and external environments become louder and louder, more people are beginning to seek out silence, whether through a practice of sitting quietly for 10 minutes every morning or heading off to a 10-day silent retreat.

Inspired to go find some peace and quiet? Here are four science-backed ways that silence is good for your brain — and how making time for it can make you feel less stressed, more focused and more creative.

### 1. Silence relieves stress and tension.

Florence Nightingale, the 19th century British nurse and social activist, once wrote that “Unnecessary noise is the most cruel absence of care that can be inflicted on sick or well.” Nightingale argued that needless sounds could cause distress, sleep loss and alarm for recovering patients.

It turns out that noise pollution has been found to lead to high blood pressure and heart attacks, as well as impairing hearing and overall health. Loud noises raise stress levels by activating the brain’s amygdala and causing the release of the stress hormone cortisol, according to research.

An unpublished 2004 paper by environmental psychologist Dr. Craig Zimring suggests that higher noise levels in neonatal intensive care units led to elevated blood pressure, increased heart rates and disrupted patient sleep patterns.

Just as too much noise can cause stress and tension, research has found that silence has the opposite effect, releasing tension in the brain and body.

A 2006 study published in the journal *Heart* found two minutes of silence to be more relaxing than listening to “relaxing” music, based on changes in blood pressure and blood circulation in the brain.

## 2. Silence replenishes our mental resources.

In our everyday lives, sensory input is being thrown at us from every angle. When we can finally get away from these sonic disruptions, our brains’ attention centers have the opportunity to restore themselves.

The ceaseless attentional demands of modern life put a significant burden on the prefrontal cortex of the brain, which is involved in high-order thinking, decision-making and problem-solving.

True Silence is the rest of the Mind, and is to the Spirit, what Sleep is to the Body, Nourishment and Refreshment. It is a great Virtue; it covers Folly, keeps Secrets, avoids Disputes, and prevents Sin.

~William Penn (1644–1718)

As a result, our attentional resources become drained. When those attention resources are depleted, we become distracted and mentally fatigued, and may struggle to focus, solve problems and come up with new ideas.

But according to attention restoration theory, the brain can restore its finite cognitive resources when we’re in environments with lower levels of sensory input than usual. In silence — for instance, the quiet stillness you find when walking alone in nature — the brain can let down its sensory guard, so to speak.

## 3. In silence, we can tap into the brain’s default mode network.

The default mode network of the brain is activated when we engage in what scientists refer to as “self-generated cognition,” such as daydreaming, meditating, fantasizing about the future or just letting our minds wander.

When the brain is idle and disengaged from external stimuli, we can finally tap into our inner stream of thoughts, emotions, memories and ideas. Engaging this network helps us to make meaning out of our experiences, empathize with others, be more creative and reflect on our own mental and emotional states.

In order to do this, it's necessary to break away from the distractions that keep us lingering on the shallow surfaces of the mind. Silence is one way of getting there.

Default mode activity helps us think deeply and creatively. As Herman Melville once wrote, "All profound things and emotions of things are preceded and attended by silence."

#### 4. Getting quiet can regenerate brain cells.

Silence can quite literally grow the brain.

A 2013 study on mice, published in the journal *Brain, Structure, and Function*, involved comparing the effects of ambient noise, white noise, pup calls and silence on the rodents' brains. Although the researchers intended to use silence as a control in the study, they found that two hours of silence daily led to the development of new cells in the hippocampus, a key brain region associated with learning, memory and emotion.



While preliminary, the findings suggested that silence could be therapeutic for conditions like depression and Alzheimer's, which are associated with decreased rates of neuron regeneration in the hippocampus.

*Silence is the universal refuge, the sequel to all dull discourses and all foolish acts, a balm to our every chagrin, as welcome after satiety as after disappointment.* ~Henry David Thoreau

*In the attitude of silence, the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth.*

~Mahatma Gandhi

*Silence allows you to watch your mind and become aware of the thoughts that you may be acting on unconsciously. When you see the thoughts, you can make a conscious choice to act on the thought or change your mind, instead of going along with the noise. I have seen people who don't want to look at themselves keep going until something happens that makes them stop — a sickness or an accident — but it gives them that reflective, quiet space where they can face what is difficult in their mind. We each have a unique purpose to fulfill in this life and inklings can come in those quiet moments.*

~Swami Radhananda

## The Power of Silence

Steven Aitchison

Silence has a certain energy to it like no other energy source. It has the power to get people to think and to act, it can help slow the mind down, and it is a powerful ally in the likes of counseling and life coaching.

The trouble with silence is that many people feel the need to fill the void of silence with needless chatter, with TV, with Music, with noise of some kind. Silence can be disconcerting and can make people feel uncomfortable and alone, that's why the world is filled with TV's that have been left on when nobody is watching, for background noise.

What happens when there is silence?

We turn our thoughts and focus inwards and gain the power we need to refuel our minds. Our ego is temporarily switched off or at least made to be quiet for a bit, and we start to see the real world as it should be. Our thoughts get in the way of our reality sometimes and we don't see the beauty of the world around us. When there is silence there is time for introspection and to allow our true self to speak not the ego or the conscious mind, but the true self connected to the flow of energy around us.

5 Examples of when to use silence

**1. During arguments.** One of the best times to use the power of silence is during an argument is to stay silent. The ego will be trying to force its way out of you and finish the argument but you are the controller, not the ego. When someone is shouting at you, looking for an argument or just picking on you can literally take all the power away from them and keep all your energy by simply looking at them and saying absolutely nothing. This is extremely difficult to do but very powerful.

**2. Gossiping.** When there is a crowd of people in the workplace there are gossipers who speak about other people. The thing with gossiping is that it is contagious. When we don't like someone and someone else starts speaking about them we naturally tend to voice our opinion, I've done it lots of times and have to stop myself.

Try and stop yourself from catching the virus of gossiping and use the power of silent whenever it occurs. If you are a gossip yourself and people around start to notice that you are 'not your usual self', don't give an explanation just leave saying you've got work to do or whatever, pretty soon you'll be out of the gossiping loop.

**3. When someone is talking.** Silence is a great tool for counselors if used in the right way. It's also great when listening to friends and family.

Just let people talk and listen to them and use your facial expressions and movements to acknowledge that you are listening. This can be a tough thing to do but silence is an extremely powerful for both you, as the listener, and the talker.

You will find that as you practice this, more people come to talk to you as you will be known as a listener. Obviously there are times to speak during the conversation, however when you do,

make sure it is to paraphrase what the talker is saying or asking questions to get more information, don't make it about yourself.

When people want to know more about you they will ask you questions, this is the time to talk about yourself but always have the listener be part of the conversation.

**4. When the house is empty.** The silence of the home can be quite disturbing to some people as there is a natural need to fill the void of silence. We turn on the radio, play some music, call friends or family, or turn on the TV to fill this void. Having a completely silent home when you are alone does not mean you are alone it simply means you are recharging your mind and giving it some downtime.

Silence helps us to work through, in our minds, the events of the day or project what we want to happen during the day ahead.

**5. Quiet reflection.** This is a fantastic way to connect with world in a way that is not possible when you are surrounded by hubbub noise. 15 minutes in the morning, 15 minutes in the evening simply focusing on your breath can do wonders for both mind and body. I truly believe that with practice quiet reflection can help us reach a level of deep inner calm.

The state of silence is a way of reaching another part of your mind not possible when going about your daily routine. This other part of your mind is connected in every way to the world around you and with practice you can tap into this knowledge.

Steven Aitchison is also the founder and creator of Change Your Thoughts, one of the UK's most popular personal development site.

*How impressive is the eloquence of silence! Sweet indeed is the voice of woman—the fire-side song of those, who are near and dear to us. Sweet, the sounds of morning and evening twilight. Sweet, the million melodies continually floating over the bosom of Nature. But there are hours in the life of every man when the music of silence is dearer to him than all.* ~Charles Lanman, "Musings," 1840

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

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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](mailto:krohde14@outlook.com)



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### The deAnguera Blog: Draí's 50<sup>th</sup> Birthday, the Silence and the Happy Noise



You only turn 50 once. I turned 50 way back in.....hmm....2005. Not memorable. I had no one to help me make it memorable. Guess it takes a community to do that. Back then I was living in Bellevue in my condo. Not a place to celebrate a decade birthday.

For her 50<sup>th</sup> Draí and her relatives put on a HUGE party. Her friends came from as far away as Oregon and Arizona.

We decorated Potlatch with balloons, crepe streamers and Happy Birthday messages. I think this is probably the happiest birthday Draí has ever had. You can get an idea of just how much energy was present at the party in the right hand photo. Contrast it with the calm shown in the left hand photo of Madison and Ashley at Lake Wheeler.

We also drummed at night around a fire in Central Park at the fire pit. I think we broke all records for the length of time we drummed. Several of Draí's Long Dance sisters were there. In addition, Boyd's friend Tim, played his cello.

So far I have written about the happy noise we all made. What about the silence? That's equally as important since it gives one a time to reflect upon events. Often I need such time to myself and I suspect other people do as well. Any party should have a nice balance to be a really powerful event.

The silent part was supplied by Lake Wheeler, one of the most beautiful alpine lakes I have seen. The water was so calm that it easily reflected the shoreline with its evergreens. We were the only folks there.

I fantasize canoeing on the lake since it reminded me of the happy times I spent canoeing on Lake Flora when I attended events at Pilgrim Firs. No wind to blow me around unlike Lake Quinault. For me that's canoeing at its finest: floating on calm water with just a light swish of the paddle.

The land is owned by Mr. Meinke, a local timber person who lets people walk up to the lake on an old logging road. Some nice views could be seen from the road of Hood Canal and Tahuya far below. Thanks to Irene Perler for sharing this treat with all of us.

This party gave us the opportunity to feel like a really big family. We at Sahale can do this because we live together here. So if any of our friends want to throw a party we can supply many party goers.

Birthday parties and other events give us the chance to honor each other and thus see value in our lives. We can reclaim our lives and become more powerful.

Would you like to join our growing family? We have so much fun out here at Sahale. All it takes is attending a Human Relations Lab. Some of our Workaways are already making plans to attend next year.

Don't forget to ask Irene about Lake Wheeler. I didn't even know about it until last weekend and I have lived out here at Sahale for 9 years.



Draí said she wanted a picture of this sock she spotted on the way to Lake Wheeler. So here it is.



And some additional pictures from a great party!





### ***Save the Date!***

#### **Celebrating Colette Hoff's 70<sup>th</sup> 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](mailto:elizabeth.ann.jarrett@gmail.com)

## **Humor Department**

*From the eView Archives, September 20, 2012*

### **SEATTLE TRAVEL & SILENCE**

A blonde gets an opportunity to fly to a nearby country. She has never been on an airplane anywhere and was very excited and tense. As soon as she boarded the plane, a Boeing747, she started jumping in excitement, running over seat to seat and starts shouting, "BOEING! BOEING!! BOEING!!! BO....." She sort of forgets where she is, even the pilot in the cock-pit hears the noise. Annoyed by the goings on, the Pilot comes out and shouts "BE SILENT!" There was pin-drop silence everywhere and everybody is looking at the blonde and the angry Pilot. She stared at the pilot in silence for a moment, concentrated really **hard**, and all of a sudden started shouting, "OEING! OEING! OEING! OE...."

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](mailto: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

# W A I T      Why Am I Talking?

## 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](http://www.goodenough.org)

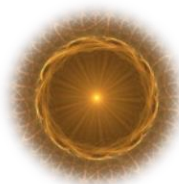


**The Third Age:** Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)

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 West Seattle community home: [hollisr@comcast.net](mailto: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](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 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](mailto:hoff@goodenough.org)

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### 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](mailto: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](mailto: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. One below is....



### Labor Day weekend: August 31- September 3, 2018 at

Sahale. Sahale is an open weekend on the Labor Day weekend so we will be enjoying 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](mailto: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](mailto: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 48<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Annual Organizational 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](mailto: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](mailto:hoff@goodenough.org)  
Council meetings are September 25; October 9, 23; November 6.



### 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.

*An inability to stay quiet is one of the most conspicuous failings of mankind.* ~Walter Bagehot