

# Village eView

February 6, 2019

Colette Hoff, Editor

## COMING UP

Pathwork, February 10

General Circle, February 11

Couples' Weekend, March 1 to 3

Annual Goodenough Community Meeting,  
March 15 to 17



## Spaciousness

The word spaciousness came from a recent viewing of a You tube video by Eckhart Tolle at a Pathwork gathering. As I meditated on the word during one of my “commutes” to and from Seattle, I realized what makes me enjoy the drive is the spaciousness I experience in my mind without filling it with stuff. The next morning, I reflected on the beautiful valley view that takes me into meditation so much more easily than sitting in my bedroom, office or living room where

### ***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

*distractions and to do's get in my way. What helps you find spaciousness?*

A paper titled **Living in Spacious Awareness, The Essence of the Buddhist Practice** by Yogi Prabodha Jnana is included in its entirety because it is a basic and good explanation of Buddhism. I hope you receive value in reading it. (Highlights come with the article.)

**What is the Essence of Buddhist Practice?** The Buddha taught how to open the casket of our minds, to the vast expanse inside and outside.

Instead of living in a cocoon of worries and anxieties about everything,

Instead of living a life of destructive emotions,

Instead of the futile hope of a god coming and fixing our problems,

Instead of the futile hope of the world outside fixing all our problems,

Instead of the futile hope of finding peace in the ravines of mind away from the world,

Instead of hopelessly falling into inaction and depression,

The Buddha showed, how

To uncover the vast spaciousness of mind where everything is resolved,

To unleash the mind into its very nature of clear awareness and bliss,

To live a life of peace, happiness and contentment in the spacious expanse of wisdom,

To experience the world vividly with all its fine links of interconnectedness,

Above all, to live a life of compassion and loving kindness

Where we not only remain free from our own suffering,

But, stand joyously and courageously to bring benefit to all,

To help others free themselves from their suffering.

All of these rely on a simple point. That is to be aware – clearly, openly and spaciously. In Buddhist practice, in meditation and beyond meditation, one cultivates mindful yet relaxed awareness.

Observing our own thoughts and experiences, we can see what is wholesome and unwholesome.

With clear awareness, we can see the confusions we hold, around which we give in to emotions

and turn life miserable. With that awareness, then we cultivate wisdom to let those confusions

and miseries dissolve in their own space.

The practice of Buddhism is not at all about learning new dogmas, but of unlearning and opening up to the freshness and immediate presence of our awareness. It is all about breaking beyond the misconceptions and habits we hold fast tightly as the foundation of all our miseries.

With the attitude of genuine and unbiased inquiry, Siddhartha, the prince who turned into a wandering inquirer to fix the pain of all, himself took such a path of awareness. He observed his own experiences, investigated and found the causes of happiness and suffering. He found how to overcome those. Then, he showed how we can make similar findings. He showed how we can befriend our own minds, get to know it closely, nurture and develop it. Above all, he showed how we can awaken our minds to its vast potential through gently getting to know it.

To be aware in **view, meditation and conduct** is the essence of the Buddhist practice.

The way he showed to go beyond suffering to limitless compassion, blissful living and perfect awakening all relied on simple and practical steps. This is perfectly within the reach of everyone. The Buddha did not prescribe any religious dogmas to do so. In fact, Buddhism is not at all about learning new dogmas, but of unlearning and opening up to the freshness and immediate presence of our awareness. It is all about breaking beyond the misconceptions and habits we hold fast tightly as the foundation of all our miseries. As we unlearn them we open up to the original perfection, the very nature of our minds – the ever fresh and clear nature of our awareness with its innate quality of being happy, peaceful and compassionate.

### The way to unlearn

The entire learning and training of Buddhism is about unlearning those miserable misconceptions and habits. Now, how do you unlearn? There are so many ways that suits different individuals. No matter whether you are a house holder with so many other things to take care in life or a dedicated practitioner, there are ways for all. All these various ways boil down to cultivating clear awareness in three aspects that cover entire life – namely, view (*dṛṣṭi*), meditation (*bhāvana*) and conduct (*carya*). To be aware in view, meditation and conduct is the essence of the Buddhist practice. As we shall see, the openness and wisdom that come from each of these three end up supporting the other two, thus leading us gradually to the clear wisdom of perfect unlearning.

#### The View

The view is the freshness that comes from unlearning misconceptions and habits, and from the widening and deepening of our perspective.

The view means the perspective of seeing ourselves and the world free from all prejudices. It is the panoramic openness that we cultivate where the attention to particulars do not blind us from seeing everything in its own place. The view is the freshness that comes from unlearning misconceptions and habits, and from the widening and deepening of perspective.



Genuine meditation should involve settling into an expansive view free from prejudices and tasting the strength of that expanse.

The view is also what helps us break the habitual barriers and see things clearly in meditation. If we do not develop that kind of a view, meditation will not have the juice of freshness to bring transformation. Often, this is the mistake that people make while trying to meditate. They either try to silence the mind, or simply keep wandering through the very patterns of misconceptions and habits that have been limiting them. Genuine meditation should involve settling into an expansive view free from prejudices and tasting the strength of that expanse.

The view begins to broaden while listening to the words of wisdom, as it reveals the fallacies in our

way of thinking and makes us think in broader ways. As we reflect further on the meaning of those words, the view deepens. It brings freshness and depth to the perspective. Further, meditation and wisdom-conduct gradually eliminates old habits and we learn to settle into the comfort of ever-fresh openness of the view. The view, in turn, makes meditation meaningful. Also, the view leads to spontaneity in wisdom-conduct, bringing ease to the way we deal with the world.



#### Meditation

Meditation with the correct view also puts us in direct contact with the basic goodness – our innately perfect qualities such as clarity, compassion and loving kindness – so that we learn to ‘see’ beyond confusion.

Meditation means settling mind in clarity and openness. With clear and stable awareness, meditation helps us to accustom with the view and deepen the exposure to the view in a direct way in our immediate experience. Thus there is the dawn of direct insight into the nature of our existence. In meditation, the view becomes a lived experience.

Meditation with the correct view also puts us in direct contact with the basic goodness – our innately perfect qualities such as clarity, compassion and loving kindness – so that we learn to ‘see’ beyond confusion. Thus, while the view helps us during meditation to settle and penetrate reality, meditation in turn opens us to a clearer view of reality. The clarity and stability cultivated through meditation is not limited to just meditation sessions. We extend that clear awareness and mindfulness as the conduct all through life. In a nutshell, meditation in Buddhism is not an escape route from everything else. Instead, it prepares and strengthens us to face the world.

#### Conduct

Conduct is all about bringing the wisdom perspective to life. It is the awareness and mindfulness that we bring to every aspect of life.

Conduct is basically all that we do outside meditation. It is the way we relate to our world 24x7 in all our activities, no matter what we do in life. Conduct is all about bringing the wisdom perspective to life. It is the awareness and mindfulness that we bring to every aspect of life. The view, that is the unlearning of misconceptions and habits, is applied in every aspect of our lives through conduct. We try to do what makes sense from our wisdom perspective. In turn, conduct deepens view because it sensitizes us to the nuances of the world and makes us reflect deeper than just holding a bookish and dogmatic knowledge. Further, the right conduct strengthens meditation because meaningless distractions are naturally pacified.

This article continues on page 13.



## Couples Weekend, March 1 to 3



More energy. More connection. More communication. More passion.

For many years, the Goodenough Community has offered weekends for couples, highlighting relational skills with a focus on practical friendship between spouses and in long-term, partnered relationships. Leadership has been provided by John and Colette Hoff, marriage and family counselling professionals. They have encouraged couples to learn about themselves as an individual within their relationships, and how to be a more effective partner with support from other couples.

This weekend will focus on increasing emotional intimacy,  
building connection and improving communication.

You will receive guidelines for enhancing your physical relationship, including addressing chronic issues. We will explore the role of sexuality in relationship and new understandings of orgasm. The workshop leaders will help you and your partner identify areas that require attention and focus for learning using the chakra system as outlined in Margo Anand's book, *The Art of Everyday Ecstasy*.



Designed for committed couples over 40 years of age, each participant will have a confidential personal interview prior to the weekend. Couples will have an optional opportunity for private sessions and demonstrations will be conducted in the whole group. Some nudity will likely be present although optional.

# Leadership is offered by Colette Hoff and Rich McGrue.



**COLETTE HOFF, M.Ed** *Since her husband John's passing, Colette has felt called to continue their work of 38 years with couples and offer this weekend.*

*Couples need other couples to relate to. Many couples live with less relationship than they could have and Colette wants to be an agent*

*for change. Improving sexuality in relationship is a very direct method for bringing more energy, passion, connection and communication.*

*Colette has offered leadership to the Goodenough Community's annual Human Relations Laboratory and serves as key faculty for the community's Women's Culture for over 35 years. Having worked as a co-therapist with her husband, she is very skilled in working with the issues of long-term relationships.*



**RICH MCGRUE** *(a friend to the Goodenough Community) is the founder of the New Greenwood House in Seattle, an eight-person, two-year-old intentional community founded on the principles of: Tantra, consciousness & social justice. Rich is a retired Army Officer and Boeing executive; a non-profit executive director; former Pastor of over 20 years and a*

*professional mediator, who has counseled hundreds of couples and individuals in various states of marital discord.*

*His healing skills include alternative spiritual modalities such as Reiki, Tantra, Orgasmic Meditation, Professional Cuddlist, Erotic Healing Massages and Non-Violent Communication techniques. Rich joins Colette to facilitate this vital experience for couples.*

## What you can expect

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap Peninsula on the Tahuya River about a mile from the Hood Canal. We encourage you to spend time in the natural world, alone and with your partner. Small groups are an essential part of the weekend, providing a place where you and your partner can practice in relationship, giving and receiving feedback with other couples in your group. We will be sharing bountiful meals and will have opportunities to socialize as a group. The weekend will begin with dinner Friday evening at 6:30 pm with the formal session beginning at 8:00 pm. The weekend will conclude at 3:00 pm on Sunday.

**THE COST** The cost of the weekend is \$350 per couple which includes room and board and learning materials.

**SPONSORSHIP** for this weekend is offered by Convocation: A Church and Ministry which is an inter-faith church within the Goodenough Community System.

**UPON REGISTRATION** you and your partner will receive a questionnaire and a phone interview will be arranged. Please register as soon as possible.

## Couples weekend registration | \$350 Per Couple

Name \_\_\_\_\_  
Phone (     ) \_\_\_\_\_  
Age \_\_\_\_\_ Email \_\_\_\_\_  
Name \_\_\_\_\_  
Phone (     ) \_\_\_\_\_  
Age \_\_\_\_\_ Email \_\_\_\_\_  
Number of years in relationship \_\_\_\_\_

PLEASE PAY & REGISTER ONLINE. Visit [www.Goodenough.org](http://www.Goodenough.org). This event is the first announcement on our homepage. Click the online registration button.

OR Enclose a check and mail.  Check Amount \_\_\_\_\_

**MAIL PAYMENT & FORM TO:** Couples Weekend  
2901 NE Tahuya River Road  
Tahuya, WA 98588



Space is limited for this weekend. Couples can consider this experience a gift to their relationship. If you know anyone interested, please pass on the flyer attached to this eView. Please register your intention to attend soon by emailing Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org)



## Pathwork, February 10, 2019

Colette Hoff

Our Pathwork Circle will meet again on **February 10 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126<sup>th</sup> St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.



Pathwork is an excellent context for instituting new spiritual practices, support for maintaining current practice and provides many with a feeling connection so necessary for a good life.

Pathwork will continue to meet February 24, Mar 10, 24, April 7, 28, May 19, June 2 and July 14.



### The deAnguera Blog: Spaciousness



Serene blue pond with blue ribbon. How does that make you feel? The ribbon is playing with the pond. I feel spacious. Still. Being still allows space to be filled with whatever I want to fill it with. Thanks John Schindler for the ribbon.

How about the snowy picture? Still with all trees pointing straight upward to the sky. The sky is limitless. Once again spacious.

Space to retire in. Space to share with friends. Yes. Once again I am sharing a couch with Presley as she quietly watches *Pirates of the Caribbean*. Cold outside. So we take refuge in the Kloshe living room. John Schindler prepared the fire in the stove. In fact this is the warmest place around.

Outside it will be cold for another week with more snow.

Space to make my own. In a life often characterized by stages from young to old, there are people here enabling me to define my life as my own. I don't need to follow any path but my own. Now that's power.

All my life revolves around Sahale just as it would around any job. Interesting how a profession can define a whole life. The routine is casual with much time to rest. A healthy routine for me.

Here is a place where many of us can find refuge. The Human Relations Laboratory can provide a week long refuge from life's demands. We can have space to be true to each other. That's necessary for collaboration without which a truly nurturing life is impossible.

Is it true that community support is necessary for a real culture devoted to the arts and to developing artists?

Pablo Picasso used his artistic skill to develop a whole life around his art. Other people lived with him: a housekeeper and garden crew. But he was the center of it all and his world totally revolved around him. Thus nobody else developed into artists.

For me the true challenge is not only to be an artist but to enable the others likewise to develop their own artistic powers. That's what will really put Sahale on the map.

The Swamp is a good example of an artistic contribution by Pam and Elizabeth Jarrett Jefferson. A successful make believe fun place. They both did it just because they wanted to make their unique offering to our community.

John Hoff created this space for all of us. We are evolving inside of his work.

The Yukon Tlingits created the space for John to put out his work. Through John they gave all of us the foundation for our work. The firm foundation of this work is growing beyond John and eventually all of us. Huge structures can be built on firm foundations. The foundation is the most important.



Max Fain knows work can have a very spacious quality. Wow!



## A Moving Experience

Dear Friends,

With a plan set in motion almost three years ago, and in collaboration with our community friends, Pam and I are on schedule to move to Sahale and build a home there. This spring, our plan is to put our Mercer Island home on the market and formally begin our transition.



We are asking for your help to help us get our home ready to sell and our belongings packed.

In collaboration with Colette and the community calendar, we have established work parties from late January through early spring.

We would truly appreciate your help and good will – this has been my home for 45 years, and Pam’s for 23. It truly will be a moving experience. Any and all help will be gratefully received. Please let Pam or me know if you can join us ([adventuredog@hotmail.com](mailto:adventuredog@hotmail.com); [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)).

**All Days Are Saturdays, 10am to 2pm, except as noted**

**Location: 3446 77<sup>th</sup> Place SE, Mercer Island 98040. Lunch and beverages happily provided.**

- February 9
- March 9
- March 23
- April 6
- April 13
- April 27

Warmly,

*Pam and Elizabeth Jarrett-Jefferson*





Michael Pilarski of Friends of the Trees Society is launching a Go Fund Me campaign to put on the first-ever Global Earth Repair Conference which will bring 500 people together to envision a thriving planet for our descendants seven generations from now and strategize the many steps it will take to get there. Here is the Go Fund Me link.

<https://www.gofundme.com/global-earth-repair-conference>

More info at <https://www.earthrepair.friendsofthetrees.net>



### **Spatialist for Hire**

*Pam Jefferson*

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

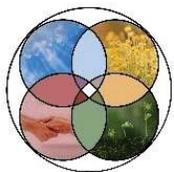


# Programs and Events of the Goodenough Community

**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 **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be January 28 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026). Future meetings are Feb 11, 25, Mar 11, 25, April 8, 29, May 6, 20, June 3, July 15.

## Weekend for Couple, March 1 to 3, 2019

**More is Possible - More Connection - More Communication - More Passion**

**More is possible in your relationship now!** This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.



## Annual Goodenough Community Meeting March 15 to 17, 2019

This gathering is foundational to all programs and events within the community. We A time to learn and to share your views about our community. Come and be curious! Please 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. We are announcing the annual women’s weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information.



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

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



**Pathwork, a Program of Convocation: A Church and Ministry**

On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle, Feb 10, 24, Mar 10, 24, April 7, 28, May 19, June 2 and July 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

**Summer Camp for Youth, June 23 – 29, 2019**

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 4 to 10, 2019**

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

**True Holidays Celebration, Saturday, December 7, 2019**

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 Elizabeth for more information.



**Work and Play Parties throughout the Year**

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email [hoff@goodenough.org](mailto:hoff@goodenough.org) with information about what may be coming up. It is a great time to bring friends to share Sahale!



**Quest: A Counseling and Healing Center**

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

## Living in Spacious Awareness, The Essence of the Buddhist Practice

Continued from page 4

### The Harmony of View, Meditation and Conduct

As Guru Padmasambhava, the great master who took Buddhism to Tibet and preserved there, taught,

Maintain the view as spacious as the sky.  
Yet, in conduct, regard cause and effect  
as fine as grains of flour.

The practice leads to familiarizing ourselves with the natural harmony of view and conduct in our innate wisdom nature – the basic goodness. Then meditation is exhausted as there is no difference between meditation and non-meditation. One transcends beyond holding to any view, as one sees everything so clearly as if looking from the top of a mountain peak, seeing how different perspectives fall in their own places.

Go beyond all boundaries and limited religious thinking, beyond all sectarian doctrinal thoughts, to the clear expanse of awareness, of seeing everything in its own place. Relax and let go in that vast openness. Without parting from that space, apply discerning wisdom, apply attention to detail, and do what benefits oneself and others. Eventually, one frees oneself from all forms of limited system thinking. Yet, one does not simply blank out in a void openness. One gains the ability to work with any system, while fully knowing the limitations of every system.

As Thinley Norbu Rinpoche, a great Dzogchen master of recent times beautifully expressed (Magic Dance),

There is no communication in relative truth  
Without understanding everyone's system and ideas,  
So may I adapt to everyone's systems,  
Wishing for everyone's benefit.  
There is no liberation in absolute truth  
Without release from everyone's system and idea,  
So may I adapt to no one's system,  
Beyond benefit's wish.

Meditation should harmonize the view and conduct, bringing the panoramic awareness of view and meticulous attention of conduct to every aspect of life. This is indeed the very essence of Buddhism.

The practice leads to familiarizing ourselves with the natural harmony of view and conduct in our innate wisdom nature – the basic goodness. Then meditation is exhausted as there is no difference between meditation and non-meditation. One transcends beyond holding to any view, as one sees everything so clearly as if looking from the top of a mountain peak, seeing how different perspectives fall in their own places. One also transcends all contrived adherence to conduct as the wisdom awareness naturally outflow in appropriate conduct. This is indeed the culmination of

the any pathway of Buddhism.

The Buddha summarized his entire teachings into the following four lines (*pratimokṣa sūtra* – the Sutra of individual liberation)

Abandon negativity whatsoever.

Bask in the abundance of virtues.

Perfectly conquer one's own mind.

This is the teaching of the Buddha.

Here, the first two lines relate primarily to the conduct. The third relates primarily to taming, training and perfecting one's mind to its original abilities through the three aspects of view, meditation and conduct.

### **Various Ways of Practice**

This short note was written as brief introduction to Buddhism for those who have no clue about what it is. The Buddha cuts through many misconceptions of worldly people to lead us to the ultimate fruition of perfect awakening. When some of these teachings are read out of turn, i.e., without building clarity on preceding points, it may appear beyond comprehension. There is nothing to worry. You can start with whatever is appealing and leave the rest away. Just develop that level of wisdom and openness through being aware in the view, meditation and conduct. And, as you develop appreciation for the remaining teachings, those aspects are cultivated precisely in the same style – through being aware in the view, meditation and conduct. That way, “The view, meditation and conduct”, is the framework from beginning to end, for all ways of Bodhi.

For example, the Buddha taught in many different scopes and some of them may be beyond comprehension at first.

- 1) Wholesome Living – How non-harming and benefitting attitude leads to healthy minds and happy life.
- 2) Nirvana (Liberation) – How abandoning self-clinging leads to the supreme bliss and perfect peace,
- 3) Sambodhi (Perfect Awakening)
  - How selfless and boundless compassion to all beings makes our existence utterly joyous and meaningful
  - How all our experiences are merely illusion-like and completely workable
  - How we have the innate ability to be fully enlightened Buddhas in this very lifetime

And, all of these may not appeal to all, and that is perfectly alright.

As far as we gradually unlearn confusions and habits and open up to living in a spacious expanse in this way, nothing else is required. Without having to please any gods and without having to wait for newer technologies to fix our problems, we can easily tame our minds and find peace, happiness and auspiciousness.

May all find peace and happiness through such an open approach to transforming lives