



MINDFULNESS AND THE PSYCHOLOGY OF FLOW

Flow is an essential element of mindfulness. Have you ever noticed that when you're eating your favorite food, you forget all your worries and problems? The experience is so lovely that the sense of who you are, what you do, where you come from, and whatever the plan is for tomorrow all vanish for a moment. In fact, most pleasures that you engage in result in you letting go.

Imagine skiing downhill at high speed. You sense the wind whooshing past you, feel the cool mountain breeze, and enjoy the deep blue of the sky. You're *in the zone*; in the moment, at one with all around you. When you're in the zone, you let go of doing mode and come into being mode – the present moment.

This 'in the zone' state of mind is called 'flow' by psychologist Mihail Csikszentmihályi. But what's flow got to do with the being mode of mind? Surely being in the zone is always about doing? Not quite. **Practicing mindfulness helps to generate flow experiences directly.**

<https://www.dummies.com/religion/spirituality/mindfulness-and-the-psychology-of-flow/>

Before continuing, Mihail Csikszentmihályi (pronounced Me high? Cheeks send me high!) is considered one of the co-founders of positive psychology and discovered that people find genuine satisfaction during a state of consciousness called Flow. In this state they are completely absorbed in an activity, especially an activity which involves their creative abilities. During this "optimal experience" they feel "strong, alert, in effortless control, unselfconscious, and at the peak of their abilities." In the footsteps of Maslow, Csikszentmihalyi insists that

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

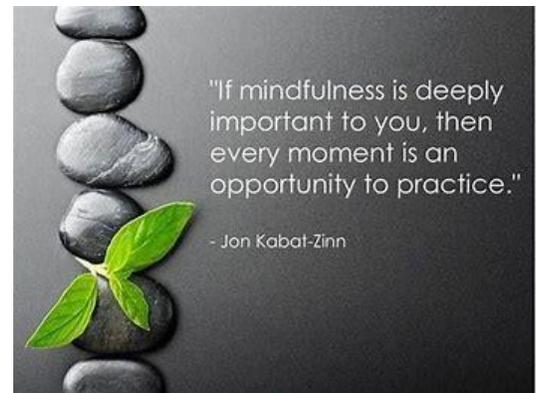
happiness does not simply happen. It must be prepared for and cultivated by each person, by setting challenges that are neither too demanding nor too simple for ones' abilities.

Here's how Mihaly Csikszentmihalyi described the state of flow: "being completely involved in an activity for its own sake. The ego falls away. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost."

What it is, then, is a state where you focus all your attention on the task or activity at hand. You also have a deep motivation to go along with that attention. Basically, you want to be there doing what you're doing. The outcome of all this is harmony, balance, and most importantly, happiness.

Here's what you experience when you're in a state of *flow*:

- You feel at one with the world.
- You let go of your sense of an individual and any worries and problems.
- You're completely focused.
- You feel very satisfied with what you're doing.
- You're happy, although you don't really notice it at the time because you're so engrossed in whatever you're doing.

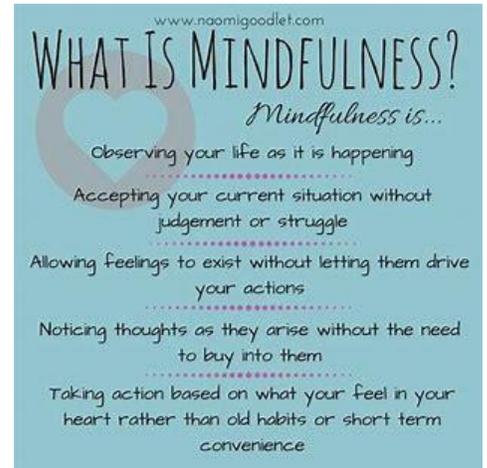


Csikszentmihályi found some key factors that accompany an experience of flow. As long as you do a task mindfully, it's potentially going to be a flow experience.

Here are some of key factors of flow and how you can generate them using mindfulness:

- **Attention.** Flow experiences need attention. Mindfulness is all about attention, and mindfulness increases your level of attention with practice. Through regular mindfulness practice, your brain becomes better at paying attention to whatever you choose to focus on, making a flow experience far more likely. When driving, you simply pay attention to your surroundings rather than letting your mind wander off.
- **Direct and immediate feedback.** Flow needs direct feedback as to how you're doing. When you're practicing mindfulness, you're getting immediate feedback because you know at any time if you're paying attention or if your mind has wandered off. So, if driving, you notice when your mind has drifted into dreaming about what's for dinner tonight, and you bring your attention gently back to the here and now.
- **Sufficiently challenging task.** Mindfulness is an active process of repeatedly rebalancing to come back to the present moment while the mind – doing what minds do – wants to pull you away into other thoughts. To drive in a mindful way from work to home would be a suitable challenge for anyone, potentially creating a flow experience.

- **Sense of personal control.** When you're mindful of your thoughts and feelings, you create a choice. You don't have to react to them or do what they tell you to do. This generates a sense of control, as you become aware of the choices you have. If whilst driving, someone cuts in front of you, you've got the choice to react and feel annoyed, or practice letting it go.
- **Intrinsically rewarding.** You perform a task for the sake of itself. If you're driving your car to get home as fast as possible to have your cup of tea, you're not going to be in a flow experience. If you drive to simply enjoy each moment of the journey, that's different. You can feel the warmth of the sunshine on your arm and appreciate the color of the sky.



DISCOVER YOUR MINDFULNESS FLOW EXPERIENCES

Everyone's had flow experiences. By knowing when you've been in flow, you can encourage more opportunities to experience it in the future. The following are some typical activities that people often find themselves flowing in. You may even find something here to try yourself:

- **Reading or writing.** When you're fully engaged in a good book full of a challenging storyline, you're in flow. You forget about everything else and time flies by. When writing in flow, words simply pop into your head and onto your page with effortless ease. You stop criticizing what you're creating, and enjoy seeing the report or book pouring out of you.
- **Art or hobbies.** Most artistic endeavors involve flow. You're directly connected with your senses and people often describe themselves as being 'at one with the music'. If you're doing a particular hobby because you're forced to, it may or may not be a flow experience as the intrinsic motivation isn't there.
- **Exercise.** Some people love exercise so much that they get addicted to it. The rush of adrenaline, the full focus in the present moment, and the feeling of exhilaration makes for a flow experience.
- **Work.** Perhaps surprisingly, you can be in flow at work. Research has found that people are happier at work than they are in their leisure time. Work encourages you to do something with a focused attention, and often involves interaction with others. You need to give something of yourself. This can set the stage for flow. In contrast, watching TV at home can drain your energy.
- **Anything done mindfully.** Remember, anything that you do with a mindful awareness is going to generate a flow state of mind, from making love to making a cup of tea.

<https://www.dummies.com/religion/spirituality/mindfulness-and-the-psychology-of-flow/>
<https://positivepsychologyprogram.com/mihaly-csikszentmihalyi-father-of-flow/> and includes some videos.

Editor's Note: (Colette)

Mikhail Csíkszentmihályi must have been very wise and observant of human nature to understand the value of positive psychology. His work is inclusive across all classes, genders, ages, and cultures and he wanted to understand happiness. His research showed that most people are more in the flow and happier with other people as a team or orchestra . . . or a community.

We had many illustrations of flow over the Memorial Day weekend with 49 people (9 children) gathering to give Sahale their best effort. Larry Hoff was in the flow of weed-whacking for at least 9 hours; Paul Geraci with son Tanner, John S, and several others were in the flow of wood-cutting, ever mindful of safety. Several people including Walter, Brad and Reidar Geraci were into the splitting and stacking wood and all reported having had a good time. Tom George pruned and pruned and pruned. The joists were replace on the white tent by Hal and Bruce.

Four women weeded the east terrace collaboratively and in under an hour! Many other tasks were fulfilled and many gardening projects. We are very fortunate to have such good friends of Sahale and the Goodenough Community to lend such open hands. Thank You!



Eileen, Sarah, Carla, Pedge, and Irene are enjoying the day! On the right, I am in the weeding flow. Zac and Avi re-organized the Maintenance Shed and reported having a good and satisfying time.



Tanner Geraci and Walter Newell with Brad Downing splitting lots of wood!

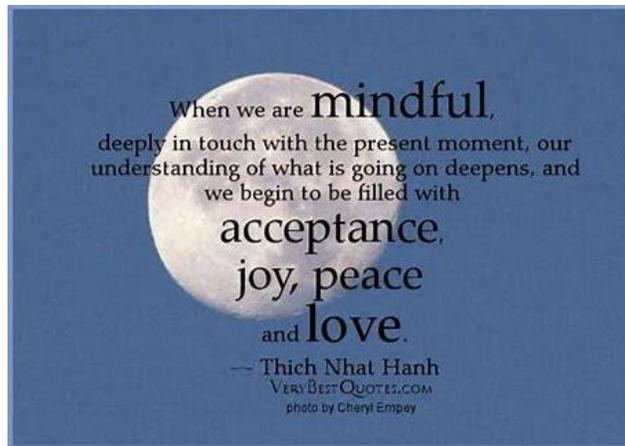


And Barbara and Hollis demonstrate that meals were served and many dishes were processed. A meal rotation system worked well.



And Marley's "selfie" shows a moment at Sahale with hard-working folks who all contributed to the new garden entrance.





The Human Relations Laboratory

Kirsten Rohde

There was a time, in the 1960's and 70's, when events such as the Human Relations Laboratory were happening all over the country and beyond. The "human potential movement" was active among people seeking to grow, change, and perhaps resolve issues in their lives. Learning happened through exploring the perennial wisdom carried forward through the teachings of contemporaries such as John Huston, Virginia Satir, Frances Vaughn, Alan Watts, Fritz Perls, Joseph Campbell, Robert Bly, Richard Alpert and many more.



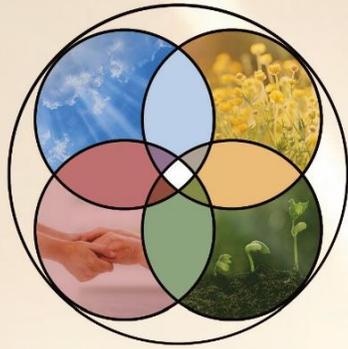
The history of the Esalen Institute describes it in the following way: *"They come for the intellectual freedom to consider systems of thought and feeling that lie beyond the constraints of societal norms. They come to re-discover ancient wisdoms in the rhythms and tides of the body, and poetry in the pulsing of life itself. They come to rediscover the miracle of self-aware consciousness. Often they come away inspired by a fierce desire to learn and keep on learning through all of life, and beyond."* (esalen.org)

There are not currently as many offerings like the ones that were more plentiful some decades ago. The Goodenough Community's Human Relations Lab, in its 50th year, is one that keeps going. (It is also encouraging to know that younger generations are creating their own versions of gatherings for personal and interpersonal exploration.) We believe that learning is always available to us and often happens best in a supportive community of others who are equally eager to learn more about ourselves and life.

Enjoyment appears at the boundary between boredom and anxiety, when the challenges are just balanced with the person's capacity to act.

~ Mikhail Csíkszentmihályi

Sounds like the Human Relations Laboratory!



50th Annual
**HUMAN RELATIONS
LABORATORY**
Sponsored by the Goodenough Community

AUG 4 to 10, 2019

How to Live in Heaven, HERE!

Lab feels like heaven – right here and right now. Heaven is not a location but a state of mind, an attitude of **AWE** and **WONDER**. We can create heaven inside ourselves through spiritual and psychological development, and between and among individuals through relationships, collaborative circles, and the culture we create together.

FOR SEVEN DAYS YOU CAN:

- Practice radical openness in a safe context
- Connect deeply with others who are also growing themselves
- Dissolve barriers to love
- Enjoy creative expression of all kinds
- Live in the natural world, explore freedom and energy, and live in the present

\$750 | The Lab fee includes accommodations and learning materials.

Special rates available for groups of three or more, seniors, students, and interns.

Please consider an additional tax-deductible donation to the scholarship fund. Thank you.

To learn more, call (360) 275-3957 or visit: www.goodenough.org/lab

[Click Here to Register](#)

[Click Here to Visit our Site](#)

Space is limited, register now. www.goodenough.org/lab

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

Come **CELEBRATE** with us!

The HUMAN RELATIONS LABORATORY is
50 years old — and we are having a party!

Dear HRL Alumni,

All Lab alumni – *you!* – are invited, along with your family, to our anniversary party celebrating 50 years of the Human Relations Laboratory. Please bring your memories, reflections, and photos to share.

The celebration begins at 2:00 p.m. on Saturday, August 10, and we hope you will share this event with us. We will have a program beginning at 4:00 p.m., followed by a celebratory dinner.

Fifty years of Lab ... what a remarkable achievement! Each Lab has had a unique theme, an ever-evolving structure, and a changing array of participants. After many years at many locations, the Lab has settled at Sahale Learning Center and has been welcomed here since 2002.

At this reunion, you can reconnect with Lab friends, and meet Lab alumni from other years. What an opportunity to share stories and learn how things were then, and how things are now.

You will also be able to explore the Goodenough

Community's beautiful retreat at Sahale Learning Center on the Tahuya River, Kitsap Peninsula, and to learn what our community is about now. The community and Sahale are a tangible legacy of John Hoff, who passed on February 14, 2018. In memory of John, let's let our hearts sing together again.

Please let us know whether you plan to attend, and how many guests you are bringing. We want to hear from you by **August 1** so we can make our plans. Please send your **RSVP** to Colette Hoff: 206 755 8404 or hoff@goodenough.org.

With anticipation,

Colette Hoff



RSVP to hoff@goodenough.org
TODAY or by
Aug 1st.

Kirsten is turning “70” !

Will you join a celebration, **Thursday, June 20** with dinner at the Bistro at Lakeland Village, close to Allyn, WA, about 35 minutes from Sahale. Here is a link about the place.

<https://www.kitsapsun.com/story/entertainment/2019/01/29/hesher-brings-wealth-restaurant-know-how-lakeland-bistro/2680014002/>



We will gather at Sahale at 4:00 for a brief “Happy Hour” and car pool to the Bistro at Lakeland Village for a no-host dinner, and sharing the cost of Kirsten’s meal. Please RSVP by emailing Joan Valles at joanvalles70@yahoo.com Could be a great party! And Pedge’s birthday is June 23 so we’ll have a double celebration!



Goodenough Men’s Circle: Upcoming Activities

Bruce Perler

Our Men’s Circle is an expression of brotherhood and practice with wisdom, gathered from own lives, other men’s work advocates and, the founders of this men’s circle. Much appreciation to John Lawrence Hoff for his years of love and dedication.

In the fall of 2018, during our annual retreat and event-tent take down weekend, we acknowledged authentic interest by several young men and began preparations for a young men’s rite of passage experience the following spring. As preparation for this important event in a young man’s, I’ll be leading a small backpacking weekend and vision quest into the wild country of the Olympic National Park.

These two events are now scheduled. **Our annual tent raising ritual and retreat will be at Sahale on 6/21-23.** The young men’s backpacking trip, June 7-9, is full for this season. For more information or questions, please contact me: bruce_perler@hotmail.com



Sahale Summer Camp

June 27 to-July 3, 2019

Now is the time to register!



SUMMER CAMP — JUN 27 to JUL 3, 2019

Sponsored by the Family Enrichment Program of the Goodenough Community

Register online or mail this form and deposit(s) to:

SAHALE SUMMER CAMP

2900 NE Tahuya River Road, Tahuya, WA 98588

Parent _____

Email _____

Child(ren) Name(s) & Age(s) _____

Home Address _____

City, State, Zip _____

Phone (H) _____ (M) _____

Deposit Method (\$100 per child) Check # _____

Visa/MC _____

Exp Date _____ Total \$ _____

Signature _____

Cost includes food, lodging, materials.

One child \$650 | Two children \$1050

Full refunds no later than May 25.

50% refunds after June 10. (No refunds after June 17th.)

Scholarship funds may be available before June. Please reach out to Irene Perler to arrange. 206-419-3477.

Preparation materials, what to bring, maps & directions will be sent upon registration.

Sahale is 20 minutes from Belfair, WA. The 68-acre center is an easy drive or ferry ride from Seattle, Tacoma and the Olympic Peninsula.

For more information please contact irene_perler@hotmail.com and visit goodenough.org.

Camp is supported by a volunteer staff of 18 trained adults and young people who each give many hours of creative, loving and dedicated service. It's so rewarding that many staff return year after year.

We mentor specific skills and teach by intentionally living collaboratively and joyfully all week. Colette Hoff, professional family life coach and community developer, offers life lessons for staff through leader development.

Our model values having pairs of junior staff who befriend each camper and guide each "kid clan." Counselors take their responsibilities to heart and help campers feel included and cared for. They support skits, play games and sing camp songs. They are friendly role models.



camp for boys and girls, 9-12

A week-long, overnight camping experience designed to help children have fun learning about themselves as a friend, naturally. Your child will leave with a greater sense of confidence and of belonging to the world. Our program builds skills that promote self-esteem, collaboration and social creativity for the future health of your child & society:

- ♥ Self-responsibility, self-care, self-reflection, self-awareness and self-expression
- ♥ Enjoyment of work and play
- ♥ Sharing and active listening
- ♥ Empathy and practical care of others
- ♥ Respect for elders and peers
- ♥ Collaboration and cooperation

“Building forts & campfires with friends all week long is so much FUN!”

Sahale's gift is a remote and beautiful river valley where we breathe fresh air, swim in clean waters, explore meadows and forested hills. It is home to diverse flora and fauna awaiting discovery. Each day, camp life is filled with natural wonders.

“Sahale is the best! I can't wait to meet up with my friends from camp.”

We build our tent village circled by trees and near the fire circle where we gather each evening for stories, singing, skits, stargazing and more. Each day repeats a gentle rhythm and includes comforting routines.

Daytime activities include: Group circles, archery, nature activities, cooking, river play, gardening, quiet time, journaling, drawing, drama, music, story time, free time, group games and crafts such as clay, weaving, beads, drawing and more.

“I love learning new things at camp and the food is great!”

On our last full day, we celebrate with a big feast and a special camp fire program as we prepare to join our families the next day.



Co-creating memories & friendships



Pathwork, June 9

Colette Hoff

Our Pathwork Circle will meet again on **Sunday, June 9, 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 Street, Tukwila, 98168. Barbara's cell phone is 206 412-9417.

Pathwork is an excellent context for instituting new spiritual practices, provides support for maintaining current practice, and gives many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess within each one of us and the influences on our spiritual development.



After June 9, Pathwork will meet again on July 14.



The deAnguera Blog: Mindful Flow

I can flow into a task by really concentrating on it until it is the only thing in my mind. To be mindful about it is to not concentrate on it so much that I lose touch with everything else like forgetting it's time for lunch or dinner. I can't hear the bell so well when I am below Potlatch.

When I was briefly a computer programmer at the Boeing Company I would get so deep into my work that I could easily forget about lunch or even going home at the end of the day. That's why I had a clock by my desk. Being in the flow means I am really enjoying my work.

Hal Smith is really concentrating on getting the measurements just right for a replacement joist on the floor of the big white tent. In both cases they are getting into the flow of their work because sometimes that kind of concentration is necessary.

When I am mowing with the Honda power mower or DR trimmer I will get into the flow and try to garden with these machines. I will try to do with these machines work that should be done by hand with lawn snips. This is a good way to damage plants and maybe kill trees. That's why mindfulness in this task is needed.

I can also wear myself out rather quickly because I am getting into the flow and just want to keep at it. Now I can understand why some folks may even work outside into the night.

An obsession of mine is to polish old coins until they glisten like new. I love making old things new. I have a collection of coins from the Philippines, Canada, Britain, and Hong Kong



accumulated through many years of traveling around the globe. Plus my parents gave me some coins from Mexico.

Recently John Schindler had me polish a coin the size of a quarter he found out in the meadow near the Walnut Grove with his metal detector. The coin was so dirty I could not tell what it was. I first polished the back side and slowly a sailing ship appeared along with the year 1951. Then I worked on the front side and a man's face appeared. Latin words appeared around his profile. It was a picture of George VI, King of Britain and a "D" indicated Dominion. It was probably a Canadian half penny coin. Some research on the Internet indicated this was the case. Canadian coinage was very different from what it is today.

Well, as a result of my obsession, I have been invited to help polish and document Kirsten Rohde's coin collection.

How did I get my coin collection? Usually when I change foreign money back into its US equivalent there is always a certain amount that can't be changed.

Other people must have noticed as well because I got requests to polish all kinds of silver which are just as enjoyable. But the real joy is in having the coin reveal its secrets as I polish it.

There is an art to getting a lawn or garden to look the way I want it to. The same is true for polishing metal things. I want them to look good. That is mindful flow.



Each of us is describing our experience with mindful flow during our work for the day.



The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile. Optimal experience is thus something we make happen.

~Csikszentmihalyi, 1990

THE LAUNCH FUNDRAISER FOR THE BUKOBERO COMMUNITY HEALTH CENTRE



**Saturday, June 22, 2019 from
6:00 PM to 8:00 PM (PDT)**

**Montlake Community Center
1618 East Calhoun Street
Seattle, WA 98112**

Imagine living in a community where you have to walk miles to access health care. Now imagine doing that through 5,900 ft hills during the rainy season when 70 inches of rain falls and you are in labor. That is what the people in a remote area of the Bududa District in southeast Uganda have had to do for ten years since a disasterous mudslide destroyed their only health facility.

Now **this community is organizing to build a new health center** and you can help them! It will be a health center owned and operated by the community it serves. Bringing health care to an area where easily preventable childhood diseases have gone untreated. And, women are giving birth without help from medical providers.

Please join us for the launch fundraiser for **the Bukobero Community Health Centre** in Uganda!

With **delicious Ugandan inspired bites** by Chef Chantel Jackson of Thyme Well Spent Catering (www.thymewellspentinc.com), a survey of traditional and modern African music by **DJ Jason Turner**, and room to dance, this event is not to be missed! This is a kid-friendly event so bring the whole family. Come early and enjoy a walk by Portage Bay.

If you can't make it, please consider a gift through our website, www.bukoberocommunityhealthcentre.org or through our GoFundMe Campaign, <https://www.gofundme.com/bukobero-community-health-centre>

WHEN: Saturday, June 22, 2019, 6:00pm - 8:00pm

WHERE: Montlake Community Center (1618 East Calhoun Street, Seattle, WA, 98112)

Hope to see you, Sheila Hosner





At the “OUR” Ecovillage – in British Columbia

September 13 - 15

Friday 2:00pm - Sunday 5:00pm

This conference is an intentional experience of

community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a model for impacting wider social change. The Goodenough Community is a sponsor for this event!



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**.



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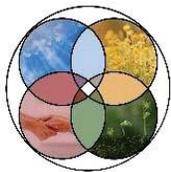
Seattle's local office fruit delivery service

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



The **General Circle** meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be June 9 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meeting is July 15.

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.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be June 14. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men’s Program

Our **Men’s Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men’s work advocates and the founders of this circle. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men’s *rite of passage* experience preceded by a smaller group vision quest. These two events are scheduled for **June 7 to 9** for the vision quest component centered around a small group backpacking trip into the Olympic National Park and **June 21 to 23** will be the annual tent raising weekend. For more information, contact: 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, June 9 and July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

Announcing new dates for Summer Camp 2019: Wednesday June 27 to Tuesday July 3, 2019. Summer Camp is 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 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

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 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.



M - Moment-to-moment attention

I - In the here-and-now

N - Non-judgmental attitude

D - Detach from unhelpful thoughts

F - Forgive & be grateful

U - Unconditional acceptance

L - Learn with beginner's mind

Zhen-Phang