



The Village eView

June 28, 2017

Kirsten Rohde, Guest Editor

Coming Up:

Play Weekend at Sahale, July 7 to 9

Pathwork, July 9

Council, July 10

Laughter and Consciousness, July 26

Equanimity

*With equanimity,
you can deal with
situations with
calm and reason
while keeping your
inner happiness.*

- The Dalai Lama

Kirsten Rohde

Colette passed on to me the book, **Buddha's Brain: the practical neuroscience of happiness, love, and wisdom** by Rick Hanson, PhD. with Richard Mendius, MD. I found the excerpts in the eView last week insightful. Their work is a wonderful blend of neuroscience and Buddhist mindfulness practices. The book has a chapter on equanimity, our theme this week, which I found quite useful personally. For example, in the course of reading the very readable 10 pages on equanimity, I got up to do something else about a dozen times. It took me several hours to finish my reading. Hanson writes, "With equanimity, what passes through your mind is

held with spaciousness so you stay even-keeled and aren't thrown off balance." I could use this perspective!

See also in this eView pictures of Summer Camp and pictures from Josh in India.

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

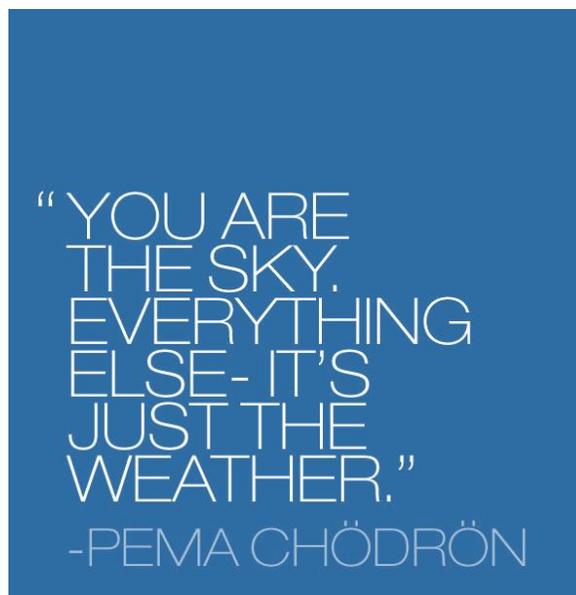
Sahale Learning Center

The EcoVillage at Sahale

Here is an excerpt from chapter 7: Key Points on Equanimity

(You can go to Dr. Hanson's website to find out more: <http://www.rickhanson.net/articles/>)

- ∞ Equanimity means not reacting to your reactions whatever they are.
- ∞ Equanimity creates a buffer around the feeling tones of experiences so that you do not react to them with craving. Equanimity is like a circuit breaker that blocks the normal sequence in the mind that moves from feeling tone to craving to clinging to suffering.
- ∞ Equanimity is not coldness, indifference, or apathy. You are present in the world but not upset by it. The spaciousness of equanimity is a great support for compassion, kindness, and joy at the happiness of others.
- ∞ In daily life and meditation, deepen your equanimity by becoming increasingly mindful of the feeling tones of experience and increasingly disenchanted with them. They come and they go, and they're not worth chasing or resisting.
- ∞ Equanimity is an unusual brain state. It is not based on prefrontal inhibition of the limbic system. Rather, it involves not reacting to the limbic system....
- ∞ You can strength the neural factors of equanimity with the methods summarized in this chapter and discussed in greater detail throughout this book. As you do this, your happiness will become increasingly unconditional and unshakeable.



Laughter and Consciousness

Dear Friends,

We are delighted to announce that Laraaji and Arji are returning for a third performance . .

WEDNESDAY, July 26, 2017

LAUGHTER AND CONSCIOUSNESS

Yoga of Sound, Laughter, & Deep Listening

with

Laraaji NadaBrahmananda & Arji OceAnanda

It will be held at the Goodenough Community home in West Seattle. Make plans to attend and invite others – this is a unique, enjoyable, inner and outer experience easy for anyone to join in on. An RSVP would be appreciated. Please email Kirsten (krohde14@outlook.com).



Laraaji and Arji first came to the Goodenough Community in March of 2015 and presented a well-attended evening titled a Peace Garden & Laughter Yoga. Laraaji then returned in Dec. of 2016 to offer us another magical evening while in town to perform for the Standing Rock protests fund-raising events in Seattle.

Laraaji and Arji (our friend Elias' (aka Yako) mother) are again coming to Seattle for a musical performance on Saturday, July 22nd at the lovely concert venue GOOD SHEPHERD CHAPEL...located at 4649 Sunnyside Avenue in the N. Seattle, Wallingford area.

<http://www.waywardmusic.org/?p=3279>

The prior evening, Friday, July 21st, they will offer a Laughter & Sound "playshop" also in North Seattle at THE SEATTLE SOUND TEMPLE

<http://www.seattlesoundtemple.com/project/workshops/>

Given that schedule, they have offered us an evening on Wednesday, July 26th at 3610 SW Barton St., West Seattle.

This light-hearted interactive experience consists of call & response chanting, playful laughter-therapy exercises, a deep relaxation component sonically supported with celestial music and sound, and a healing meditation upon the inner nadam ... known as the universal sound current.

Come dressed comfortably and expect to have some "serious fun"!

An open-hearted donation is welcome but not necessary.

[3610 SW Barton St, West Seattle, WA](#)

Email hoff@goodenough.org for more information.

BIOS

"LArAAji" (Edward Larry Gordon) pursued his dream of becoming a Musician and humanitarian artist from a very early age in the Coastal town of Perth Amboy, New Jersey, learning to play Piano, Violin, and Trombone along with singing and performing in church and school choirs, bands and orchestras. His high school scholastic talents and enthusiasm for creating new music won him scholarships to study music at Howard University School of Fine Arts in Washington, DC during the mid 1960's .

Following 4 years at Howard, he moved to New York city to pursue a double career in comedic acting and music. During these several years of mild success in both careers he received a strong inner call to explore alternative spiritual practices including transcendental meditation, mind science, yoga-meditation, trance journeying and contemplative creativity. Eventually his lifestyle became one of devotional inner practice and creative inspiration.

During the mid 70's following an inner sound vision, he set out to create a new musical sound involving a modified 36 string AutoHarp, alternative tunings, and innovative music Electronics. This new musical expression captured the heart and stimulated the imagination of a very appreciative and warm New Age following.

He has since traveled extensively throughout the USA & internationally sharing his musical sound vision in both Solo and collaborative adventures.... many of which have been documented in classic quality recordings

Laraaji has also developed over the past 25 years his signature style of Meditative Laughter Playshops presented in a wide array of venues in the USA & abroad. Visit his blogspot <http://laraaji.blogspot.com>or, to enjoy a wonderful mini documentary on his extraordinary career, go to the VIMEO link entitled "Eternity or Bust" <http://vimeo.com/75415290>

Arji "OceAnanda" Cakouros, is a Sound Healer, Musician, Usui Reiki Master, & Dreamwork Teacher with a private counseling/healing practice based in Niskayuna, NY. Since 2008, she has enjoyed the deep joy and honour of collaborating with Blissmate Sw.Laraaji NadaBrahmananda"LArAAji" ...([HTTP://LARAaji.BLOGSPOT.COM](http://LARAaji.BLOGSPOT.COM)) in many venues worldwide, offering Healing Sound events and Laughter Immersion experiences, as well as a great variety of musical performances in conjunction with other artists.

She is included in the Fall 2011 release of "That Healing Feeling", a collaborative recording made with Laraaji and Blues Control musicians Lea Cho and Russ Waterhouse, which received international attention and acclaim, resulting in an eight country tour in 2012:

http://pitchfork.com/reviews/albums/16056-frkwys-vol-8/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+PitchforkAlbumReviews+%28Pitchfork%3A+Album+Reviews%29

Arji has also served since 2009 as faculty for the annual prestigious international Sound Healers Intensive in Colorado, developed by internationally recognized Sound Healing Pioneer Jonathan Goldman (for which she and Laraaji released a highly acclaimed two Cd set entitled "Laughter & Consciousness" in 2014), as well as on the faculty for the Sacred Sounds Institute Intensive held annually at Olympic National Park, Washington state created by the multi-talented pioneer Sound Healer Vickie Dodd.

Other releases with Laraaji include a trilogy of live concert events offered as single CDs or a 3cd set. They were recorded at DubLab in Los Angeles (Nov. 2013), the historic Bijoux Theatre in Knoxville (2014 BIG EARS festival), and most recently at the Indianapolis Museum of Art (May, 2014). Additionally, her "In a Celestial Cathedral" chant cd with accompanying drone by Laraaji, and their recent "Into the Peace Garden" July 2016 Colorado concert recording, have enjoyed an enthusiastic response.



I see lots of people who don't know how to create for themselves happy, fulfilling environments in which to live and work. Hence, when a person first discovers the nourishment and support of intentional relationships, in community, they become critical of their other existing relationships. And because of this, our community works hard preparing people to export and demonstrate what we value here—wisdom, love, forgiveness, and laughter—back into their families, friendships, and work life. ~John Lawrence Hoff



48th Annual
HUMAN RELATIONS
LABORATORY

AUG 6 to 12, 2017

Co-Creating a Meaning-Full Life

Sponsored by the Goodenough Community

Equanimity:

Not preferring anything else. A sense of fullness already, of being alright as it all is. A profound acceptance of whatever arises. Allowing it to come and go without grasping or aversion.

Abiding as equanimity. Breath after breath after breath. At ease. Settling into deeper and deeper layers of equanimity. Whatever is present is alright.

A vast and thoroughgoing equanimity

Where there is no disturbance. No struggle with what is the case. No struggles at all. Even the subtlest ones.

Resting in equanimity.

Like a Buddha.

© Rick Hanson, PhD, 2008



When we work together to accomplish anything it is especially important to stay calm, stable, and composed. This is known as equanimity. It allows us to meet any stressful situation.

A good example would be getting the tipi in Central Park up. It is crucial we all listen carefully to directions. As you can see in the left hand photo equanimity makes it possible for us all to act together at just the right moment.

This is the week of Summer Camp for twenty-five kids. That could certainly be stressful. Without equanimity it would be impossible. We need to be able to pass on to our young people the discipline of equanimity. We can do that best by example.

How about doing a skit? That can be pretty stressful in front of an audience. Jenny knew how to get her charges working together to do some pretty funny stuff. As I know from experience the trick is making it look easy but I am sure a lot of practice went into it. The kids loved it and nobody appeared stressed out. Jenny even had them doing skits involving Greek mythology such as the story of Perseus and Medusa. The key is to have fun with it. I can see this is one of Jenny's passions.

You should have seen us drumming! Drai Schindler had us all drumming on different drums. Most of them had animal skins. They had to be dried out by the fire to properly carry a drumbeat otherwise they sound flat. I got to drum on the mother drum the second night. This is the drum setting the beat for all our other drummers. We really had to listen to each other's beats to get in sync with each other.

Colette told us the story of White Buffalo Woman who appeared to the Lakota people a long time ago to show them how to live. White Buffalo Woman had to know equanimity within herself to be able to teach the Lakotas. Her whole being had to be precisely balanced. The same was true for those receiving the message otherwise it would get drowned out by egoic desires.

Colette was given the costume of White Buffalo Woman because people felt that the Buffalo was making itself felt as her power animal. Colette displayed her essence for us all to see.

Identifying with power animals can show me my basic nature as well as what roles work best for me. What creature do I identify with most strongly? A dachshund. They are complex thoughtful beings. They connect me with people like Picasso. Anybody with dachshunds in their lives must be worth

getting to know. Several years ago I had Max Fain, a community artist, help me make a dachshund mask. My family had 3 dachshunds when I was young.

Could I use a power animal? This is something I have actually given very little thought to most of my life. Being able to take ownership of an identity for myself was one of my most difficult challenges. If I did display myself the way Colette did, what would others think? My basic nature is to blend in becoming invisible. This was how I gave myself away.

For me taking ownership of my life is pretty important. I need to balance that with what others are teaching me. Otherwise equanimity is impossible for me. I simply become a bundle of other people's desires surrounding a hollow shell. I can only wake up when all of me is present.

I can sense how much like the Human Relations Laboratory Summer Camp is. Most of the basics are the same such as learning how to listen to each other's stories and draw each other out. These skills are best learned at a young age. They can become more difficult as I get older because I am much less flexible.



Equanimity? Try shooting an arrow. You have to be a calm, collected, and know within yourself that you can hit the target. Thanks Bruce Perler for teaching archery.



Community News

A surprising message from Hollis on Tuesday:

I just came back from Overlake Hospital where Hal has had a stent placed in his left coronary artery.

He had chest pain, so I took him to Urgent Care, where they called an ambulance. There, with Hal's history, they decided to skip the usual stress test and move directly to an angiogram.

They found that one artery was 99% blocked, and they were able to force it open and insert a stent.

Hal is spending the night, and will most likely be discharged Wednesday morning.

The doctor said he should rest for a couple of days and then resume normal activities (which would include yardwork, so he really did mean “normal activities.”)

Everyone has told us that it was a very good thing that we came in when we did. And I think Hal is going to feel a lot better with that artery delivering a full amount of blood and oxygen to his body ... once he recovers from the procedure.

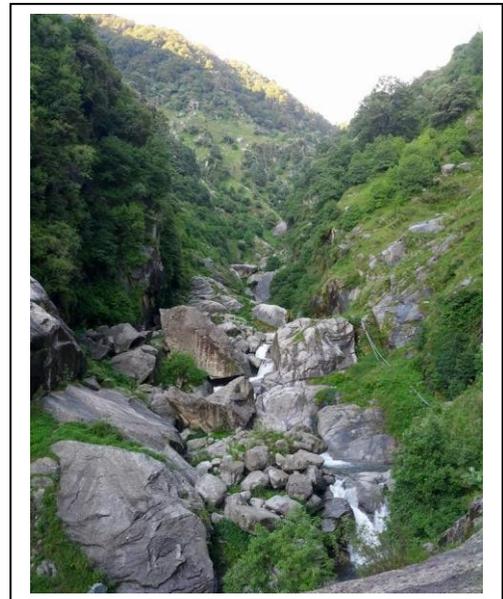
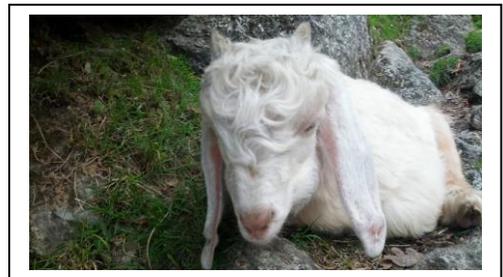
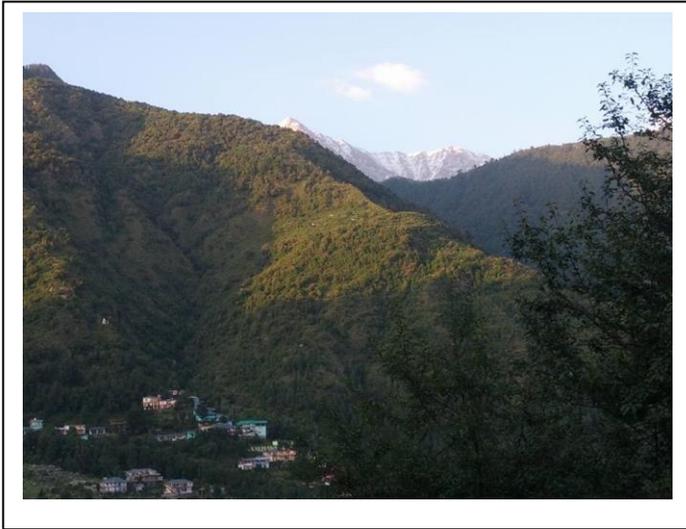
Update from Kirsten: I talked to Hal this evening who is now home and he says he’s doing well. He sounded well because he was telling me funny stories. You’ll have to ask...

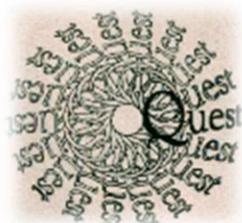
Birthdays

- ✚ • **Happy Birthday, Anthony Jepson, June 29**
- ✚ • **Happy Birthday, Leo Gossett, July 1**
- ✚ • **Happy Birthday, Joe Buchmeier, July 2**
- ✚ • **Happy Birthday - Alice Hovendon, July 2**
- ✚ • **Happy Birthday - Leo Anwan Hovenden, July 4**
- ✚ • **Happy Birthday - John L. Hoff, July 7**
- ✚ • **Happy Birthday - Reider Geraci, July 7**
- ✚ • **Happy birthday - Dyanne Harshman, July 8**

Pictures from Josh in India. Hi Josh!







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 be more effective in relationships.

Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be 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. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time.

We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.



A weekend for men is being planned for **June 9 to 11**. Focal Person: Bruce Perler, bruce_perler@hotmail.com

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

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

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: 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. Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.

Annual Organizational Meetings **March 2018 This weekend is foundational to all programs and events within the community. Come and be curious!** Please contact Kirsten Rohde 206 719-5364 for more information.