



Village eView

April 24, 2019

Colette Hoff, Editor

COMING UP

Pathwork Circle, April 28

General Circle, April 29

Women's weekend, May 3 to 5

Memorial Day Weekend, May 24 to 27

How to Live in Heaven – Here!

The theme for the 2019 Human Relations Laboratory has been settled by the Leadership Team who gathered this weekend to prepare, inside and out, to offer themselves to guide the event.

HOW is an interesting word and frames the question *in what way?* *In what way* will we live in heaven together for a week? (A good question that will be answered over the next few weeks.).

John Hoff gave a teaching about the **Order of the Questions** that has been a inner guide for many people over time. The following is the introduction:

My process of consciously seeking can be traced back to my seventeenth year and the story I am about to tell. It was a sunny warm spring morning -- Sunday -- in central Alberta, Canada, on a reservation of the Cree Indians. I leave the worship service to go outdoors. My companion on an old bench is an Indian in his middle years. He said listening to sermons made him hungry for hearing his people's teachings. I asked him what teaching has helped him the most. He responded without hesitation:

There is a teaching among my people that says we must deal with things in their proper order. The teaching is called the Order of the Questions. The first question we must deal with is "Where". We have to choose our land and our people. Then comes the question of "What" we do for our land and our people. What is helpful? What is needed? When we are doing what is right for us, we begin to discover "Who" we are. White people are too concerned about who they are before settling the question, "What am I here to do?" These questions of Where, What and Who require us to appreciate our people and our elders who have wrestled with these questions before us.

The fourth question is "How". How will I talk about my life? How will I show what I do and who I am to others? The fifth question is "When". If we are living rightly in being true to our spirits, the main question we face as adults has to do with the timing of things.

On-Line News of the Goodenough Community System

The American Association for the Furtherance of Community

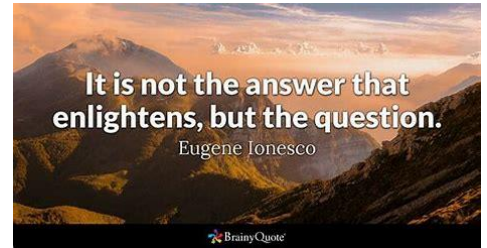
Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

When will I say something? When is the right time to do something? This is what makes us artists of our lives. The final question is "Why". Little children whine the question "Why?" in an irritating way. Most adults ask the question Why as if they were still children. Grown-up people know that we don't ask Why until a long time after something is over. Even then we don't ask the question as much as we are asked the question by Someone inside. When we find ourselves asking Why in this way, we know we are ready to understand something about ourselves.



Native people have teachings that guide them. You are young and could use this teaching all of your life to guide you. Make sure you ask the questions in this order or you will be confused and waste much time.

This teaching has stayed with me in a foundational way. Although I have received training in career guidance and counseling, I have found the Order of the Questions the most reliable source of wisdom for my own life.

Editor's note: **Where**, **What** and **Who** are the first three. The entire teaching of the Order of the Questions can be found on page 14. (I hope you find it of value!)

The Inward Arc of Developing Spiritual Life in Community:

4. HOW?

"How?" grows out of the previous questions as you ponder: **How** do I become conscious and know what I am? **How** do I individuate and know the particular unique answer of who I am? **How** do I care for my planet and my people where I am?

Once you have discovered the vast divine human spirit within you, your whole life must change. You are capable of creating a life.

You respond with your life consciously, creatively, courageously, compassionately. There are many "**how** to's" to learn, many strategies to develop. Yet, they occur to us, and to those with us, in the process of being ourselves. We live in a society and an age that is distracted by methodologies. "How" (method) comes after "where", "what" and "who". Don't forget that!

Question	Possible Answers	Focus
HOW? How am I to be? How do I express myself? How do I live the life of a Self? How do I live respectfully of other selves? How do I join and collaborate with others? How do we take care of the world around us?	I am to be unified through conscious intention. I am to express myself as a whole person congruently I am most happy when I live courageously with consciousness, creativity and compassion. I am happiest when I love others as I love myself. I care for all things well when I am mindful that everything is related to everything else. All is One -- alive and growing!	Self: The question "How?" encourages self-surrender in a movement toward relationship, giving up alienation and separateness and the separative ego in favor of the Divine Will which joins us in acts of service.



Wednesday, April 24, 2019

Jim is back home

I want to let you know that I came home today from the hospital (and a successful TAVR operation). My cardiologist and heart surgeon replaced my aortic valve Tuesday morning by pushing the new valve up through my femoral artery in my right leg and expanding it into place. (My old valve was only operating at about 20% capacity and I was feeling the effects of my heart having to work extra hard to pump blood through a narrow opening).

I was only in the hospital one night – which is plenty – and Barbara brought me home around noon today. For about a week I will be healing from the incisions in my groin and the placement of the new valve. But right now I am feeling pretty good and I sure like sleeping in my own bed.

Jim Tocher



On-Line Transactions:

You are now able to make donations and register for events for both The Goodenough Community and Convocation at our web site: www.goodenough.org (Thanks Dra)

There is still time to register for the Women's Weekend!



*You must give yourself to love
if love is what you're after;
Open up your hearts to the tears and laughter,
And give yourself to love, give yourself to love.*

- Kate Wolfe

-

You Are Invited to ...

The Goodenough Community Women's Weekend

Give Yourself to Love!

May 3-5, 2019

Sahale Learning Center, near Belfair, Washington

In our lives we often feel surrounded by all things opposed to love, yet we yearn to be loved and to love. Wise people tell us to open ourselves to love, but how can we do that in "real life"? We are told we are by nature filled with love, yet at times we cut ourselves off from our own loving

energy. With so much opposing our efforts to love and be loved, what's a woman to do?

Please join us for a weekend of womanly companionship as together we search out barriers to loving energy and explore ways to open ourselves to love. You can count on experiencing friendship and laughter, deep silence and introspection, warmth and nurture, all in the natural tranquility of Sahale Learning Center. Enjoy hearty, healthful, home-cooked meals and rest in comfortable accommodations.

The women's program of the Goodenough Community 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.

More information will be posted on our website, Goodenough.org. You may let us know you plan to attend by sending an email to Elizabeth Jarrett, elizabeth.ann.jarrett@gmail.com



HOW To Move: ASK for help from a community of friends

This a wonderful chance to let Pam and Elizabeth receive our love and support. Can you help? Editor note

A Moving Experience:

Calling all Gardeners! Come help us with Curbside Appeal ®

Pam and Elizabeth Jarrett-Jefferson

We are asking **AGAIN!** for your help to help us get our home ready to sell. We are asking now for your help with **curbside appeal!**

If you have time, we'd love it if you could help us in any fashion (and there are plenty in the category of Curbside Appeal). That includes gardening, trimming, mowing (although you'll have to wrestle the mower from EJ) , weed removal, moving stuff out of the greenhouse, rose pruning and transplantation, even sitting in a lawn chair in an appealing way in the front yard.... I am sure we could tailor something to your skills and abilities.



We are deeply appreciative to all who have patiently helped thus far. Stay tuned for a lengthy list of eager helpers, selfless packers and movers (most assured movers and shakers too) and others who are providing love and encouragement along the way.

Your next opportunity is April 27 - Please let Pam or me know if you can join us (adventuredog@hotmail.com; elizabeth.ann.jarrett@gmail.com).



The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function. Future themes of the eView include:

May 1- **Energy**, Marjenta Gray, Editor

May 8 – **Awareness**, Colette Hoff, Editor

Goodenough Men's Circle: Upcoming

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 circle. Much appreciation to John Lawrence Hoff for his years of love and dedication.

In the fall of 2018, during our annual event-tent take down project, we acknowledged authentic interest and began preparing 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 few young men and fathers, in a backpacking weekend and vision quest into the Olympic National Park.

These two events are now scheduled; our annual tent-up ritual and retreat (6/21-23).

A vision quest experience, centered around a small group backpacking trip into the Olympic National Park, will be held earlier in the spring.

For more information or questions, please contact me: bruce_perler@hotmail.com



No matter how much you
succeed..... never ever
forget your roots.....

- Danish

The Human Relations Laboratory will be 50 years old in August! In our *eViews* that lead up to our annual event in August, we will be looking back at Lab themes from previous years.

LABS, Past and Present

Fran Minietta

When I remember Lab 2003, my mind inevitably returns to my first experience of Lab in 1980. I had known John for a few months and he told me about laboratory learning. It sounded right for me and I was determined to join the experiment. We spent time in the large group under John's ever-creative leadership and we spent mornings, afternoons and many evenings in professionally-led therapy groups. We ate what and when the retreat center decreed. We did some singing, and we danced to recorded music. At some of those early Labs, we had visiting entertainers: I especially remember Darth Vadar one year, and another year our special treat was singing duo, Reilly and Maloney. There were no children and no elders. We were young and middle-aged adults, intent on getting our therapeutic work done.



There was no organized community then, and in spite of our best intentions, we had little contact with friends from Lab throughout the year. But we began dreaming – big dreams. We envisioned having a community year-round, and of owning our own place where we could do exactly as we wished. We could follow our own natural schedule for coming and going, meeting times, and meals. We could do our own cooking and have delicious, healthy meals. We could have fun without noise constraints. We could have a variety of living options – some tents, some privacy, some sharing. It was a beautiful dream.

And yes, dreams do come true - we are living ours. We do have our community, and we do own a beautiful rural retreat center at Sahale. We are blessed with a number of really good cooks, and we enjoy fabulous meals. We have Fun City at the Swamp, and dancing in the big tent. We have the leadership of some incredibly creative expressors – for singing, dancing, clowning around, playing musical instruments, doing puppet shows, having archery tournaments, and having a show-stopper costume parade out to our new baseball field. The baseball game that followed was a kick. The *youngsters* beat the *mature* players – discretion dictates I not reveal the lop-sided score. These days we are blessed with an age range of almost eight decades (!) and the pleasure of children's and elders' wisdom, laughter and antics.

And yes, we are so blessed with John and Colette's creative leadership. Colette is manager of Sahale and is living into that role with vigor, hip boots and a *big* grin. Our theme at Lab this year was *The Power of a Story Comes From Within*. John taught us a format for story-telling in large and small groups. Each day, there was a stem sentence to be used to help us move our stories along. The first day was *once upon a time...* Subsequent days were *each day...*, *until one day...*, *as a result of this...*, *as a result of this...*, *until finally...*, and the last day was *and ever since that day...* We were urged by him to find our authentic voices and let them tell our stories. Group leaders became story-telling coaches. As the week went on, we heard deeply moving and beautiful stories told by our good friends – stories that many of us had never heard. It was quite a rich experience, and I'm so grateful to John for telling some of his stories to model for us. Story telling is our community theme for this next year, and all of us are looking forward to learning more about this creative and evocative method. Do we have stories for you...!



Fran was a therapist at Eastside Counseling service for many years. She was integral in forming the community and offered her leadership for many years. She lives on in our hearts and I miss her (Colette).



Pathwork, April 28

Colette Hoff

Our Pathwork Circle will meet again on **Sunday, April 28, 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 April 28, Pathwork will continue to meet on May 12 [changed from May 19], June 2, and July





The deAnguera Blog: People Power



The renewal of Easter. Yes. Life does continue on from generation to generation. Note Jim Tocher and John Schindler in a friendly conversation. Yes, the foundation is solid.

Today I learned about people power in a big way for the first time with Russ and Julie on Zoom. Unlike regular news media Zoom gives the ability for two way interaction. That's power to us. They can't push us over anymore. Only truth is permitted. People power that has the potential to reach the entire globe.

A large part of how our society is controlled is through the news media. Now we the people are creating our own story often in opposition to it. We out in the woods at Sahale and other places around the country are creating an alternative to the dominant narrative. We are utilizing the power of Sociocracy to organize our community which can transcend national boundaries. I have not seen anything like this before. This is definitely a tool for activists. People can be quickly organized for many things. I can't think of a more wonderful gift for Easter here at Sahale.

A group of us will be going to the Earth Repair Conference in the upcoming week. I will be on the audio-visual team helping Julie put together equipment in 20 classrooms starting at 8:00AM. It is great to be working with friends. Now we will be making things happen. We will be connecting with folks around the globe. It will be at Fort Worden, near Port Townsend, the most exciting work I have ever done in my life. The revolution is definitely underway. A good revolution by heart connected people.

You would not believe the amount of work that has gone into this project. Skeeter is helping facilitate it. It is good to see him again after so many years. Now I am a much wiser person. I feel very good about the turn my life has taken.

Russ and Julie live near a beautiful lake in an area filled with all sorts of creative energy. Russ is even working on an electric car.



I have a lot to learn especially about computers. Russ and Julie are patiently instructing. The Webinar I was part of is part of the training. Maybe computers can be fun again. Who knows?



Tarzan still rules the roost but now he is down to just 2 hens.

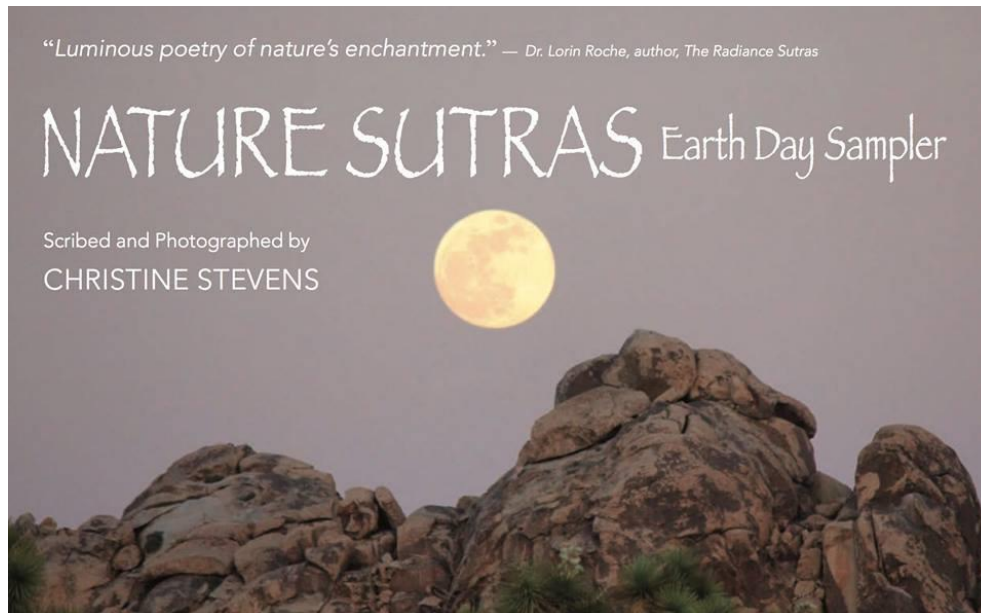


Birthdays, Anniversaries, and Community News



Welcome and congratulations!

Steve Ghan and Sharon Grant are new grandparents! Welcome Baby Krowiak, born Wednesday evening, March 27, 7"14", 20 inches. Parents and grandparents are very happy. Congratulations!



A lovely Earth Day gift to for all of us. Our Long Dance friend Christine Stevens has shared a Earth Day Sampler of her Nature Sutras Book. It is a collection of her poetry and photography of and from the Earth. You can enjoy them at this link: <https://tinyurl.com/y2wsvoyr>
Submitted by Draí.



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.

Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim Tocher demonstrates. Tod Ransdell came up with the plans many years ago. This fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it.

\$\$This project couldn't come out of the general budget and we were not sure how much it would cost all together even with some things available here. So, while it's not our usual way, we built it and now two people are carrying the \$650 cost.

While we have a donation for \$200, with \$450 to go, any contribution would be wonderful. And another \$75.00 has come in. Will you join?

Please mail donation checks to Box 312, Tahuya, WA, or go on line to the Goodenough Community donation button.

More Cider produced faster!



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**.

A promotional banner for MarketFreshFruit.com. On the left, a woman in a red shirt is holding a yellow apple over a bowl of fruit. A yellow circular badge with the text "Free FRUIT TASTING!" is overlaid on the image. The background is green with white and yellow text. The text reads: "MarketFreshFruit.com", "eat healthy at work", and "Seattle's local office fruit delivery service".

Free FRUIT TASTING!

MarketFreshFruit.com
eat healthy at work

Seattle's local office fruit delivery service

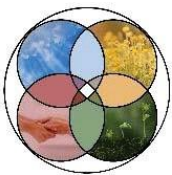


Programs and Events of the Goodenough Community

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 April 29 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meetings are April 29, May 13, June 3, 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. 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 age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be **May 17**. 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, April 28, May 12, June 2 and July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

Announcing new dates for Summer Camp 2019: Wed., June 27, to Tues., 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.

THE ORDER OF THE QUESTIONS

John L. Hoff

My process of consciously seeking can be traced back to my seventeenth year and the story I am about to tell. It was a sunny warm spring morning -- Sunday -- in central Alberta, Canada, on a reservation of the Cree Indians. I leave the worship service to go outdoors. My companion on an old bench is an Indian in his middle years. He aid listening to sermons made him hungry for hearing his people's teachings. I asked him what teaching has helped him the most. He responded without hesitation:

There is a teaching among my people that says we must deal with things in their proper order. The teaching is called the Order of the Questions. The first question we must deal with is "Where". We have to choose our land and our people. Then comes the question of "What" we do for our land and our people. What is helpful? What is needed? When we are doing what is right for us, we begin to discover "Who" we are. White people are too concerned about who they are before settling the question, "What am I here to do?" These questions of Where, What and Who require us to appreciate our people and our elders who have wrestled with these questions before us.

The fourth question is "How". How will I talk about my life? How will I show what I do and who I am to others? The fifth question is "When". If we are living rightly in being true to our spirits, the main question we face as adults has to do with the timing of things. When will I say something? When is the right time to do something? This is what makes us artists of our lives. The final question is "Why". Little children whine the question "Why?" in an irritating way. Most adults ask the question Why as if they were still children. Grown-up people know that we don't ask Why until a long time after something is over. Even then we don't ask the question as much as we are asked the question by Someone inside. When we find ourselves asking Why in this way, we know we are ready to understand something about ourselves.

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MEDITATION ON THE ORDER OF THE QUESTIONS

The Outward Journey:

1. WHERE?

In Native thought form the answer is on Mother Earth, on that conscious living, loving organism the ancient Greeks called Gaia.

Where also refers to people, to a particular people in a particular place, tied together by their commitment to the beauty and bounty of that place.

So the answer to the question, "**Where?**", which must be answered before all others, has to do with choosing a geographical place and a social place. It has to do with choosing a family and a place to care for.

To choose a place and a people for whom to care, requires you to take a stand. And to stand with your people, will place you on a journey with them.

Question	Possible Answers	Focus
WHERE?		
Where am I?	I am in a body. I am a body person. I am in a womb. I am a relational environment. I require a social context rich enough to explore my full humanity. I am in a Universe that is a unified conscious Being.	Self: The question Where enables us to offer the developing self a safe, natural world, referring to both place & people. Self creates the environment in which we live.

2. WHAT?

As we reach out, be-ing **what** we are called to be, we create a social organism I do not know **what** to call except community: people who choose each other. The archetypal community is itself a divine entity, a collective Essence embodied in a collection of individuals.

Community must be led by individuals who are called to lead, who have the courage to act on their calling and to go through the refining fires of leadership. They must win, one by one, others who care for **what** they are, who care for **what** they are here to be, who have the courage to love equally the people they are with and the earth that is their home.

"**What?**" is an important question to ask about our own selves and must be answered before we ask who we are. **What** we are in our own being must be addressed first. **What** we are socially, physically, archetypally as human beings, must be understood before we ask the question of personal identity. After our body dies, it returns to earth since it is made of the same elements as earth.

It is of great sadness to me that as human beings we take guidance from those who would have us be curious just about who we are and forget what we are and for what we are here.

What are you? You are being, essence in a body, creative energy on the earth, loving energy with other people on a courageous journey.

Question	Possible Answers	Focus
WHAT?		
What am I? What am I re- lated to? What is in my world? What is the meaning of things?	I am a patterned expression of my inner life. The contents of my inner life are important to me. My mind desires to recognize the patterns of the world order. The meaning things have for me -- I give!	Relationship: The question "What?" allows us to identify the elements of our Universe and the relationships possible with each element.

3. WHO?

Who? A question that wakes one from sleep. The sound of an owl at night.

The purpose of the question "**Who?**" is simply to get you thinking. And how else do you think but personally and individually?

Consciousness of your self is born in the reverie of "**Who** are you? **Who** am I?" The answer to those questions will lead you to know that you are unique, and that anybody else's answer will not satisfy you. The "I" that is inside, the "I" you use when you say, "I want, I think, I feel, I am." ... I ... That is a name for yourself no one else can use, nor can you use theirs.

I am unique and you have to know that for yourself as well. And how else can you know that but to individuate, to become yourself over and against your father and mother and your brother and your sister?

Asking this question "**Who?**" is an ever-changing journey of finding out **who** you are. It is a lonely journey, for because you are unique, you are alone in some profound way.

Who are you? You are unique as a body, unique as an "I" on a unique journey of individuation having a unique effect on the world and therefore having a unique story.

Question	Possible Answers	Focus
<hr/>		
WHO?		
Who am I? Who is with me? Who is in charge?	I am one person composed of many aspects (the I that is we). I am a unique Being. By virtue of my uniqueness I am alone. I refer to my Self with the word "I". I am the same Essence as the Universe. I am Spirit.	Community: The question "Who?" is a reminder that each person is similar to all other persons by sharing a spiritual nature. Community is the social context which calls forth our spirits and unifies them through organization and ritual.

The Inward Arc of Developing Spiritual Life in Community:

4. HOW?

"How?" grows out of the previous questions as you ponder: **How** do I become conscious and know what I am? **How** do I individuate and know the particular unique answer of who I am? **How** do I care for my planet and my people where I am?

Once you have discovered the vast divine human spirit within you, your whole life must change. You are capable of creating a life.

You respond with your life consciously, creatively, courageously, compassionately. There are many "**how** to's" to learn, many strategies to develop. Yet, they occur to us, and to those with us, in the process of being ourselves. We live in a society and an age that is distracted by methodologies. "How" (method) comes after "where", "what" and "who". Don't forget that!

Question	Possible Answers	Focus
HOW?		
How am I to be?	I am to be unified through conscious intention.	Self: The question "How?" encourages self-surrender in a movement toward relationship, giving up alienation and separateness and the separative ego in favor of the Divine Will which joins us in acts of service.
How do I express myself?	I am to express myself as a whole person congruently.	
How do I live the life of a Self?	I am most happy when I live courageously with consciousness, creativity and compassion.	
How do I live respectfully of other selves?	I am happiest when I love others as I love myself.	
How do I join and collaborate with others?	I care for all things well when I am mindful that everything is related to everything else.	
How do we take care of the world around us?	All is One -- alive and growing!	

5. WHEN?

Where are you in time? What world have you created by your choice of time? To know this, turn your ear inward, away from ticking time and catch the pulse, the rhythm, the surge of inner time.

What are you in time? Listen deeply and hear the inner swell of eternity that connects you with all that is, all that ever was, all that ever will be.

Who are you in time? Tune your senses to your own unique beat. Listen to the symphony of the Universe within you and distinguish your own part in it. Distinguish your part and notice the way your part interweaves with others to enrich the entire universal symphony.

How are you in time? Begin to move to the rhythm you have chosen. In a time with a beginning or without a beginning, in a time with an ending or without an ending. Move with the people moving with you, people on a journey together through time.

When? When to begin? When to end? Listen deeply. You will know. In our mature years so much depends on timing!

Question	Possible Answers	Focus
<u>WHEN?</u>		
When do I act? When do I respond? When do I release creativity? When do I contain my own energy?	My energy, creativity and responsiveness are released when it is respectful of others' energy. I do either or both of these things as a response to leadership and shared process.	<u>Relationship:</u> The question "When?" suggests that I am to follow my heart, to work with others with whom I am in relationship and decide consensually for the good of all. The relational event calls forth our individual response. I am rarely alone when deciding when.

6. WHY?

So it goes in exploring "Why?" I am here doing what I am doing. Right now, when I am saying this to you, I am here as a just Be-Cause. I started out by saying:

"There are some things I do not understand about how I got here, but I do understand that my Being seems to be sufficient *cause* for a number of people to ask me,

"Why are you doing this?"

I give meanings to everything in my life. No one else gives meaning to me or mine. This is my creativity -- I can truly mean things!

"My answer is composed of statements in response to the other questions plus this one:

Why, of course I am here ...
... On a journey of a heart through a lifetime. I am a Be-Cause that occasions the question "Why?"

John Lawrence Hoff

You see things and you say, "Why?"
But I dream things that never were, and say "Why not?"

George Bernard Shaw
from *Back to Methuselah*

Question	Possible Answers	Focus
WHY? Why am I doing? Why am I experiencing what I am experiencing? Why is the world responding as it is?	The deep answer to "Why?" involves the recognition that "Why?" is not asked by us as humans, but is asked of us by the Universe and its Gods and Goddesses. "Why?" refers to the world of values. We do what we do because of our values. Our lives are a dream coming true. Our lives are predicted by our values.	Community: The question "Why?" focuses on the statements we are making through what we value. We value what we have feeling for, are connected to, hold important. Community, as an organized social response, is an on-going, self-correcting process of renewing values by helping us know why we are living the way we do. Community releases knowledge, wisdom and truth by allowing experiential learning for individuals and groups.