

# Village eView

February 27, 2019

*Colette Hoff, Editor*

## COMING UP

**Couples' Weekend**, March 1 to 3

**Pathwork**, March 10

**General Circle**, March 11

**Annual Goodenough Community Meeting**,  
March 15 to 17

Equanimity is being studied by the Sahale Residents. After working with the community covenant, communication skills, learning more about triggering and splitting, we moved to the goal of emotional intelligence, equanimity. Rick Hanson writes, "With equanimity, what passes through your mind is held with spaciousness so you stay even-keeled and aren't thrown off balance."

Equanimity is a fundamental skill for self-exploration and emotional intelligence, according to Shinzen Young. It is a deep and subtle concept frequently misunderstood and easily confused with suppression of feeling, apathy or inexpressiveness.

Equanimity comes from the Latin word *aequus* meaning balanced, and *animus* meaning spirit or internal state. As an initial step in understanding this concept, let's consider for a moment its opposite: what happens when a person loses internal balance.

In the physical world we say a person has lost balance if they fall to one side or another. In the same way a person loses internal balance if they fall into one or the other of the following contrasting reactions:

- Suppression –A state of thought/feeling arises and we attempt to cope with it by stuffing it down, denying it, tightening around it, etc. ☒
- Identification –A state of thought/feeling arises and we fixate it, hold onto it inappropriately, not letting it arise, spread and pass with its natural rhythm.

Between suppression on one side and identification on the other lies a third possibility, the balanced state of non-self-i n t e r f e r e n c e ...e q u a n i m i t y .

## ***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

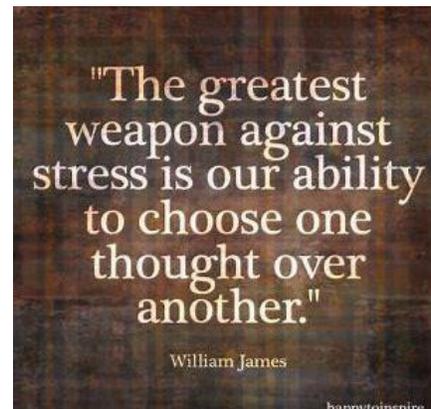
The following is an excerpt from chapter 7 of Buddha's Brain by Rick Hansen.

### Key Points on Equanimity

- ∞ 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 strengthen 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.



Over time, equanimity deepens into a profound inner stillness that is a defining characteristic of contemplation and can be woven into daily life.



Keep reminding yourself of the important reasons for equanimity: you want more freedom from craving and the suffering it brings. Recall your intention to be aware of the feeling tone, to be spacious around it, and to let it be whatever it is without reacting to it. Post the word, equanimity on your bathroom mirror, in the car, and your computer.

→|→|→|→|→|→|

*There are two types of seeds in the mind: those that create anger, fear, frustration, jealousy, hatred and those that create love, compassion, equanimity and joy. Spirituality is germination and sprouting of the second group and transforming the first group."*

~ Amit Ray

Equanimity is also an illustration to the middle path that was referred to in the NY Times article —

last week.

*Buddhism posits instead the idea of the “middle path,” a life that is neither excessively materialistic nor too ascetic. And some Buddhist thinkers, such as the 6th-century Persian-Chinese monk Jizang, even insist that this middle life, this good enough life, is the birthright of not only all humans, but also all of nature as well.*

*And it remains to be seen if we as a society can establish a good-enough relation to one another, where individuals and nations do not strive for their unique greatness, but rather work together to create the conditions of decency necessary for all.*

*Achieving this will also require us to develop a good enough relation to our natural world, one in which we recognize both the abundance and the limitations of the planet we share with infinite other life forms, each seeking its own path toward good-enoughness. If we do manage any of these things, it will not be because we have achieved greatness, but because we have recognized that none of them are achievable until greatness itself is forgotten.*

This essay, *The Good-Enough Life*, written by Avram Alpert shows how important the path to equanimity is for the inner peace of each individual, their relationships and for the natural world.



## **Forest Bathing**

Colette Hoff

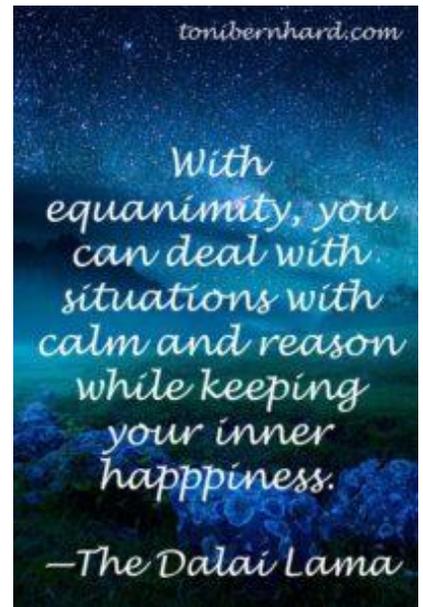
In preparation for the Couple Retreat, I have been reading *Quantum Love* by Dr. Laura Berman. She introduced me to the practice of *forest bathing*, as a growing method of grounding and relieving stress.

The practice began in Japan. Back in the early 1990s the Japanese Ministry of Agriculture, Forestry and Fisheries coined the term *Shinrin-yoku* — which translates roughly as forest bathing.

There's a growing body of evidence that the practice can help boost immunity and mood and help reduce stress. "Medical researchers in Japan have studied forest bathing and have demonstrated several benefits to our health," says [Philip Barr](#), a physician who specializes in [integrative medicine](#) at Duke University.

Another [study](#) found inhalation of cedar wood oils led to a small reduction in blood pressure. These are preliminary studies, but scientists speculate that the exposure to these tree compounds might enhance the other benefits of the forest.

The idea that spending time in nature is good for our health is not new. Most of human \_\_\_\_\_



evolutionary history was spent in environments that [lack buildings and walls](#). Our bodies have adapted to living in the natural world.

But today most of us spend much of our life indoors, or at least tethered to devices. Perhaps the new forest bathing trend is a recognition that many of us need a little nudge to get back out there.

Forest Therapy is a practice. It is open-ended; there is no prescription for what a person "should" experience, or what benefits they "should" receive. Instead, it is a practice of developing a deepening relationship of reciprocity, in which the forest and the practitioner find a way to work together that supports the wholeness and wellness of each. In Forest Therapy, there is a clearly defined sequence of guided events that provides structure to the experience, while embracing the many opportunities for creativity and serendipity offered by the forest and the individual inspiration of each guide.



read:<https://www.npr.org/sections/health-shots/2017/07/17/536676954/forest-bathing-a-retreat-to-nature-can-boost-immunity-and-mood>



## “Shinrin-Yoku” – The Japanese Practice of Forest Bathing

Irene Perler

I received a book I had asked for at Christmas time titled **Forest Bathing – How Trees can help you find health and happiness**, written by Dr. Qing Li, Chairman of the Japanese Society for Forest Medicine, published 2018. I am enjoying the messages and images that are included in this book that is part science and part spirituality...a common theme in modern integrative thought. When I was teaching, we were often talking about “nature deficit disorder and its effects on youth” and it greatly informed our curriculum and activities. Now, we hear of Forest Medicine and the scientists who not only quantify the ill effects of ignoring our relationship to nature, but also, are conversely quantifying the health giving rewards of practices, which promote connection to our mother earth, source of our life.

Here are some passages from Dr. Li:

*“We all know how good being in nature can make us feel. We have known it for millennia. The sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air—these things give us a sense of comfort.*

*They ease our stress and worry, help us to relax and to think more clearly. Being in nature can restore our mood, give us back our energy and vitality, refresh and rejuvenate us. We know this deep in our bones. It is like an intuition, or an instinct, a feeling that is sometimes hard to describe.”*

*“We are practicing what we in Japan call forest-bathing, or **Shinrin-yoku**. Shinrin in Japanese means “forest” and “yoku” means bath. Shinrin-yoku means, bathing in the forest atmosphere, or taking in the forest through our senses. This is not exercise or hiking, or jogging. It is simply being in nature, connecting with it through our sense of sight, hearing, taste, smell and touch. ...When we open up our senses, we begin to connect to the natural world.”*

Dr. Li has done scientific studies to show that many aspects of a forest environment have specific healing properties for humans and animals, which spend time in the forest. Microbes in the soil and phytoncides (airborne natural oils in plants, which also often have characteristic aromas we enjoy) actually boost the immune system response in our bodies, the sound of silence or nature sounds quiets our busy minds and helps us normalize our breathing, reduce our blood pressure and lower our heart rates. Visual beauty, the sounds of water and breezes are experiences, which are seen to trigger positive mood states and relaxation.

Dr. Li’s research has led him to work with others in Japan to create a field of science and medicine to address the illness of an overworked overstressed population. He has helped create medical clinics in forests of Japan where medical personnel and guides help exhausted people learn to reconnect with nature and find more health and balance.

Put very simply, these are his opening instructions for beginning a practice:

*“First, find a spot in nature which you are drawn to...make sure you have left your phone and camera behind. You are going to be walking aimlessly and slowly. You don’t need any devices. Let your body be your guide, listen to where it wants to take you. Follow your nose. And take your time; it doesn’t matter if you get anywhere. You aren’t going anywhere. You are savoring the sounds, smells and sights of nature and letting the forest in. The key to unlocking the power of the forest is in the five senses. Let nature enter through your ears, eyes, nose, mouth, hands and feet.”*

He also says that if you can’t get outside, try to look out a window that looks onto nature, watch a nature program like Planet Earth, look at picture books of nature, take a nature drive, watch a sunrise or sunset. These also have positive effects for times when you can’t take a walk.

Enjoy your time in nature this week! The invitation from Mother Nature is always there.

**From the editor:** This is a perfect offering for Sahale, where forest bathing could be marketed through air bnb and other avenues. Much more to come!



“Without equanimity, we will constantly find ourselves being pulled in every direction by our mind and emotions. Things become **good**. Things become **bad**. But reality tells us time and time again that our judgment in such matters, when taken over a long time, is often hasty.”

—from *Buddha Breaking Up*  
by Stephanie Killen

## Letter to the Editor

Authority, Authorship, and Author



The authority exhibited in community life is most usually earned from years-long practices in specific areas of life. Hollis is an illustration of being an authority for women for the community.

Authority is offered and needs to be received well by others. Ask more curiosity questions about specific areas of shared living before making suggestions for new ways.

Respect for authority needs to be built by the giver and the receiver. *Respect the leadership in others as a method of respecting the leader in myself* is a line in our covenant that speaks to the shared authority community provides.

More questions please! Bruce



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



### The State of the Community at Sahale

This gathering is foundational to all programs and events within the community. We will have time to learn the status of various areas and to share views about our community. Please contact Kirsten Rohde [krohde14@outlook.com](mailto:krohde14@outlook.com) for more information. The weekend will begin at 6:30 for dinner and end at 3:00 on Sunday. Come and be curious!



## Pathwork, March 10

*Colette Hoff*

Our Pathwork Circle will meet again on **March 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. Currently, we are exploring the God/Goddess in each one of us.

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



## The deAnguera Blog: The Watcher



Here is Irene Perler contemplating the mess of a downed fruit tree enmeshed in vines crushing a fence. She is cheerful! Of course my taking her picture may have had something to do with it. I was having fun too. Yes we can have fun cleaning up messes. The trick is to remove oneself from directly reacting to them in a negative fashion. This is what I call the Watcher Perspective. It involves maintaining a state of even calm within. Equanimity. Let fearful reactions flow through but don't react to them.

John Schindler is demonstrating inner calm and control as he chain saws a log. This is one of his favorite activities. He always throws himself 100% into anything he does. In this way he charges himself up.

In the same way I helped haul lots of garden debris to the compost pile with the blue truck. When I work hard physically like chopping frozen snow with a maul I pause every couple of minutes to catch my breath. My pounding heart slows down and an inner balance is reestablished. Oxygen is flowing where it needs to go.

I am here on Earth to play a character role. A character role capable of reacting in all sorts of ways to events around me. It's like trying to find calmness within while in the midst of a raging ocean. I am being buffeted all around within as well as without. In such situations, that can be a challenge. Can I maintain equanimity?

It helps to have a rudder on my boat and also to be sure of my direction. Otherwise I can be adrift helplessly being tossed.

Equanimity is my normal state. Huh? True. That's because Love is my true nature and involves equanimity. Physical manifestations of imbalance like knuckle cracking can be a habit. Now I will just slowly roll my head. That actually helps me reach equanimity calming me down.

Why am I buffeted about? My life is intended to be a symphony of all sorts of feelings which I need to step back from to appreciate. This enables me to conduct the symphony of my life. My state of equanimity is like a base tone to which the rest of the symphony plays.

A true symphony of life will have all kinds of notes tugging at all kinds of emotions. I am convinced I came to share this symphony with all my friends. For me this is my recipe for heaven. The other space where I came from and will return to upon death is a rest space. I don't wish to

be in movie land forever. That would be truly hell. I need breaks between one book of my life and the next one.

My life needs to be a conscious practice every day. The same is true for my relationships. They are the biggest factor in enabling me to maintain my equanimity.



The state of equanimity is easier for Bumpy to reach now that Kirsten Rohde has provided a snug box and blanket as a home for him on her deck.



## A Moving Experience

Dear Friends,

**W**ith 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.

- March 9
- March 23
- April 13
- April 27

Warmly,

*Pam and Elizabeth Jarrett-Jefferson*



### Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim demonstrates. Tod 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. Also, we just happened to have a carpenter/craftsman, named Paul Rave, who together with Tod Ransdell put it all together. Currently, Pedge is protecting the finish.

\$\$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 it cost. HMM that doesn't seem right.

While we have a donation for \$200, with \$450 to go any contribution would be wonderful. And another \$25.00 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.



## Seventeen E-mails Telling You That You Have Unsubscribed from Our E-mail

By [Nate Dern](#) – the *New Yorker*

Submitted by *Elizabeth Jarrett-Jefferson*

7:00am



Photograph from Getty

### **E-mail No. 1**

You have successfully unsubscribed from our e-mail list. We're sad to see you go, but we respect your choice!

### **E-mail No. 2**

Please fill out this brief survey explaining why you chose to unsubscribe from our e-mail list.

### **E-mail No. 3**

To be clear, the previous e-mail was not a part of the e-mail list you unsubscribed from. It was an e-mail-list-survey-request e-mail, not an e-mail-list e-mail.

### **E-mail No. 4**

Oops, forgot to include the survey link in the previous e-mail! Just putting that survey link here for your convenience.

### **E-mail No. 5**

This is an automatically generated e-mail to make sure that it was really you who chose to unsubscribe from our e-mail list. Please click on this link to confirm.

### **E-mail No. 6**

Because you enabled two-factor authentication at one point, we also need you to click on this other link to double confirm that you no longer wish to receive these e-mails.

### **E-mail No. 7**

This e-mail was sent by mistake.

### **E-mail No. 8**

This is just a quick e-mail to apologize for that last e-mail. That e-mail was sent by mistake.

**E-mail No. 9**

This is a follow-up e-mail to let you know that you are *still* successfully unsubscribed, despite the fact that you have received many e-mails from us since your successful unsubscription. Note: Nobody monitors this e-mail address. Do not reply.

**E-mail No. 10**

We noticed that you replied to our previous e-mail. Please do not. Nobody monitors that address. We honored your request that you be unsubscribed from our e-mail list, so please be cool and don't reply to an e-mail when we specifically say, "Do not reply."

**E-mail No. 11**

This e-mail is just to remind you that you still haven't filled out our survey about why you unsubscribed from our e-mail list. Accordingly, you have been automatically added to our "E-mail List Unsubscriber Survey Link Reminder E-mail List."

**E-mail No. 12**

This e-mail is to inform you that you successfully unsubscribed from our "E-mail List Unsubscriber Survey Link Reminder E-mail List." We're sad to see you go, but we respect your choice!

**E-mail No. 13**

Happy birthday! Even though you are no longer on our e-mail list, our records indicate that it's your birthday, and we wanted to let you know that we will be the bigger person here and still wish you a happy one.

**E-mail No. 14**

Guess what? We signed you back up for the e-mail list that you unsubscribed from—just kidding! Don't worry, this is simply a little April Fools e-mail prank. It's fun when companies get in on the April Fools' Day-prank spirit, isn't it?

**E-mail No. 15**

But, just so you know, if you ever did want to sign back up for our e-mail list, you totally could. No questions asked. We even offer a Batch E-mail Digest option now. Super casual. No pressure. Totally chill. Want to subscribe? O.K., if you don't want to be added back to our e-mail list, then please reply to this e-mail as soon as possible. Note: This email address is not monitored. Do not reply.

**E-mail No. 16**

Hooray! Your lack of reply and/or failure to comply with our do-not-reply request triggered our e-mail bot to sign you back up for our e-mail list. Welcome back!

**E-mail No. 17**

It is with a heavy heart that we must announce that BallsOfUsedAluminumFoil.com has gone out of business. You will never get another e-mail from us ever again. Looks like your wish came true. We hope





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.friendsofhetrees.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**.

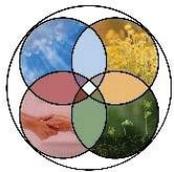


# Programs and Events of the Goodenough Community

**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 will have time to learn the status of various areas and to share 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**

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 *right of passage* experience preceded by a smaller group vision quest. These two events will be scheduled for this spring, the vision quest component centered around a small group backpacking trip into the Olympic National Park.



For more information, contact me: [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, 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)

**New dates for Summer Camp 2019:  
Wednesday, June 26 to Tuesday July 2, 2019**

### **Summer Camp for Youth**

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.

