



*The healthy social life is found
When in the mirror of each human soul
The whole community finds its reflection,
And when in the community
The **virtue** of each one is living.
~ Rudolf Steiner*

The Village eView

June 21, 2017
Colette Hoff, Editor

Coming Up:

Sahale Summer Camp, 6/25 to 7/1

Play Weekend, July 7 to 9

Pathwork, July 9

Council, June 10

Virtue: An element of a meaningful life

Colette Hoff

While preparing for the 2017 Human Relations Laboratory, I found the book, **Buddha's Brain: the practical neuroscience of happiness, love, and wisdom** by Rick Hanson, PhD. with Richard Mendius, MD. Buddha taught that the relief of suffering could be found living with integrity, learning to concentrate the mind and developing

insight. In creating a meaningful life, happiness, love and wisdom are core components. Some of these ideas will be aspects of the Lab curriculum. Following are excerpts from this useful book.

Living from innate goodness guided by principle is an adequate definition of *virtue*. Other people's behavior is not in control. Staying principled fosters inner peace by decreasing emotional tangles. Doing the right thing is good for the brain especially when things are hard, and supports heart-centered virtues: courage, generosity, and forgiveness. Regulation in the brain supports virtue and enable equilibrium centered around core values.

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

Virtue is a pillar of Buddhism, along with mindfulness and wisdom, and the well-spring of everyday well-being, psychological growth, and spiritual realization.

Virtue simply involves regulating your actions, words, and thoughts to create benefits rather than harm for yourself and others.

Virtue relies on regulation, one of three fundamental functions of the brain, both to excite positive inclinations and to inhibit negative ones through restraining emotional reactivity.

Virtue in the mind and regulations in the brain involve finding an equilibrium centered around healthy core aims, staying in bounds and changing smoothly rather than abruptly.

- Identify core aims. Focusing on discovering the truth about yourself and others is an illustration of a core aim.
- Staying in bounds is about communication which includes Wise Speech of the Noble Eightfold Path: Say only what is well-intended, true, beneficial, timely, expressed without harshness or malice, and ideally what is wanted.
- Rapid, abrupt actions trigger alarms in other people. Small but skillful steps prevent abrupt shifts. Not cutting off conversation is another illustration.

With equanimity, you can deal with calm and reason while keeping your inner happiness.
The Dalai Lama

Another resource on virtue is ***Character Strengths and Virtues (CSV)*** which is a book by Christopher Peterson and Martin Seligman (2004) that attempts to present a measure of humanist ideals of virtue in an empirical, rigorously scientific manner.

In the same way that the *Diagnostic and Statistical Manual of Mental Disorders* is used to assess and facilitate research on mental disorders, CSV is intended to provide a theoretical framework to assist in developing practical applications for positive psychology.^[1]

CSV identifies six classes of virtue (i.e., "core virtues"), made up of twenty-four measurable "character strengths": The organization of the 6 virtues and 24 strengths is as follows:

1. **Wisdom and Knowledge:** creativity, curiosity, open-mindedness, love of learning, perspective, innovation
2. **Courage:** bravery, persistence, integrity, vitality, zest
3. **Humanity:** love, kindness, social intelligence
4. **Justice:** citizenship, fairness, leadership
5. **Temperance:** forgiveness and mercy, humility, prudence, self control
6. **Transcendence:** appreciation of beauty and excellence, gratitude, hope, humor, spirituality

The introduction of CSV suggests that these six virtues are considered good by the vast majority of cultures and throughout history and that these traits lead to increased happiness when practiced. Notwithstanding numerous cautions and caveats, this suggestion of universality hints that in addition to trying to broaden the scope of psychological research to include mental wellness, the leaders of the positive psychology movement are challenging moral relativism and suggesting that virtue has a biological basis.^[1] These arguments are in line with the science of morality.

Rick Hanson has written the following article.



15 Ways to Feel Good

Posted at 05:00h in Articles by Rick Hanson

<https://www.rickhanson.net/15-ways-feel-good/>

With some simple strategies, you can hardwire more happiness, love and wisdom into your brain, and thus your life, according to psychologist, speaker and New York Times bestselling author Dr Rick Hanson.

1. Know That You Can Change Your Brain for the Better

In order to learn, we have to change something in the nervous system, especially the brain. If, for example, we want to cheer ourselves up, we may think about something that makes us feel good – but this doesn't result in lasting change.

To achieve lasting change, says Dr Hanson, we must consciously experience what we want to learn – this may simply be the feeling of being loved or enjoying a walk. Now, turn that passing experience into a lasting change of neural structure or function, by “staying with” the experience for up to 20 seconds at a time.

Studies show that self-compassion actually makes people stronger, kinder, and more successful “Feel it,” Dr Hanson says. “Allow it to sink into you like a sponge. The richer and more intense the experience, the more you will remember it. Focusing on it helps it to become ‘big’ in your mind.

“This is about the gradual accumulation of little moments that add up over time to make you feel better about yourself.”

2. Come Into the Present

Researchers have found that about half the time, the average person's mind is wandering. They are not concentrating on what they are doing, because their brain has ‘defaulted’ to a kind of ‘resting place’ where they daydream or ruminate. The bad news is that the more a mind wanders, the more likely it is to be caught up in negative rumination, often with themes of resentment, helplessness, falling short or self-recrimination.

“If your neurons are firing about negative thoughts, you will wire that negativity into your brain,” Dr Hanson warns.

By coming into the here and now, you can short-circuit this wear and tear on your self-worth.

3. Have Compassion for Others

Compassion is simply the wish that someone not suffer – broadly defined – usually with sympathetic concern. Besides being a kind thing to do, having compassion helps you feel good about your own warm heart. It also helps you see the common humanity in your own challenges and reactions, and thus, be more self-accepting and less self-critical.

4. Have Compassion for Yourself

Studies show that self-compassion actually makes people stronger, kinder, and more successful. It is not about wallowing in self-pity, Dr Hanson explains. When you notice you are tired, worried, hassled or in pain, take a moment to give yourself the same quality of support and encouragement that you would offer a friend in a similar situation. This will interrupt any dismissive, critical, or punishing ways of relating to yourself – which undermine self-worth – plus give you sense of being someone who deserves kindness and concern.

VIRTUE
(VUR-CHOO) NOUN
VIRTUE IS A PATTERN OF
THOUGHT AND BEHAVIOR BASED
ON HIGH MORAL STANDARDS.

5. Notice Little Accomplishments

From the time they wake up, to the time they crawl into bed at the end of a long day, everyone accomplishes hundreds of small goals, such as making a cup of tea, getting on the bus, or having a conversation. Each of these is an opportunity to register a little sense of completion and success, which can gradually increase a person's sense of capability and self-esteem.

6. Stop Fueling Self-Criticism

Yes, recognize what needs correction and improvement, and take action as best you can. But banging on at yourself critically tears you down and does not lead to long-term success.

See criticism as “over there,” and don't bring it ‘into’ yourself, Dr Hanson counsels. When you notice you're being self-critical past the point of usefulness – which, he adds, is usually early on – step back and label it as “over the top”.

This will increase activity in your prefrontal cortex – which is calming and regulating – and decrease activity in the alarm bell of your brain, the amygdala.

Man is most happy, when his
own actions are arguments and
examples of his virtue.

John Webster

7. Make One Thing Right

Stretch yourself each day to straighten up a little corner of the world. Make a contribution to the world in some way every day, focusing on what is small, simple and do-able. For example, pick up a piece of litter on the sidewalk, let one

person go ahead in line, or smile at a stranger. Just do one thing, and then let yourself have a moment of feeling good about yourself. You can do more, of course, if you like!.

8. Give Love

You can't make anyone love you, but no one can stop you from loving others. Love is love, flowing in or out. The giving of love increases the activity of the neurotransmitter, oxytocin, which in turn calms down the amygdala while nourishing a sense of connection and belonging with others.

Start with someone who is easy to give love to – such as a baby or a dear friend and then, if you like, “work up the ladder of challenge”.

“This is not about letting people use and abuse you, or about becoming a doormat,” he emphasizes. “I am talking about deliberately expressing your own natural warm-heartedness in ways to help others and help you feel good about yourself.”

9. Learn One Thing Daily

Each day, try to learn something new. Perhaps a cool weird fact about penguins or the planet Mars. Or maybe it's a slightly better way to make spaghetti. Or recognising a flower you hadn't noticed before. This will help you feel good about yourself as a lifelong learner. Plus, it just might protect your brain and help you maintain your cognitive capabilities as you get older.

10. When You Feel Included or Seen – Take It In

We are profoundly social mammals, so feeling part of a group or believing that one exists for others is a fundamental source of self-worth. Look for those times when others make room for you, ask you along, treat you as a fellow member of something such as an apartment floor or political cause, recognize how you are feeling, or try to understand your deeper feelings and wants. When you recognize inclusion or empathy, and are open to feeling included or seen, this will add to your sense of being a worthy person, plus, it will help you build resilience and bounce back sooner when you feel left out.

11. When You Feel Appreciated – Take It In

It is normal to want respect from other people. Our ancestors lived mainly in small hunter-gatherer bands in which being of value to others was critical to survival. So be aware of little moments in which another person – or pet! – is grateful, thankful, appreciative, or complimentary to you. This is their gift and it would be rude to refuse it. Recognizing the fact of their appreciation, let it become an experience that sinks into you, becoming a part of you, helping you feel deservedly good about yourself

12. When You Feel Liked or Loved – Take It In

We all want and need to feel liked and loved. Recall good times when people were friendly, warm, affectionate, fond, loving, or cherishing toward you, and let these memories become rich experiences that you savour and internalize.

Also, notice these days when you have opportunities for similar experiences. The relationships needn't be perfect (few if any are); just focus on the slice of the relationship pie that is or has been genuinely good for you.

13. If Someone Hurts You...

Look for the learning, which means acknowledging what is legitimate. Leave the rest. Next, have compassion for yourself – acknowledge that the nastiness hurt. This is not about wallowing in self-pity! If possible, find compassion for the person who hurt or embarrassed you. This is a moral thing to do and helps you feel less upset. Finally, make a plan – will I let this pass? Should I talk to this person about what they said?

14. Admit Fault and Clean Up the Mess

We all make mistakes; we all hurt other people. As fast as you can, see whatever is worthy of correction, guilt, or remorse and take maximum reasonable personal responsibility for it – although others may have their inputs, but ultimately, you decide this for yourself. Then, make amends and repairs as best you can. Knowing that you operate in this way brings moral backbone to feeling good about yourself. And it lays a foundation for what's been called "the bliss of blamelessness".

15. Know that you're a basically good person

Consider several people you know and how easy it is to recognize someone as a basically good person. They don't need to be saints or to have cured cancer, and they certainly have faults and lapses. Then, consider how people see each other as basically good persons... and how people see YOU as a basically good person. Be open to recognizing this about yourself. See the good you have done, the people you have treated with friendship and kindness, the efforts you have made over the years. Feel the relief, the reassurance spreading inside you. Take it in and know that you are, indeed, a basically good person.

Table Of Virtues Aristotle

DEFICIENCY of VIRTUE (vice)	VIRTUE	EXCESS of VIRTUE (vice)
Cowardice	Courage	Rash
Insensible	Temperance	Dissipation
Stinginess	Generosity	Wastefulness
Chintzy	Magnificence	Vulgar
Aspersions	Magnanimity	Vainglory
Indolence	Industrious	Overambitious
Indifference	Caring	Controlling
Self-deprecation	Honest	Boastfulness
Boorishness	Charming	Buffoonery
Quarrelsome	Friendliness	Obsequious
Lying	Truthful	Tactless
Impatient	Tolerant	Doormat
Timid	Confident	Domineering
Fickle	Loyal	Gullible
Unsure	Vigilant	Impetuous
Cowardice	Protective	Bully
Fearful	Patient	Impulsive
Rudderless	Flexible	Rigid
Naïve	Practical	Cynical
Wimpy	Assertive	Arrogant
Selfish	Nurturing	Martyr
Paranoid	Confident	Arrogant
Pushover	Careful	Stubborn

Consider using this chart for self-study. Where are you strong and where do you need to consider something else?



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



Sahale Summer Camp teaches in subtle ways skills that promote virtue.

	Sahale Summer Camp
Filling fast	June 25-July 1, 2017
Register Now!	Celebrating 12 years of Fun and friendship!



Sahale Summer Camp is a weeklong overnight camping experience designed to help your child have fun learning about him/herself as a friend.

We make learning about relationship fun and natural. Our program builds skills that promote self-esteem, collaboration and social creativity for the future health of your child and society:

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

Your child will leave with a greater sense of confidence and of belonging to the world.

Our work with youth makes use of Sahale's remote and beautiful river valley where we breathe fresh air, swim clean waters of a gentle river and explore meadows and forested hills.

Sahale is home to diverse flora and fauna awaiting discovery. Each day our camp life is filled with exploring natural wonders.

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

Daytime activities include:

Morning Circle	Meals and Snacks
Archery	Nature activities
Cooking & Gardening	Supervised river play

Quiet time after lunch, Journaling & drawing	Crafts: clay, weaving, rattles, beads and more.
Drama	Music and Story
Free time	Group games

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



The deAnguera Blog: Draí and John Schindler's Wedding



Many people have been married here at Sahale. We were even featured by a weddings magazine. For me the most memorable wedding was the one between Draí and John Schindler. I understand they had known each other since high school but finally decided to join in matrimony after many long years. I am so happy they have found this joy in each other's company.

Draí is a ritualist while John has been a fisherman. They now have a yurt on our property. Wow! To be actually married on the property where you live!

Church weddings can have a lot of people present but they don't bring any energy to a home like a wedding that's actually held where you and your friends live.

I have seen inside Draí and John's yurt. It has a wild and free sacred feeling that really appeals to me. Beautiful ritual objects blend well with the simple furniture. It is amazing what can be done with a round room. Mongolians have appreciated the utility of yurts for generations. Is it possible I might live in a yurt someday? Right now my room seems the perfect choice.

I have been so blessed by the many fine people I have met and worked with here at Sahale over the years. They are what makes Sahale so special. Good people still come our way and I

am sure they are helping spread the word of our work. You can judge a community by the quality of the people it attracts. These folks put more faces to our message of Lab by embodying the work of John and Colette Hoff and making it theirs. This not only sustains the work of Lab but enriches it as well.

John and Colette could never have done the Human Relations Lab without all of our contributions. Our collective work is evidenced in the lives of every one of us.

Drai has helped us by redesigning our website while John has done a tremendous amount of heavy physical work around Sahale. He also offers his talents as a heyoka. I would have loved to see how he did his work as a fisherman in the Bering Sea.

What makes our lives valuable is the fact that we act as the carriers of our life's stories. Every story is worthy of telling, that's why we live them. They are what give our lives value. We are each a work of art with many colors and themes. Lab ensures that we can each contribute to a collective canvas. The power of Lab has led a number us to find partners. It was where I found my best friend Kathleen Notley. Draï gave me a mounted picture of Kathleen which I see every day when I brush my teeth over the sink.

The wedding was held in our Beaverchief grove. I can't think of a better place to hold a wedding. We were surrounded by majestic cedar and hemlock trees. Someday this is where I would like to be married.



A regal portrait with the wedding couple and our kind minister: Colette Hoff.



The DeMers Departure

Drai Schindler

They sold the yurt to the next generation. Packed it and are on the road today (Saturday, June 17) to their new destination, more magick, great adventure and a life filled with love and wonder. With abiding love and respect, we sang them out with the Hopi Traveling Song, The Buddhist Blessing Song, gave our all our words of blessing and ended with the reminder...

"The Circle is Open, but unbroken, may the Peace of the Goddess go within your heart. Merry Meet. Merry Part. AND MERRY MEET AGAIN!"



An opportunity to become a member of our community

Kirsten Rohde

We are offering a simple membership plan at the rate of \$5/month, or \$50 for the year if paid up-front. Our desire now is to be inclusive, understanding that we will together begin to define some rights and responsibilities of membership. While we generally use a form of consensus for decision-making, having membership formalizes decision-making for community issues. Our Community Covenant continues to guide us.

Belonging: membership of a group or organization offers

- a sense of belonging,
- a desire to help with decisions and plans,
- joining together,
- valuing our community and its work,
- buying in means you tend less to take things for granted,
- the feeling of home,
- heart commitment.

If you would like to join us in membership, please contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com

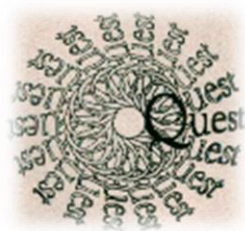
Birthdays

✚ **Happy birthday, Chris Benner-Kenagy- June 26**

✚ **Happy Anniversary, Bill Scott and Nan Krecker Scott, June 21**

✚ **Happy Anniversary, Pam and Elizabeth Jarrett-Jefferson, June 27**





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.