



The Village eView

April 12, 2017
Colette Hoff, Editor

Coming Up:

Pathwork, Sunday April 16

Council, Monday, April 17

Women's Weekend, May 5-7, 2017
at Sahale

INTERCONNECTEDNESS

The state of being connected with each other:

"the interconnectedness of all things in the universe" . . ."a growing awareness of our global interconnectedness"

Interconnectedness is part of the terminology of a worldview which sees a oneness in all things. All things are of a single underlying substance and reality, and that there is no true separation deeper than appearances. *Wikipedia*

Community: A Context for Interconnectedness

Colette Hoff

Open-heartedness, the theme of last week's eView, is a precursor to experiencing **inter-connectedness**. The Goodenough Community offers the Human Relations Laboratory now in the 48th year, which facilitates the work of becoming open hearted. A group of us are preparing to offer training to the leadership of the 2017 Lab next weekend. Together for a week, Lab enables participants to live in a manner that promotes relating, practice skills of open-hearted communication and yields a depth of consciousness within the whole group. Each participant has a purpose and responsibility to the whole especially demonstrated in a small group.

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

Cultural programs within the community offer opportunities to experience parts that fit to an interconnected whole. The women’s culture this year has continued the themes of sanity (mental health), maturity, proactivity, and creativity which carried on the work of HRL 2016. I look forward to connecting with my women friends at the annual women’s weekend, **May 5 to 7, 2017**. The community covenant provides guidance for interconnection.

Convocation, the spiritual center of the community, has intended to be an inter-faith spiritual home for those who choose. The perennial wisdom is apparent as the study of Islam deepens. The perennial philosophy is the core of belief that runs through eight major traditions and cultivates compassion, kindness, and tolerance as well as the interconnectedness of humanity.

In this issue, you will experience some powerful quotes, Mike deAnguera’s words work well for interconnectedness and two articles:

- A Field View of Reality to Explain Human Interconnectedness by Dr. Rollin McCraty and Annette Deyhle, Ph.D. and part of the HeartMath institute And
- Gaia Theory – The Interconnectedness of Everything, a blog by Lex

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When you drink in nature through your senses, you deepen your awareness of the great silent intelligence flowing through all things. You nourish your mind, body, and spirit as you connect to the divine love of Being.

Deepak Chopra

QuoteAddicts



“It is remarkable how closely the history of the apple tree is connected with that of man.” – Henry David Thoreau

A Field View of Reality to Explain Human Interconnectedness

Is it true the physical world we see with our eyes is the essence or nature of reality? For much of human history, this is what scientists and most people around the world have believed. More recently, however, another view of reality has emerged, one the authors of HeartMath's new e-book, the Science of Interconnectivity, † contrast with the historic view.

"Classical physics conceived of reality as elementary building blocks made up of solid objects, separated by empty space," the authors explain. "This view continues to be most people's view of reality, including scientists."

In contrast, they write, "Physical objects cannot be understood, or observed in isolation, but rather must be viewed as part of a holistic web of interconnectedness in which fields and relationships are pivotal."

This new view, which HeartMath Institute's Dr. Rollin McCraty and Annette Deyhle, Ph.D. refer to in their e-book as the "field view of reality," is shared by a growing number of scientists around the world who are engaged in actively researching it.

"**The understanding of the world** we live in profoundly shifted," McCraty stated for this article, "after the discovery of electromagnetic fields and the experimental validation of modern quantum physics." These have helped to give rise to the field view of reality.

"We can no longer think of reality as little building blocks separated by an empty space," he said. "We now know there is no such thing as empty space and that physical objects, including us, do not exist in isolation, but are part of this holistic web of interconnectedness in which fields and relationships are primary."

HeartMath and the Field View of Reality

The field view ties in closely with research at HeartMath Institute (HMI). The institute has conducted experiments for a number of years to demonstrate the ways in which people are connected with one another through their own individual magnetic fields, which are generated primarily by the brain and, although much more so, the heart.

Examples of these experiments include measurements of an infant's heart rhythm registering in the brain waves of its mother, and the heart-rhythm coherence of a boy corresponding to an increase in his dog's heart-rhythm coherence.

In the latter example, a boy and dog were placed in a room together. Then the boy moved to a separate room, which resulted in the dog experiencing chaotic and incoherent heart rhythms, in contrast to when it and the boy were in the same room. The boy was instructed to use a coherence technique to consciously feel feelings of love and care for his dog, which he did after



re-entering the room with the dog, while having no physical contact with it. The dog's heart-rhythm coherence increased significantly.

Through its Global Coherence Initiative, HeartMath also has had success in demonstrating some of the health and behavioral effects of activity in Earth's magnetic fields.

Other scientists have studied solar and geomagnetic activity and correlated it to changes in blood pressure, blood composition and the physical and chemical state of humans. There are many documented cases in which researchers have attributed increased rates of depression, heart attacks and debilitating conditions to solar and Earth magnetic field activity. (You can learn more about the Global Coherence Initiative and its work at [GCI Research](#).)

Field View of Reality and A Theory of Everything

Besides being the title of the popular 2014 film about physicist Stephen Hawking, a "theory of everything" also arguably is the Holy Grail of modern physics. Simply explained, physicists hope such a theory, which is more formally referred to as a grand unified theory, would fully explain and link together all physical aspects of the universe.

Now, such an ambitious endeavor, which many physicists project may actually be successful within decades, naturally is far more complicated than the brief description above. The notion of a link, or connection between everything, however, suffices to convey one of its primary purposes, which happens to be a shared purpose with HeartMath's own research.

Connectedness, or what HMI calls interconnectedness, is an important and primary area of interest today at HeartMath and its Global Coherence Initiative (GCI). This interest has led their scientists in several directions as they explore and seek to validate the central hypotheses they have formulated in their interconnectedness studies.

1. Human and animal health, cognitive functions, emotions and behavior are affected by planetary magnetic and energetic fields.
2. The earth's magnetic fields are carriers of biologically relevant information that connects all living systems.
3. Each individual affects the global information field.
4. Large numbers of people creating heart-centered states of care, love and compassion will generate a more coherent field environment that can benefit others and help offset the current planetwide discord and incoherence.



As today's physicists pursue a unified theory that would explain and link together all physical aspects of our universe, HeartMath will continue expanding on its work in the realm of a field view of reality and the interconnectedness of all living things.

"New perspectives are emerging that suggest nonmaterial fields organize and in-form all organisms, including key aspects of our thoughts, emotions and intuitions," McCraty said. "It is exciting to see new data coming out of our research that shows that we really are deeply connected with each other and with fields of the earth."

Interconnected

Taking positive action in one area of your life can lead to surprising improvements in many other areas of your life. For you are one whole person, and anything you do makes a difference in everything you are.

It all matters and it all affects you. The life you experience is the sum of every thought, every word spoken, every gesture and every effort.

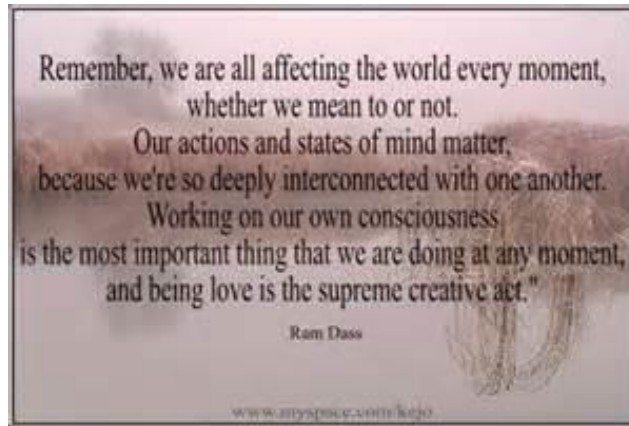
If you find it difficult to be positive about one particular area of your life, then be extraordinarily positive about other areas of your life. That additional positive energy will spill over into all of your world.

All the parts of your life are interconnected in ways that it's difficult to even imagine. The result is that there are always plenty of opportunities for taking positive steps.

For even when you feel completely blocked in one area, there are many other areas of your life in which you can quickly and easily make improvements. Success and achievement feel great in whatever venue they occur.

Feel genuinely positive, even if it's just about one little thing. And the energy radiates through the entirety of your world.

— Ralph Marston



Gaia Theory – The Interconnectedness of Everything

Lex Caveman



Could a butterfly flapping its wings in the Amazon have an effect on the monsoon season in Indonesia? Gaia theorists have an answer.

In the 1960s, NASA research scientist [James Lovelock](#) was studying the atmosphere of Mars for signs of life when he had an insight. A planet's biosphere and its physical components are closely integrated.

For life to exist, a planet requires a complex system of "homeostasis"—a tendency toward a stable state of equilibrium between all of its interdependent elements in order to meet the conditions that make life sustainable.

In Lovelock's opinion, "Life regulates the Earth's atmosphere and climate to keep it habitable. It is as simple as that."

Life plays a role in maintaining the Earth's surface temperature, keeping its seas from becoming too saline and recycling methane gas that enters the atmosphere.

Lovelock has spoken of "the Earth's capacity to cure itself," referring to the interconnectedness of all things as "a single complex feedback system." In fact, he initially called his idea the "Earth Feedback Hypothesis."

However, author William Golding, a neighbor of Lovelock's who wrote *Lord of the Flies* in 1954, suggested naming the theory after "Gaia" and it stuck.

According to ancient Greek mythology, Gaia was the original goddess of the Earth. She was mother to the gods of the heavens and seas. The mountains and all mortal creatures were also her children, as were the Furies, her divine daughters that punished crimes at the behest of victims.

Mother Earth knew how to take care of herself.

[Gaia Theory](#) expands on that simple premise, stating that living organisms and their inorganic surroundings have evolved together. They are, in fact, one single living system that regulates the chemistry and conditions of Earth's surface in an "automatic" manner.



Whatever happens in one part of the world is connected to what happens in another, sometimes imperceptibly, but nonetheless related to the whole.

So when a butterfly takes off in the depths of the Amazon, its influence on the wind patterns of the world may be minute, almost beyond imagination, but it is making a contribution to homeostasis.

The same is true of humans, of course, and our impact on the environment can be much more noticeable.



Men's Weekend and Tent Raising

I'm writing to invite you men to a **spring retreat weekend, June 9-11**. This date is the best fit for the most of the men I've asked. I realize not all of you will be able to make it, a sad truth about planning. If you're not able, please consider sending me an email with a "check in" you'd like shared in our circle.



This year, different than we've done before, we're combining our annual raising of our Big White Tent with our men's retreat. The tent raising, as we usually do, begins on Friday morning and concludes Saturday by lunch. Jim Tocher and Norm Peck generally like to have about 8 to 10 guys on hand for a tent raising. It takes that many to execute the entire process smoothly, as we've learned. Look for further contact about this and, if you'd like to pitch in, let me know and I'll pass your interest along.

On a personal note, I'm still feeling the important opening of our recent women's and men's weekend intensive and I'm interested to continue the conversation as theme for our gathering. If you were not present for this event you could know that we plunged into the important and sometimes difficult topic of patriarchy, gender inequalities, changing roles and fluidity of gender identity. It was a powerful experience of truth spoken and heart opening.

What aspects of this theme would you like to explore? What about the structures of patriarchy would you want to explore together? For me, the notion that I'm part of the problem and the solution continues to ring. I want to urge on my own wake up to my unconscious gender bias and the ways I act out old ideas, asleep to my impact.

Sahale Wish List

A refrigerator for Potlatch with ice maker
Brown and aqua double sheets
Bed side lamps
Brown, blue, gray, green towels

Please RSVP with your interest about our Men's Retreat and look for more details as the time draws nearer. Warmly, Bruce Perler

Work and life are an
interconnected adventure,
guided by the heart, winged
with spirit, and nourished
by the soul.

Ron Rubin

PICTUREQUOTES.COM



The deAnguera Blog: Interconnection



Are we interconnected? Yes but am I aware of it?

Notice my use of “I” statements. That’s to avoid making assumptions about anybody else.

We certainly have a connection with Elias Serras who drops by from time to time during his travels around the West Coast. Once you get to know us, the ties bring us together remain.

Big cedar trees in the Beaver Chief Grove actually sprang from the same nurse log generations ago. Another such grove is nearby. The connection is not visible above ground.

Other ways trees are connected to each other is through mycelium networks connecting their roots.

I believe we are all interconnected. That is our true nature. Everything is interconnected to everything else. People, plants, animals, the very Earth herself. All one connected whole. That’s how Creation sprang into action. Everything fits together just like a painting or music composition.

The challenge particularly for our time is noticing this interconnection and making use of it. This challenge applies to every one of us and is the major point at which the stories of our lives get created.

We are given the illusion of separation from the Divine and each other at the very beginning. For most of my life I have acted as if this was true. It made for a very lonely life.

Why did I act as if I was separate from everybody else? I was taught to. Even our religions talk about our separation from the Divine. This was a message I picked up at a very young age. Such a message becomes incredibly difficult to get rid of in my later years.

I planned my work life as a solitary person because that’s how one trained and hunted for a job. My special talent of Asperger’s Syndrome made me aware of just how painful this can be. A gift which tries a variety of ways to get my attention. If I avoid it I will not see the gift but only have it get in my way like Earlina when she walks between my legs.

Love meant finding the right girl. As a result I never learned how to be a loving person. Kathleen Notley taught me about love as something one offered to another without any preconditions. Love as a practice. It does not have to involve sex. The closest I came to understanding this idea of love was through many years of attending Lab.

Now I see love as a powerful force connecting people together. Maybe we will rediscover our interconnectedness across the globe. Is that possible? That's my idea of heaven. All we have to do is remember who we really are.

Remembering who we are. Re-member, that is come together once again. That sounds simple but can be the most daunting challenge facing us individually and collectively. Political and economic forces seem to be driving us all apart locally as well as nationally.



Where ever I go I am interconnected with Earlina. Often she walks between my feet demanding affection which I give. She won't look into the camera.

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

OUR COVENANT

As a friend of the Goodenough Community,

I commit to being the best version of my self:

By entering fully into life's experiences;

By giving myself fully to the process of transformation through the expression of
love;

By trusting the good intentions of each one of us;

By relating to others with respect and acceptance;

By making and keeping agreements with great care;

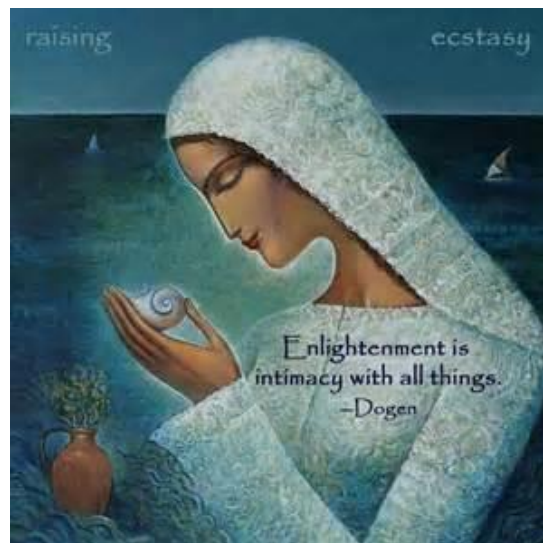
By being constant through conflict;

By honoring leadership in others as a method to develop the leader in myself;

By taking responsibility for my unique and significant role in the world;

By acknowledging the inner and interconnectedness of all creation, thus being safe
and at home in the universe.

So be it!



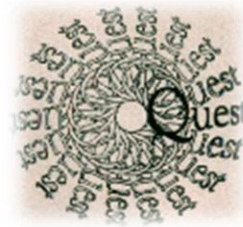
Making Choices about Medical Care in Later Life, Wednesday May 3, 5:15 – 6:45 p.m

Submitted by Hollis Ryan

Would you like to know how geriatricians are thinking about your choices? Let's discuss! Speaker **Wayne C. McCormick**, MD, MPH, is a Professor of Medicine at the University of Washington, Department of Medicine, Division of Gerontology and Geriatric Medicine, Harborview Medical Center. He is a graduate of Washington University Medical School in St. Louis and of the University of Washington School of Public Health in Seattle. He is a former Robert Wood Johnson Clinical Scholar and is board certified in medicine, preventive medicine and public health, palliative medicine, and geriatrics. **Date, time, location: Wednesday May 3, 5:15 – 6:45 p.m.**, Odegaard Undergraduate Library. **Register [HERE](#)**, or click through on the event announcement at uw.edu/uwra/calendar.

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.

Women’s Culture

Women’s Weekend, May 5-7, 2017 at Sahale

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gatherings will be Friday evenings, March 31 and May 12 at the

community center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com



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.