

Namasté or namaskar is used as a respectful form of greeting, acknowledging and welcoming a relative, guest or stranger. It is used with goodbyes as well. It is typically spoken and simultaneously performed with palms touching gesture, but it may also be spoken without acting it out or performed wordlessly; all three carry the same meaning. This cultural practice of salutation and valediction originated in the Indian subcontinent.^[7]

Our theme this week, *Namasté* is derived from Sanskrit and is a combination of the word "*Namaḥa*" and the enclitic 2nd person singular pronoun "*te*".^[8] The word "*Namaḥa*" takes the Sandhi form "*Namas*" before the sound "*t*".^[9] *Namaḥa* means 'bow', 'obeisance', 'reverential salutation' or 'adoration'^[10] and *te* means 'to you' (dative case). Therefore, *Namasté* literally means "bowing to you".^[11]

Simply put, namaste intimates the following:

*'The God in me greets the God in you
The Spirit in me meets the same Spirit in you'*

In other words, it recognizes the equality of all, and pays honor to the sacredness of all.

Translated into a bodily act, namaste is deeply rich in symbolism. Firstly the proper performance of namaste requires that we blend the five fingers of the left hand exactly with the fingers of the right hand. The significance behind this simple act in fact governs the entire gamut of our active life. The five fingers of the left hand represent the five senses of karma, and those of the right hand the five organs of knowledge. Hence it signifies that our karma or action

The Village eView

March 4, 2015

Colette Hoff, Editor

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**

Upcoming events:

Relationship Weekend, Mar 6 to 8

Women's cultural gathering, Mar 21

Dedication of new community
center, March 21

must be in harmony, and governed by rightful knowledge, prompting us to think and act correctly.

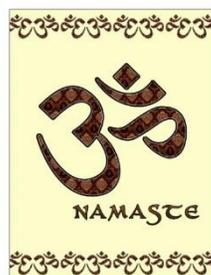
By combining the five fingers of each hand, a total of ten is achieved. The number ten is a symbol of perfection, and the mystical number of completion and unity. It is true for all ancient traditions. Ten is the number of the Commandments revealed to Moses by God. In the Pythagorean system, ten was a symbol of the whole of creation. Ancient Chinese thought also indicated ten as a perfectly balanced number.

Another significant identification of namaste is with the institution of marriage, which represents a new beginning, and the conjoining of the male and female elements in nature. Marriage is a semi-divine state of wholeness - a union between the opposite principles of male and female necessary to create and protect new life. The idea of human divine association was often expressed in terms of marriage, as in the description of nuns as "brides of Christ". Thus in the exhaustive marriage rituals of India, after the elaborate ceremonies have been completed, the new husband and wife team perform namaste to each other. Wedding customs, full of symbolic meanings, attempt to ensure that marriages are binding, hence fruitful and happy. Namaste is one such binding symbolic ritual. The reconciliation, interaction and union of opposites is amply reflected in this spiritual gesture. It is hoped that the husband and wife team too would remain united, as are the hands joined in namaste. By physically bringing together the two hands, namaste is metaphorically reconciling the duality inherent in nature and of which the marriage of two humans is an earthly manifestation, a harmonious resolution of conflicting tensions. Thus namaste, which symbolizes the secret of this unity, holds the key to maintaining the equilibrium of life and entering the area where health, harmony, peace and happiness are available in plenty.

Namaste recognizes the duality that has ever existed in this world and suggests an effort on our part to bring these two forces together, ultimately leading to a higher unity and non-dual state of Oneness.

For more information, go to <http://www.exoticindiaart.com/article/namaste/>

Editor's Note: It is with the essence of Namaste that we are preparing for a weekend to learn news ways to relate. Consider the ancient action of Namaste in your relationships.



The following workshop will be offered through the lens of the Village School for Human Development.



Could Your Friendships Use a Tune-Up?

Do you wish your friends understood you better or that you could communicate with them more effectively?

Do you find yourselves repeating arguments that pull you farther apart and that you don't know how to resolve?

Do you find yourself clueless as to how to resolve conflicts with your boss/co-worker/friend/partner/sibling/child?

Could you use some support and guidance for a major conversation with a friend or a partner?

Would you like to know how to ask for what you want in any of your friendships?

If you answered "yes" to any of these questions, or have other questions or issues about how to have happier relationships, we can help you! You are invited--as individuals, couples, co-workers, friends, adult family members-- to learn about relationship, and if you think about it, you may not have many opportunities for this kind of learning.

A Weekend for Learning about Relationship March 6 to 8, 2015

We don't "automatically" know how to be in a marriage, in a family, or a close friendship. Most of our families of origin and the demonstrations of parenting we experienced offered inadequate training. We need to allow ourselves to start learning again as adults to be effective partners and friends. We are convinced that just trying harder doesn't help as much as consciously developing skills. During this weekend workshop, you will have many opportunities to learn and practice skills that will make all your relationships more fulfilling. In a supportive environment, you will work individually, in pairs, or triads, and small groups, and:



- Learn how to talk things through more thoroughly.
- Help others work with their stuck places, and allow them to help you with yours.
- Practice together and watch the same skills demonstrated by different personalities and in a variety of situations.
- Learn to communicate more effectively, listen and identify and ask for what you really want.
- Learn from observing others' processes.

- Be paired with a small group (partners will be placed together) where you can practice and be observed and receive feedback. Also have time alone to reflect.
- Have your particular relational issues addressed, with gentleness and insight.

Location: Sahale Learning Center

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be able to hike and get some exercise. We will be sharing bountiful meals and will have opportunities to socialize as a group. If you have childcare issues, let Colette know.



Cost

The cost of the weekend is \$175 per person (\$155 for two adults or more registering together) and includes learning materials, room and board. (For those registering for both workshops, March and April, the cost will be \$300 per person.)

Your Facilitators, John & Colette Hoff



John and Colette Hoff are gifted counselors with more than 30 years experience of empowering clients to be effective as individuals, partners, parents, and members of society.

John and Colette and the Goodenough Community, which they founded, are widely known for providing a unique experiential learning environment that focuses on helping everyone learn about relating better. John and Colette teach from well-documented findings:

- Friendship, developed over time, is one of the highest valued qualities of long-lived relationships.
- Friendship is defined partly by the ease with which partners and friends live, work, and play with each other, and partly by the thoughtfulness with which partners tend to each other's needs.

John and Colette have much to offer you in developing more satisfying relationships.



Watchcare & Member News



Congratulations to **Andrew Hovenden** and **Carolyn Marie Gage**, who recently announced their engagement on February 27.

Sending prayers and healing to **Janet Walker**, who recently announced a recurring health concern. We miss you Janet!



Claudia Fitch has recently arrived in Berlin, Germany, for her three-month ceramics residency, and has sent us a picture of her studio. More news to come!

A February 23 CaringBridge update from Barbara Brucker.

First thing is that I saw the neuro-oncologist yesterday for a post-chemo visit. Blood counts are back within normal limits with the exception of a slightly low hematocrit (red blood cell ability to carry oxygen). Mine often runs a little low, but this is low even for me - AND it's getting there. My first follow-up MRI is scheduled for April 9, and I think I'll report on it on this site.

I cannot begin to say how incredibly grateful I am at this point. For a diagnosis I wouldn't wish on anyone, things have gone very well. There have been only a couple of bumps and I have, by and large, been able to lead a pretty normal life when I wasn't in the hospital. So many things have gone well - the location of the tumor, the fact that it hadn't extensively infiltrated my brain, the fact that it responded so well to the chemo regimen, that I have suffered so few side effects, that I live in Seattle where all 4 of the neuro-oncologists in a 5 state region are located and where there is cutting-edge cancer care. I have also been blessed by the wonderful nursing staff on the oncology unit at the Swedish spa and great docs. Equally important, is the gift of all of the loving concern sent my way. I have been held by the knowledge of your care for me and of all the prayers and good wishes that have been coming my way. I feel truly blessed and I know that you all have made a difference in my healing.

I am slowly putting life back together post-discharge. It is a bit disorienting as my life has been organized around medical care for the better part of 10 months. I will be heading to



Tahoe in a couple of weeks to visit friends and do a bit of skiing. My endurance isn't where it was last year; nevertheless I've been enjoying myself when I've been able to get out around here and in this low-snow year there's limited skiing to do.

Two things to watch for - I'll be using this site as well as e-mail to communicate. One is the brain cancer walk. It is moved to May this year which coincides with brain cancer month. I'm currently having trouble with my webpage, so watch for more info once I get that straightened out.

Two is that I am in the early stages of planning a gratitude celebration party which will probably happen sometime in May. I want to thank everyone who has supported me and to acknowledge how very blessed I am. Stay tuned



Muscles and Brussels

Insights and Observations from The Next Generation of Goodenough
Writing and Photography by Serena Davidson

Hello and Namaste from the under 40 crowd at Sahale! :)

We've been busy and we'd like to share more of what we've been generating and enjoying at the retreat center, the new community center and throughout the community with you all. In collaboration with the original residents of Sahale (Bruce, Colette, Irene, John, Kirsten, and Mike) we are planting, digging, chopping, building, cleaning, cooking, repairing, documenting, beautifying, clearing, organizing, brainstorming and playing host to retreat center visitors. Look here for more images, recipes and insights from us (Evelyn, Gabe, Josh, Pharaoh, Serena, Yako and others) in future issues of the e-view.



Evelyn is growing baby cedar and maple trees from Sahale seeds in the greenhouse!



Spring came early and the quince are blooming so colorfully at Sahale in time to bring added beauty to the land while we host groups of visitors to the retreat center this season.



Evelyn, Irene, Josh, and Pharaoh have been designing and building this fence to keep the deer out of this new permaculture project.



The new hot tub is awesome! This week it got a cleaning by Mike while the dapper ducky oversees the process.



Daffodils enjoy Namaste with Bear and Buddha

Josh (pictured) and Pharaoh are leading the chopping and stacking to build quite a storehouse of wood to fuel the sustainable heating at Sahale. Jim, Austin, Yako, Serena, Gabe, Norm and others have all helped with this endeavor as well.



Announcing . . .

The Dedication of our new Community Center

March 21, 2015

6:00 p.m. to 9:00 p.m.

For almost 40 years, the community has owned the big house at 2007 33rd Av S as our home and meeting place. We have been shaken by the loss of our physical center yet we are brightened and lifted by finding such a nice new home for our community. The dedication allows us all an opportunity to bless our space and to appreciate the people who have guided us to it. Hope you will join us!



Introducing: The new Community Center, located at 3610 SW Barton St. Seattle, WA 98126, in West Seattle!



The deAnguera Blog: Namaste to the Salmon



Time to go! In the left hand photo Clayton, one of the Salmon Enhancement folks, lifts the gate out of one of the fish hatchery tanks. The drain has already been opened. Now the fish will flow down and out. But did they want to go? No! Repeatedly they swam back to the other end of the tank. Many pointed their tails away from the drain resisting all the way to the end. They wanted to stay even though the water was getting to the bottom as you can see in the right hand photo.

The salmon hatchery is just across from the Homestead Cabin on the other side of the creek. But it felt like a long journey to somewhere else. I've never been here before in all the six years I have lived at Sahale.

There are four long tanks where the salmon fingerlings were living. Two tanks were opened on Tuesday and two more were opened on Thursday last week. The salmon were to flow down the drains in each tank to a pipe leading out to the creek.

Josh De Mers, Serena Davidson, Irene Perler and I were there to assist Clayton and his team in releasing the fish. I felt like we were gods to the salmon because we were controlling the destinies of over 200,000 of them. We were the ones to pull open the drain to let them out into the next big phase of their lives.

I honor the gods of the salmon. That's what Namaste means. So I wished the salmon a silent Namaste as they left. Did they wish me a Namaste? No. They were fighting getting sucked down the drain. I have to admit if I were one of them I would feel the same way. Would you want to get sucked down a drain? In the natural world fingerlings hatch from eggs deposited by female salmon. They probably hung around a little bit then swam downstream. Downstream to a new adventure! That's different than living for a while in a tank and suddenly being let down a hole!

But we have destroyed so much salmon habitat that now we have to take responsibility for their care. Before we messed up their lives, they were quite capable of taking care of themselves. The same is true for all the other creatures on the earth.

The buffalo needed no one to take care of them. They could freely roam the plains without fences. We didn't have to worry about predators. All the tribal people had to do was wait for the buffalo to arrive. Hunters shot what they needed. No ranches or other huge operations were necessary. But I guess we needed ranches so somebody could make a profit. Is that one reason why most of the buffalo were shot? Likewise there was a time when there were so many fish in Puget Sound that all one had to do was go out in a boat and spear one. Dinner!

Namaste has been used as a Hindu greeting for nearly 3000 years. To me the idea of honoring the god in another person is a powerful one. I have sometimes used it myself.

We are all gods. That's why we honor the god in each other. Maybe a Namaste to the earth and all life on her surface is in order. After all we can't get along without the earth and when we mess life up on her surface we pay a heavy price.



Clayton is standing where the salmon fingerlings are pouring out into the stream.

Work Resourcing Needed!

by Marjorie Gray

Many of you know I am seeking work. Do you know of any jobs available, or people who work in any of these areas, that I could contact for information interviews?

- Writing (brochures, website content, blog posts, articles, marketing)
- Graphic design (for web or print, layout, image selection, photo editing, Adobe Creative Suite)
- Web design & maintenance (front-end, information architecture)
- I am also interested in finding out more about recreational therapy, as a completely different direction.

If you know of anyone I could contact about any of these, could you please let me know? Also feel free to give out my contact info:

email: m.dancingriver@gmail.com

Phone: 206-300-1315



Rent a Marjenta!

In the meantime, I would love to help you with any household needs:

- Cooking
- Organizing
- Cleaning
- Color consultation and interior painting

- Thanks so much!

Majorie/Marjenta

Upcoming Events:

15th ANNUAL

Fairy & Human Relations Congress

Communication & Co-Creation with Nature Spirits, Devas and the Faery Realms

JUNE 26-28, 2015

Skalitude Retreat, Twisp, WA.

<http://www.fairycongress.com/>

- **Spring Fairy Connections**

Michael Pilarski, original founder of the Fairy Congress, is giving a series of talks in the Pacific Northwest this spring, on **The Emerging Alliance: Fairy & Faery Beings, Humans, Wild Creatures & Plants Working Together for Gaia**. Talks will be from 7-9pm; contact Michael at friendsofthetrees@yahoo.com for more information!

Bellingham, April 11
Whidbey Island, April 15
Port Townsend, April 19
North Seattle, April 22
South Seattle, April 23
Tacoma, April 24
Olympia, April 27

"Greening Our Neighborhoods With Permaculture."

Permaculture Convergence, the weekend of August 28, 29 and 30.

This year's Convergence will be in the River Road Neighborhood, 3 miles northwest of downtown Eugene, Oregon.

We are excited to be planning the first Convergence ever to be held in a residential suburban neighborhood.

Many people know River Road has an unusual number of property transformation projects. Grass to garden, solar design, edible landscaping, rain water catchment, reclaimed automobile space, green building and more. There are several dozen projects within a 5 to 20 minute bike ride of the River Road Recreation Center– Convergence Central. Literally thousands of people have attended tours and permaculture events in the neighborhood. You can find many of the [places we will be visiting on tours here](#).

Plus, there are "invisible social structures" of friends and neighbors engaged in various mutual assistance networks and outreach to the public.

The Convergence will feature a variety of site tours, plenary sessions, panels and presentations from urban to rural, an educational expo along with hands on projects around the neighborhood. You can find [early schedule info here](#).

Bit O' Early Spring

By Elizabeth Jarrett-Jefferson

Happy Birthdays!

Serena Davison – March 4, Happy Birthday, Serena

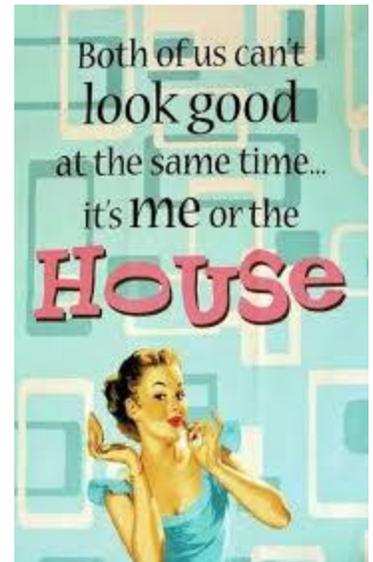
Amie Hoff Aylward – March 6. Happy Birthday, Amie!

Melissa Gossett Woldheit – March 6. Happy Birthday, Melissa!

Tom George – March 6. Happy birthday, Tom!

Connie DeMers – March 6. Happy Birthday, Connie!

Congratulations on reaching 70!



The Goodenough Community:

Cultural Programs & Events in 2015

For the Goodenough Community, cultural life is an arena for creative expression. All programs and events are open to the public. We welcome your interest and participation.

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.

Programs & Events in 2015

<i>Third Age Gatherings</i>	<i>Women’s Culture</i>
<i>The Conscious Couples Network</i>	<i>Human Relations laboratory</i>
<i>Family Enrichment Network</i>	<i>Sahale Summer Camp</i>
<i>The Men’s Culture</i>	<i>Relational Weekend, page</i>

Third Age Gathering: Next Meeting April 24, 2015

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.



April 24; Sept 18; October 23; November 20 are the remaining 2015 dates.

We meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. We start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Women’s Culture, Upcoming Next Gathering: March 21



The women’s culture meets on Saturdays: March 21, September 11, October 24 and November 21, from 10am to 2pm. There will be a weekend **May 1 to 3**. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It’s a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

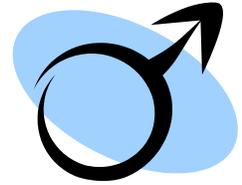
And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring, **May 8 to 10, 2015**. Please let [Bruce Perler](#) know of your interest.



Introducing . . .

A Workshop offered by John and Colette Hoff April 17 to 19, 2015

Maturing . . .

Growing your self up . . .

Saving your Own Soul . . .

This is a weekend for remembering your own journey and your story of trying to develop your self. Each individual will review where they are in their story and in their growth. We will become a supportive circle. Guided meditation on our lives will be a primary method the Hoffs will be using to in leading the workshop and we will practice meditation as a whole group. Small group interaction will also be utilized.

Email hoff@goodenough to express your interest.

Memorial Day Weekend, May 22-25, 2015

at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp for 9 to 12 Year Olds

June 22 to 28, 2015

<http://www.goodenough.org/camp.htm>



Sahale Summer Camp is entering its 10th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.



Human Relations Laboratory

August 9 to 15, 2015

The best event to experience the Goodenough Community

Seven Fun-filled Days of Social Creativity & Experiential Learning about Friendship and Effective Relationship

Sahale Learning Center

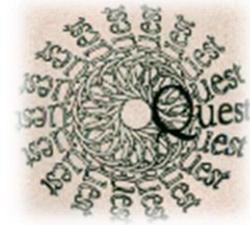
A 68-acre retreat on the Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, please contact *Irene Perler at 206-419-3477 or email irene_perler@hotmail.com*. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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 (206 963-4738), Colette (206-755 8404).**



Where are you working, you might ask?

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton St.98126!

