

Radical Acceptance

Village eView

August 29, 2018

Colette Hoff, Editor

COMING UP

Pathwork Exploration Series with
Tom Gaylord, September 9, 7- 9:30
West Coast Communities Conference, Sept 14
to 16, Sahale
Women's Cultural Gathering, Saturday
September 22, 10-2

While the 2018 Human Relations Laboratory is officially over, the learnings continue. Living in the present without judging, interpreting, or fixing requires acceptance of each person and all they bring, each issue that comes up, each situation that requires attention and each expectation that gets in the way of the present. Acceptance is a radical practice for the best life possible.

Slow Down, slow down some more, and slow down even more was a message given to the Lab participants by Dr. Jessica Tartaro. Slowing down is necessary for mindful living. Slow down interactions with others, slow down what you are doing, slow down bids for connection with another. Slow down judgement of self and others. Accept what you are experiencing in your body, in the messages you give yourself. Notice what you need at any given time.

Arji Cokouros reminded the lab attendees to accept what is true in a moment without wanting anything to be different. Arji was also key in reminding the staff of the importance of self-acceptance even as being change agents for others. Sound healing, a gift she brought to the Lab, is a powerful method for becoming present.

Carl Rogers, who had a great influence on John Hoff and the laboratory method, encouraged therapists, trainers, teachers, and friends, to think about their impact on others **and choose to reflect back to them a good picture of themselves**. This approach to counseling does not correct what is wrong without first affirming what is working. Rogers taught empathy in a client-centered approach that helped people learn how to encourage change rather than just discouraging

On-Line News of the Goodenough Community System

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Sahale Learning Center

The EcoVillage at Sahale

mistakes. It's true that in a very rational and secular environment he taught therapists and teachers how to feel empathy, compassion, and to be in service of the client's welfare. He told lots of stories about discouraged and desperate people who were transformed when a therapist, teacher, or friend **accepted them as they were** and loved them consistently through a period of recovery. He pointed out that **self-acceptance often happens because someone else has accepted you first.**

Eckhart Tolle, a spiritual teacher who is alive today, defines acceptance as a "this is it" response to anything occurring in any moment of life. There, strength, peace and serenity are available when one stops struggling to resist, or hang on tightly to what is so in any given moment. What do I have right now? Now what am I experiencing? The point is, can one be sad when one is sad, afraid when afraid, silly when silly, happy when happy, judgmental when judgmental, overthinking when overthinking, serene when serene, etc.

To simplify, acceptance means allowing; allowing unwanted private experiences (thoughts, feelings and urges) to come and go without struggling with them.

Tara Brach has written a book titled, *Radical Acceptance* and a brief excerpt is included with a focus on self-acceptance.

Mike DeAnguera writes about his notion of acceptance in his blog.

And, I found a web site on abundance and happiness that included a thorough presentation of acceptance and you can find an excerpt on page 12.



Accepting Absolutely Everything

(adapted from *Radical Acceptance*, 2003)

Tara Brach

"The curious paradox is that when I accept myself just as I am, then I can change." — Carl Rogers

Perhaps the biggest tragedy in our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns. Entangled in the trance of unworthiness, we grow accustomed to caging ourselves in with self-judgment and anxiety, with restlessness and dissatisfaction. We grow incapable of accessing the freedom and peace that are our birthright. We may want to love other people without holding back, to feel authentic, to breathe in the beauty around us, to dance and sing. Yet each day we listen to inner voices that keep our life small. Even if we were to win millions of dollars in the lottery or marry the perfect person, as long as we feel not good enough, we wouldn't be able to enjoy the

*Love means
that you accept
a person
with all their failures
stupidities,
ugly points.
and nonetheless, you see
perfection,
in imperfection itself.*

possibilities before us.

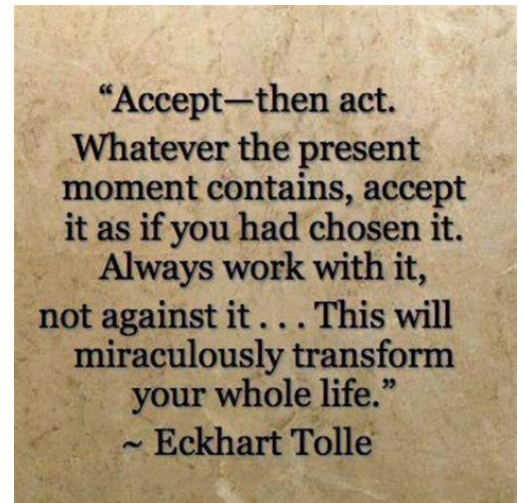
However, we can learn to recognize when we are keeping ourselves trapped by our own beliefs and fears. We can see how we are wasting our precious lives.

The way out of our cage begins with *accepting* absolutely everything we are feeling about ourselves and our lives, by embracing with wakefulness and care our moment-to-moment experience. By accepting absolutely everything, what I mean is that we are aware of what is happening within our body and mind in any given moment, **without trying to control or judge** or pull away. I do not mean that we are putting up with harmful behavior — our own or another’s. Nor do I mean that we are confirming the truth of a negative belief, such as “I am a loser.”

Rather, this is an inner process of accepting our actual, present-moment experience. It means feeling sorrow and pain without resisting. It means feeling desire or dislike for someone or something without judging ourselves for the feeling or being driven to act on it.

Clearly recognizing what is happening inside us, and regarding what we see with an open, kind and loving heart, is what I call “**Radical Acceptance**.” If we are holding back from any part of our experience, if our heart shuts out any part of who we are and what we feel, we are fueling the fears and feelings of separation that sustain the trance of unworthiness. Radical Acceptance directly dismantles the very foundations of this trance.

Since *non*-acceptance is the very nature of the trance, we might wonder how, when we feel most stuck, we take the first step out of it. It can give us confidence to remember that the Buddha nature that is our essence remains intact, no matter how lost we may be. The very nature of our awareness is to know what is happening. The very nature of our heart is to care. Like a boundless sea, we have the capacity to embrace the waves of life as they move through us. Even when the sea is stirred up by the winds of self-doubt, we can find our way home. We can discover in the midst of the waves our spacious and wakeful awareness.



Pathwork Exploration

Tom Gaylord of the Seattle Shambhala Meditation Center has come to us with a proposal related to his own training process and desire to offer service to our community.

Utilizing the context of Pathwork, Tom is helping us explore the deep, long term vision of the Goodenough Community, Pathwork, and the Sahale land, using methods developed in the Contemplative Psychology program at Naropa University. We began August 26 to re-vision our

True Holidays Celebration and found we could accept differentnesses without judgment or conflict. We also intend to advance our work with the site plan for Sahale.

The practices of Meditation, Compassionate Exchange, and Body Speech and Mind are some of the methods we will use. Pathwork veterans will intuitively know these methods, perhaps with a different name. In all cases, the exploration begins with self, resonates with others, and reveals an unfixed and dynamic tapestry of community interconnectedness. It is said that in this work we become like a tuning fork: by listening to our own senses and feelings, we experience the resonance, the sympathetic vibration of our community and our world. In this way, the wisdom and sanity inherent in all situations is revealed.

Please join us. **Pathwork is a program of Convocation: A Church and Ministry**, founded by John and Colette Hoff in 1986. Many people have attended Pathwork evenings over many years since its inception in 1984. For this series we encourage all who are interested in the future of the Goodenough Community and Sahale to attend. This is an opportunity to join in a unique blending of spiritual and community contemplation and planning for our future. Attendance at all sessions although encouraged, is not required.

Tom Gaylord is the former Center Director of the Seattle Shambhala Meditation Center and is a student of Contemplative Psychology in the Seattle Karuna Training Program.

This program will meet at the **Shambala Center (3107 E Harrison Street Seattle, WA 98112)** in the Madison Valley area of Seattle. Sunday evenings, 7:00 to 9:30 pm.

Dates include: September 9 and 23; October 7 and 21; and November 4
November 16 to 18 will be a weekend program at Sahale.

For more information: Colette Hoff at hoff@goodenough.org



Draft Calendar for the Goodenough Community, Fall 2018

Please contact Colette Hoff if you have a conflict or want to make a suggestion.

Pathwork dates include September 9 and 23; October 7 and 21; and November 4
November 16 to 18 will be a weekend program at Sahale.

The **Community Council** will be meeting, **Mondays at 6:30** for a light dinner. The next meeting will be at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026.

Thank you Tom for welcoming the Council to your home!

Additional dates include: September 10, 24; October 8, 22; November 5

The **Third Age** group will meet on October 26 at the home of Joan, Barbara, and Jim.
December 14 is the next proposed date.

The **Women's Culture** will gather on **September 22, from 10:00 to 2:00** location will follow. Marjenta noticed that **Holly Near** is playing on Saturday September 22 at the Columbia City Theater in Seattle. Please purchase your own ticket (\$25) and let Marjenta know if you are planning to attend.

Holly Near @ Columbia City Theater.

http://www.songkick.com/concerts/34490444-holly-near-at-columbia-city-theater?utm_source=13783&utm_medium=partner

The next meeting will be **Saturday October 27**, 10:00 to 2:00 p.m

The **Men's Culture** will announce proposed dates next week.

Christmas Day dinner at Sahale is becoming tradition. Make your plans.

New Year's Eve at Sahale will be a Monday night. Plan to come for the weekend!

The **Friends of Sahale** 4th Annual weekend will be **January 18 to 20**.

Sahale Summer Camp will be **June 23 to June 29, 2019**.

The Human Relations Laboratory will be **August 4 to 10, 2019**.



The deAnguera Blog: Acceptance



Ah.....so many interesting things happen out here at Sahale. Sarah Neumann, one of our Work aways blends in with the apple tree she is picking from. She is originally from Michigan.

Sarah brings us the most important gift: herself. She adds her heart to any task that bears her unique imprint just like the photo above.

When I add myself to whatever task I am doing I belong more to Sahale. People like Colette Hoff, Draï Schindler, and Irene Perler are my mentors. I want Sahale to reflect my presence because it is my home.

On the right is a photo of hanging garlic bulbs ready to season any number of good cooking things. These bulbs seemed ready for a photo, maybe for a cookbook?

Acceptance is about inclusion. Being open to what's around us including different folks and ideas. Like the garlic bulbs that can be used to jazz up the flavor of almost anything they are added to.

Acceptance makes possible the feeling of belonging. Belonging allows each of us to share energy together maintaining Sahale. Sahale can only come into being with our combined energy.

Right now we are caring for John Schindler who just got home from the hospital. He was there for a month. I am glad he is home. We are holding him along with his partner Draï. Sahale can be a good home for wounded folks to heal.

I look forward to seeing John back on his tractor where he belongs. He has done so much with our Yanmar tractor. Before John came along it sat for years unused. We honestly didn't know what to do with it. We were unable to make the modifications he made to make it useful.

For us acceptance is something we are trained in by our many Human Relations Labs. Radical inclusion has always been at the very center of John Hoff's teachings. I am quite sure radical acceptance would not have played a part in my earlier years. I have a feeling each of us would have felt comfortable with just our own kind of people without the training.

When I can't accept and be open to each other, my growth is stifled and I become prey to manipulation of my fears. Life has certainly presented me with many opportunities to give in to my prejudices.

My friends mold me into the kind of person I am today. Who knows what I would have been otherwise. It is good I am accepted in the Goodenough Community. Now I know where I belong.

We are family. As I grow older and as society changes in unhealthy ways I feel very fortunate to belong to the Goodenough family.



The always photo genic Earlina posing by a car. A fully accepted cat totally bonded to me.

HEALING FROM TRAUMA: WELCOME TO MY WORLD

Just for today...

- ~ I will be thankful.
- ~ I will focus on one thing at a time.
- ~ I will take time for myself.
- ~ I will accept who I am right now.
- ~ I will not give up.
- ~ I will be nice to myself.
- ~ I will accept my feelings.
- ~ I will celebrate each step forward.
- ~ I will not give up.

<https://www.facebook.com/HealingFromTrauma.WelcomeToMyWorld>

Have you registered yet?

The West Coast Communities Conference now in its fifth year, is a response to an East coast conference held annually for years at Twin Oaks Community in Virginia. It is an opportunity to meet a variety of people some of whom are communitarians and some just exploring community.

Space at Sahale is limited so registration is required for all. Housing assignments will be made on a first-come basis.

West Coast Communities (Un)Conference: Cultivating Collective Liberation

Something is Emerging

What are the Communities of the Future?

Join us for an intergenerational inquiry

- What are the Social, Cultural, Spiritual and Deep Eco-logical Technologies for communities of the Future?
- Intentional Communities as Living Laboratories for Social Transformation
- Conversation & Innovation around Privilege, Access and Inclusion within Intentional Living Movements
- Envisioning Communities as vehicles for Cultivating Collective Liberation in the larger society

"Enlightenment is a group activity" - Charles Eisenstein

September 14-16, 2018

Sahale Ecovillage and Learning Center

Tahuya, WA

Now accepting applications for programming Sliding Scale Registration Options and Scholarships Available

For more information:

website: www.WestCoastCommunitiesConference.org

email: WestCoastCommunitiesConference@gmail.com

Facebook: www.facebook.com/westcoastcommunitiesconference

September Birthdays Coming . . .

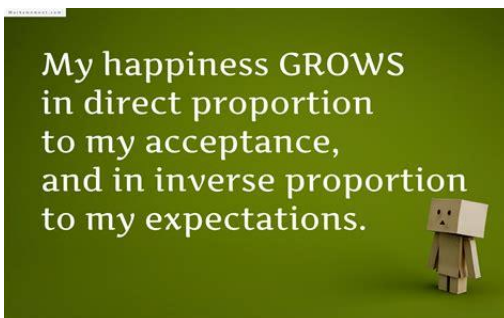
- ✚ **Happy 70th** Barbara Brucker, it will be good to celebrate you!
- ✚ **Happy 69th** to Elizabeth Jarrett-Jefferson



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**.



Calendar of Programs and Events

This calendar will be updated next week!

What makes community meaningful and fun? The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long- time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: www.goodenough.org

The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** We will start our meetings again in the fall. Contact Kirsten Rohde for more information: krohde14@outlook.com



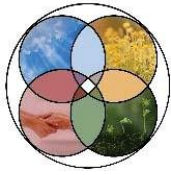
The Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our meeting place: hollisr@comcast.net.

The Men’s Program is 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. Contact Bruce Perler for more information: 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.** See the article in this eView about the fall program: August –

26, September 9, 23, October 7, 21, November 4 and November 16-18 weekend. See *article previously in this eView*. Contact Colette Hoff for more information: hoff@goodenough.org



The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org



True Holidays Celebration, Saturday, December 1, 2018

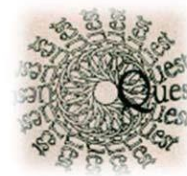
Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact: Kirsten Rohde, krohde14@outlook.com

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404)



The Power of Acceptance

Chuck Danes Abundance-and-Happiness.com



Consciously choosing The Power of Acceptance enables and empowers you to go with rather than against "The Flow"

The Power of Acceptance and your willingness to consciously activate it's power in every aspect of your life is the often overlooked key to experiencing a quality of life that surpasses common human logic.

Personally experiencing this quality of life for yourself requires nothing more than choosing to elevate your awareness and depth of understanding to the unwavering and never changing perfection of the process of creation and it's infinite nature.

You become enabled and empowered to see life and the world around you for what it truly is in such a way that instills an indescribable sense of internal harmony, peace and well being that transcends all forms of common logic and widely held "perceptions" of possibility that the vast majority "unconsciously choose" to remain limited by.

Acceptance is a virtue that doesn't require any form of doing inn the "physical sense" of the word, it's a chosen way of being. Choosing acceptance as your predominant way of "being" transcends the limitations of the intellect opening your eyes to the matrix of illusion that so many who find themselves caught in seemingly inescapable cycles of fear, doubt worry and anxiety "perceive" as being so real.

Like all Power Principles the power activated through choosing acceptance as your chosen way of being never fails or wavers. It's power as well as it's reach is unrestricted in any way shape or form. It's reach is infinite in nature and transcends ego, suspends [polarity and duality](#) which in turn enables the flow of heartfelt desires to become "real and tangible."

Each and every experience we encounter in life, whether physically, financially, relationally, _____

emotionally or spiritually doesn't find its root in the "doing" as the vast majority "perceive" but rather becomes "real and tangible" in our physical reality based on and due to our individually chosen way of "being."

This way of being is reflected and made real through the choices that you make for yourself at the causal level...more specifically the quality of consciousness that you choose for yourself.

There are no right or wrong ways of being. Only individual choices which determine what you will experience in the various aspects of your life.

Acceptance is a way of being initiated by choice. Those who choose acceptance as their predominant way of being find it to be a pleasing and powerfully creative choice...a choice that consistently yields "desired results."

Choosing acceptance as your predominant way of being disarms and eliminates fear, doubt, worry and anxiety which in turn enables "The Flow" to consistently deliver desirable outcomes.

Doing is a finite and physical effect that creates additional effects...being is the underlying cause that transcends the physical which inevitably transmutes into what we do. Our chosen way of being affects the quality of our doing which in turn impacts the quality of the tangible results that we receive which in turn determines our individual physical experience.

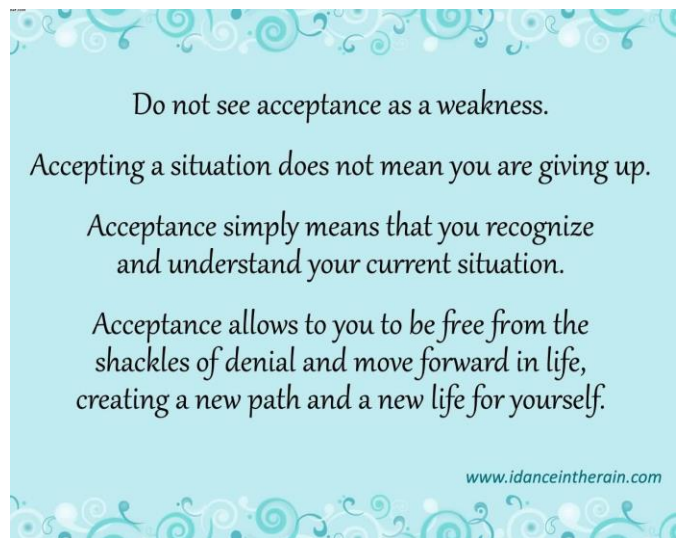
Acceptance is our "true nature" freely provided to each of us and resistance is a learned trait that many adopt throughout their lives due to self-limiting and self-sabotaging beliefs acquired.

Resistance, although often "perceived" as being the means to avoid unpleasant and undesirable experiences is in actuality the very choice that enables the unpleasant to become real...to persist and only serves to draw to you more of the "unpleasant"...the polar opposite of what so many claim they want.

Put another way our chosen way of being is the result of and made real based on the quality of [consciousness](#) that we choose individually.

The quality of our consciousness serves as the seed of what we are being which in turn reflects in the tangible outcomes that our chosen way of being determines and harmonizes with.

Both acceptance and resistance are nothing more or less than individually chosen qualities of consciousness...ways of being which, although the flow is never hampered or affected...the quality of the flow...meaning the kind and quality of the events, conditions and circumstances that the flow delivers to us in the various aspects of our lives is without question affected.

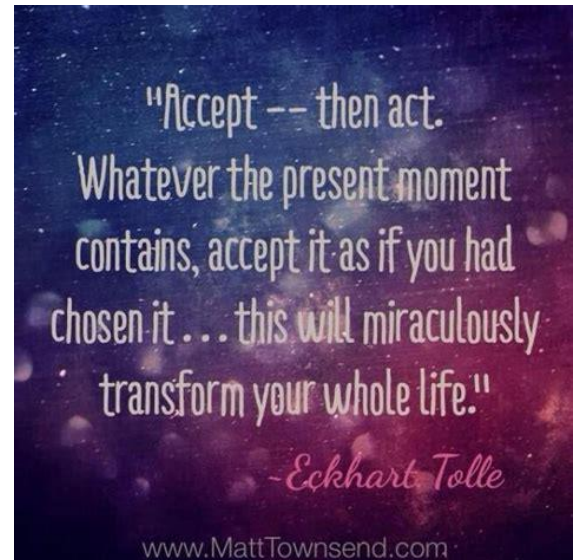


The process never wavers. The Flow never stops or rests. The process of creation is ALWAYS in harmony.

A lack of awareness and deeper understanding with regard to how the process unfolds is the greatest cause for allowing resistance to become your chosen way of being which in it's unwavering perfection, the process of creation..."The Flow" delivers more of undesirable occurrences just as we choose as "unconscious" as that choosing might be.

It's a form of self sabotage. It blinds you to the perfection and the infinite nature of The Flow.

An Unconditional Acceptance of what is just as choosing to resist what is are nothing more than choices that we ourselves have been provided the right as well as the ability to make which determine what "The Flow" delivers to us individually.



The Flow never rests...the process of attraction never fails. It's the nature of the Universe to multiply and consistently supply an abundance of whatever we choose for ourselves.

In fact, [faith and abundance is all there is.](#)

The Power of Acceptance is far more than a "feel good" philosophy.

It's immutable and unwavering power is validated by modern day science and easily verifiable through exploring the ancient texts left to us by the most enlightened mystics, sages and masters since iniquity.

How Can You Be In A State Of Acceptance When Things Aren't The Way You Would Like?

The first step is developing your understanding and belief of how and why the undesirable situations that occur in your life sometimes persist and make a conscious choice to begin [accepting responsibility](#) that it is **your choices and actions** that are and have been creating them.

It is imperative that you **take conscious, focused and intentional action** necessary to change the way you think about and perceive each situation that you experience.

By developing the understanding that **ALL things** that happen in your life work together for good, and are necessary for your growth, regardless of what they **appear** to be based on your current perception, you are taking a **major step** in eliminating the very resistance that is creating them, which in turn neutralizes the negative, or lower form of energy, empowering you to overcome them.

By establishing a sense of self acceptance and an openness to accepting change mindset, as well as an openness and willingness to discover and overcome the self limiting beliefs that many have been taught and come to believe to be "true", you will be 99% of the way to developing true acceptance.

The comfort and assurance that is derived from developing this understanding is, in itself, **extremely powerful and liberating.**

Regardless if you are a spiritual person or are totally dependent on scientific proof, the facts and proof exist for you to establish that belief. You only need to take the time to find and study them.

Although the Laws of creation are quite predictable and simple to understand it is initiating the power of them that is not so easy.

As humans, the vast majority resist change, and it is this same resistance to change that we are attempting to disempower and do away with.

You must develop the **willingness** to change the thoughts, emotions, actions, or beliefs that have created and caused these conditions to exist. It is necessary to eliminate your "resistance to change" and establish a sense of self acceptance and allow yourself to begin accepting change as a necessary process to facilitate your growth.

Your resistance to this truth will only cause your existing to conditions to continue to manifest the same results experienced thus far, until you make a **conscious choice** to do something different.

The time it takes to master this principle depends only on your willingness and desire to acquire the understanding enabling you to make the "shift" and once understood choosing to apply the understanding gained.

One thing is absolute. The sooner that you understand and accept the "Higher Truth" regarding your "true power" and the perfection of the creative process, the sooner you will become enabled and empowered to begin "consciously creating", attracting and experiencing the unlimited "Flow" of Abundance and Happiness that you were provided the birthright to experience and enjoy.

By becoming familiar with how your [thoughts](#) , feelings, and [emotions](#) create and attract to you the outcomes that they do, it will become much easier to take the positive action necessary to begin to attract only the pleasant things that you desire.

By developing an attitude of [Gratitude](#) in **ALL** of your life situations, regardless of what those situations bring or what you **perceive** them to be at the time, will literally, almost magically, and with **absolute certainty** dis-empower the energy creating those circumstances, and allow them to dissipate.

By learning to develop and remain in a constant state of acceptance, realizing that those things that you are experiencing are for your ultimate good, the resulting vibratory output created is _____

harmonious and can only attract harmonious conditions, regardless of what the current circumstances **appear** to be. It is this harmonious vibration that you emanate as a result, that will allow you to dis-empower and change those things that are happening in your life, that you perceive as negative and choose **not** to experience.

Once you have mastered this principle, you will know what it is to become a "Creator of Circumstance" rather than a "Victim of Circumstance".

You can read the entire article at <http://www.abundance-and-happiness.com/acceptance.html>

