



Ambivalence

Having opposite feelings and emotions at the same time.

Village eView

January 29, 2020

Colette Hoff, Editor

COMING UP

Pathwork, February 9

Third Age, February 14

Women's culture, January 25

Annual weekend, March 13 to 15

The Fourth "A," Ambivalence

Colette Hoff

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false. If you seek love outside of yourself you can be certain that you perceive hatred within and are afraid of it. Yet peace will never come from the illusion of love, but only from its reality.

~ *The Course in Miracles*, Chapter 16, Section IV The Illusion and Reality of Love

(Note: This quote was mistakenly attributed to Rumi.)

As a community of people who know each other well, we find the most common barriers to love include **three "A"** words: anxiety, arrogance and anger. The three AAA's are personality traits that act as challenges to overcome in achieving our life's purpose. Although we often have trouble seeing them in ourselves, the three AAA's make themselves apparent to others. When we are under stress, these traits become more obnoxious and more visible to others and make it harder for us to connect with our own true selves and with others. Working with these traits is a life-long effort. Even when we think we have them conquered they may be simply lying in wait to trick us again.

However, there is a fourth "A" word that is key to dealing the first three. **Ambivalence** is a state of having simultaneous conflicting reactions, beliefs, or feelings towards some object. Waffling, lacking resolve, vacillating, wavering, hemming and hawing are all value-laden words we use to describe a state of ambivalence. Stated another way, ambivalence is the experience of having an attitude towards someone or something that contains both positively and negatively-valenced components. The term also refers to situations where "mixed feelings" of a more general sort are experienced, or where a person experiences uncertainty

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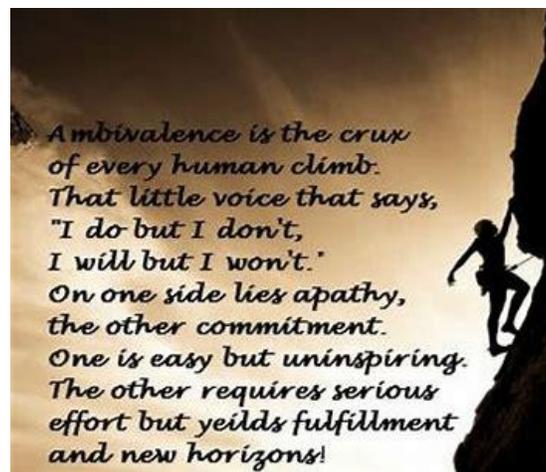
Sahale Learning Center

The EcoVillage at Sahale

or indecisiveness. In other words, ambivalence can keep people from dealing with anger, arrogance, and anxiety. It's difficult to take on the study of love-limiting emotions and commit to it. Our humanness causes people to see anger (or anxiety or arrogance) on the outside in a partner or a friend rather than how it works in them. Even with a strong desire to change, it is more likely that the desire will fade and the original issues will remain. Resolving ambivalence is essential to consistent motivation.

Some points about ambivalence:

- Ambivalence is normal and can be helpful to see all sides of an issue.
- It is also normal to get stuck in ambivalence and sometimes the fear of making the wrong decision can be paralyzing.
- Consciously take one side and study it. Live with a decision for a given period of time. Then live with the opposite for the same period of time. Make space for both reasons to stay the same and also the reasons for change.
- Talk out the ambivalence with a friend and suggest they ask open-ended questions and reflect back what they hear you saying on both sides .A conversation where option A and option B are seen clearly and non-judgmentally is the kind of conversation that helps to resolve ambivalence and makes way for change to happen.



Gardening at Sahale through the spring of 2020

The gardening group has committed to setting aside one Saturday per month for the gardens. We are announcing monthly Saturday work parties to keep the good care of Sahale going all year round.

Saturday, February 8

March 7

April 4

May 23 to 25 (Memorial Day)

A Gathering of Women

We are sisters on a journey,
Singing now as one ...

Indeed, the women who gathered on Saturday, January 25, spoke as one: “My life is full of change.”

Changes in our lives bring up a full spectrum of feelings:

- I have freely chosen to change my living arrangements and thus my relationship. I am both terrified and hopeful.
- Change has been forced upon me and I don't want it. I must constantly remind myself that being angry is a waste of time. Instead, I have to deal with this change. It is difficult to stay present and to require myself to be my best self.
- I am enjoying my process of letting go of objects and of attitudes. I remind myself, whether it is a memory or an object, to touch it and let it go. At the same time, I wish I had been more aware in my younger years. I made relational mistakes that I deeply regret. Yet, to judge my past harshly is to dishonor myself and the person I was.
- I have always loved change. Change excites me. Now, though, thoughts of making radical change appear and I wonder, am I avoiding something? Am I about to throw the baby out with the bath water?

Provoking these thoughts was a song by Holly Near, “I Am Willing.” In part, her lyrics are:

I am open and I am willing.
To be hopeless would seem so strange.
It dishonors those who go before us,
So lift me up to the light of change.

Although each woman acknowledged the desire to be open and willing, underlying questions remained:

- How do I become open?
- How do I become willing, even when I don't *want* to be open?

Early on in life, our key faculty Colette Hoff made a commitment to her own growth and has consistently kept that commitment. She has studied and practiced, and she continues to grow and to welcome change, even when it promises to be unpleasant.

From her deep tacit knowledge acquired from years of saying yes to connecting and being open to the moment, Colette suggested answers to those questions.

First, assume a physical stance that will open your heart chakra. Sit or stand with your

head up and your shoulders back. Create space in your chest for your heart to expand.

Remind yourself, “I am not in control,” and allow that to be OK.

Shift your thinking away from black/white, either/or and welcome a range of possibilities.

When that voice inside tells you, “I don’t *want* to be open,” ask yourself, “Where did that response come from? How am I keeping that going?”

And remember that having mixed feelings – ambivalence – is normal and useful, helping us recognize several sides of a situation. Being stuck in ambivalence, however – unable to make a choice, unable to move into change – leads to Anxiety, Arrogance, and Anger, three barriers to love that we’ve been studying since Lab. Ambivalence is the fourth “A” and must be dealt with in order to *choose* to work through anger, anxiety, and arrogance.

Over lunch, in celebrating Joan Valles’ 85th birthday, women drew inspiration from Joan’s life. For nearly 30 years in our midst, Joan has demonstrated a woman’s ability to change and to grow, even in late middle age and into old age. Her example gives us hope and reminds us, as Holly Near sings:

... to be hopeless would be so strange.
It dishonors those who go before us,
So lift me up to the light of change.

Editor’s note: This poem illustrates ambivalence and its resolve.

From Pear to Nest

Mark Nepo, *Inhabiting Wonder*, 2004

There was a nest along the porch
with one baby left and the mother
was in the pear tree twenty feet away,
calling her to try.

All the others had flown
but this one was afraid. It
fluttered its tiny spray of feathers
against the dry nest
and cried back softly.

This went on for hours.
And now the mother calling



And baby Benjamin brought his mother, Brittany!

and the baby resisting
seemed no different
than our leap to love
or our attempt to be.

Soon, it seemed as if
both were parts of the same soul:
the more ancient calling, "You must try!"
The smaller piping, "I can't! I can't!"
The older demanding, "You were born
for this!" The smaller lamenting "I can't!
Don't force me!" The older insisting, "All
things wait on your opened wing!"
The smaller tensing, "Alright!
I'll try! I can't! I'll try!"

The two kept calling
from pear to nest
until it seemed the mother's
whole purpose was to have
her children fly,

until the soul's voice
like that of a mother bird
perches nearby, coaxing
our timid heart
to spread and leap
where nothing is firm.



Thank you, Hollis for sharing your home, one last time!

Watchcare

As women, we prayed over Rose Buchmeier to prepare her for back surgery on January 27. The surgery was 5 ½ hours at Harborview. When I saw her on Tuesday, she was alert and definitely coming back. Her sister Jennifer, a nurse has stayed with her in the hospital.

The Buchmeier household would appreciate homemade soup of any kind, ideally frozen. Please let Joan Valles know if you can offer something (206-819-1089).



Mindful Mike's Blog: Dancing Between the Rain Drops

Mike deAnguera



No more snow. Boy, are we getting slogged in the rain. The Tahuya River jumped its banks, overran our swales, and made some good sized lakes in our valley.

Here Jim Tocher supervised some nice work restoring our maintenance shed's Kubota tractor shelter. I was not part of it because I was at the VA for a medical appointment.

As you can see we plan things then life happens. Then we all pitch in to recovery mode.

I have always been a very anxious person. I am anxious about everything. My community friends are helping me relax. They have my back.

Okay so stuff happens. Pedge Hopkins even got temporarily stranded. You can see how the rising waters had surrounded her Shabin (shack + cabin). She did manage to travel successfully to Long Beach to be with her friend Euna.



One could paddle a canoe down one of our swales or out in one of rain water filled ponds appearing all over our flood plain.



In this photo I could see the Tahuya River roaring right through.

This flood was almost as bad as the one of 2007.

Eventually the waters subsided but now we are getting dumped on again. Will flood waters rise? What a way to finish January!

My tiny house? Colette Hoff, Paul Rave, Elizabeth and Pam Jarrett Jefferson

are still helping me secure one. I certainly will be happy to finally move into my new dwelling. It will be my first purchase of a new place in over 30 years. At long last a place in the woods!

Our Hugelkultur also got flooded out. Hopefully we didn't lose anything.

Many farmers lose a lot in floods. In this time of climate change there is no telling what to expect.

Well, I guess it can be a choice between turning wet or freezing. We here in the Pacific Northwest are used to the rain. That's why Seattle has the Bumbershoot Festival in September.

Here is the mighty Tahuya River flowing across the lawn towards the sweat lodge area. Not a sight one sees often around here. The river has no ambivalence. Anybody want to paddle a canoe to the sweat lodge area?



The following was brought to our attention by Hana Galperin.

From Anxiety To Agency: Generative engagement with the challenges of our times with Robert Gilman Whidbey Institute

February 17, 2020 The program begins at 9:30 and runs to 4:30 pm. We recommend arriving promptly at 9 in order to get settled.

LOCATION: Thomas Berry Hall **ADDRESS:** 6449 Old Pietila Rd, Clinton, WA 98236

In the midst of the world's upheavals, are you looking for a more positive and effective way forward – for yourself and for the world?

Join us for this full-day immersion into skills and reframes that support you. Build your capacity to meaningfully contribute to positive change, in all spheres of life, while aligning your actions with the deep process of cultural change unfolding on the planet.

The day combines science-based inner work, big-picture cultural understandings, and insights from living systems. It draws on the acclaimed [Bright Future Now](#) 7-week online course and will be of interest both to those familiar with that work and those new to the conversation. The program will include small-group conversations and experiential learning as well as presentations and full-group work.

You'll explore your Optimal Zone—the psychological space where you are most capable, creative, compassionate and at ease. You'll learn skills for being resilient in that space even in challenging circumstances.

You'll discover a way of seeing the world (and yourself!) that supports creativity and collaboration and escapes the pitfalls of categorical thinking.

You'll see how major long-term trends are moving the culture toward profound positive tipping points, and how you can help that process be as rapid and graceful as possible.

In the context of those long-term trends, you'll learn how to keep the daily news in perspective and focus on what most needs *your* attention.

While not required, we recommend that you watch [We haven't been able to have this much fun for 5,000 years!](#) prior to the event. It will give you a taste of the territory we'll be exploring – plus, it's fun!

Editor's note: *Let me (Colette) know if you are interested in attending. Thank you, Hana*



We're almost on top!

The roof on our Sahale-based gathering tent has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings; other organization's retreats and conferences; and The Goodenough Community's programs, which include Children's Summer Camp and the Human Relations Laboratory.

We are almost to our goal of \$7000; \$800 to go!

Here are some details about the tent and new roof:



- Tent manufacturer: Rainier Industries
- \$14,000 was the cost of the tent when it was originally purchased in June 2002, and had a life expectancy of 10 years.
- The tent dimensions are 40 X 60' with a wood dance floor within, 30' X 30'.
- The aluminum structures are in good condition!



Donate now at www.goodenough.org
 Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof. For more information: Tom George thomasageorge@live.com



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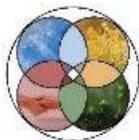
Programs and Events of the Goodenough Community

Please Note: New dates for 2020 are highlighted.

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 **General Circle** meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be: February 17; March 9, April 6, 20; May 4, 18; June 1, 15. Our **Annual weekend** will be **March 13 to 15.**

The Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. We meet Saturday mornings from 10:00 to 2:00 with lunch included. In February, our meeting will be February 29.

The annual women’s weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



True Holidays Celebration, Saturday, December 7, 2019 (In 2020, December 5)

Be part of this fun-filled family-oriented evening and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact Elizabeth Jarrett-Jefferson for more information.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle, **February 14** will be the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. The semi-annual men's weekend will be **June 5 to 7**. For more information, contact: 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 goals, 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. **In 2020, Pathwork will meet February 9, 23; March 8, 22; April 5, 19; May 3, 17, 31; June 14.** Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth NEW DATES for 2020!

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28. *Summer Camp* is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership. Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

Work and Play Parties throughout the Year. *Traditionally,* the Goodenough Community sponsors work parties over Memorial Day weekend (**May 22 to 25, 2020**) 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) to make an appointment.

Some recent pictures from Sahale:



Paul and Pedge are playing foosball on our new table that Paul Rawe gifted to Sahale!

On the next page, you can see pictures of the new shed for the tractor which fell down under the weight of snow last winter. The crew reported having a good time led by Jim and Paul. Thank you each.

