

SLOW SLOWER SLOWER

Village eView

August 28, 2019

Colette Hoff, Editor



Slow Down!

Colette Hoff

Last August 2018, Jessica Tarturo visited our Human Relations Laboratory and gave us an important lesson about especially intimacy but really all of life. When interactions are slowed down, misunderstandings are less likely to occur. Moving through life at a slower pace allows more space for mindfulness and flow to be present. There are signs on the paths at Sahale to remind everyone to slow down and enjoy the natural world. Each of the groups following Lab have appreciated the signs.

As Sahale prepares for 100 guests this weekend, slowing down is even more important. I notice this especially as many people cook and clean-up. Moving more slowly is key as is mindfulness. Mindfulness is an antidote to anxiety that can be catching in a group situation. In the Goodenough Community we talk about a non-anxious presence as an essential characteristic of good leaders.

When we relate with slowness, more connection is possible in the space that is created. More energy can be generated and longer hugs are received more deeply.

The growing slow movement began with slow food and extends to all areas of life.

The following article gives an overview of the movement.

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

The Slow Movement

Carl Honore

A movement that started out with food and ended up touching millions

It all began when in 1986, Carlo Petrini founded Slow Food to counteract fast food and fast life. The idea quickly grew into an international movement, reflecting an overwhelming desire for a cultural shift toward slowing down life's pace.

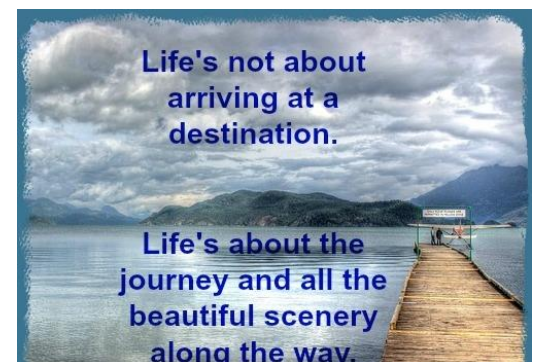
This sparked off the beginnings of a broader Slow Movement, which has now evolved into Slow Travel, Slow Cities, Slow Companies, Slow Design and Slow Parenting.

Overall, there is a global desire from an increasing number of busy families and individuals to bring "slow" back into their lives in order to reconnect with themselves, their families and the world that we live in.

Going slow is not about doing everything slow it is simply a gentle (yet firm!!!) reminder to all of us that:

1. **We need to stop rushing through life so fast that we lose track of ourselves**, our own values and what makes common sense. We need to reunite with that inner voice that used to guide us – because without it we tend to make really shitty decisions – both as individuals, parents, entrepreneurs and politicians.
2. **We need to stop applying the same turbo-speed to everything that we do**. Certain things are not meant to be rushed (such as raising a child or cooking a nice meal) so we need to get back to doing things at the right speed – and learn to slow down when life really matters.
3. **We need to stop doing everything at once** – constantly multitasking – and instead become more present and mindful, focusing on the now and whatever we have in front of us. Skimming through life on the surface brings very little meaning and leaves us feeling empty and without a purpose. So go slow and dive in!
4. **We need to slow down and find the energy to get involved with the world that we live in**. In today's pressed-for-time society we barely have the time to get involved with our own lives let alone the neighbor's. But there are real problems that need to be dealt with and we must all find the time to pitch in.

Carl Honore, author of the international best-selling book, "In Praise of Slowness" that has been translated into over 30 languages, has recognized the importance of Slow brilliantly: *"Today we are addicted to speed, to cramming more and more into every minute. Every moment of the day feels like a race against the clock, a dash to a finish line that we*



never seem to reach. This roadrunner culture is taking a toll on everything from our health, diet and work to our communities, relationships and the environment.”

Last week, we published an article titled, *How to Stop Your Stories From Running Your Life* by B Grace Bullock Phd. This week, the following article will help you change your story and live from a new story. This is an excerpt.

How to Change Your Life by Changing the Stories You Tell Yourself by Lovelyn Bettison

The difference between you and the people doing the thing that you’ve always wanted to do is the stories you tell yourselves. Changing that story is one of the most important steps to changing your life.

Shifting Your Story

Now that you’ve identified your story, you have to make a new one for yourself.

For me, it was simply deciding that I was just as good as anyone else and I deserved just as much as anyone else. It’s a really simple non-specific story, but it countered my previous limiting one. Think about your limiting story. How can you change that story to make it empowering?



Supporting a New Story

A new story in itself is not always enough. That story needs to be rooted in something. You have to believe it, and changing your beliefs can be the most difficult thing of all. When I decided to change my story about myself, I looked around at my life for evidence that the new story was true.

For example, I knew I had friends and family who loved me and certainly thought I was good enough to receive that love.

When I looked at my life objectively I realized that I’d actually accomplished quite a bit. I’d always done well in school. I’d written quite a large body of work that I enjoyed and liked. I always went out of my way to be kind and helpful to others. These are all things that, in my eyes, made me just as good as anyone else.

As I started to look at my situation more, I realized that one of my core problems was “the anyone else” part of my story. I was comparing myself to others, and that will lead to unhappiness most of the time.

Instead of thinking of myself as just as good as anyone else, I started to change my story again to simply say that I am good.

Can you find evidence around you that can support your new story? Does looking at that evidence make you realize that you need to make any changes to your new story?

Emotions Are Key

Supporting your new story with facts will help you believe it, but what really anchors it into your life is associating it with positive emotions.

I started meditating every morning and every evening for twenty minutes. Once my meditation was over, before I got up, I'd visualize something that is connected to my new story. Because my story was so broad, that visualization could include any number of things.

I'd imagine myself having relaxed conversations with people at a social event where I was contributing equally to the conversation. I'd imagine myself working at a job that I loved and doing really well at it.

I'd imagine these things very concretely. I'd really get into the visualization and wouldn't get up until I felt the joy that these activities would bring me deep inside.

I am a writer and am prone to imagination, so this was quite easy for me. We all have the capability to imagine, so give it a shot and see what happens.

Nothing Happens Without Action

Sitting around visualizing isn't enough to make change happen in your life. I'm a strong believer in action. That's where you really start to see the change happen.

Now that you have a new story about your life, you'll be able to see opportunities in places you've never noticed them before. You'll also have the courage to try things that you never did before.

I immediately started challenging myself. I started making a conscious effort to speak up in social situations and to express my opinion. I started asserting my needs more. I was able to see things for a more positive perspective.

I'm not saying that I am always successful. I most certainly am not. Sometimes I fall back into old habits, but I remember that simply making the effort gets me a step closer to my ideal than I was before.

Be Kind to Yourself

The physical circumstances around you won't change overnight. You won't change your story to being abundant and then suddenly have millions of dollars in your bank account the next morning. What will happen, though, is that you will recognize the opportunities that will get you there.

Don't be angry with yourself or the universe if it doesn't happen fast enough for you, or if you fail to make the changes you want all once. Taking small steps in the right direction every day will get you where you need to be. It's important to be consistent.

Don't beat yourself up if you fall back into old habits. We are often our biggest critics. Just pick yourself up and start again. It's the ability to continue moving forward that will get you to your goal.

<https://tinybuddha.com/blog/change-life-changing-stories-tell-yourself>

Calendar for 2019 -2020

Please let Hollis Ryan know of any conflicts.



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. Proposed schedule is September 8, 22; October 6, 20; November 3, 17; December 1, 15.

Convocation is proposing to sponsor a meditation retreat at Sahale on the weekend of November 15-17 led by Colette Hoff and the Lifeways Circle.

The **General Circle** meets Mondays at 6:30 for light dinners & business at the home of Tom George. The suggested schedule is as follows: September 9, 23; October 7, 21; November 4, 18; December 2, 16.

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. The next gathering will be September 28 at Hollis' home. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal's daughter Brittany. In 2020, our first gathering will be January 25 at Hollis' home.



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 weekend of September 27-29 is proposed for the Men's Weekend/Tent Take-down.

The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be September 20. Contact Kirsten Rohde for more information: krohde14@outlook.com

Thanksgiving

Thanksgiving at Sahale will be held Thursday November 28.

True Holidays Celebration

Our annual True Holidays Celebration will be December 7. Mark your calendar!



Mindful Mike's Blog: Slower Please

The last 2 weeks have really been heck tick. First one group. Then another. Truth is I have not been in my room for almost the last month. Sahale's operating schedule has been very energetic. This is good for business. It enables us to live at our ecovillage. I suppose other ecovillages have similar challenges when it comes to making a living.

When things get challenging, that's when I have to remember my Human Relations Labs. Would you believe I have gone to 20 Labs since 1998?

Slow down, Mike. I need to slow my pace and pay attention to those around me. Being more mindful is what it is about.

I should always remember the good experiences. Like playing chess with manda Lovett. This is where I learn to lose a game in a good way. It is the only way for me to get good at playing chess. This way I can build friendship ties with her. Play is the best way to make friends.



Or how about picking black berries with John Schindler? He knows how to get the bushes to produce more berries. The berries are yummy. Maybe that's why Luther Burbank, a famous gardener started to plant the first Himalayan Black Berry bushes which now curse our Pacific Northwest with their thorny stalks.

You should have seen John Schindler and Josh DeMers opening up two beaver dams on the Tahuya River. I never knew beavers could dam the river. As a result a huge pond was created flooding land where Kirsten Rohde once planted trees.



I felt so good at my first Lab that I wanted to live at Lab. Well, now I do. Others have joined us in the 11 years I have lived here at Sahale.

This is heaven, right? All my problems would be solved. I would be with the most wonderful friends. Was I not destined to come here?

Well, guess what, I am being put to the test. Isn't that what I agreed to when I came into this lifetime? And did I not come into this lifetime seeking heaven? I sought to be tested both within and without. This was so I could be real along with my friends.

Want to climb a mountain to experience a terrific view? That's what I am doing right now. Climbing a very tall mountain can get me frostbitten body parts. It's hard to breathe. In fact I might feel sick. The sky is a dark purple. I could be blown off any moment by hurricane forces winds or fall into an ice crevasse. But the view? The horizon extends over

200 miles. As a mountain climber this where I would want to be regardless of the consequences. Just thinking about it gives me an adrenaline rush.

Mountains need to be climbed slowly. It is important to keep a steady pace and be in the now. Thinking about anything else could get me killed. I am roped to my companions to insure we all stay together.

Likewise at Sahale I need to keep pace in our working as a team. Let's do it slowly, one step at a time.

Look, even John Schindler thinks I can make a good black berry picker. He knows how to train me and I am a good student.



At the "OUR" Ecovillage – in
British Columbia

September 13 - 15

Friday 2:00pm - Sunday

5:00pm

<https://ourecovillage.org/5th-annual-west-coast-communities-conference/>

TThis conference is an intentional experience of community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a

model for impacting wider social change. The Goodenough Community is a sponsor for this event!



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**.



Programs and Events of the Goodenough Community

New Dates will be listed 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 **General Circle** meets Monday evening for light dinner & business at hand. Fall schedule to be announced.

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. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



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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 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.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

New dates for Summer Camp 2020 will be announced. 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 4 to 10, 2019

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

True Holidays Celebration, Saturday, December 7, 2019

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 for more information.



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) to make arrangements.