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## THE TAOGIRL GATHERING

### A Celebration of TaoGirls Everywhere

April 1, 2007

The TaoGirl Gathering

Issue Number Eleven



Welcome , TaoGirls

Happy spring – at long last! I feel ready to welcome this new season, especially as I finally had the snow storm I had been longing for all winter. Yes, I know I am among a small number who actually wish for snow – but I did love seeing that gorgeous white blanket covering our property last month. Of course, I wasn't the one who had to go out there in the frigid air and plow and shovel. Joe and our pooch, Daniece did that. But I did have a hot cup of cocoa ready for Joe when he was finally finished and ready to come in a warm up. Daniece didn't need hot cocoa. She couldn't get enough of the cold – she is, after all, a furry Old English sheepdog wearing her own

fur coat.

And now it is April, the college basketball season will end with the women's final tournament this weekend, American Idol is down to 9 contestants and baseball begins in a week or two. And, most importantly, we celebrate April's holidays with Easter bunnies and Matzoh and family and friends.

I wish you all the joys of this season of renewal and growth.

CJ



This month's Taogirl Gathering will also feature:

- ✚ The Taogirl Wisdom of the The Taogirl Wisdom of the Month
- ✚ A New Taogirl Group is starting
- ✚ Meet a dynamite Taogirl named Margaret
  - ✚ A final reminder about a fabulous upcoming women's retreat
- ✚ A listing of my April travels – I would so love to meet you when I'm in your part of the world
- ✚ The Taogirl Boutique – EL TAO DE LA MUJER DESAFIANTE has arrived and is available for purchase!
- ✚ "Let's link"
- ✚ A few final words

Spread the word – please remember to forward this issue of THE TAOGIRL GATHERING to your friends!

#### TAOGIRL WISDOM OF THE MONTH

*Live boldly. Take risks. Make someone say*

*"What the hell was THAT all about?"*



**Calling all Taogirls in the Fairfield , CT area:**

**The first meeting of the Fairfield Taogirls will take place on Monday,  
April 30    Noon – 1:30**

**At: Yoga4Everybody, 27 Unquowa Road , Fairfield**

**I will also be leading a Taogirl workshop at Yoga4Everybody Wednesday, May 16    1:00  
– 2:30**

**You are all invited to either or both – please rsvp**

[thepath@taogirl.com](mailto:thepath@taogirl.com)

### **MEET A DYNAMITE TAOGIRL!**

One of the most wonderful perks of being a Taogirl, is the opportunity to meet warm, friendly and interesting women all around the country. Yet it was in my neighboring town of Danbury , CT that I was introduced to Margaret – and what a true Taogirl she is! I'm thankful that she agreed to share her story with you all:

Introducing.....Margaret



**Margaret, when we met you told me that you always believed you were a Taogirl. How so?**

Actually after reading your wonderful book, I thought to myself wow what CJ wrote about is how I live my life, accepting what comes along and yet not letting the bad stuff change who I am.

**I know that life wasn't always easy for you in your childhood. In what ways was it difficult?**

I came from a very mentally and physically abusive family. I was abused by my mother and father, thrown down steps, beat with an iron spoon by my mother and at around 10 years old kicked where no little girl should be kicked by her father. I think that was because I accidentally spilled my milk. My last beating from my father was when I was 21 and he kept punching me in the face. My mother used to cheat on my father and I would get calls as a child saying if your mom does not stay away from my husband I will throw acid in her face. I am sure my Dad was cheating also. My mom and dad looked like they belonged in Hollywood , plus they where soooooo nice to everyone but me. So no one would believe what monster's they really were! So from them I carry many scars!

**How did you manage to get through those tough times?**

I prayed a lot and would say to God they cannot be my parents you are my father.

**And even now you've been thrust into difficult situations. Can you elaborate on this a bit?**

I got divorced after a 28 year marriage and in doing so my mother alienated my whole family from me (my dad died at 60 and he was an only child so there is no family on his side left). It was not because of me getting the divorce, it was because we built an apartment for her in my house and my soon-to-be-ex was paying all the bills, and I could no longer support her and myself alone. After my divorce she continued living with

me and did not talk to me for a year. I finally had to ask her to leave as she refused to help me pay any of the bills. Yet, I have a brother 7 years younger that she adores. He does not work and has 3 kids so my mother's money goes to him. I certainly feel hurt by this. I have continued to try to be a good daughter – being at her side during a several-month-long hospitalization after surgery at one time. It hurts that my brother never went to see her. At this point she is out of my life. I do miss my grandmother who is still alive at 101, but because my mother is the stronger member of her family of six siblings they have all shunned me, too. So my mother has a huge family and a big support group and I have no family at all anymore.

**Yet you keep your head above water – and remain confident, happy and healthy.**

**What inner strength do you draw upon to do so?**

Well I do believe in the old adage God only gives us what we can handle! And what does not kill us make's us stronger! Going threw a bad divorce and having no family behind me was one of the most difficult things. I have since remarried and found a nice man to share my life, (only thing is with me I am always' waiting for the other shoe to drop). Hopefully, God gave me all I can handle already and the rest of my life will be a piece of cake!

**Do you have anything you would like to add to this interview that I haven't already touched upon?**

Yes I have met a wonderful author, woman and friend - you CJ! You have shown us threw your wonderful book the way of the Taogirl. and I so thank you for writing your book!

**What advice do you have to our Taogirl readers as they travel their own paths?**

I believe we all have an inner strength, and when times are bad we have to rely on this inner strength. Also always keep a smile on your face and try to be upbeat. No one wants to be around a sad person! And in doing this you will feel happy inside as you are showing the world your smiling happy face. Also I love to laugh. In life you have to have a good sense of humor to get you through. No one does get out alive! Blessings and Happiness to all of my Taogirl sisters out there! Margaret

**With your strength and positive attitude, Margaret, I suspect the rest of your life will be a “piece of cake”. You certainly deserve it!**

**Thank you for sharing your story and your life and your Taogirl philosophy with the rest of us.**

**CJ**

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On the road again.....

Here's where I will be in April:

*Wednesday, April 11*

Women in Transition Panel

Norwalk Community College , 188 Richards Ave , Norwalk , CT

*11:30 – 12:50*

Saturday, April 21

Renew and Bloom Retreat [www.bloomafterdivorce.com](http://www.bloomafterdivorce.com)

The Mercy Center , Madison , CT

*This is a full day event. I will be speaking at 2 :00*

Sunday, March 22

Circles of Wisdom <http://www.circlesofwisdom.com/>

90 Main St , Andover , MA

Please call for reservations: 978-474-9010

1:00 – 3:00

Saturday, April 28

*A workshop for girls ages 11 - 14*

*Temple Beth-El*

*118 Grand Ave. Poughkeepsie , NY*

*4:00*

Keep checking the Travels page of the website for current updates.



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— Spread the word – please remember to forward this issue of THE TAOGIRL GATHERING to your friends!

**AN EXCITING UPCOMING EVENT THAT EVERY TAOGIRL SHOULD KNOW ABOUT**

**Renew & Bloom**

**Retreat**

[www.bloomafterdivorce.com](http://www.bloomafterdivorce.com)

A weekend seaside retreat to renew and rejuvenate your

body, mind and spirit from all of life's transitions...

**April 20th – 22nd, 2007**

Mercy Center , Madison , CT

**Gatherings & Workshops with Barbara Scala JD**, Certified Life Coach  
and Co-Author of *Sanity Savers: Tips for Women to Live a Balanced Life*

**Author Talks with Prill Boyle** (*Defying Gravity: A Celebration of Late  
Blooming Women*) & **CJ Golden** (*Tao of the Defiant Woman*)

**Yoga & Meditations with Joanne DeVito**, Certified Kripalu Yoga Instructor

**Private Coaching Session (optional)**

**Labyrinth & Beach Walks**

**Massage/Reiki/Reflexology\***

Whatever you are transitioning through in life, take a break  
and explore how to move forward to create the life you have  
always envisioned.

The Mercy Center is conveniently located between New York and Boston on 40 acres of serene  
Connecticut shoreline.

**Call 203.521.1129 to Register or Email to [info@bloomonline.com](mailto:info@bloomonline.com)**

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Spread the word – please remember to forward this issue of THE TAOGIRL GATHERING to your friends!

## THE TAOGIRL ON-LINE BOUTIQUE IS OPEN

### THE TAO OF THE DEFIANT WOMAN

#### A GUIDE TO LIFE OVER 40

#### IN ENGLISH AND SPANISH !



## THE TAOGIRL HANDBOOK



### The TaoGirl Handbook

is chock full of suggestions to aid you in the organization of your TaoGirl Group.

Along with the exercises and discussions within the pages of this three ring binder, I've also included blank pages for your own notes, as well as plenty of "growing room."

## THE OFFICIAL TAOGIRL T-SHIRT



### TAOGIRL GREETING CARDS



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### LET'S LINK !

If you know of, or have a website that you think Taogirls would enjoy seeing, let me know and I'll be happy to set up a hyperlink from this newsletter to that site. Conversely, if you would like to do the same from your site to this newsletter, please contact me to do so.

It is in this manner that we can support each other as we all strive to support women everywhere!

**Prill Boyle ...** Like the women she writes about in her book, *Defying Gravity*, Prill Boyle is a late bloomer. After graduating from college at 38, she became an English teacher. Then in January of 2000 she read an article in *The New York Times* about a 65-year old Kentucky woman named Wini Yunker who had waited 39 years to join the Peace Corps. Inspired by this woman's persistence and courage, Prill decided to write a book about late bloomers. Her book recounts the stories of 12 "ordinary" women who've done extraordinary things later in life. It is a delightful and inspiring book to read and all the more so as Prill connects these first-person accounts together with her own story. Prill is also very active on the speaking and workshop circuit.

### CHECK OUT PRILL'S NEW BLOG!!!!!!!!!!!!

Visit Prill at: <http://defyinggravitynow.blogspot.com/>

**Barbara Scala...** Founder of *Bloom After Divorce*, Barbara is also editor and creator of *Bloom OnLine*

Magazine for "Women Who Want to Grow" at [www.bloomonline.com](http://www.bloomonline.com) and writes her ongoing column *Divorce Ain't So Bad After All*.

Trained as a mediator and collaborative divorce attorney, Barbara draws from her legal background in her life coaching practice to understand your divorced situation and to add insight into creating a life beyond divorce. She also uses her experience as a realtor to help with issues of relocation, downsizing, investing or moving on to a home to call your own.

Barbara's personable style, energy, holistic approach and ability to empathize are what make her a dynamic coach.

Visit Barbara at [www.bloomafterdivorce.com](http://www.bloomafterdivorce.com) and make sure to read Bloom OnLine Magazine [www.bloomonline.com](http://www.bloomonline.com)

**Esteemed Woman Foundation...** This amazing and important organization was founded in 2000 by filmmaker **Suzie Galler** who began conducting research about women and self-esteem which led to the making of the highly acclaimed documentary film *I Am Beautiful*. The film then became the cornerstone of an outreach program designed to help women explore and strengthen their self-image.. It now includes ongoing workshops, resource materials and an outreach network that provides support nationwide. The foundation's primary focus has been to develop comprehensive programs for women of all ages and backgrounds. The programs teach that self-esteem is not a destination, but a life long journey--one that requires recognition of the sources of self-esteem, and a willingness to address those areas that impede a positive self-image.

Visit the Suzie and the Esteemed Woman Foundation at: <http://esteemedwoman.com>

**Connecticut Muse...** This seasonally published newsletter is the brain child of **Patricia D'Ascoli**, columnist, essayist and author of *Home Is Where the Humor Is*. The Connecticut Muse is a celebration of contemporary Connecticut authors featured in a quarterly newsletter. Each issue focuses on a different literary genre and includes book reviews, author interviews, a listing of upcoming author appearances and information on new releases. You Taogirls who do not reside in Connecticut will also enjoy reading the Muse to discover what new books are out there for us all to enjoy.

Visit Patricia and The Connecticut Muse at: <http://connecticutmuse.com/aboutus.html>

**Donna Ferber ...** is the author of the wonderfully supportive and encouraging book, *From Ex-wife to Exceptional Life: A Woman's Journey through Divorce*. Donna is a licensed professional counselor and licensed alcohol and drug counselor. She is also a psychotherapist and experienced speaker who has drawn on her twenty years of experience counseling women through this difficult process to create a comprehensive guide comprised of 365 one page essays that offer inspiration, insight and information.

Visit Donna at: <http://www.donnaferber.com/index.htm>

**Alignment With Life...** **Andrea D. Klein**, the guiding light behind this California based coaching service, is a professional life coach who is continuously moving onward and upward by saying "yes" to life and by having fun with the evolving process. "Since I am in the 2nd half of life," says Andrea, "I have a yearning desire to help women embrace the 2nd half of life by exploring new possibilities and passions."

If you're ready to: embrace the 2<sup>nd</sup> half of life; explore the opportunity of truly having fun; tap into your creative juices; move into possibilities, potential and passions then you will want to "meet" Andrea via her website. And you don't have to live in California – she'll work with you via phone and/or email.

Visit Andrea and Alignment With Life at: <http://www.alignmentwithlife.com/contact.htm>

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### A FEW FINAL WORDS:

A special "Thank You!" goes out to TaoGirl Margaret for so openly and honestly sharing her story with us.

And, to all of you other TaoGirls who keep contacting me with thoughts, suggestions and encouraging comments I extend my sincere thanks. As we continue to grow as a family and I get to meet more of you I remain awestruck by the depth of your caring and kindness.

Please keep emailing me so I may share your stories, comments and questions with our readers in upcoming issues of The TaoGirl Gathering.

And don't forget to share The Gathering!

[thepath@taogirl.com](mailto:thepath@taogirl.com)

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For information, or to share your thoughts and wisdom with us: [thepath@taogirl.com](mailto:thepath@taogirl.com)