



THE TAOGIRL GATHERING

A Celebration of Taogirls Everywhere

February, 2007

The Taogirl Gathering

Issue Number Nine



Welcome , Taogirls

I begin this month's newsletter by asking a favor of you.

Since the first Taogirl Gathering was published last June, I have been delighted to see the mailing list grow as more and more women around the country discover Taogirl and are eager to join our ranks. Yet, I know that there are even more women out there who have not yet been introduced to the Tao and defiant woman, the weekly wisdoms and this monthly newsletter and I have been pondering how I might spread the word further and faster.

The other day I received an email that requested I forward it to 10 women, and, if I did so, good fortune would come my way.

Well, that was inspirational to me – for, I thought, how about I request of the Taogirl Gathering readers that they forward the newsletter to even 2 of their friends and those 2 friends forward it to 2 of their friends and etc. etc.? Certainly good fortune would come to all of us in the form of a bigger community of Taogirls all joining forces to support and encourage each other.

And, there, dear Taogirls, is the favor I ask of you:

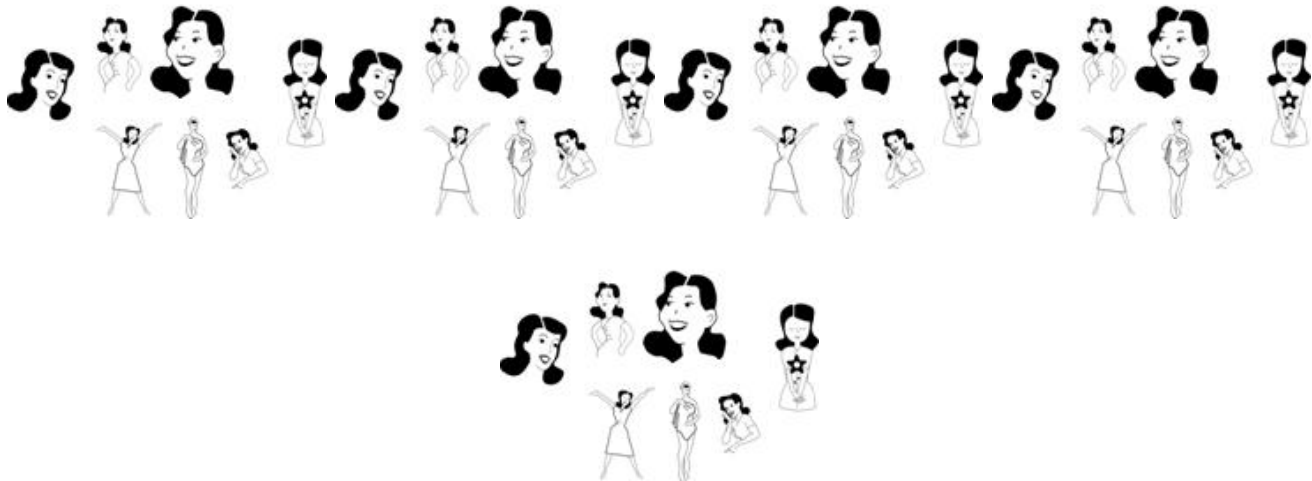
Would you please take a few minutes of your time and forward this issue of The Taogirl Gathering to at least 2 of your friends (more would be fine, too) and ask them to do the same? They might also contact me with their email addresses so I can begin to send them their very own newsletter in the months to come.

How wonderful it would be if, by the time we celebrate the first anniversary of The Taogirl Gathering in June, that there are so many women receiving the newsletter that I'll have to offer a prize to the millionth member!

Let us continue to spread the word to as many women as we can. Together we can put Taogirl on the map (and in the dictionary) and in the minds and hearts of all the women in this country!

Thank you, dear Taogirls, for your support and help.

☺



This month's Taogirl Gathering will also feature:

- ✚ The Taogirl Wisdom of the Month
- ✚ Taogirls respond to last month's comment
- ✚ Two fabulous upcoming women's conferences

✚ A listing of my February travels – I would so love to meet you when I'm in your part of the world

✚ The Taogirl Boutique

✚ "Let's link"

TAOGIRL WISDOM OF THE MONTH

There comes a moment when you have to stop revving up the car

And shove it into gear.



David J. Mahoney, business leader and philanthropist

It's **COMMENT** time

Dear Taogirls,

Last month, I ran the thought-provoking comment from Susan P. who, when she read the weekly wisdom: "She who laughs last, lasts" suggested that instead of using the male adjective "he" we substitute that wish "she".

Her feeling is that "If we as women are going to define our lives, we should think in terms of women laughing and lasting, don't you think? I try to walk the walk of a feminist which for me includes laying claim to our language as we define ourselves.

I received quite a few emails from Taogirls who either agreed or disagreed with Susan.

In our COMMENT section I would like to share three of them with you:

Hi Caryn,

I read with great interest Susan's comments on the use of the pronouns He / She. I'd like to offer a slightly different point of view for whatever it is worth.

I sometimes think we try to force a change through language rather than concentrating on the heart of the problem. Susan talks about groups changing their name to reflect their evolving ideas of identity. "Colored People," "Negros," "Blacks," "African Americans," "People of Color," -the latter not being that much different from "Colored People."! The names change so rapidly that I don't know what people are calling themselves this year, and in all honesty, more often than not, I hesitate to say anything for fear of offending someone. What is more important to me is how we relate, treat and respect each other. I personally think we should spend less time worrying what the band-aids look like and get to healing the cuts. When was the last time we thanked the "Garbage Men" for taking our trash away? Has renaming them to "Sanitation Engineers" really changed society's perspective? Rather than dwelling on name changes, I feel it would do more good to acknowledge that what they do is a vital, necessary service and an honorable job. A simple "Good morning" and respect would do more good than another title. ('A rose by any other name.....')

Naming the name, even if not meant to be, IS about being politically correct and political correctness has personally stifled my ability to express myself. Yes, it is important for language to change as we change, but I believe that if we spent more energy on the underlying conditions, the language will change. Change He to She? Let's try to empower ourselves as women without making the same mistakes our counterparts have. How about "ALL who laugh, last."

For me, this defines us as equal people. (And I guess that makes me just as guilty for changing the pronoun)

Thanks for your ear, Hilary H.

And the following:

Right on, Susan. I am in agreement with you that we women have to be more aware of ourselves and our strength and, using "she" is one of the small ways in which we can further establish ourselves in our society. It has been taken for granted for too long, that it is a man's world and time that our presence be felt. I know that we have come far in establishing ourselves as a viable part of our culture - but we're still striving for equality in many areas. It might seem like a small thing (some even call it petty) but I think that "she who laughs, lasts" is an important statement. It highlights the feminine which is a very important lesson for all of us. Jayne B.

And, finally:

How about people who laugh, last. ??????????

I, for one, don't wish to continue the tug of war with men but rather proceed shoulder to

shoulder toward a mutual goal of nurturing a respectful equality.

Maryann S.



On the road again.....

Here's where I will be in February:

Saturday, February 3

The Gunn Memorial Library www.gunnlibrary.org

5 Wykeham Road

Washington , CT

1:00 - 3:00

Wednesday, February 7

Sabita Holistic Center www.sabitaholisticcenter.com

3519 Post Road

Southport

12:15 - 1:15 I will be giving a mini Taogirl workshop

7:30 - 9:00 I will be giving a full Taogirl workshop.

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



UPCOMING EVENTS THAT EVERY TAOGIRL SHOULD KNOW ABOUT!

Save the Date!

Saturday, March 10th,

Women’s Images 2007: comes to Fairfield University

Produced by the **Esteemed Woman Foundation**, the conference is a one day event **chock full of inspiring workshops** on topics for women of all ages and backgrounds.

Workshops include: Re-entering the World of Work: From Mommy to Professional;

Born To Lead: Women as Consensus Builders;

The Divine Within: Spiritual Leadership in Everyday Life;

Navigating and Celebrating the Next Fifty Years;

Take Back Your Health;

Mothers and their 11 – 14 year old daughters;

Eidetic Imagery: A Menopausal Healing Tool;

Does Your Fitness Level Match Your Retirement Plan?

And so so so much more!

There will be a retreat center for mini-massages and Reiki work, a shopping area with all the latest and greatest in holistic healing goods and wares, breakfast, and lunch. Don’t miss this full day of enlightenment and community among women. And please tell your friends!

for information and reservations: <http://esteemedwoman.com>

AND.....

Renew & Bloom

Retreat

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

Presented with:

www.bloomonline.com ' Bloom Services LLC ' www.bloomafterdivorce.com

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\$550 per person/double occupancy (meals, yoga, program events)

\$100 additional for private room (book early for availability)

*Spa Treatments Additional Charge

Early Bird

Registration

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March 1st

and receive

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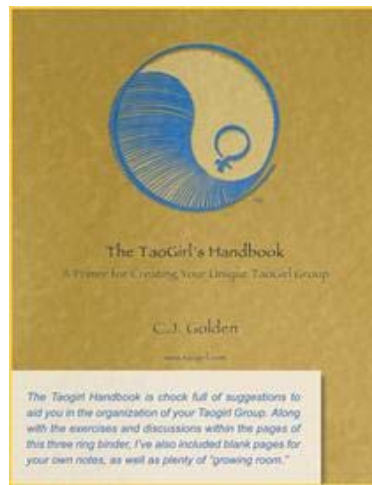
THE TAOGIRL ON-LINE BOUTIQUE IS OPEN

THE TAO OF THE DEFIANT WOMAN

A GUIDE TO LIFE OVER 40



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



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!

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 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 is what makes her a dynamic coach.

Visit Barbara at www.bloomafterdivorce.com and make sure to read Bloom OnLine Magazine 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>

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.

Visit Prill at: <http://www.prillboyle.com/index.html>

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 2nd 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>

A few final words:

This year has started out with a bang – I've had the pleasure of meeting many new Taogirls, am seeing Taogirl groups springing up in many areas of Connecticut and continue to add to the Taogirl mailing list. It is all, to say the least, very exciting and fulfilling for me. And I thank all of you for your encouragement, help and support in sharing the Tao and defiant philosophy with woman all around the country.

Thank you, as well, to **Maryann S.**, **Hilary H.** and **Jayne B.** for taking the time to share your thoughts with **Susan Pildner** and me.

And now I shall leave my computer and stare at the clouds above and wait– still – for the first real snowfall of the season. We here in Connecticut have not yet had any snow – would any of you Taogirls in Denver please send us some?

Please email me and let me share your stories, comments and questions with our readers in the March issue of The Taogirl Gathering.

thepath@taogirl.com

CJ

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

For information, or to share your thoughts and wisdom with us: thepath@taogirl.com