



THE TAOGIRL GATHERING

A Celebration of Taogirls Everywhere

June 1, 2006 ;

The Taogirl Gathering

Issue Number One



Welcome , Taogirls

While visiting my friend, Sophie, on Cape Cod several weeks ago, her good friend, Gretchen asked me why we Taogirls didn't have our own newsletter.

That, indeed, was a very insightful question and I had no answer except to say, "Well, uh, because I hadn't thought of that ."

I began to think about a Taogirl newsletter and the more I pondered the possibility the more excited I became. It didn't take long for me to begin reaching out to many of you to ask for your input. I thank you all for your helpful advice.

While I suspect the format will change as this newsletter continues to grow and find a life of its own, I've begun by incorporating those suggestions you so kindly – and wisely – gave to me. Therefore, each montly issue will include:

- ✚ news of Taogirl Gathering Groups, including
 - photos

- the introduction of new groups
- a word or two of advice or information from established Taogirl Groups
- ✚ a question and answer section

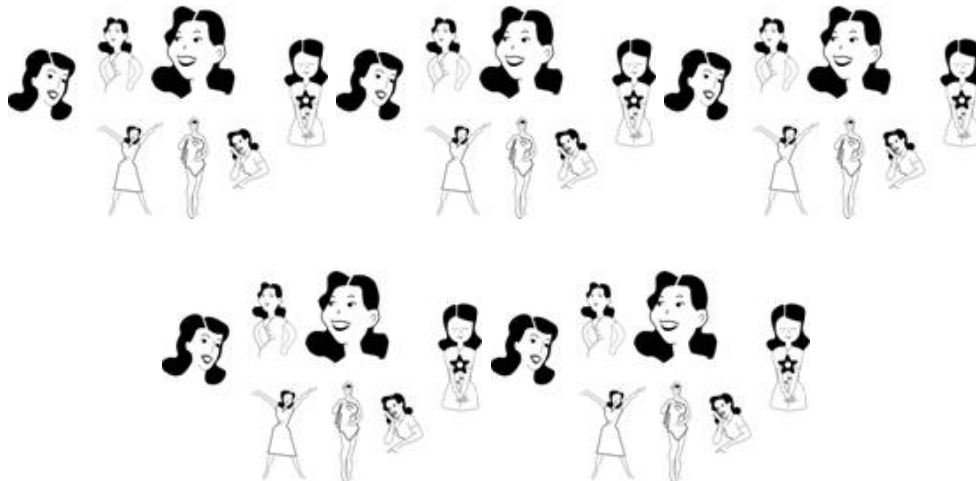
✚ a Taogirl Wisdom of the Month

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

✚ and (this one was my idea) a word from me to you

I sincerely hope you enjoy this, the very first issue of THE TAOGIRL GATHERING !

C J



In the spring of 2005 two amazing women in Glenside , PA. read THE TAO OF THE DEFIANT WOMAN, and decided they would form what became the very first Taogirl Group. Several months later I was fortunate enough to do a book reading and signing at the Barnes and Noble in Jenkintown , PA which they and some of their friends attended. Now entering its second year the group has eight very active and enthusiastic members. I asked them to contribute some news of their group for this first issue. What I offer here are the responses to interview questions I had sent to them.

Introducing Tao Uno!

It was at CJ's book signing that we decided to form our own Taogirl Group and in September of 2005 had our first meeting.

We now have 12 members, although on average 8 attend each meeting. Our groups gather once a month in one of our homes – taking turns hosting. The typical meeting is relaxed and conversational.

We do have a moderator each month and she is the person who can bring form to the evening as we often need a person to reign us in when our enthusiasm gains so much momentum that side conversations start to take place which then scatters our focus. So this moderator type person brings awareness to this so we can then redirect ourselves.

We've found that by starting out with an ice breaker type exercise it warms us up. I remember specifically one evening one gal's direction was for us to write down all the nicknames we've ever been called. How enlightening that was in terms of learning about one another opened up an interesting discussion which led to writing down memories for our children. It led to the different relationships each one of us had with our mothers, it led to one of the women rethinking what she was going to do with her final product, etc, etc.

Some of the other topics we discuss are weight loss, memory loss, self esteem, provocation of memories, parent issues, unemployment, aging, impending surgeries, ethical wills and health issues. There's absolutely no telling where anything will take us. It's also a great feeling to let ourselves be known by others. There's a sense of safety that established itself early on that has allowed us to be seen through our veneers

It was while we were lamenting the aging process that someone shared about a serious childhood illness and how she felt blessed each day. That was an “ahaa” moment as we gained a new appreciation of life. And i just love the "AHA" moments, I live for them. And laughter, oh my God, there we are, all of us, laughing so hard.

The advice we can give to women just starting their own Taogirl groups is to stay open to the evolution of the group. It is a work in progress.

I asked the group if there was anything they would like to add to this interview. This is the response:

Lots of laughter! We find comfort in that we have this group monthly and can use it as a sounding board. "That we have support and can share happiness and troubles". It "opens me up". It is enlightening.... "girlfriends!"

TAOGIRL WISDOM OF THE MONTH

"It is never too late to be what you might have been."

George Eliot



What new venture would you like to try at this point in your life? Think about this, send me an email and let me add your dreams to the newsletter!

It's ? time

Taogirl loves hearing from you – if you have a question or comment send it in.

Today I'm on my own with a response, but if you want to add your own thoughts to my answer, or discuss the question, please send in your comments and I'll post them in the next newsletter.

WHAT SHOULD I WEAR?... I attended a jazz class this week and learned a lot about improvisation and how to teach jazz to my students. I will be performing with a small group from the workshop this Sunday afternoon at a local restaurant. You would not believe how excited I am! I am fulfilling a life long dream. So what is the problem and why am I writing you? I was the only violinist in the group of saxophones, trumpets, drummers, bass and keyboard players. I was also the only one with white hair. Everyone else is between age 11 and age 19. I won't say how old I am. what should I wear? We have been advised to wear

our Sunday best - no tennis shoes or jeans. I don't want the kids in the ensemble to be embarrassed about performing with an "old lady." What would Tao-Girl have to say about this? Should I wear a red hair with a purple flower? - EB

MY RESPONSE TO EB... Congratulations! How very exciting to be performing and fulfilling that life-long dream. I am so proud of you and pleased for you! And how lucky for the others to have you in their group. I can only imagine how impressed they all are that they have you joining them - you are showing them that "lifelong dreams" really do take a long life. You are vibrant, you are talented, you are oh, so joyful - what better person to join them? You, dear EB, are teaching those young people so much about what it means to be mature and active. One day, when they achieve your beautiful gray hair they will look back on you and remember that they do not have to be an "old lady" because you certainly are not. What an amazing role model you are for them - for all of us. Wear anything you want because you will be shining and gorgeous no matter what *clothing you have on. Wear that which shows how you feel - happy, free, flowing, artistic and vital!* - CJ



On the road again.....

Here's where I plan to be in June and July

Saturday, June 3rd

Essex Books, Main Street , Essex CT

booksigning

2:00 - 4:00

Tuesday, June 6th

Healing Arts Community, 177 Federal Road , Brookfield , CT

"Meet Your Inner Taoirl" workshop

7:00 - 9:00 PM

Sunday, June 25th

The Inkwell, Falmouth , MA

Taogirl workshop

4:30 – 6:00

July is still open for me to travel to wherever – if you'd like to have a Taogirl workshop,

let me know! thepath@taogirl.com



One final word:

I've loved being able to send you THE TAOGIRL GATHERING and look forward to hearing from you and having you participate every month. The success of the GATHERING and the success of TAOGIRL depends on all of us working together to spread the word. Please help me by becoming an active contributor with your questions, comments, Taogirl Group news and ideas on how to expand the scope of the publication.

Above all, share THE TAOGIRL GATHERING by forwarding it to your friends !



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