



THE TAOGIRL GATHERING

A Celebration of Taogirls Everywhere

*Dear Taogirls – please check out our newly revamped website
www.taogirl.com*

and take special notice of the new “News and Feedback” page.

*There you will find the latest Taogirl news and information about
interesting upcoming events,*

Taogirl Groups and everything and anything Taogirl!

*In lieu of starting a Taogirl blog, I am hoping that you will contact me with
you thoughts, information and comments so I may post them and this page
becomes truly interactive!*

thepath@taogirl.com

March 1, 2007

The Taogirl Gathering

Issue Number Ten



Welcome , Taogirls

Last month I asked a favor of you – to please forward The TaoGirl Gathering to at least two of your friends who would, hopefully, forward it to at least two of their

friends etc. etc.

I was pleased with the response and the addition of many new TaoGirls who wished to be a part of our ever-growing family.

However, as a woman with major determination and much chutzpah, I repeat my request this month.

And now it goes out to our newest members, as well.

Please, dear TaoGirls, as you read this newsletter, please remember those women who you know, respect and love by letting them join us. All it takes is placing your cursor over "forward" and the minor movement of your finger clicking on the mouse to add their names to our list.

Then, of course, ask them to contact me with their addresses so I may email them directly in the future.

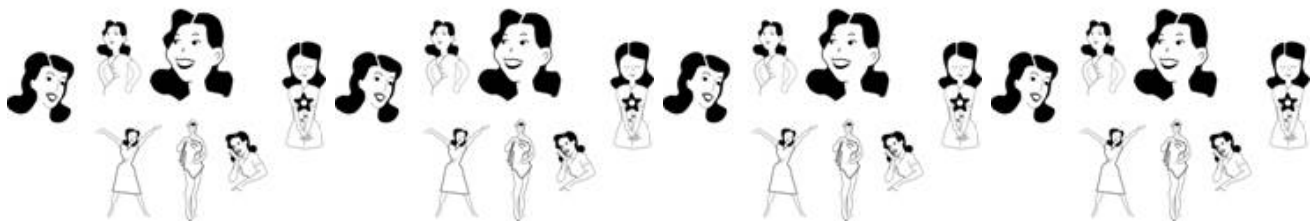
This is issue number 10 of The TaoGirl Gathering. And we have many hundreds of subscribers. Can we increase that number into the thousands by the time I send out issue 12 in May?

I issue you this challenge....

Now, start clicking away!

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

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This month's Taogirl Gathering will also feature:

- ✚ The Taogirl Wisdom of the Month
- ✚ Meet a dynamite Taogirl named Lyn
- ✚ A reminder about two fabulous upcoming women's conferences
- ✚ A listing of my March travels – I would so love to meet you when I'm in your part of the world
- ✚ The Taogirl Boutique
- ✚ "Let's link"
- ✚ A few final words

TAOGIRL WISDOM OF THE MONTH

"Make visible what, without you, might perhaps never have been seen."

- Robert Bresson, French Film Director



Sent to us by Gloria O.

Thank you, Gloria!

MEET A DYNAMITE TAOGIRL!

One finds new friends in the most unexpected places. I was fortunate enough to meet Lyn at the Connecticut Writer's Conference last fall. She came into my seminar full of life, enthusiasm and talent. It's a pleasure to introduce my terrific new friend to you. Meet Lyn....

CJ: Lyn, you immediately understood who Taogirl is and what she is all about. Would you describe yourself as a Taogirl?

Yes, actually now, after reading your book, I would describe myself as a Taogirl. Many experiences throughout my life provided me with the opportunity to draw from an inner strength. The ability to seek opportunity in less than ideal situations has always been the road I follow, though not always an easy one. I feel I have been on the right journey, or path, throughout my life although I never identified it that way until reading your insightful book.

CJ: Has there ever been a time in your life when you had to call upon your defiant attitude?

There have been many times I have called upon my defiant attitude, however the one that stands out most clearly, and life-changing for me was during the worst period of my life immediately following the death of my mother to cancer. Devastated by her loss, I experienced two very strangely conflicting feelings. I literally wanted to die, as I felt I couldn't live with the hole and emptiness I was left with. Yet at the same time, I wanted to experience everything in life I have always wanted to do. I chose the latter. I became a volunteer firefighter, something I dreamed of since I was 5 years old and first watched my grandfather ride away on the back of a bright red fire engine. But women weren't firefighters in those days. And still in 1996, I would be in the minority as a woman firefighter- a 36 year-old, openly-gay woman to boot. And if these obstacles weren't enough, I was also afraid...of everything. Ladders, confined spaces, heights, and did I mention my fear of fire? Even with all these roadblocks working against me, during one of the darkest time of my life, I was able to find the determination to succeed. Becoming a firefighter was one of the best experiences of my life.

CJ: I know that your passions bring out your Tao side. Would you please elaborate?

My career for over 20 years in Veterinary Medicine reveals my number one passion is working with animals. This is a path I dreamed of following since childhood after rescuing an abandoned, injured cat from outside a run-down department store. Filled with pride after nursing my new cat back to health, I dreamed of being a veterinarian when I grew up. However, throughout school, science and biology were not strong subjects for me, and I focused instead on another passion, deciding to be an artist. After graduating from college my artist self took shape, pursuing a career, or so I thought, as a freelance photographer. But a career "fork in the road" was presented to me in the form of an accident in which one of my cats was hit by a car- mine. She loved to go riding in the car with me, and on this particular day I didn't notice that she had followed me to the driveway. I rushed her to my local veterinarian. Luckily her injuries were not life-threatening. As luck would have it further, the veterinarian allowed me to pay the bill by working at the hospital cleaning kennels. The job, although not glamorous in any way especially for a recent college graduate, paved the way for me to eventually pursue a career as a Certified Veterinary Technician and Officer for a National Veterinary Disaster Response Team.

My passions for fun in life are long distance bicycle touring, skiing, kayaking, and a newly realized passion of triathlon. Never one to be a competitive person, I continue to challenge myself and be open to possibilities as they present themselves to me.

CJ: Is there anything you dream of doing some day in the future?

I never stop dreaming. And I never stop trying to realize those dreams, even if I failed previously. I look at so-called “failures” as learning experiences, the opportunity to travel down a different path perhaps I would not otherwise have considered, and the time to step back and prepare for the right time to live the dream.

The dream I am currently working on is writing and publishing a memoir.

My dream before I turn 50 is to bicycle across the United States - I have 3 more years to accomplish that one!

CJ: Anything you’d like to add so we Taogirls know a bit more about you?

I am proud to have built a loving relationship with my partner for the last 19 years, and look forward to celebrating many more years together.

Never settle for anything less than what you want to do. Try everything at least once no matter how weird or difficult it seems. Whatever your dream just go for it. My favorite quote is “The greater the obstacle the more glory in overcoming it.”

CJ: How was I so fortunate that with all the seminars you could have chosen, you walked into mine that fine day last October?

That dear Taogirl friend, Lyn, is rhetorical! I thank you so very much for allowing me to introduce you to our family of Taogirls.



Lyn and Shane - her 3-legged Canadian kitty



On the road again.....

Here's where I will be in March:

Wednesday, March 7

Enfield Public Library www.enfieldpubliclibrary.org

104 Middle Road , Enfield , CT

7:00 – 9:00 PM

Sunday, March 11

The Whole Health Expo <http://www.wholehealthexpo.com>

A discussion of the Tao and Defiant Attitude and book signing

Clarion Hotel and Conference Center

Northampton , MA

Wednesday, March 14

Meriden Public Library www.libraryinsight.com

We're celebrating Women's History Month!

105 Miller Street , Meriden , CT

7:00 PM

Wednesday, March 21

Borders Books

It's a super-sized Author Roundtable

Post Road, Fairfield , CT

7:00 – 9:00 PM

Saturday, March 31

New Milford Public Library

A Taogirl Workshop

24 Main Street , New Milford , CT

2:00 – 4:00

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



UPCOMING EVENTS THAT EVERY TAOGIRL SHOULD KNOW ABOUT!

Saturday, March 10th,

Women's Images 2007: comes to Fairfield University

<http://esteemedwoman.com>

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: www.esteemedwoman.com

Renew & Bloom

Retreat

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

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www.bloomonline.com ' Bloom Services LLC '

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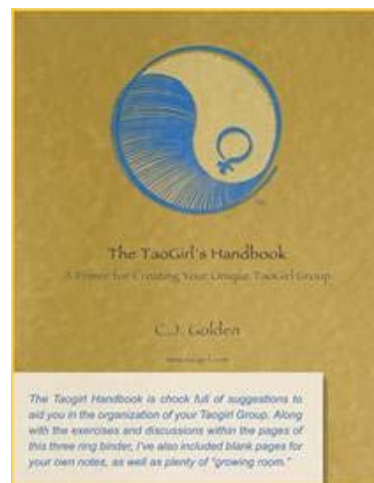
THE TAOGIRL ON-LINE BOUTIQUE IS OPEN

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:

I want to extend a special "Thank You!" to Taogirl Lyn for so openly and honestly sharing her story with us – and for her friendship.

And a major thank you to all of you other Taogirls who keep contacting me with thoughts, suggestions and encouraging comments. 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

C J

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