



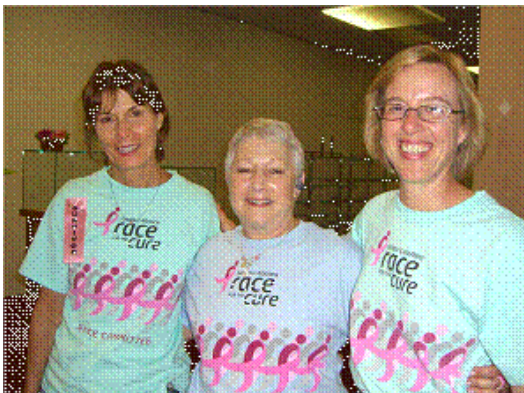
THE TAOGIRL GATHERING

A Celebration of TaoGirls Everywhere

May 1, 2007

The TaoGirl Gathering

Issue Number Twelve



Patti yours truly Barbara

Welcome , TaoGirls

There I am, in the photo above, flanked by two wonderful new friends who I met in Tucson over the weekend of April 13th – 15th. As my daughter, Donna, was co-chairing the Komen Race for the Cure out there, I wanted to go see how I might be of some help. And help I did – doing anything and everything that I could from hanging signs to registering participants, from cutting oranges and bananas for the 13,000 walkers and runners after they arrived at the finish line to clearing the park of litter when the day was done.

I don't think I've ever worked so hard – and that was only a small percentage of that which was done by the

500 or so volunteers by my side, and the Race committee and, well everyone involved.

Donna, her co-chair and the committee had begun the job of organizing The Race last August and, because of their dedication and hard work that beautiful Sunday was a stunning success. Much money was raised for the Komen Foundation to be used for education and research in the fight against breast cancer. And, as a special benefit, many wonderful friendships were born.

I want to use my time in these opening paragraphs to tell those remarkable women and men I met in Tucson how very proud I am to have been a part of this amazing event; to tell Patti and Barbara and the wonderful crew of volunteers, committee and directors how much I have benefited from meeting them. I can't wait to go back again next year!

And, a special note to Donna – I am so very proud of you!

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This month's Taogirl Gathering will also feature:

- ✦ The Taogirl Wisdom of the [The Taogirl Wisdom of the Month](#)
- ✦ Calling all [Taogirls](#)
- ✦ Meet a dynamite Taogirl named [Nancy](#)
- ✦ A listing of my [May 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](#)

A NOTE TO OUR TAOGIRL READERS – I'VE CREATED "LINKS" THAT WILL ALLOW YOU TO GO DIRECTLY TO ANY ONE PART OF THIS NEWSLETTER AND THEN BACK AGAIN – SIMPLY CLICK ON THE APPROPRIATE BLUE UNDERLINED WORDS AND YOU WILL BE BROUGHT TO WHATEVER PART OF THE NEWSLETTER YOU'D LIKE TO SEE.

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

TAOGIRL WISDOM OF THE MONTH

*The only way to get through whatever Olympics we're engaged in
is by firing up a sense of humor and pressing on.*

James Kirkwood



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

The **first meeting of the Fairfield Taogirls** took place on Monday, April 30

At: Yoga4Everybody, 27 Unquowa Road , Fairfield – a very rewarding, inspiring and fun time was had by all!

These dynamic women would love to find other Taogirls to join them – please know that **the next meeting** will also be

at Yoga4Everybody on Monday, June 18 12:00 – 1:00

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

MEET A DYNAMITE TAOGIRL!

On New Year's Day of this year Joe and I were invited to an informal gathering at the home of friends of ours. While it is always fun to be with folks you know, I have found that having the opportunity to meet new people and make new friends is very exciting and energizing. And so it was when I stepped into our hosts' kitchen and met Nancy S. She and I have since had several fun lunches together and at our last outing at a local Indian restaurant, I persuaded her to share with you all a part of her very interesting life. And so, I now have the pleasure of introducing..... Nancy !



CJ:

Nancy, you are first, and foremost, a woman who is working hard at reaching her full potential. What steps have you taken over the past several years to continue to grow?

Thank you for asking Caryn. When my son got into middle school I knew I had to work harder to let go of the dear man. So I went back to school and got my Masters in Psychology and then my Doctorate. I had a clear picture of how I wanted to do it. No seat of pants to seat of chair study. I found a way to get my doctorate that did not involve going to class. I did it from home, sat side by side with my son as we learned to study, got "A's" for the first time in my life and saved a lot of money. It was hard, but as we know, hard is good...

My goal was to become a life coach, to encourage people (ladies) to be what they were born to be in every way. I realized if I was going to help people to make their dreams come true, I'd better do the same for me!!! SO I wrote my book [DIRT RICH](#).

CJ:

What steps do you intend to take as you travel down your amazing and joyful path?

I'm really open to learning new steps, Caryn. I've always wanted to learn to tango... I have been liberated by Chaos Theory which says that change means life. Times may be hard but usually they end up better than we expected, especially if we don't take anything too seriously.

Let me share a wonderful, playful, website www.tut.com by Mike Dooley, one of the guys from the movie THE SECRET. He has the joyfulness that I think is the real nature of all things.

CJ:

What are your dreams for the future?

As we mentioned, dreams keep unfolding. Today, I dream of completing the book ideas I have sketched out. 4 fiction and 4 non fiction. I have done mostly everything I ever wanted to do and been surprised by lots more. The future is a dream created by what I am willing to dare today.

CJ:

You spoke of living in the moment and not allowing future dreams to take away from what you have now. What is it that makes you feel fulfilled and happy at this time in your life?

Being present in the moment has made me realize that despite my wonderful life TODAY is far more interesting than any of it!!! I used to set goals then they came so fast, I stopped. Now, I try to be open to what it is I can do for the higher good. And just so I am sure to stay on my toes I strive to **Be prepared to act immediately...**

I so enjoyed and was energized by our lunch together this afternoon: I can't help but wonder if the other diners saw sparks flying as you spoke. (I sure did.) You are so full of life and joy and energy; would you please share your current venture with our Taogirl readers?

Well, right now I am working on a book promotion for DIRT RICH that will happen on the cosmos that is the World Wide Web May 23, 2007 . It is an amazing process. I'm way out of my comfort zone, which is usually another indication I am growing like mad!!! People can sign up for info on that by going to my website: www.theseecretsupportgroup.com . I am also doing a series of workshops for people who are as excited about The Secret as I am!!! Series one is almost done and I will run the series again soon!

CJ:

Do you have words of wisdom that you care to share with other Taogirls who wish to embark on an exciting and new venture of their own?

Sure. First, realize that there is no way you are alone. New ventures arise from whispers lovingly given to you by whatever you call heaven. That's why you know you can do it. Your gifts in this life are all a part of the package that is YOU. Your job is to enjoy the ride.

CJ:

Please give us a brief synopsis of your latest book and let us know how we can participate in the upcoming "book blitz" on May 23rd.

I'd love to. DIRT RICH is about having the 'dirt' on what makes life truly rich. It's about what I call the 'New American Gentry. Those of us who understand: when we are rich in Gratitude we truly own our lives. The book is written as vignettes illustrating the 4 skills that create wealth. **Gratitude** (love it), **Grappling** (gonna get what I need to be satisfied) **Gratification** (this is what I need) and **Grace** (I'm happy!)

On May 23 there will be a special book promotion wherein if people buy my book they will get a whole bunch of free gifts with the book. Amazing gifts from people you either know and love or will be glad to

hear about.

Again, you can go to www.thesecretsupportgroup.com and I'll put you on the newsletter and info list.

CJ:

Is there anything you would like to add to this interview that I haven't thought to ask of you?

Only this. I have been so inspired by your work, Caryn. Thank you for bringing the Tao of the defiant woman to us all. Being defiant is a very under rated attribute, don't you think?

CJ:

Was I ever right when I knew you were someone I absolutely wanted to meet when I first saw you at that New Year's Day party.

Thank you so very much, Nancy , for sharing your story, thoughts and inspiring words with us all – and for the kind things you said about my work!



On the road again.....

Here's where I will be in May:

Saturday, May 5 2:00 - 4:00 PM

New Milford Library A Taogirl Workshop

24 Main Street , New Milford , CT

Friday, May 11 7:00 - 8:30

Taogirl workshop for mothers and daughters

Cyrennius Booth Library

Main Street Newtown , CT

Wednesday, May 16 1:00 - 2:30

Yoga For Everybody www.yoga4everybody.net

A Taogirl Workshop

27 Unquowa Road , Fairfield , CT

Saturday, May 19 1:30

Romance Writer's of America - CoLoNY Chapter

Harry Bennett Library, Stamford , CT

Thursday, May 31 6:30-8:00

Smiling Single Seniors Happiness Club

21 Imperial Ave , Westport , CT

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



_ 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



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 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 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>

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:

A special "Thank You!" goes out to Taogirl Nancy for so openly and honestly sharing her story with us. I wish her much success with the book "blast" on May 23rd!

Barbara and Patti, thanks for sharing the "spotlight" with me in the first photo – and to Patti's husband, Larry – our photographer extraordinaire.

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

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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