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Newsletter

The Gathering - A Celebration of Tao and Defiant Women Everywhere

Winter 2009

Embracing the Tao

Recently, while reading some of my past work I came upon a piece I had forgotten about. Completely bemused, I couldn't imagine why I had ever composed a poem about a fly. By the final lines, however, the reason had become blaringly clear and it made me realize something about my younger self that I had not previously recognized: I have always been attuned to the ancient Chinese philosophy of Tao and I have always wanted to live my life according to its path.

This poem was written years before I wrote TAO OF THE DEFIANT WOMAN. It was while working on the book, however, that I believed I had discovered the Tao philosophy of acceptance as something new and wonderful for my life. Hogwash. It was nothing new—I had been reaching for it all of my life.

Like me, we all intuitively know how to live in a manner that nourishes our souls. This knowledge has always been within us, but only with time and experience do we truly learn how to incorporate it into our daily lives. It is one of the many perks of growing older.

FLY

What do you do with a fly in your stew?
Tell it to get lost? Tell it to shoo?

You don't want to eat it, nobody would.
Except that it's protein and protein is good.

But the peas and the carrots and pieces of meat
Will surely taste better than little fly feet.

So you must tell the waiter when he comes along,
To take back your dinner and get the fly gone.

But do not get angry, he hadn't a clue
That your dinner was served with a fly in your stew.

And all through your life when a glitch comes along
And settles itself where it doesn't belong

Like the fly who appears when you least expect it,
You don't have to eat it. Don't have to accept it

Do what you need to, to make it go 'way.
If you need help to do so, well, that's really okay.

No need to get angry at the circumstance.
It probably happened merely by chance.

Do not bother to blame someone like the poor waiter.



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Life will have glitches sooner or later.

My life has certainly faced many "glitches" since the last Gathering Newsletter; I know that I am not alone in that respect. As we continue along our paths as Tao and defiant women, as girlfriends who support and encourage each other, may we all remember to live our lives by following our philosophy of Tao and defiance. It's not always easy, but it's the best way I know of to ride the waves of challenges and change – and come out happy and healthy on the other side.

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WINTER WISDOM

"If you watch how nature deals with adversity, continually renewing itself, you can't help but learn."

Bernie Siegel



A VERY SPECIAL TREAT

Eleanor B. sent me an email with a fabulous video attached. Please go to this link and watch it – watch the entire video – I believe you'll be as amazed as I was to watch this 93-year-old woman dance the salsa! Thank you, Eleanor!



[click here for the Salsa video](#)

TAO AND DEFIANT NEWS

Here's where we hear all about YOU, our Tao and defiant women; where we learn what is going on in your lives; the ups and down; and can respond to you with encouragement, support and/or kudos!

Please email me at: thepath@taogirl.com with your news to be included in the next issue.

From Polly Simpkins

Hi CJ,

Thanks for all your great quotes, I always love hearing from you!

I have been working on and taking my Reiki 1, 2 and Master class this year, since the fall. I will finish in the spring. It has been great, I have learned so much and it has reminded me of the importance of connection with spirit in terms of healing myself and others. I feel grateful to be part of such a wonderful process.

All is not light and sunshine, however. Many of you out there are facing hardships due to the failing economy and Kathy L from CT is one of them:

Hi CJ -

My news is that both my husband and I are out of work. We are both getting very depressed by this whole thing. I don't see the light at the end of the tunnel. I wish I had good news and I pray that I will soon.

Both my husband and I are in IT. I'm starting to go stir crazy, what with both of

us being home together.

IF ANY OF YOU WONDERFUL TAO AND DEFIANT WOMEN HAVE ANY IDEAS, INFORMATION OR JOB LEADS TO SHARE WITH KATHY, PLEASE CONTACT ME thepath@taogirl.com AND I WILL FORWARD YOUR EMAILS TO KATHY.

WITH THANKS FROM KATHY AND ME.

And, Alexis Powers, (who is the author of many books)...

...started a writer's workshop at her home in Albuquerque.

At the first meeting on February 2nd, fourteen women showed up along with one man who will help them with publishing their work. It was empowering and very exciting.

They'll meet twice a month

And, as for me...

...well my work continues with www.womenetcetera.com

as I write blogs and articles for the site and am looking forward to upcoming day-long conferences around the country. I'll keep you informed about those.

I'm also keeping busy with not only this website, but the site for my Tao-Girls – girls ages 11-14. I have been traveling around the country and meeting the most terrific girls as we share our Tao and dynamic stories, dreams and aspirations.

I hope you have enjoyed reading this issue of The Gathering, and look forward to receiving your comments along with your own stories and news (which will only be published with your approval).

Please also take time to check out our newly designed website. I think it's gorgeous and owe my gratitude to Annette van Ommeren of Annagraphics (www.annagraphics.com) for coming up with a more modern look for our site – certainly one that is convenient and easy to navigate and pleasing to look at.

Annette, by the way, is also the remarkable artist and web designer behind the Tao-Girl website: http://taogirl.com/tao_girl_home/. How fortunate I was to have her come into my life.

Thank you, Annette!

As for the next Gathering, well it will come out in the spring, with Tao and defiant updates to continue when I have news to share with you all.

CJ

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