

On Purpose Woman

Jul-Aug 2022

An abstract painting featuring a large, textured red circle in the upper center, resembling a sun or moon. Below it, a crowd of stylized figures in various colors (blue, pink, orange, green) is depicted against a dark blue background with scattered red and gold specks. The overall style is expressive and textured.

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On Purpose Woman Global Gathering



Friday November 4 Tips and Tools for:

The Entrepreneurial Journey

Saturday November 5 Tips and Tools for:

Living Your On Purpose Life

Join us for one or both days.

From the Publisher

Ginny Robertson

It's summer here in the U.S. For many that means vacation and more time for doing things we love. For some, that's reading, and I invite, wherever you are, to take time to check out the wide range of excellent articles in this issue.

Do you want to let go of or lay down some heavy burdens? Maybe you're dealing with perfection? Want more confidence selling your product or service? Do you want to be seen in a good light on Zoom calls? You'll find solutions in these pages. As usual, On Purpose Woman Magazine offers you opportunities to discover ideas and resources for your mind, body, spirit, and business and be inspired by women living their lives On Purpose! Thank you to the talented writers who share their wisdom, life experiences, joy, and hope.

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I'm excited to tell you about a new On Purpose Woman Global Community gathering that meets in person in Charlottesville, VA. We're also meeting in person in Richmond, VA. Our other meetings are still online on Zoom. [Click here](#) for gatherings, speakers, and topics in July and August. Mark your calendar so you don't miss anything. Remember – they're free!

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Taboo

Topic:

The Body

#6 in a series
8 Taboo Topics

by Andrea

In May of 1969, as the women's movement was gaining momentum, a group of women in Boston met during a female liberation conference at Emmanuel College. In a workshop on "Women and Their Bodies," they shared their experiences with doctors and their frustration at how little they knew about how their bodies worked. The group formed, and in 1970, they worked with the New England Free Press to publish a 193-page course book on stapled newsprint titled "Women and Their Bodies." The book was revolutionary for its frank talk about sexuality and abortion, which was then illegal. The cost: 75 cents. In 1971, they changed the title to "Our Bodies, Ourselves" to emphasize women taking full ownership of their bodies. The book quickly became an underground success, selling 225,000 copies, mainly by word-of-mouth. The cost this time around: 30 cents.

From *Our Bodies Ourselves – Our Story*,
the Boston Women's Health Book Collective

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I had an abortion in 1976 during my first year of college. It was one of the hard knocks of my life. My birth control pills were making me sick, and I hadn't figured out an alternative method. I regret not asking the guy to wear a condom and getting pregnant; I do not regret the abortion.

Thanks to Roe vs. Wade and the people who fought for a woman's right to make her own choice, I took ownership of my body and my life. Because I had the right to get an abortion, I spent the rest of the summer reflecting on my experience while working as a maid at a motel and listening to The Phil Donahue Show, where women were encouraged to ask questions and speak up. I returned to college in the fall with purpose and clarity.

"Our Bodies, Ourselves" was called "filthy trash" when it was first published. The information was on different options for health care and reproductive choices and understanding how a woman's body works. The book changed my life when I read it in 1977, opening me to the magnificence of my body and

beginning a journey of healing my voice.

Here we are fifty years after abortion was legalized, and Roe vs. Wade has been overturned by the Supreme Court. And so, we begin again the debate over a woman's right to have ownership of her body. (*Roe vs. Wade – Supreme Court ruled in 1973 "that the Constitution of the United States protects a pregnant woman's liberty to choose to have an abortion without excessive government restriction."*)

When have you felt that you had full ownership of your body?

I didn't feel ownership as a child. When an uncle, a neighbor, or a stranger came to our house, I was expected to give them a hug, sit on their lap, or model a bathing suit. If I hesitated or tried to say no, I was shamed or punished and told to listen to my elders. Saying no was an embarrassment to the family. I didn't have the right to listen to a feeling in my body.

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I felt ownership at age 13 when my friend Roxane and I climbed under a bridge with two boys who were friends and said yes to having our breasts touched over our shirts. I said yes to feeling the sensation and pleasure in my body (ownership). The risk was being found out and called sluts (no ownership).

I worked as a waitress from 1977-1980 to pay for college.

It was normal for a customer to place his hand on my butt and give it a squeeze or try to corner me in the dark for more.

It was normal for a customer to place his hand on my butt and give it a squeeze or try to corner me in the dark for more. My body was seen as belonging to the customer. To get a good tip at this restaurant/bar for businessmen, I just had to suck it up and endure the lack of dignity while figuring out ways to avoid getting cornered in

the dark. If I made a scene, I would be fired, and then where would I earn enough money to pay for college?

According to the law, when I got married, my body belonged to my husband, and he could have sex with me whenever he wanted to, even if I said no. Even when I told my family I wanted a divorce, I was told I had to stay. "You made your bed; now lie in it." Breaking free from my marriage gave me ownership over my body. Defying the patriarchy cost me full custody of my children and a lifetime of co-parenting with an abuser.

The U.S. government and corporate America own a woman's body. It is evident when you look at health insurance plans and see what health care support is covered for men vs. women. You will see minimal support for pregnancy, menopause, and "women's issues." That discrimination carries over into a gender gap in science research. One report showed that research for women's health is funded 24% less than men's health.

And finally...

- Forced sterilization is about power.
- Imprisoning the innocent and sitting on someone's neck are about power.
- Rape is about power.
- **Reproductive politics is about power.**

To choose to have an abortion or to choose not to have an abortion is a woman's right to have ownership over her own body.

To see previous Taboo Topics [go here](#) and click on Magazine Archives.



Here are some ways to support change:

1. **Tell your story.** Write it down for yourself and speak it out loud to someone you trust or to a larger group.
2. **Make a list** of women's issues that are important to you.
3. **Find organizations** that support women, like Planned Parenthood or the Women's Health Equity Initiative, that supports health research for women.
4. **Learn** how your local and federal representatives are supporting women's issues.
5. **Vote for people** who support a woman's right to have ownership over her body.

Andrea Hylan

*Life Scientist. Author of **Heal My Voice: An Evolutionary Woman's Journey**. Creator of **The Incubator: On-line Co-working Space for Cultural Creatives**.*

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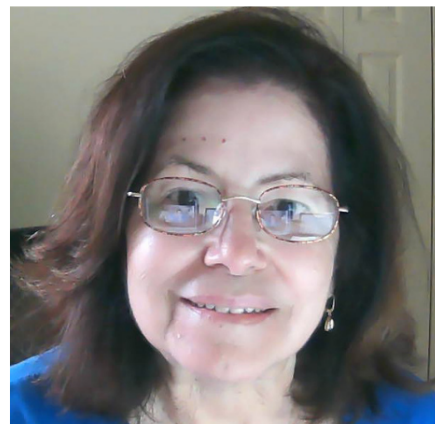
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Lilia C. Lee
Author
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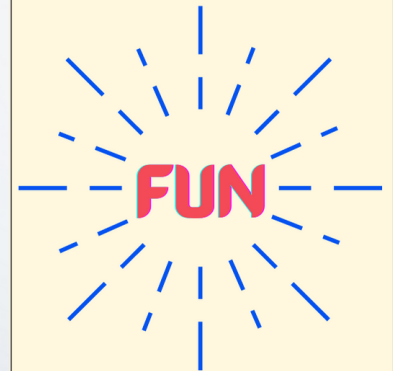
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Aiming for



Imperfection

**by Gina Hogan
Edwards**

What do you think when you hear the word "perfectionist"?

Perhaps your first thoughts are of a schoolmate, the one who was always prepared in class and turned in every assignment letter-perfect and on time. Or a friend who always looks "put together," no hair out of place, clothes neatly pressed. Or maybe a co-worker, the model employee who arrived early and stayed late to get "everything" done.

We all know or have known someone who fits our image of a perfectionist. But what we don't always see is the effort it takes to create that perception. Nor do we

see the internal struggle this person might be going through and the stress and strain that come with being a perfectionist.

Have you ever felt that stress and strain yourself? I sure have.

Perfectionism's Collateral Damage

Using perfection as a target isn't always bad; it can help us achieve high levels of capability in our chosen skills. But relentless striving for perfection can become damaging.

Never Starting

When we stay caught up in getting things exactly right, we can develop a fear of the unfamiliar, which

causes us to miss out on trying anything new. Since we procrastinate when faced with the new or the difficult, even things we say we *want* to do never get started.

Tunnel Vision

When we fully concentrate on getting something "right," we tend to ignore what else is around us. While concentration can be good, it can quickly turn into tunnel vision. Focusing solely on where we're going – a perfect end result – we fail to notice contributions from others, alternative ways of doing things, or aspects of the situation that might invite creativity or a new approach. This can cause us to miss out on some unexpected and, perhaps, fabulous opportunities.

Keeping Us Stuck

Perfectionists usually have in mind exactly how we expect things to go; we rarely like deviations from a plan. We often lack the ability to "roll with the punches," leaving us unable to see the benefits of the unexpected or the unusual, as well as the upsides of our mistakes. Yet, these are the opportunities that allow us to grow. By ignoring them,

we cannot expand and advance from where we are right now.

Compromised Health

When we pursue perfection in one area, we tend to forget about everything else (note tunnel vision above), which can lead to some aspects of our lifestyle falling out of bounds. For example, you might strive to be the ideal boss, but your sleep schedule is erratic. Or you might concentrate on getting your eating right yet never move your body. Such restricted focus, combined with the prevailing stress of being a perfectionist (i.e., feelings of "never being enough"), is a sure recipe for poor mental and physical health.

Unable to Finish

Perfectionism causes us to go back and do over, to tweak again and again; we keep trying to make things "better." That keeps us from ever reaching a point of completion. We don't finish projects, leaving us feeling dissatisfied, sometimes aimless, ineffective, or unproductive.



Perfectionism is not a quest for the best. It is a pursuit of the worst in ourselves, the part that tells us that nothing we do will ever be good enough--that we should

try again
Julia Cameron



But There's More . . . The Most Crushing Side Effect

For decades, I never considered myself a perfectionist.

Conscientious, yes. Detail-oriented with a strong work ethic, yes. Thorough, absolutely. But not a perfectionist!

It wasn't until I noticed myself remarking on the perfectionist traits in others that I began to recognize them in myself. Awareness of their presence in me made the absence of something else in my life glaringly and gravely apparent. My perfectionist behaviors were **robbing me of my JOY.**

That's one of perfectionism's most detrimental side effects. Perfectionism keeps us from savoring meaningful moments as they happen and prevents us from being present in the present. Perfectionism moves us away from true joy. Yet still, we strive for it.

12 Signs of Perfectionism

In my work with women writers and on myself, I've realized that the relentless pursuit of perfection comes from a general feeling that no matter what we do, we cannot be good enough. Do you experience that feeling?

Your answers to the following questions can also guide you in identifying any perfectionist tendencies of your own.

1. Do you set goals that are impossible to attain?
2. Do you put off tasks, especially ones that cause you to feel



- unsure of yourself?
3. Have you been called "too modest" regarding your accomplishments?
 4. Do you find it difficult to accept a compliment?
 5. Do you catch yourself picking out flaws and identifying mistakes in what other people are trying to accomplish?
 6. Do you beat yourself up for your mistakes long after the mistake happened?
 7. Do you worry about receiving approval from others?
 8. Do you redo things because they weren't done right (by yourself or others) the first time?
 9. Do you avoid attempting new things out of a fear of failing?
 10. Do you put yourself down a lot?
 11. Do you spend a great deal of time on tasks or projects to get them exactly right?

12. Do you ruminate about how you could have done or said something better?

If you answered YES to many of these questions and you recognize that you're missing out on joy because of them, you're not alone.

Awareness of these traits of perfectionism is a first step in quelling that feeling of "not good enough." Give yourself a full and concentrated dose of self-compassion, and you'll be yet another step closer to embracing imperfection. I assure you that embracing that you're good exactly as you are – **perfectly imperfect** – comes with a radical sense of freedom and can reopen your ability to invite, recognize, and experience true joy.

Gina Hogan Edwards is a *Licensed WomanSpeak* Circle Leader, coach, podcast co-host, and writer. She is passionate about uplifting women's voices.

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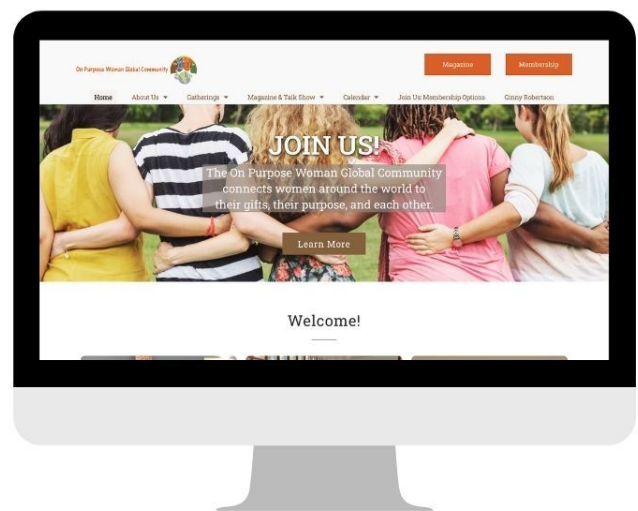
**Kathryn Yarborough, Global Facilitator On Purpose Woman Community
Creative Director On Purpose Woman Magazine**

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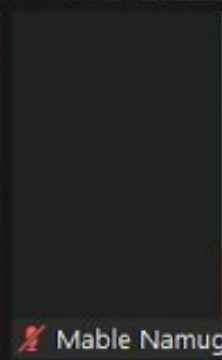
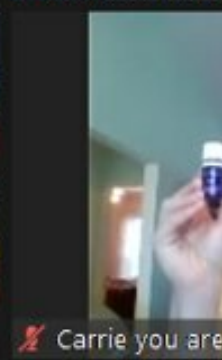


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Tips on Projecting Presence and Authority



Zoom like a Wedding

Authenticity while Networking Online

by **Amanda Schwarz**

In my mid 20's, I answered a want ad in the paper (remember those?) for a wedding photographer's assistant. Every other weekend during wedding season, I would ride with my boss to locations throughout Northern New Jersey and New York and spend my day staging, back-lighting, and often shooting some of the most over-the-top nuptials you could imagine. The pressure was high because thousands of dollars were spent on the event, the photos had to be beautiful (no re-dos), we were working with film, and editing was nowhere near as powerful and easy to do as it is now.

As a result, I picked up several habits that made those shoots manageable and productive and kept us looking polished and professional.

What was weird was that as soon as I began staring at myself and others in Zoom rooms 20 years later, those old habits clicked back in. I found them helpful for making my presence less distracting while



communicating connection and authenticity within the space, especially in smaller virtual networking spaces (25 or less).

Watch your back

Have you been on a call where something strange is happening in one of the boxes? Maybe their faux "sunset" background is flickering in and out, or their camera is constantly shifting due to motion or disruption. Maybe it's a pile of laundry in the back of the shot that has you thinking about your unfinished chores, or a plant positioned directly behind a head that gives the attendee what looks like a strange green ponytail. Although it's a bonus that people can attend virtual meetings from any place, sometimes they don't realize the extra stimulus "*any place*" can create.

One of the first things I learned as a photographer's assistant was to always look around the subject before taking the picture. Are there pieces of trash in the foreground of the shot? Maybe a loiterer in the park behind the couple? Sun at the couple's back? All of this creates discord.



"Staging your shot" is always a great idea. Make sure the area around you looks calm and pleasant. Maybe place something representative of what you do or are trying to promote on a table in the background. The good news is that you don't have to clean your entire home or office – just the part the camera catches.



A note on "Virtual Backgrounds"

People use them when they don't want others to know what's behind them, which can also send the message that the attendee may not be fully present. If you do choose to use a virtual background, be careful – if it causes more disruption than not (illusion of missing body parts, flickering, too much visual "noise" like words or images), consider a different option.

Lighting and Angles

Have you ever sat in on a Zoom call when an attendee looked like "Witness #1" from a crime show? Or maybe you're trying to focus in a breakout room, and all you can think about is how one of the participants can't stop moving their camera – and when they did, why they settled on dropping it in their lap with a view up their nose?

Much like poor lighting on film in 2001, a shadowed face on a Skype call can't be photoshopped into visibility. Ring lights provide even light on your face if you're looking for a more professional-looking (and less creepy) presence, but you don't necessarily need one. Sometimes just turning on an extra desk lamp or adjusting the angle on your camera can do the trick.

As for your camera angle, wedding photographers usually keep The Rule of Thirds in mind when composing a shot: break up the screen into three equal parts and place the subject in one of the three areas. For Zoom calls, a traditional framing of head in the middle, with shoulders entering the other two

zones, will help keep you looking proportioned on the screen. Also, consider placing your camera on a stand or holder slightly higher than your eye line. One inch can be the difference between looking into your eyes vs. directly up your nose.

It's all about the couple

When working a wedding, the couple is the focus. *You will not get the photos you want if they are uncomfortable.*

Who is the focus on a Zoom call? The host and presenter. Being present for these special participants lets them know their time is appreciated and what they're saying is being received. If you want to connect with them later, there's a better chance they will remember you positively if you've shared your focus with them and their message.

If you've never presented in a Zoom room, you may not know that speaking in a virtual meeting space can be pretty nerve-wracking. It can feel like you're talking into a void. Now imagine that the presenter flips on the gallery view and sees they are speaking to a room filled

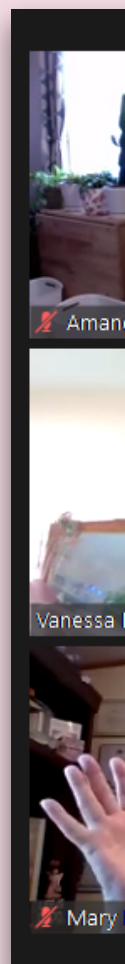
with blacked-out boxes (cameras off) and strange things happening in the background of others. Not great, right?

Pay attention – people sense when someone isn't. Keep your camera on, ask relevant questions and show appreciation whenever possible. ASL "Applause" or "Jazz hands," Thumbs-up emojis, and comments in the chat are usually appreciated.

Is it time to eat?

Sometimes mealtimes are the only times we can make meetings, and we all eat. But enjoying a ham sandwich while everyone else is doing the work of being present in a group may not play well when networking. If you need to sneak a bite while on a virtual meeting, briefly turning off a camera and audio won't distract much – but try to read the room first (or ask?), and don't stay away too long. If it's a lunch networking meeting, the presenter is aware, and eating is explicitly allowed, go for it.

In the contract my photographer boss wrote for clients, he included that the photographer & assistant



would eat during the cocktail hour (after the longer wedding party shoot) and then be provided a meal when the guests sat down for dinner. There were rules, and we stuck to them. During the ceremony, dancing and cake-cutting, we were expected to be working. Expectations were understood, met, and exceeded: and referrals for future weddings rolled in.

The one who comes underdressed

doesn't end up in the shot.

I've been in many rooms with multitaskers – the people who are "kind of" taking part but are simultaneously showing their mind is somewhere else – like their work, household chores, or errands.

They remind me of the "underdressed" wedding guest who is often out of sync with what's happening at the event. For some reason, Cousin Jim thought a



Hawaiian shirt, shorts, and loafers without socks would work for a Saturday night event, or Aunt Elizabeth decided on a slinky red dress better suited for the club than for temple.

These guests look like they're attending a different event – as if there's someplace else they'd rather be. Although these guests might appear in a few group pictures, they would be cropped out of moments like vows, toasts, and first dances.

Know why? *My boss told me to make sure that was the case.*

If you cannot be fully present in a networking meeting, attend the next meeting instead. Everybody appreciates it – especially when the goal of the gathering is to listen and connect authentically via computer, which is hard enough.

Good habits and thoughtfulness help wedding photographers create magical pictures that make couples feel great about their day for years. As a participant in a virtual networking meeting, how you show up can impact how others feel about you being there.

Tips on Projecting Presence and Authenticity while Networking

- **Watch your back** to ensure your screen doesn't contain anything that could be embarrassing.
- Keeping **lighting and angles** in mind will help you look your best and avoid awkward moments.
- Give your focus to your speaker and host. **It's "all about the couple,"** not you.
- **Is it time to eat?** Maybe it is, maybe it isn't – but don't think your choice goes unnoticed.
- Be here now! Be present at the event, not "dressed" – or behaving – as if you're somewhere else. **The one who comes underdressed doesn't end up in the photos.**

When networking, it's important to be yourself (we know this as On Purpose Women). Being thoughtful about how you present in virtual networking situations can put everyone else at ease and make for a better "reception."



Networking Online

t draws attention away.
most attentive.

' right?

ice to grab that sandwich

s though you're supposed to

the shot.

Amanda Schwarz

is owner of Mended Digital, a marketing agency focused on providing strategy, brand building, content creation, and web design to purpose-based businesses. Learn more: www.mendeddigital.com

18 Tips on How to Do Great Facebook LIVES

by Kathryn Yarborough

1. Include a title and description.
2. Look up at the camera.
3. Keep them real. Be yourself. People want to get to know you (not the perfect, not real you).
4. Keep them short.
5. Keep them short unless you're doing a training, interviewing someone, or doing some other kind of Facebook LIVE show.
6. Prepare. Don't waste people's time. Identify your main point and any talking points before you start.
7. Have a call to action so you give the folks who come to love you through your Facebook LIVES a next step to do.
8. Do Facebook LIVES your ideal clients will love. Tips, inspiration, fun... what else might they enjoy?
9. Don't worry about the results. Use Facebook LIVES to help people get to know, like, and trust you... which is why short is great.
10. Do them regularly – same day and same time. This helps you and your ideal clients plan.
11. Expect people to want to watch your Facebook LIVES.
12. Repurpose your Facebook LIVES. If you do them on your business page or personal page, you can share them on the other one, and in your group and other groups. Upload them to YouTube channel. Link to them in an email.
13. Be authentically vibrant and the fullest expression of yourself. Allow life force to flow through when you speak. Speak in a way that's easy to listen to - not monotone.
14. Be engaging. Ask questions. Get people who are watching involved.
15. Be expressive. Use gestures in the screen.
16. Use client success stories. Told succinctly they are a great way to attract clients.
17. Use personal stories. Stories about how you use what you teach help you seem like a real person.
18. Do Facebook LIVES. If you want to do great Facebook LIVES, you've got to do them.

www.ManifestingClientsAcademy.com/Fun

FUN Facebook LIVE Challenge

July 11- 22

For Women Entrepreneurs Who Want to Attract Clients!



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- ✓ Do GREAT Facebook LIVES.
- ✓ Attract clients with Facebook LIVES.

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with Kathryn Yarborough and
do 10 Facebook LIVES in 10 days!

[Find Out More!](#)

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Bessie Estonactoc
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On Purpose Women

July 2022 All
Richmond & Charlottesville



Connections Over Coffee
FIRST TUESDAY ZOOM ROOMS

Ginny Robertson

Tuesday, July 5th
7:30 am Pacific / 10:30 am Eastern



Connections Over Coffee
**BUST THROUGH YOUR FEAR OF
BEING INTUITIVELY 'WOO'**

Bessie Estonactoc

Friday, July 8th
7:30 am Pacific / 10:30 am Eastern



Connections Over Coffee In-Person
Common House, Charlottesville VA

NETWORKING NATURALLY

Mia Zachary

Wednesday, July 13th
10:00 am Eastern



[CLICK FOR WEBSITE](#)

[CLICK FOR ZOOM LINK](#)

Global Community Gatherings Women Are Invited! It's Free. In-person, VA, meet In-Person. Others meet on Zoom.

Connections After Hours
**WHY SENSITIVE PEOPLE
HATE HATE MARKETING**

Sofia Wren

Wednesday, July 13th
4 pm Pacific / 7 pm Eastern



Connections Over Coffee
**PLAYFUL
ENTREPRENEURSHIP**

Ellen Koronet

Thursday, July 21st
7:30 am Pacific / 10:30 am Eastern

Connections Over Coffee
**IS IT TIME
FOR YOUR BOOK?**

Carol Burbank

Thursday, July 14th
9 am Pacific / 10:30 am Eastern



Connections After Hours
**KNOW YOURSELF TO
BE YOURSELF**

Rosemary Bredeson

Monday, July 25th
4 pm Pacific / 7 pm Eastern

Connections Over Coffee
**MAKING THE MIRROR
YOUR FRIEND**

Liza Lomax

Monday, July 18th
9 am Pacific / 10:30 am Eastern



Connections Over Coffee
**NAME IT, FRAME IT,
CLAIM IT**

Gail Dixon

Tuesday, July 26th
7:30 am Pacific / 10:30 am Eastern

Connections Thru Conversation
**HOW TO ATTRACT CLIENTS
IN THE SUMMER**

Kathryn Yarborough

Wednesday, July 20th
10 am Pacific / 1:00 pm Eastern



Connections Over Coffee
**LETTING GO OF YOUR STORY
FOR A HAPPIER EXPERIENCE**

Aideen Finnola

Friday, July 29th
7:30 am Pacific / 10:30 am Eastern



On Purpose Woman Global

August 2022

Richmond & Charlottesville, VA, meet



Connections Thru Conversation
MONEY MATTERS

Kathryn Yarborough

Monday, August 1st & Wednesday, August 17th
10:00 am Pacific / 1:00 pm Eastern



Connections Over Coffee
FIRST TUESDAY ZOOM ROOMS

Ginny Robertson

Tuesday, August 2nd
7:30 am Pacific / 10:30 am Eastern



Connections Over Coffee In-Person
Unity Bon Air, Richmond VA
**CRAFTING YOUR PURPOSE:
HOW TO SHARE YOUR W.H.Y.**

Mia Zachary

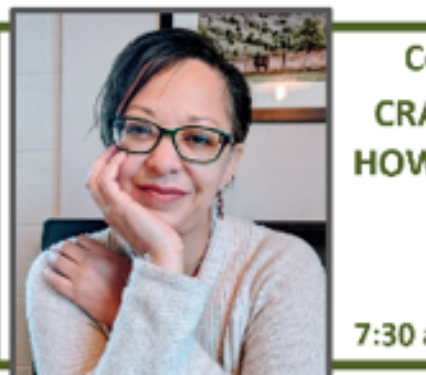
Friday, August 5th
10:00 am – Noon, Eastern



Connections Over Coffee In-Person
Common House, Charlottesville VA
STEP INTO YOUR VISION

Claudette Gadsden

Wednesday, August 10th
10:00 am – Noon, Eastern



Community Gatherings Are Invited! It's Free. Some In-Person. Others meet on Zoom.

[CLICK FOR WEBSITE](#)

[CLICK FOR ZOOM LINK](#)

Connections After Hours

TOPIC TO BE ANNOUNCED

Wednesday, August 10th
4 pm Pacific / 7 pm Eastern



Connections Over Coffee HOW AUTHENTICALLY VIBRANT ARE YOU?

Kathryn Yarborough

Thursday, August 18th
7:30 am Pacific / 10:30 am Eastern

Connections Over Coffee SELF-CARE VS SELF-NUMBING

Shelly Roman

Thursday, August 11th
9 am Pacific / 10:30 am Eastern



Connections Over Coffee KEEPING YOUR SPARK

Kim Eley

Friday, August 26th
7:30 am Pacific / 10:30 am Eastern

Connections Over Coffee MINDFULNESS & REFLECTION AS A FOUNDATION FOR RESTORATIVE PRACTICES

Rebecca Beall

Friday, August 12th
9 am Pacific / 10:30 am Eastern



Connections After Hours LEADING AUTHENTICALLY WOMEN TO WOMEN

Elaine Robinson Beattie

Monday, August 29th
7:00 -8:30 pm

Connections Over Coffee CRAFTING YOUR PURPOSE: HOW TO SHARE YOUR W.H.Y.

Mia Zachary

Monday, August 15th
9 am Pacific / 10:30 am Eastern



Connections Over Coffee SPEAK UP: USING YOUR VOICE TO CHANGE THE WORLD

Andrea Hylan

Tuesday, August 30th
7:30 am Pacific / 10:30 am Eastern



Whose Pains Are You Carrying?

By Karen Tasto

Such weights we carry around.
Even the weight of the world.
We women are classic weight
carriers.
Since the pandemic our weights
have multiplied and grown
heavier.
Our own personal weights.
The weights of the collective.
We can feel it in our tense bodies,
our jittery nervous systems,
our minds tied up in knots of
angst and worry.

Sisters - It's time to lay them all
down.
You even have permission to.
They were never yours to carry.
They are not all your pains.
Some are, and we must not deny
or dismiss that.
Most are pains of others though,
of the collective.
And who does that really serve?

I recently became aware of all the weights I had gathered and carried around. The heavy load was like a backpack full of rocks I'd grown accustomed to. I hadn't realized until the moment I laid them down, how heavy they had become. Oh, that moment of sweet relief when my back and shoulders were free.



I found myself here even with all the tools I have at my disposal. Of course, for I'm only human and living in unprecedented times. Our world is changing at lightning speed.

The times we're living have never been lived before, so it's not like there's a clear roadmap for us.

I had carved out a day for personal retreat. I needed a reset after a very trying month of grief, worry, sickness, fatigue. I had been sitting in deep meditation in a serene Zen garden surrounded by boulders, rocks, and stones as if the goddess Cailleach had dropped them randomly and purposefully.

My Healing Ritual That Organically Unfolded...

I stood up to stretch and began to walk the periphery of the garden laid out in stones. I was drawn to a particularly larger stone and picked it up and carried it in both my hands. Tears formed as I walked with this rock, feeling its weight. I received that this rock symbolized the weight I'd been carrying for a dear friend who recently lost her beloved husband quite suddenly. I cried more, felt the weight, and heard, "Her pain is not yours to carry." I repeated this mantra, "Her pain is not mine to carry," over and over until I came upon the goddess

figure discreetly carved out of tree bark. You have to really look to see her. I felt her beckoning me to lay this stone at her feet. I asked, "Will you take it?" and received a clear "Yes." Laying the rock at her feet, I felt something unbind in my shoulders. It was then I understood that a healing ritual was unfolding for me.

I continued to go to rock after rock, picking each up, one at a time, naming what weight each represented. They included one for my mother, another for a son, for my husband, for the world, and the

families whose children were shot. I walked with each rock along the stone path, feeling the weight in my body, releasing the tears, repeating the mantra, and laying them all at Divine Mother's feet where a pile had formed. Once the ritual felt complete and my body cleared and lightened, I bowed in deep gratitude to Mother for guiding me through this healing ritual. Such release and lightness has carried me through to this day.

What I'm describing does not mean we don't feel for others, don't help them, or hold space for them to





feel. It certainly does not mean we disengage. That is the opposite extreme. Rather, we find a balance.

We tend to think that if we're not worrying about a loved one in pain or not feeling all that they are feeling, then we don't care, or we're not helping them. Or we think we can't feel happy if a loved one is suffering. Even energetically, we can easily take on what is not ours, especially if we're empaths. That is why we need daily releasing practices.

Abraham Hicks says, "*You can't get sick enough to help the sick become well, and you can't get poor enough to help the poor become prosperous. And you can't feel bad enough to help the bad feel good. You've got to get on the other end of that. You've got to be a vibrational match to the energy that uplifts. And when it flows it uplifts others.*"

One of the gifts of NOT taking on other's pain is PRESENCE...which can lead to Deeper CONNECTION. Imagine that.

Take a pause to reflect on these questions...

- *What weights are you carrying?*
- *Which are yours and which are someone else's to carry as part of his/her journey?*
- *Are you willing to lay them down?*
- *What higher power will you surrender them to?*

If you're ready, I invite you to create your own ritual for embodying this release

- Perhaps take a walk out in nature.
- When you come upon a rock or shell, speak the weight/pain into it
- Feel its weight and sense into your own body.
- Listen to your intuition for how you could release this.
- Do you throw it into a lake, a wooded area, or lay it at the base of a tree? Be creative.
- Trust yourself in the moment to what feels right.
- Feel, again, your body. Give thanks.

There's no right or wrong way to create ritual, only your way. Allow

whatever is to unfold. Hold an intention knowing that the ritual is simply a way for you to make the intangible more tangible.

Looking for a space where you can lay down all the weight you've been carrying?

What I love about being in Sacred Circle with women is the feeling I receive afterward of the weights lifted, especially through sharing with others without censor and in performing ritual. If you desire sacred, supportive space where you can lay your weights down, I'd love to connect. E-mail me at karen@karentasto.com



Karen Tasto *creates sacred space for women to connect to their whole selves as a certified life coach and women's circle facilitator. Check out more at www.karentasto.com.*



Connections Over Coffee AUTHENTICALLY VIBRANT NURSES ATTRACT CLIENTS



Kathryn Yarborough

Thursday, May 19th

7:30 am Pacific / 10:30 am Eastern



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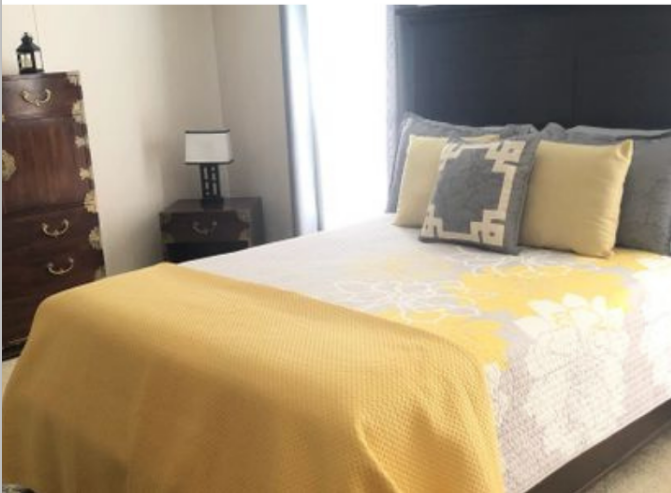
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 .

When I found the **On Purpose Woman Global Community**, I knew I'd found "my people." The women in this group are genuinely supportive, friendly, and so darn smart! Being a member has given me access to a whole new circle of mentors, teachers, supporters, and friends! "



Gina Hogan Edwards
 Women Writing for Change
 OPWGC Member



www.OPWGC.com

How Bright Is

Amp It Up with Your Inner Dimmer Switch

By Lilia Shoshanna Rae

My angels keep stressing to me how important it is for each of us to step up from a place of knowing that we are in love and light. They promise that this change how we experience life. This shift starts with awareness of what we are feeling, and then making a choice.

When I feel funky, affected by what is happening in the world, and I'm concerned about what the future holds, I stop for a moment and choose a different focus that allows me to shift my energy. I call it amping up my inner dimmer switch. You know those dimmer switches that you can adjust so that the light in the room gets brighter or darker depending on which way you move it? Well, with a dash of self-honesty and awareness, we can choose to access our

5 Your Light?

Switch

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inner dimmer switch and brighten the light we are shining into the world. This works whether we are dealing with a major issue or a minor disturbance. A crisis may require a gentler approach, but if we can shift our energy a little, we can better handle whatever it is.

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A few years ago, my Dad was diagnosed with bladder cancer. Even though he was close to 100 at the time, he had been living a vibrant life, and I felt he had more meaningful years in him. During that time my stomach was always in a knot and tears often welled up in my eyes. It was hard for me to get to that place of peace and calm from which I could hold the light for the path forward and feel hope for the outcome – or even be prepared for whatever was to be.

A spiritual teacher showed me that I was bound up in fears for the future. She reminded me that it is in the present moment that we can open to what is possible. Mired in worry about the future or weighed down by regrets from the past hides our light-filled essence and prevents us from seeing what is possible. Realigning with the light inside, I could see the next steps for his care. This gave me the courage to participate hands-on with some of the novel approaches suggested by his medical team, and he is now approaching his 104th birthday free of that cancer.

Sometimes we face huge challenges like a loved one with cancer – or even more challenging – a loved one transitioning. More often, we face everyday challenges. It's important

to notice when these challenges bring up emotions that keep us from living from that place of knowing we are love and light.

Last week I had one of those minor challenges while preparing a talk for my church. I was feeling anxious and worried. I sat myself down and used some of my tools for shifting energy. It got me back on track, and I delivered my talk with a sense of passion and purpose that hit the mark.

Whether your challenge is big or small, here are three tips to try when you feel your light needs a little amping up:

1. Catch your breath.

Sit for a moment. Get still. Focus on your breath and allow it to bring you to a more relaxed state. This small act of moving your attention to the flow of your breath and its natural rhythm calms you down and allows you to be more present and more aware of what is going on. As you relax, check in:

How bright is your light in this moment?

Is it shining clear and strong, or is there a bit of cloudiness hiding it from full view?

Go back to your breath. With each breath, intend to quiet your thoughts even more. See each thought as a cloud. With each breath, see them getting smaller and blowing away. Feel your inner light shining brighter. Let it warm you from the inside. Rest in that warmth. Let it bring a sense of peaceful calm.

2. Smile – even if you don't feel like it.

Once you feel peaceful inside, close your eyes and move the corners of your mouth into a smile. Feel the shift in your energy from this simplest of acts. Smiling, even if forced, sends a signal to your body that you want to lighten up and feel more joy.

Allow this shift of energy to drift down from your face to your heart and then down to your toes. Wiggle your toes. Feel the playfulness. Imagine digging them into the sand at the beach. Envision the sun on your face, lighting you up more. Let that smile get bigger and broader.

Throw in a chuckle or two if you dare. Go back to your heartspace. Feel it open. Visualize an inner sun inside. Let it shine. Bask in the light and let it lift your spirits. If inspiration moves you, act on it. Let your light show the way.

3. Ask an angel for help.

You may not believe in angels. If that's the case, reach out to a friend you trust to remind you of the light you are. If you do believe in angels, ask them to help. After asking, get

quiet and be open to receive. You may feel a sense of love and support. You may have a thought out of the blue to do something that lights you up, or you may get a thought that makes you laugh. Angels do have a sense of humor, so let them help you lighten up!

Most importantly, check in frequently and honestly to gauge your inner light meter. How bright is it shining? Do you need to realign? It could change your life.



Lilia Shoshanna Rae

author of [The Art of Listening to Angels](#), helps clients access angel wisdom and live their brilliance.
www.LiliaShoshannaRae.com



**Connections Over Coffee
RECOVERING TOGETHER**



Robinson Beattie

Friday, May 13th

7:30 am Pacific / 10:30 am Eastern

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Cover Artist

Carla "Carlotta" Cerrato

I love painting and colors in a visceral way: I can eat, drink, and sleep color.

Color nurtures me, exhilarates me, energizes me, heals me, restores me, and makes me come alive.

Painting has been cathartic, introspective, invigorating, delicious, profound, supportive, elating, soothing, and comforting.

Painting is the perfect way to express myself wholeheartedly, and I try to pour my heart into everything I do.

My passion is total, the joy is fierce, the bliss unavoidable.

I want my paintings to be messengers of deep joy and tools for healing.

When asked how long it takes for her to create a painting, Carla said, "It depends on the piece, but in my experience, at least 39 years (the time it took me to have the courage of 'coming out' as an artist)."

Carla "Carlotta" Cerrato, a linguist by trade and an artist by birth, is an Italian artist. She loves color in a visceral way.

She was born in Pinerolo, Italy, and immigrated to the USA, for love, in 2006.

Her paintings are the fruit of intense emotions, deep faith, and an indomitable "joie de vivre."

Her approach to art is rooted in her spiritual practice of being present in the moment, without judgment, accepting what comes without

expectations, leaving the painting "free" to come through in a relaxed, meditative state, eventually turning into a fierce, energetic one, without trying to force anything.

She thinks that some of her best work is on cardboard. She loves cardboard because of its texture, its color, and how organic it is. At the beginning of the pandemic, her place was filled with cardboard from a neighbor's kitchen cabinet packaging, and that's what she used.





Cover Art by Carla "Carlotta" Cerrato

Piece is called "The Gathering of the Loving Souls" and the original can be seen at Bohemian House, 8133 Ma St., Ellicott City, MD.

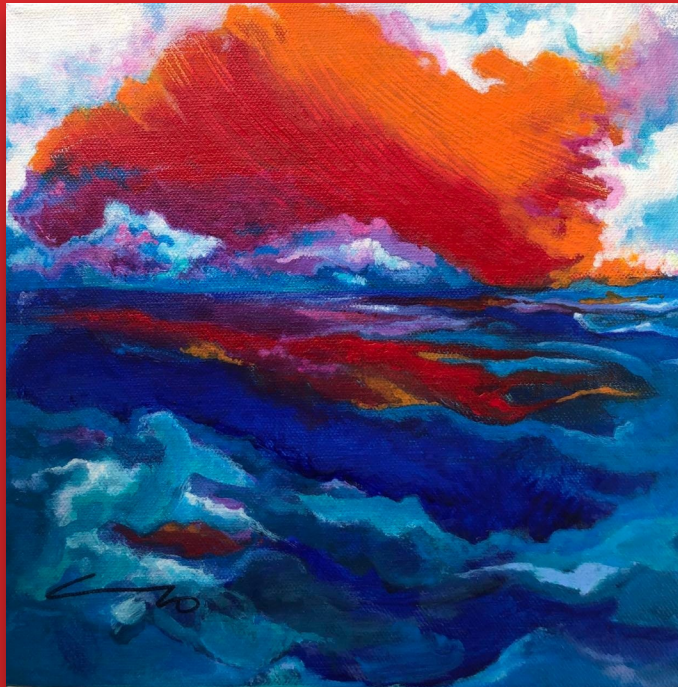
Carlotta's art can be found in private collections in Italy, France, Germany, Mexico, the USA, Australia, New Zealand, and Canada.

She lives in Catonsville, MD, and invites you to contact her for a visit to see more of her art.

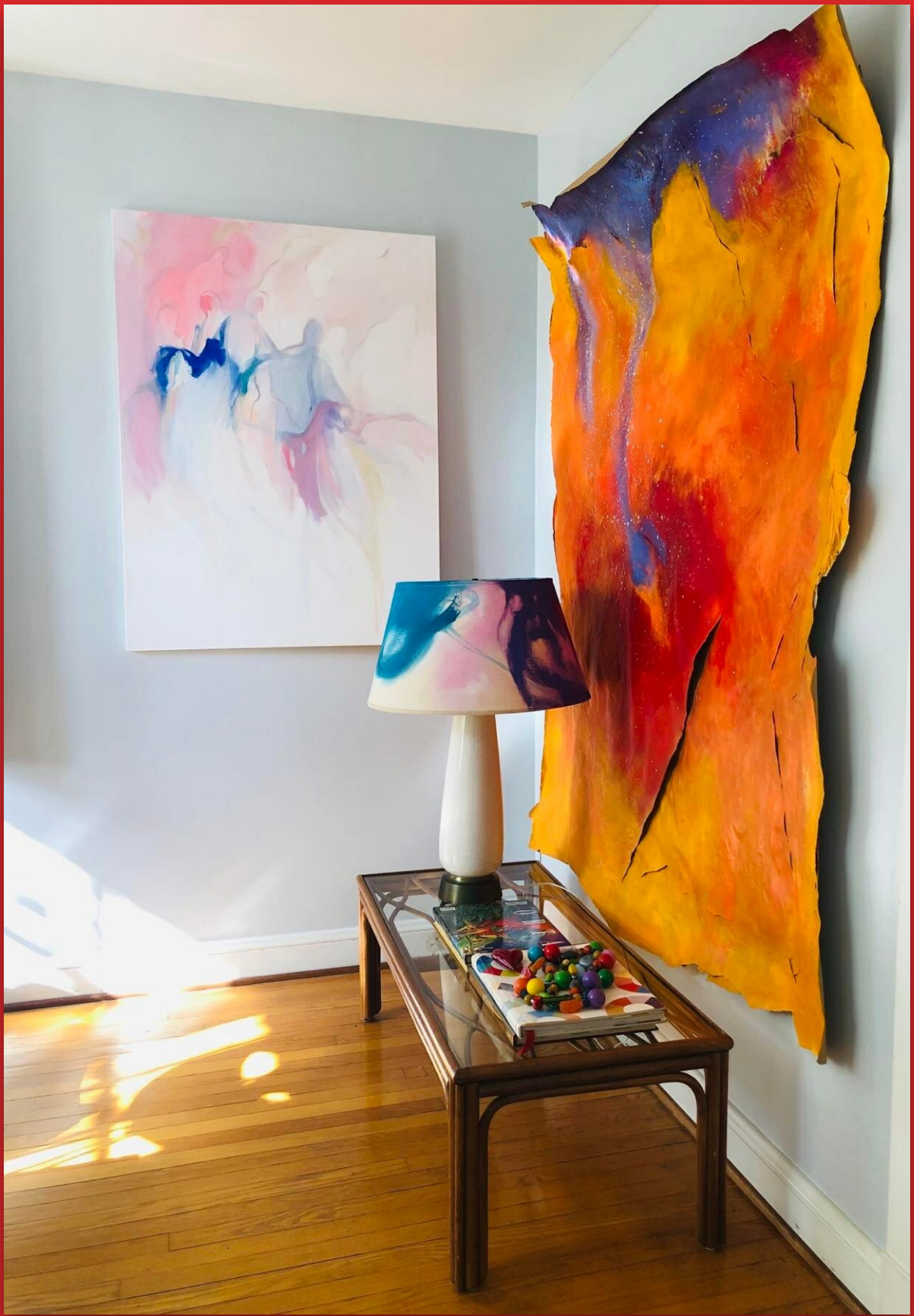
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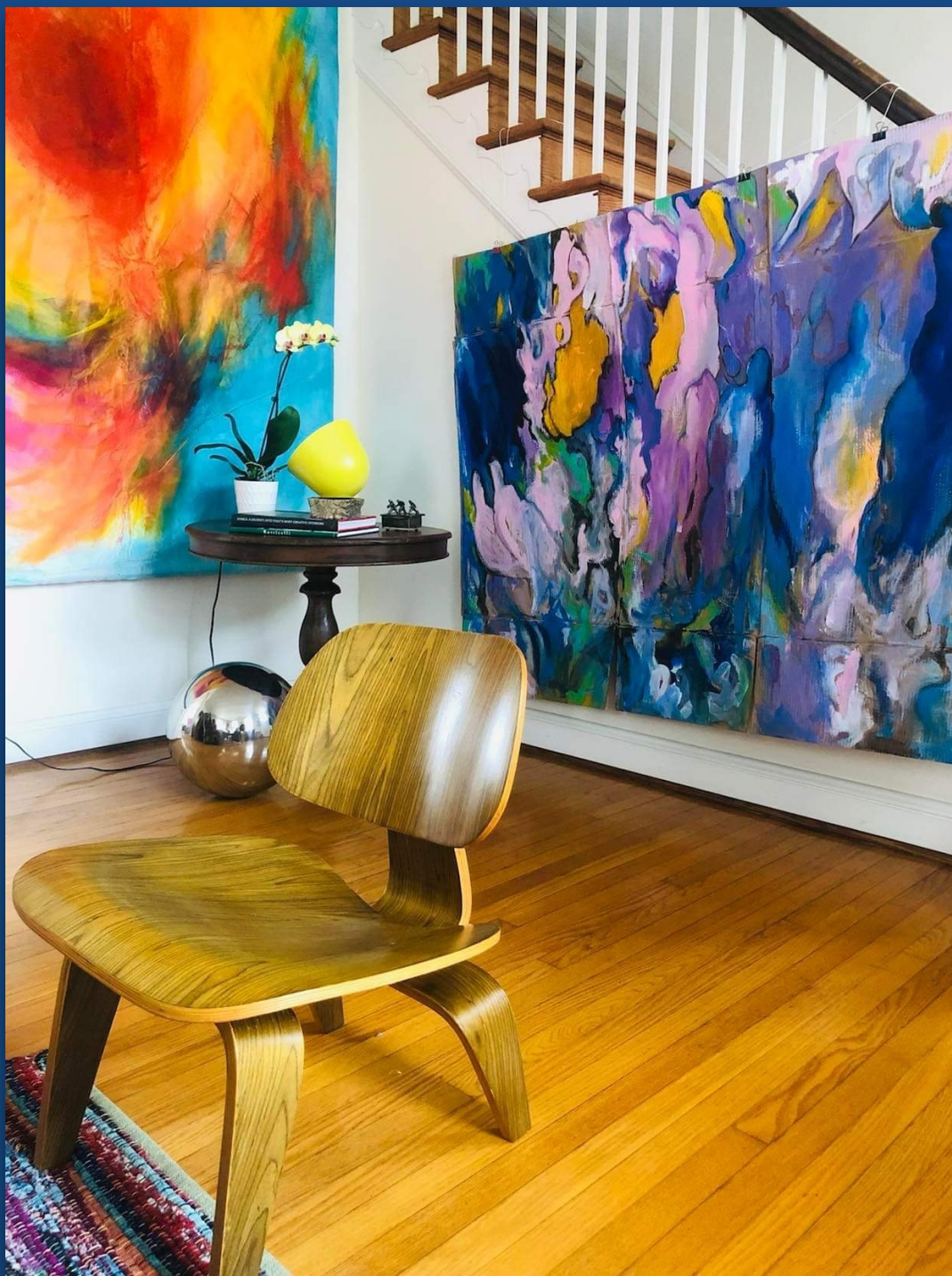


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More art by

Carla "Carlotta" Cerrato





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DOWN With OPW

(On Purpose Woman Global Community)



By Dr. Yemaja Jubilee

The SOUL- FULL Poet

Absolutely awesome in its totality.

Like you my Fellow SiSTARS.

I AM all the way in.

I am Down With OPW.

Can't YOU?

Will YOU be in this TRIBE of Feminine Beings which is inclusive, has equity and diversity?

Opportunities, Options, Power-full Presence, WOMEN!

When I look at all of you and your physicality

I take a deeper dive beyond that which eyes perceive.

I connect very intimately.

I meet all of you in your hearts which allows me to feel your authenticity and graciously your Divine Identity and gift that you all share so willingly.

Voices of encouragement, empowerment and elevation that uplevels, inspires and allows each of us individually and collectively to fulfill our dreams.

Hey Girl, Hey Girl, Hey.

Together we are on our own way.

We fall prey to no negativity or disparities due to inconsistency, or overwhelming overbearing attitudes of less than, or to not show our originality.

Hip Hip Hooray!

Ginny you sure know how meet us

all in our hearts which allows us together to Be Down with OPW.

We got a fire in our bellies and we got to tell it!

We are Down with OPW!!

ASE ASE!!

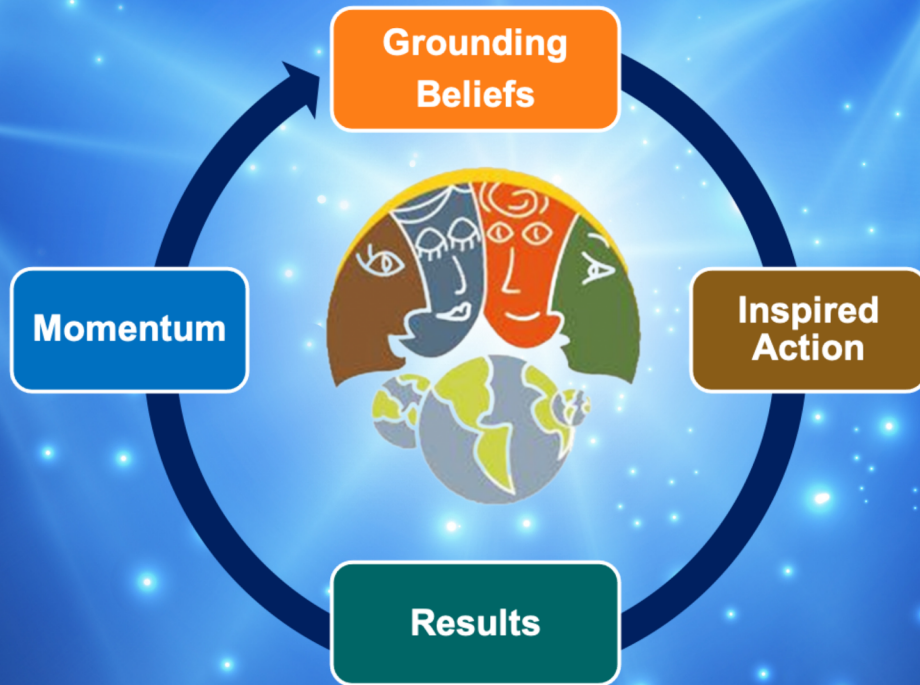


Inspired by the Women at Connections Over Coffee on March 11, 2022

*Dr. Yemaja Jubilee is a poet, author, creative consultant, and songwriter. As an inspirational speaker/workshop facilitator, she spreads her message of love and inclusivity. Landnluv@aol.com
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The On Purpose Woman Spotlight Quiz



How well have your beliefs, actions, and results prepared you to shine in the spotlight?



Are you backstage, an understudy, or ready to be fully in the spotlight of your own brilliance?

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TAKE THE QUIZ!

Quiz Design by
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How Change Trigger

by Dr. Dora Vilk-Shapiro



s Loss



In our business or personal life, we must constantly assess, reflect and challenge ourselves to consider our decisions. At times, change comes by choice. Other times circumstances force a certain hand to be played. This includes a life pivot such as retirement or surrendering things that no longer serve us. Leaving a job, a relationship, a move, or any life change may be the instigator for a trigger. We want to move on, yet a part of us may grieve what is left behind and missed.

Very strange. This Yin/Yang of life plays with our thoughts and feelings. I know this firsthand. It was in 2014 when cancer and other health issues forced my early retirement from the dental career I loved and had wrapped my entire identity around.

Our feelings may be complicated and mixed. A part of us grieves as we lose that identity, and we have lots of cleanup work to do. It can be quite tedious and all-consuming. This brings up many memories, happy moments we'll miss, and also regrets for dreams unrealized. A plethora of emotions may lead to a rabbit hole of anxiety or depression.

So much change comes all at once; it can be overwhelming. We make long lists of things to accomplish in this period of transition.

As we make space and time for this new life, we take on new challenges, discover new passions, make new friends, get healthier, or cope better with health challenges. We may experience freedom, newfound time, new likes, open doors, and new roads to explore.

Sometimes we go down the wrong path, being led astray by others or self-sabotage. We may not realize how wrong the path is for us at the time. Only later, when we know better and can do better, can we come to terms with what was a bad fit. Yet everything teaches lessons and becomes of value if we learn to see it. There are always options to choose from. Our limiting beliefs fool us into thinking we're chained to a particular life. It isn't the truth. I



wish I had learned this sooner.

I am still working on coping with this new knowledge and forgiving myself for staying in situations that were not right and downright abusive. I see and learn now that I can choose better and deserve better.

Everything we do changes everything else. If you don't believe that, try writing a novel. Especially a series! A change in book two makes you evaluate that it still works for book one - a past you can't change. And going into the future - now scenes in book three must change. So, change now, and you will change your future. It is never too late to reassess, pivot, surrender, let go, or dream bigger. You do no one any service by playing small.

When I was in dental practice, I checked my phone for emergency texts from patients. Now I get texts that friends are meeting at our condominium pool. Gifts from my health woes. I can choose whether to stay in grief or celebrate new opportunities.

Yes, when I was forced into retirement, I grieved deeply. No one called me Doctor anymore. I missed creating with my hands, certain

It is never too late to reassess, pivot, surrender, let go, or dream bigger. You do no one any service by playing small.

patients, and many procedures. I missed work colleagues and staff who had become friends. I missed business networking and dental courses. The mental and physical challenges gave me a rush, a high of sorts. Yet, I also realized it had burned out my mind and body.

So, one of the first things you must do is accept the loss. Be willing to make the changes. As you let go, try to find ways to keep what you loved and replace the rest as much as you can. For me, lunch meetings with other doctors became social lunches out with friends. Business and continuing education courses became piano lessons and listening to Kathryn Yarborough or Ginny Robertson. Other meetings turned into networking on Zoom.

I turned to other ways to meet my

needs. I made new friends and found new hobbies and passions. I found comfortable social clothes in lieu of medical scrubs. I read articles other than dental ones. I learned to love my own name, Dora, instead of Dr. Vilk-Shapiro.

Sometimes there will be things or issues you cannot release. Five years later and I'm still holding onto my white coat from when I was adjunct faculty at Nova Dental School. I've kept Board Diplomas and specific awards. It's ok. I will always love teeth. Every once in a while, I thumb through a dental journal and check out what's new and celebrate that what I did for my patients is still considered state of the art. I continue to celebrate my successes.

Yet, I am happier with my stack of books to read that aren't textbooks, my bag full of pool toys, and a collection of beach accessories. I learned that I had other talents besides fixing teeth. I began to write, and indie published a trilogy of romance mystery novels. I still work at selling more books, but it's satisfying to hear from book fans I have entertained.

Yes, as in anything or anyone you grieve, you will still have fond

memories or have days you miss the old you. And you will also celebrate the new with eager

Grieve, release, move on, progress. It's all life. It changes, it renews, it restores and recharges.

anticipation. Open your heart and mind to new possibilities. Grieve, release, move on, progress. It's all life. It changes, it renews, it restores and recharges.

What and who are you? Assess, and follow your passions. You are more than a job or a career. Be the best version of yourself. Remember that you are an on purpose woman, and you got this, no matter what.



Dr. Dora Vilk-Shapiro, *a dentist for over 29 years, adjunct professor at Nova Southeastern Dental School, Clinical Dentist at Broward College School of Dental Hygiene. Author of Love Arrested, Love Attempted, Love Avenged under the pen name Doris Vilk. She is a past president of local chapters of the National Association of Women Business Owners, and American Business Women's Association. She can be reached at 954-675-3500.*

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Real Women. Real



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Ginny Robertson & Kathryn Yarborough



**CASH IN YOUR CONTACTS:
THE TREASURE IN YOUR LIST**

Rita Thomas

Hosted by Ginny Robertson

Wednesday, July 6th
11 am Pacific/2 pm Eastern

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Interviews on Facebook LIVE

MESSAGES THAT MAKE AN IMPACT

Gail Dixon

Hosted by Kathryn Yarborough

Thursday, July 7th
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WORDS MATTER WITH YOUR MARKETING

Peg Duchesne

Hosted by Kathryn Yarborough

Thursday, July 14th
11 am Pacific/2 pm Eastern

BEFORE WE DISAPPEAR: THE POWER OF MEMOIR AND THE JOY OF SHARING YOUR STORY

Carol Burbank

Hosted by Ginny Robertson

Friday, July 8th
11 am Pacific/2 pm Eastern



DIVORCE COACHING: GETTING IT 'RIGHT' FROM THE START

Marnie Simpson

Hosted by Ginny Robertson

Friday, July 15th
11 am Pacific/2 pm Eastern

HOW TO GATHER YOUR LAST WISHES

Mary Jane Charles

Hosted by Kathryn Yarborough

Tuesday, July 12th
11 am Pacific/2 pm Eastern



HYPNOSIS FOR FERTILITY, CHILDBIRTH AND BEYOND

Beverly Hamilton

Hosted by Ginny Robertson

Monday, July 18th
11 am Pacific/2 pm Eastern

SUMMER HEAT: COOL DOWN WITH A JUICY READ

Dora Vilk-Shapiro

Hosted by Ginny Robertson

Wednesday, July 13th
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**3 QUESTIONS TO GUIDE
YOUR ON PURPOSE LIFE**

Lilia Shoshanna Rae
Hosted by Kathryn Yarborough

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OUR STORY MATTERS: LET'S HEAR IT!

Mary E. Knippel
Hosted by Ginny Robertson

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FUN WITH FLIRTING

Shelly O'Connell
Hosted by Kathryn Yarborough

Thursday, July 28th
11 am Pacific/2 pm Eastern

CREATING A CULTURE OF INCLUSION AND BELONGING

Jodi Davidson
Hosted by Ginny Robertson

Monday, July 25th
11 am Pacific/2 pm Eastern



CONNECTING IN TODAY'S WORLD – COMMON HOUSE

Lauren Thomas
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BE UNIQUELY YOU...INSIDE & OUT

Olivia Jones
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**MAKE AN INSPIRED CHOICE:
THE TIME IS NOW**

Liz Goll Lerner

Hosted by Ginny Robertson

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**PROTECT YOUR LOVED ONES:
HIRE A CAREGIVER
NOT A SCARETAKER**

Jacklyn Ryan
Hosted by Ginny Robertson

Monday, August 15th
11 am Pacific/2 pm Eastern



**FLIRT WITH YOUR PARTNER &
ENHANCE YOUR RELATIONSHIP**

Shelly O'Connell
Hosted by Ginny Robertson

Wednesday, September 14th
11 am Pacific/2 pm Eastern

**FINDING PEACE & CALM IN
ANY ECONOMIC CLIMATE**

Emily Shull
Hosted by Ginny Robertson

Wednesday, September 7th
11 am Pacific/2 pm Eastern



**INVITE COMMUNICATION FROM
YOUR ANGELS & LET IT GUIDE YOU**

Mary Perry
Hosted by Ginny Robertson

Monday, September 26th
11 am Pacific/2 pm Eastern

**HEALING AS A TOOL FOR
MANIFESTATION**

Pam McFarland
Hosted by Ginny Robertson

Monday, September 12th
11 am Pacific/2 pm Eastern

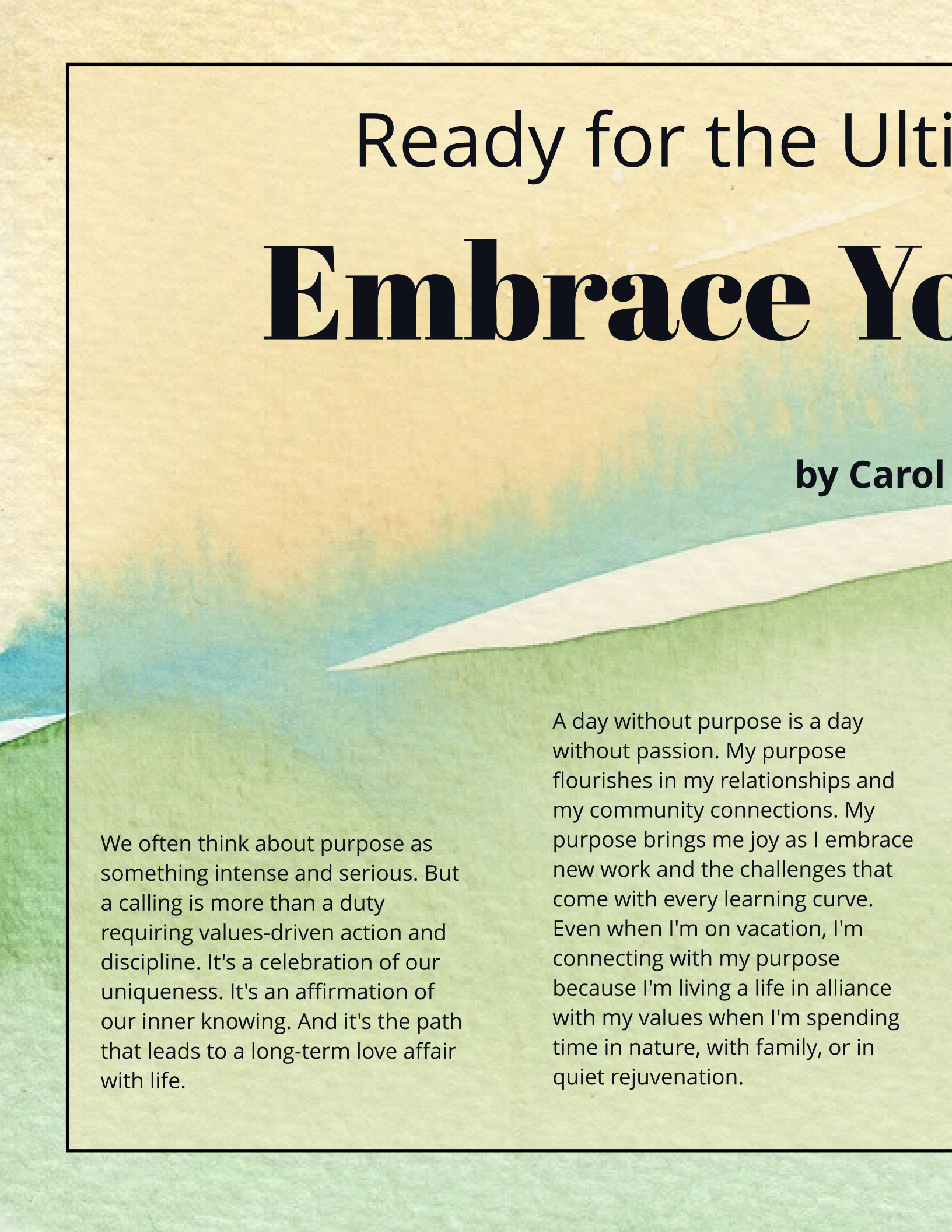


**FROM FAMILY TRAUMA
TO ANCESTRAL HEALING**

Andrea Hylan
Hosted by Kathryn Yarborough

Tuesday, October 18th
11 am Pacific/2 pm Eastern

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Ready for the Ultimate

Embrace Your

by Carol

We often think about purpose as something intense and serious. But a calling is more than a duty requiring values-driven action and discipline. It's a celebration of our uniqueness. It's an affirmation of our inner knowing. And it's the path that leads to a long-term love affair with life.

A day without purpose is a day without passion. My purpose flourishes in my relationships and my community connections. My purpose brings me joy as I embrace new work and the challenges that come with every learning curve. Even when I'm on vacation, I'm connecting with my purpose because I'm living a life in alliance with my values when I'm spending time in nature, with family, or in quiet rejuvenation.

mate Love Affair?

Our Calling!

Burbank

Going forth to meet our purpose, our "rendezvous with life," is a choice we make every day. Will we meet the joyful challenge or postpone our time to shine?

The poet Countee Cullen writes:

*I have a rendezvous with Life,
When Spring's first heralds hum.
Sure some would cry it's better far
To crown their days with sleep
Than face the road, the wind and rain,
To heed the calling deep.*

Isn't that how it feels? A deep purpose is as fierce and bright as the call of spring and just as demanding -- a call to action, to growth. Some people I know do prefer to step back, doing anything else to avoid that call and its anticipated discomforts. And there will be discomfort, as anyone who heeds their deep calling knows.

But what a wonderful discomfort it becomes because the reward for choosing the road of discovery awakens passion in every aspect of our lives! I'm not being a cheerleader here, and I'm definitely not a Pollyanna about the deep learning that comes with the territory of a purpose-focused life. But it's a fact – embracing our calling brings more rewards than drawbacks. Still, there are many reasons that our purpose might sometimes feel like a burden.

For example, Countee Cullen himself faced all sorts of backlash for following his poetic purpose during the Harlem Renaissance in the 1920s. His formal writing expressed his calling to prove to the world that Black writers could be both literary and eloquent during a time when they were expected to use dialect and stick to certain "ethnic" topics. He got a lot of criticism for his efforts but persisted in creating a space for himself and others to express their soul's vision. His courage gave him a place in American literature long after his death.

Sometimes, stepping up to a calling

means challenging the assumptions we hold about ourselves or the identities and roles others project onto us. We may have to carve out time and change the ways we work, battling stereotypes and rebalancing our relationships as we go. One of my clients, about to sign a book contract, has noticed that her dedication to her writing has shifted the dynamics of her marriage. Her partner is proud of her success, but they've had to make room for her newly focused time and energy. Her

**I have a rendezvous
When Spring's first
Sure some would
To crown their
Than face the road
To heed the**

~Countee

dedication has also made it very clear that her partner is procrastinating, afraid to step up to their own purpose. These two

people in love must navigate equal amounts of tension and celebration because one of them has claimed her purpose 100%.

Each step we take opens up possibilities and choices. We change and grow as we explore, and so do our relationships. With resilience and patience, partnerships of all kinds generally improve as we claim our gifts and value our inner knowledge. For most of us, it's

**rendezvous with Life,
first heralds hum.
and cry it's better far
our days with sleep
and, the wind and rain,
the calling deep.**

tee Cullen

worth it, especially if we are aware of the short time we have to explore. That same writer said recently, "I know it's sometimes

hard for [my partner,] but I've had three near-death accidents! If I really want this, I can't put it off. I know better than anyone – no one knows how much time we have left."

Cullen put it this way:

*Though wet nor blow nor space I fear,
Yet fear I deeply, too,
Lest Death should meet and claim me ere
I keep Life's rendezvous.*

There are many ways to "keep Life's rendezvous," to step past fear and meet our purpose with passion. Whatever our calling, it waits on us to say "yes," so we can fall in love with the world by being fully present, listening to the still small voice that reminds us what matters. The trick is to resist turning Death into an ominous anvil over our heads, creating fear and pressure that takes all the joy out of heeding the call! It's much kinder to our evolving human adventure when we remember that we can choose to be fully alive while we're here. Part of the pleasure of that fullness is trusting the call that is uniquely ours. When you claim your

"rendezvous with Life," you will also claim your Self.

As you read this, and as you remember your purpose in everyday choices, ask yourself, "What is my next best step?" You may be surprised at the answer! I predict that whatever answer you hear, it will be part of your rendezvous with your calling, whether it prepares you for action, wraps up a process that needs to be completed, or moves you forward into possibility.

**Though wet nor blow nor
Yet fear I deeply, t
Lest Death should meet and
I keep Life's rendez**

~Countee Cullen

So say *YES!* When you embrace your "calling deep" you meet Life as a lover. I believe the world will return the favor, grateful and delighted that you decided to join the dance.



Carol Burbank *is a coach, writer, writing mentor, editor, and consultant, founder of Storyweaving (www.storyweaving.com). Her latest project is *Before We Disappear*, producing books for writers and non-writers who want to publish beautiful memoirs to share their stories with their families and/or the world. She is an OPWGC member and OPWGC meeting leader in Fort Washington, MD. You can contact her at cburbank@storyweaving.com.*

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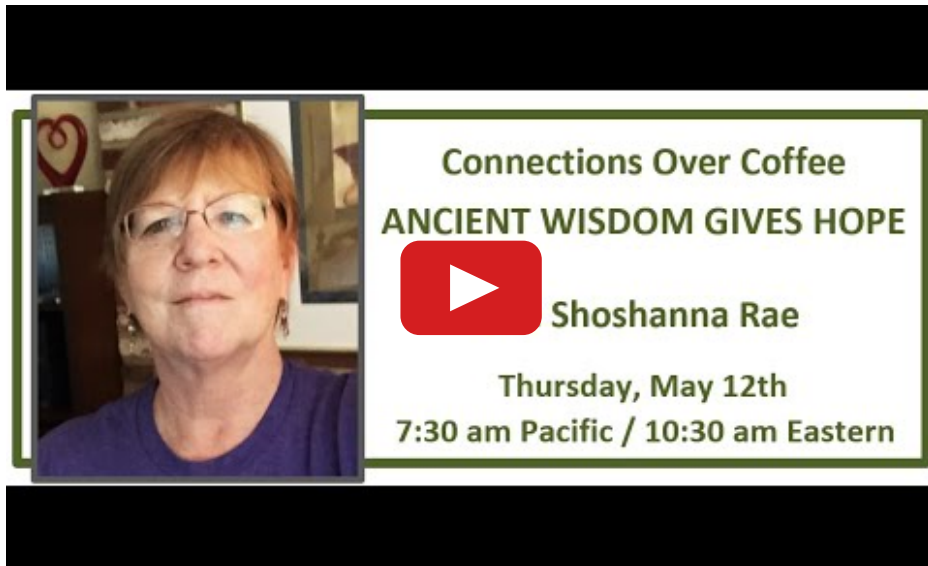
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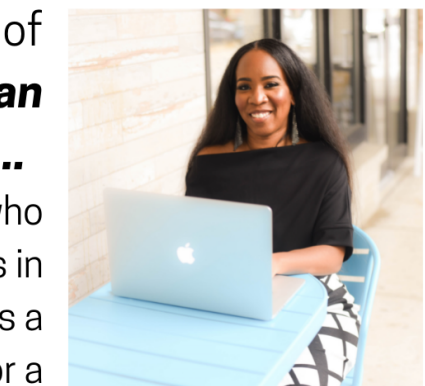
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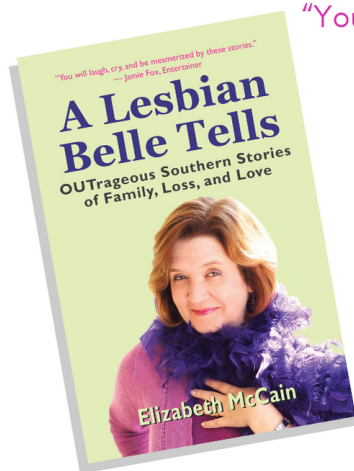


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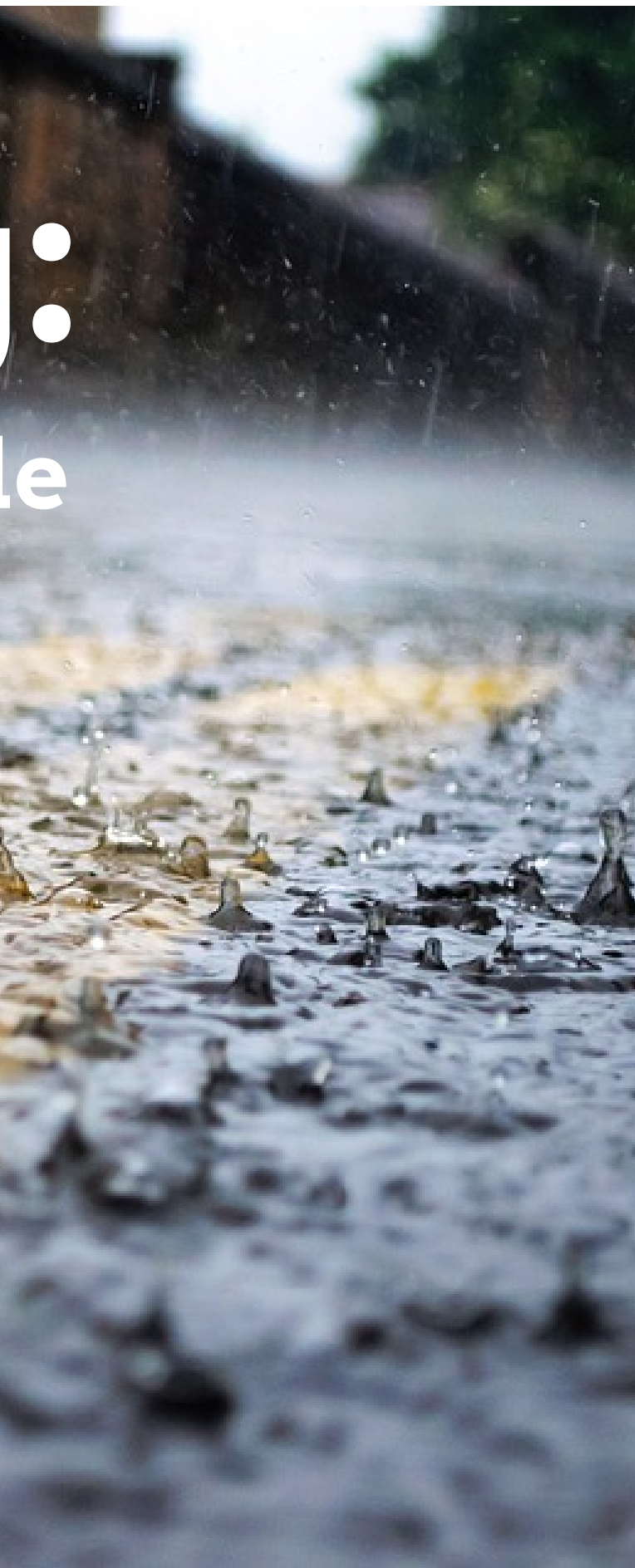
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Inch Along

Continuing to Heal While
"Acting Normal"

By Shelly Roman



Slap, slap, slap. My heart pumps a bit harder with each footfall on the gym's treadmill. It's been a while, and I feel surprised my body is cooperating with my desire to move. It surges with endorphins as I move more quickly. A smile appears on my face reflexively as the knot in my belly loosens. Soon I am running. The knot in my stomach continues to dissipate. I feel great! Or, at least, better than I have in two months. I look over at the next treadmill where my husband, Bill, is exercising. I can tell by the relaxation on his face he is feeling better too. I wish I could run

forever, but after an hour, I need to step off. I step off, and within seconds my stomach tightens into a knot. One look at Bill tells me his pain is back as well.

It's February 2020, before the COVID lockdown that will begin in March and early in a grief journey for Bill and me. We were on a sacred ground walk. That's what I call recovery from trauma. On sacred ground you must take extra care with each step. There is no rushing, just the careful placement of each foot. Sometimes there is forward movement, and sometimes there is falling back. All of that is sacred if you continue to choose to heal and journey to whatever new normal Source has in store for you.

Bill and I had made it to the second phase of the journey – inch along. This is the phase after your initial fall when you can go through the normal routine of your life even though the pain is still acutely with you. You can take a shower, eat cereal, do the laundry, and show up at work. You are just going through the motions, though. There is some muscle memory allowing us to do what we usually do. Everyone feels

the pain a bit differently. For me, it is this knot in my stomach. This knot gets so tight that it pulls my heart down and twists my throat. The twisting in my throat is what pulls the tears from my eyes.

During this phase, there are two paths: self-care and self-numbing. Self-care moves us toward the light, and self-numbing keeps us in the darkness.

Self-care moves us toward the light, and self-numbing keeps us in the darkness.

Self-care during this phase can be challenging. To the casual observer, you may look like you are "over it." Let's face it, the world wants us to get "over it" quickly. It's more comfortable for your co-workers, bosses, neighbors, and community if they don't have to deal with your pain. We live in a society where most people are not comfortable witnessing another person grieve or

not perform at their normal level. After our five days' leave for the worst grief at the best jobs, we are supposed to be "back in the saddle." Not all traumas rate any kind of leave at all. The 2020 trauma I speak of did not rate any time off for either of us.

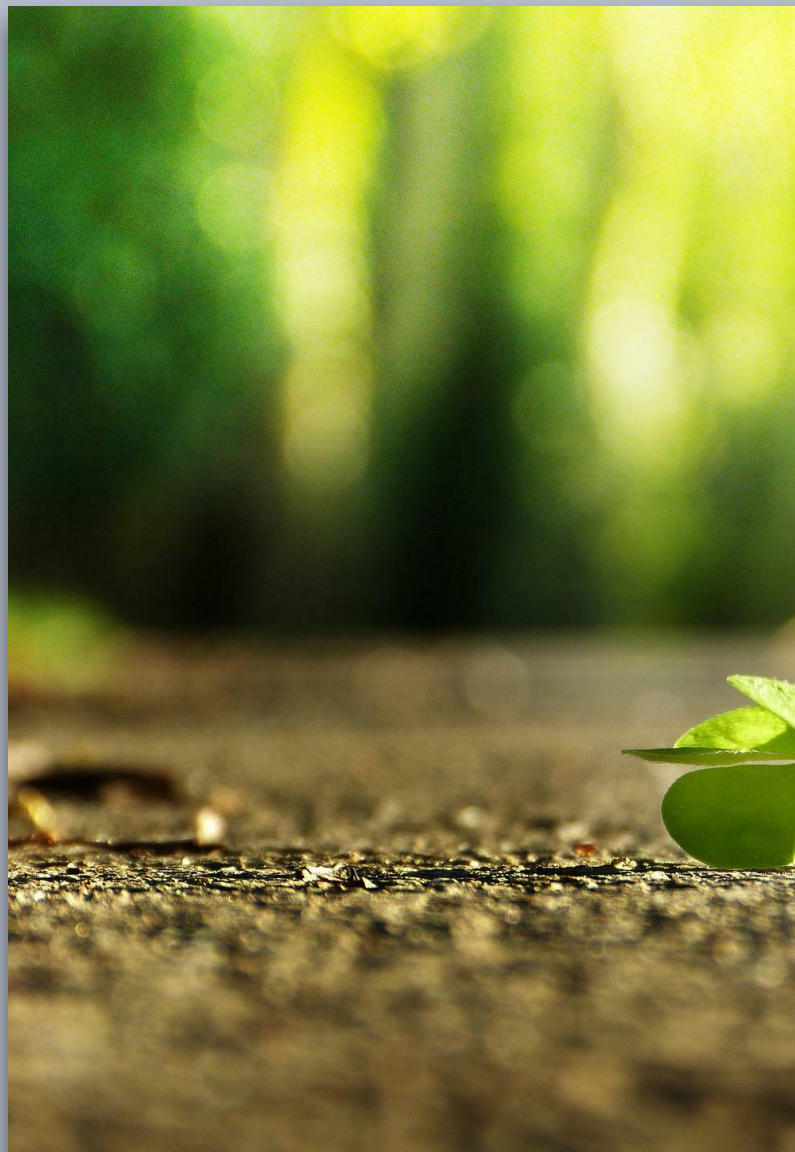
I inch along by acting on the things that can provide a brief respite from the pain. Exercise, naps, slow walks in the woods, reading, crying, watching television, slow breathing,

praying, and meditating. I've learned to identify where the pain resides in my body. Massaging my stomach and whispering reassuring words to the tightness allows my body to remember it is not alone in this journey. It is still coupled with my eternal body that remains connected to Source no matter the troubles experienced in this temporary secular realm. Source is the light, and this sacred journey, just like all the others, will return me to the light if I remember my connection to the divine.




Self-numbing for extended periods locks in the pain that is still acute during this phase. My life experience includes recovery from addiction, so I've had a lot of practice numbing out. After decades of recovery, I know to let myself sit in the pain. Alcohol, drugs, denial, or just pretending it can't be happening give a false sense of healing. With continued self-numbing, the pain is still in there, growing and festering. It will come out one way or another. In my life, this has shown up as disease, rage, disconnection, damaged relationships, and self-harm. Eventually, this leads to even more pain. The wounds and traumas become layered and make healing more challenging. Yet, this is the societal norm. We are taught to "buck-up," get "over it," and not to be "too" sensitive. This has led to a society of walking wounded who ignore their own pain and look away from each others.

We can change this. Begin today to notice where pain resides in your body. Grow in awareness of things that bring you peace and serenity. Make a list of these activities of self-care so that it is readily



accessible to you when needed. Accept your pain. Allow yourself to create sacred space for your healing. This will enable you to stop looking away from the pain of those you love. Take care with your choice of words in self-talk and conversation. Are you really just fine? Do you see hurt in your neighbors' eyes? Do you minimize yourself or others with thoughts and word choice? Hold sacred space



Together we can change the world from the walking wounded to the joyful, caring people we all ought to be.

Shelly Roman *is a Speaker, Author, Trainer, and Co-Walker™ committed to manifesting a world where trauma is not ignored or minimized.*

www.sacredgroundwalk.com. Read Shelly's article "Let Yourself Fall" in the May/June issue of On Purpose Woman Magazine for support in phase one of the journey.

for those you love and know are in pain. Acknowledge your own wounds and treat your trauma journeys with the respect they deserve because they are sacred ground walks.

Together we can change the world from the walking wounded to the joyful, caring people we all ought to be.



A graphic of a yellow spotlight beam shining down from the top left corner onto a light green circular background.

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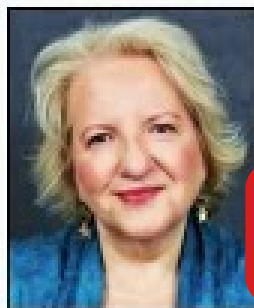
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Tapping Into Your Genius

3 Truths That Can Help

By Sofia Wren

Earlier in your life, you were excited to share your perspective with other people, but maybe they didn't see what you see. Perhaps they did not listen, or they shamed or invalidated you. Sometimes this is subtle, and sometimes it is overt. *But what if that part of you--that you were so eager to share--was a genius?*

Deep down, there are things you have always known; connections that were natural for you to make.

THAT is what genius is.

These myths, and the truth about them, can help you tap into your genius in a more significant way.

**Deep down
there are
things you
have always
known;
connections
that were
natural for
you to make**

Myth #1 People are born a genius

One thing that harms people is the idea that some have genius inherently and others don't. Tapping into your genius is always about the decisions and choices that you make. Even if you have a natural gift for something, you could easily choose to never use it.

Myth #2 Being a genius is about working hard

Imagine digging for treasure. You grab a shovel and get to work digging a hole. You dig for hours and then days, but still, you never find that treasure. Meanwhile, another person digs for 30 minutes and finds all the gold. What is the difference? It's better to dig a shallow hole in precisely the *right spot*. Tapping into your genius is like finding buried treasure: hard



work can help to some degree, but if you put your energy into the wrong activities, it is not necessarily going to get results.

Myth #3 Being a genius means copying other people's methods

Following someone else's process could be the equivalent of digging a deep hole in the wrong spot. You need to find YOUR genius access points. The problem is that much of what constitutes genius comes from a process of things happening under the surface, below the level of words. Think of a computer collecting many data points over time and only printing out a solution. This can make things very uncertain, which may be why it can feel safer to grab hold of what someone else says is the solution. Once you get into the groove of it and find your process, it can be easier to trust it.

So how do you start tapping into your genius in a more significant way?

Start with respect.

If you could give yourself the respect you give to someone you perceive to be a genius, what would it look like? You would allow yourself the tools you need, the time you need, the space you need, and whatever self-talk you need to perform at your best.

It is about respecting your genius first and foremost. If you have that respect, you treat yourself with the kind of attention and positive support that someone gives to an Olympic swimmer, like paying attention to your sleep schedule, your food, and the little details of your day. You'd talk to yourself like a genius: "Keep going. You're so smart, you don't even realize what a genius you are! You're taking your genius for granted. You are so close to a huge breakthrough, and when you do, it is really going to help people."

However, if you've ever experienced negative feedback about your genius, it's easy to let things get in the way. In response to those messages from the past, maybe you're dialing something down a little bit, and sometimes, just a little

bit can be enough to get out of your genius zone.

***Give yourself the respect
you give to someone you
perceive to be a genius.***

When you come from a place of respect, it's easier to discern if you are really giving yourself the opportunities you need to step into your genius or if you are letting BS get in the way.

Your genius zone is a state of mind. If your mind or your feelings interrupt it, you can lose that state of mind, and you can go down some other track. The choices and decisions you make determine whether or not you stay on track. Collectively, all of those choices matter on your journey to living from your deeper brilliance.

Let every decision count.

Sofia Wren *is a mermaid fairy godmother here to put your damn calling out into the world online, through FUN business writing & books. Writer, copywriter, coach at <https://flow.page/sofiawrencoaching>*





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By Jean Wright

Ask any actor how they feel each time they go on stage, and some may tell you they are nervous wrecks. How can that be? They're professionals who have perfected their craft. They look confident.

I guess everyone has stage fright. Whether standing under the spotlight and delivering lines to a captive audience or sitting in front of the prospect whose eyes are laser-focused on you while making the sales pitch – it's the same thing.

I'll admit that being in sales made me nervous, too, especially at the beginning of my career. You would never know from my outward appearance since I always portrayed confidence. In reality, I had to prospect for new business constantly, face strangers and tell them why parting with their money was a good idea, and then have the guts to make them trust me and sign on the dotted line. Who would do this every day?

I've always wanted to be in control.

Let's face it; many of us are like that. We learn to be good at lovingly controlling our spouse, children, friends, and family members. Why not use our natural gifts? As sales professionals, making someone feel special or loved is something we can control, and it works better than any Sales R Us formula.

We use sales techniques to persuade members of our household to do a task, and then they get something in return. Tell your children to do their homework, and they get ice cream. Ask your husband to fix the leaky faucet, and maybe he'll get a romantic dinner.

So, why isn't being a salesperson easier for some women? It's because they don't embrace sales as something they think they can do, let alone like doing. They're almost there if they can feel confident about building relationships they can control in a sales situation.

When I sold Pampered Chef products, I often heard, "I could never do what you do." I looked successful to others because I asked

for the sale, I usually got the sale, and I was perceived as the expert. More importantly, I showed confidence.

If you show confidence presenting yourself and like or use the product, it will make you more confident with selling. You may not realize how much you already believe in your product. This way of thinking can get you past the word "salesperson," and is a huge confidence booster.

But it always made me sad to see how other women underestimated themselves. A women's business group member told me she likes to sell, but she's afraid to close. I was surprised because I knew she loved the skin care products she sold, and I assumed she was an excellent salesperson.

But I'll never forget that "help me" look in her eyes when she asked me what the secret was to close a deal. She didn't feel comfortable asking for the business. I had to point out the apparent confidence and enthusiasm she had for the products.

I told her to try the "I love it, and you'll love it too" close. She said she had never looked at it that way and thought she needed a formulaic closing script. She discovered that being herself and showing her absolute trust and confidence in her product encouraged the prospect to buy.

Perhaps it was this intense belief in my products that helped me be so successful in my sales career. Without sales experience starting out, I was able to have the confidence to learn and succeed. When I was eleven, selling Girl Scout cookies, I didn't know about rejection, yet I was excited to ask someone to buy something I liked. If

they said no, I wouldn't give up, I just moved on to the next house. I knew how much I loved the product and kept hoping they would too. So, with persistence, I gained more self-confidence selling which turned into more sales and greater confidence that whatever challenge came my way, I was up for it.

To be or not to be successful in your business depends on the confidence and belief you have in your product and realizing that your style of selling is unique and works for you. You build that confidence by being authentic and genuine in your presentation. Then, the client will believe in what you have to say and want to buy your product or service. That trust in you, shaped by your confidence, is what helps you become a successful salesperson by building strong, long-lasting business relationships.



Jean Wright *is a successful saleswoman and author. An excerpt from her upcoming book **Selling Confidence** was recently published in **Entrepreneur magazine**. www.jeansellsconfidence.com*

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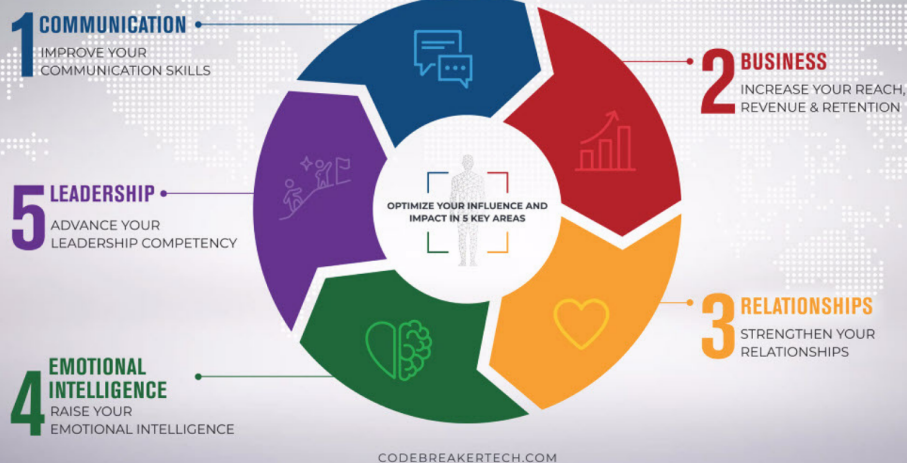
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How to Grow and Glow from Overwhelm to *Orgasm*

By Tamara Robinson





Women are among the superheroes who don't wear capes. The burden of the many hats we wear as women can sometimes be strenuous. Many of us combine work, family, household duties, hobbies, and other activities.

This explains why some women have less time for self-care and sexual pleasure. But being a busy woman shouldn't stop you from enjoying some pleasurable moments by yourself or with your partner.

It's possible to incorporate sex, intimacy, and self-care into your busy schedule. Pleasurable activities help you relax and give you the vitality to perform other activities exceptionally. A great sex life and unconditional self-care can help you grow and glow.

Why is Self-care and Pleasurable Sex Important to Women?

Self-care involves taking steps to be mentally, physically, and emotionally healthy to carry out your daily responsibilities and care for others.

Self-care prevents you from experiencing stress, burnout, anxiety, and depression. You can't pour from an empty cup; to be happy and make others around you happy, you need self-care.

Pleasure practices, sex, and intimacy are fantastic self-care practices that can help you manage stressors and maintain your spark despite your enormous responsibilities.

Some women are so engaged with

their work, family, and other activities that they have no time to rest or have delightful intimate moments with their partner. They constantly feel they should be doing something else instead of enjoying the moment.

Unfortunately, this leaves them feeling stressed, overwhelmed, and less motivated to handle challenges.

So, it's essential to create time to enjoy amazing sex with your partner or treat yourself to a splendid pleasure practice.

A fulfilling sex life is essential for having a successful and healthy life. As a busy woman, you can learn to create balance & harmony and create a healthier, happier life, which includes pleasurable sex.

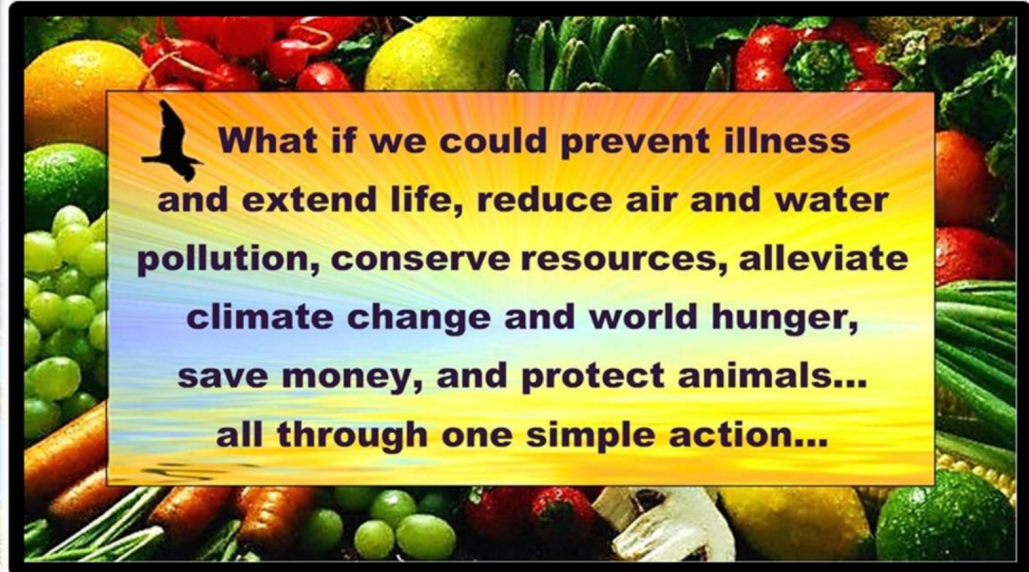
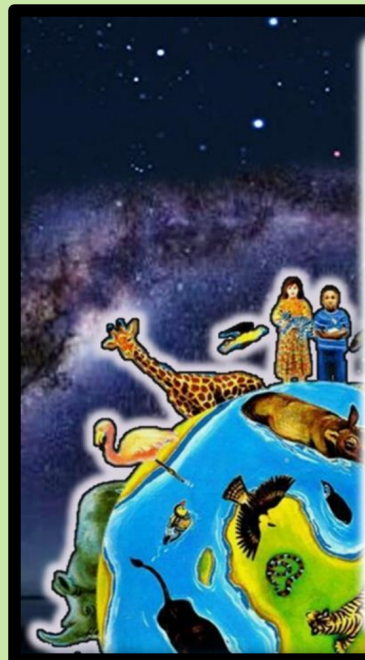


Tamara Robinson,

Author, and Passion & Pleasure Coach, helps women heal & connect with their inner desires, love their bodies, reclaim their sexual pleasure, and have incredible orgasms.

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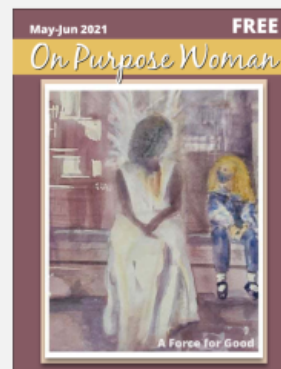
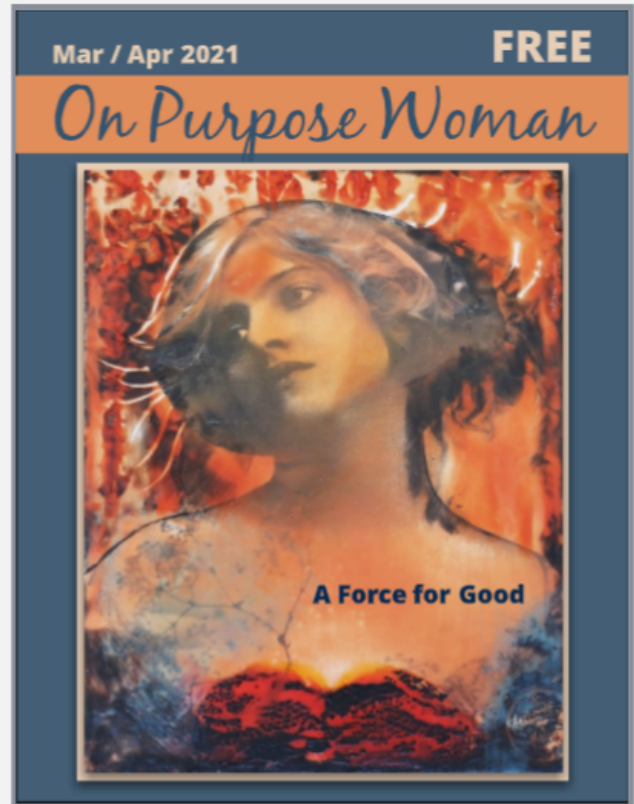
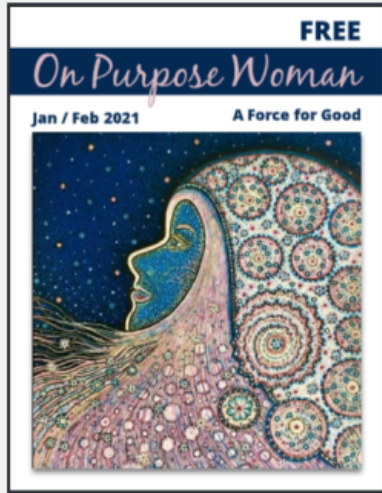


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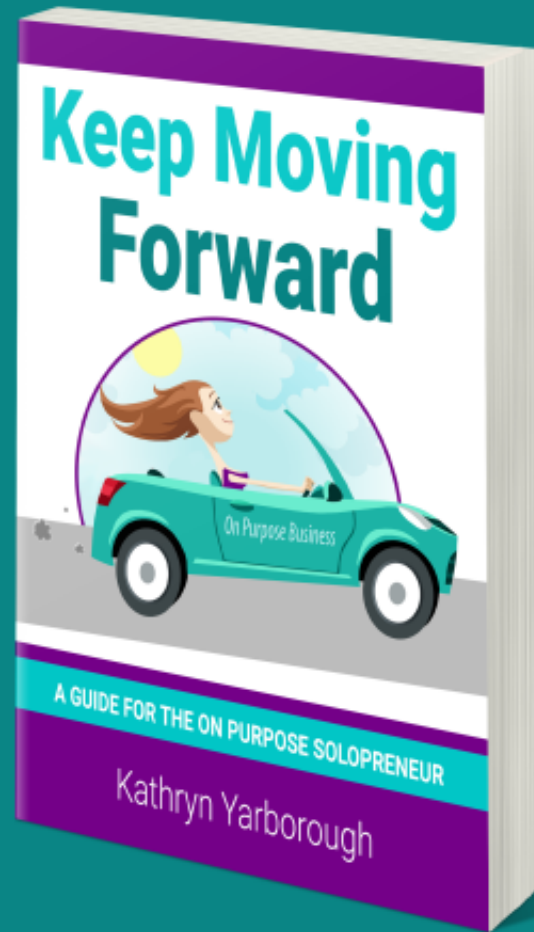
A Guide for the On Purpose Solopreneur



by Kathryn Yarborough

A heart-centered, on purpose guide to grow your business and yourself.

~ Andrea Hylan



Praise for *Keep Moving Forward*

An easy to read book with great practical steps to help heart-centred solopreneurs stop fluffing around and start to move forward.

~ Olga Birrell

If you have a business and want to make a difference in the world or if you have ever thought about doing so, this is a book that breaks it all down for you. I found it inspiring and incredibly helpful!

~ Shelly O'Connell

[Buy it Now on Amazon](#)

Look for our next issue September 1.

This magazine is for women and by women. It's a force for good and I'm proud to be the creative director for it.

You can help by sharing this magazine with your friends, posting it on social media, and talking about it in your communities.

See you next time!

Kathryn Yarborough, Creative Director

Ads are due August 20.