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- Is it challenging to *take the first step to start a project*?
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- Discover what kind of procrastinator you are
- Look at the areas most impacted by your procrastination
- Find out what you're getting from procrastinating (and, yes... you are getting something)
- Gain clarity on what is most important to you
- **Leave with tools, an action plan and the support of the others in the workshop...** not just getting a handle on your procrastination but on handling all of the things you still have to do.

*This is a one day workshop. Choose the day you want to attend. **NO FEE UPFRONT!** Pay at the end of the workshop based on value received and your ability to pay; cash, check or credit card. Seating is limited. Pre-registration is required.*

Friday June 6th, Saturday June 7th, Sunday June 8th

10am - 5pm at the home of Ginny Robertson, Lutherville (N. Baltimore County)

For more content information or to register, visit **www.GinnyRobertson.com**, click on "Upcoming Events" then click on June.



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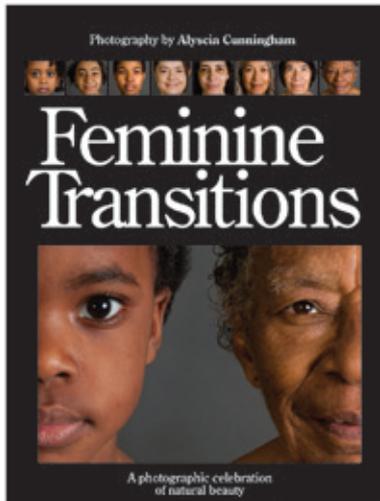
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Letter from the Publisher

March 2014

Thank you for picking up this issue of *On Purpose Woman Magazine*. If this is your first time I hope you enjoy it and will look for us again next issue. And if you are a returning reader, I'm glad you're back!

I also want to welcome our new advertisers and say a hearty thank you to those still with us. You receive *On Purpose Woman* free because of our advertisers. So if you find value in the magazine, please think of them when you have a need for a product or service. And be sure to tell them that you saw their ad in *On Purpose Woman*.

What a winter we've had. As much as I love snow, I was getting

quite bored with it by the time that last big snowstorm hit. I am so excited to know that spring is near and I'm thrilled that last night there was still daylight at 7:00.

Having said all of that, I do confess to loving snow days. I don't have any children at home, I work for myself and from home except when I have an outside event and my husband also works from home. So aside from having to cancel 3 networking meetings in January and February, I don't have anyone else to answer to when the snow keeps me home. I loved it when I could curl up on my couch with the fireplace going, a cup of hot tea and a great book.

So what is it about a snow day that seems to give us permission to chill? For me, when things slow down because of a snowstorm, I feel like the entire world has slowed down a bit, so I get to slow down some too. This "excuse" helps to take away some of the self-talk about what I should be doing or that I should be doing something "productive." I feel like a defiant child who stomps her feet and says "everyone else is taking the day off so I am too!"

So why do I need an excuse to take some downtime? Why do I need permission from ___ (fill in the blank) to make it OK that I'm not working? It's old stuff that I don't need to go into here. Suffice it to say that I need to be reminded that there are no rules any more. I'm the grownup and I get to make the best decisions I can for me in any given moment.



Ginny Robertson
photo by Maureen Cogan

Since there will probably not be any more snow days for 8 or 9 months, I need to make my own snow days. I won't wait for the weather to determine how I spend my days and how I take care of myself. So I'm declaring right here for all of you to see that I'm going to take some sunshine days, cloudy days, rainy days, windy days and really, really hot days off. Who's with me?

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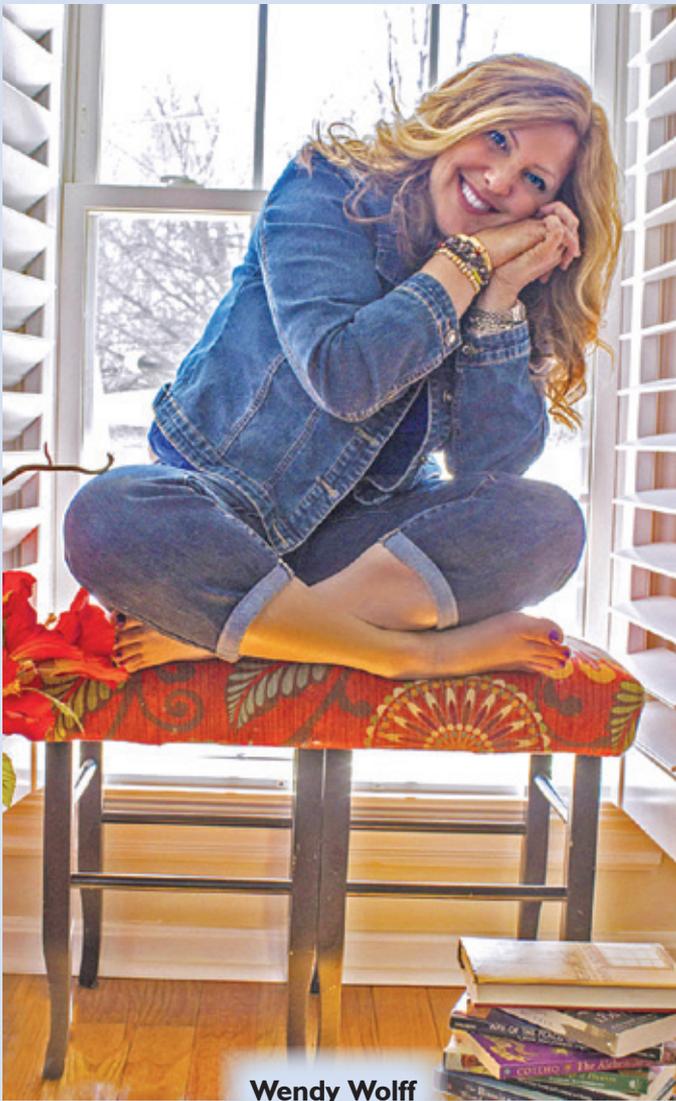
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Wendy Wolff

A Secret for All Moms

by **Wendy Wolff**

that if you watch too much TV, you'll go cross-eyed. You can't use that one anymore.

While those are all fabulous questions of which I wish I had the answer, that's not my secret. My secret was told to me when my boys were 7 and 5. I spent most of my days like all other mothers, balancing work; constantly tidying; shuttling kids to and from activities; struggling with homework; managing bedroom clean-up; advocating for my mis-understood son; meeting with teachers; fielding phone calls from school; crying; making sure teeth are brushed; bodies are clean; healthy food is eaten; books are read; games are played; refereeing time limits on the tv; solving fights; dealing with fresh talk, selfish behavior, and frustrated attitudes. I did this like all of you, day in and day out. Never mind my poor husband. Thank god, he was good at speaking up for himself and doing things that suited him. He was on the bottom of my responsibility list for many, many years. At least, I was the last one on the rung—so he wasn't down there alone.

I spent day after day, longingly gazing at other moms at the playground wishing to be them. They looked clean, freshly ironed, and peaceful in comparison to my harried frizzy-do, and crumpled clothes that sat in the dryer too long. It took everything I had to be dressed, teeth brushed and kids taken care of. Did I mention that my youngest was a major HANDFUL?

During a crying bout on the phone with a long-time friend, she shared with me this amazing gift. Her words were: "When was the last time you focused on you?" I had a million and one reasons why this wasn't ever possible. I could never turn my phone off, even when my kids were in school because sure

I have a secret for us moms. While I could share my secret with Dads, I tend to believe that the men do a much better job taking care of themselves. I guess it is in their genes. Maybe it's a hunter/gatherer type of phenomenon. Regardless, the secret I am about to share is solely for us girls—with kids.

You might be thinking what could this secret possibly be? Is it a fail-safe rule book regarding how to give equally divided attention to all of your children simultaneously without any of them feeling slighted? Is it the how-to-help siblings show understanding before shooting barbed insults at each other? Or maybe it's a how do we deal with our uncommunicative teen whose face is constantly illuminated by the blueish-white glow from the electronic device braced two inches from their faces? Forget the old 1970's adage

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as a full moon would light up a sky, I would have to rush over to school to either pick up my kid or meet with an administrator. I had to sit next to both of my boys while they did homework or it would never get accomplished. Then, laundry, dinner, dishes, bath, bed and SLEEP.

So, I simply responded, “never”. After an hour of debate, I finally truly let her words sink into me like the bubble bath I deeply needed. She drilled into me that the mom is the center of the family universe, the beating heart per say. When the heart is over-working and pumping with only one chamber, the body is not able to achieve balance. It becomes un-balanced, weak and possibly ends in a heart-attack. My friend asked me what would I need to do for all four chambers to be properly working and thereby pumping blood and oxygen to the rest of the body (also known as the family)?

Suddenly, I began to spout. Item by item, I detailed the things I could do to rejuvenate. Without talking myself out of anything, I just orated a list: get a massage, read a book, go to yoga, spend one hour with a friend having coffee, have a pedicure once a month, get a babysitter and have a nice dinner with my husband, stroll through TJ Maxx and buy something new to wear, go for a swim, take an art class, take piano lessons, find someone to walk with in the early morning, join a support group, go out and listen to live music, get another massage, etc. Once I'd finished, she asked me to pick one that I would do this week. It was a mandatory pact between us. I was required to do it and report back how I felt. There was no breaking this promise. Heck, we'd been friends since the fourth grade.

If you think about it, the Army wouldn't knowingly hire an unstable, unhealthy Commander in Chief? Would they?

So I did it. I opted for a pedicure. It was simple, didn't take up too much time and wasn't over the top expensive. In the bright of day, surrounded by 20 other woman—I fell sound asleep in the massage chair as the kind-hearted pedicurist gave me a little extra attention. I must have really looked like I needed it. As I walked out into the sunshine after paying, I felt as though I was walking on air. My smile broadened, my shoulders came down a few inches from my ears and I

started to feel like me again. I sent a whispered thanks into the air for my friend, Kitty who knew that if I wasn't taking care of myself well, how could I take care of the ones that truly relied on me?

My gosh... what a great secret to know! You mean to say that I don't have to be weary to the bone, day in and day out? That simple \$30 act helped me to gain perspective, breathe and allow myself a luxury that I hadn't had in years. Every time I looked at my pretty pink toes, I saw a reminder that I'm worthy of attention too. Those toes reminded me to breathe first and fill up my vessel so that I can be of service to the ones that mattered most. As the days and years wore on, I learned to add a few more items to my accomplishments and became an even better mother because I too felt nurtured.

One might say that's no big secret. And I must disagree. I know hundreds of moms who are in the position I was in feeling frayed at the seams. Being a Martyr helps no one. Being nourished as a mom helps everyone. It's like the tree that gets fertilized in the summer and autumn to provide a deliciously scrumptious fruit. When the tree isn't fertilized, it suffers and the fruit is tough and a bit dried out.

Make a pledge with me today as you read this. Promise me that you'll do one nice thing for yourself this week. If done with full enthusiasm, that one nice thing will turn into a pattern and then hopefully into a habit.

Cheers to us amazing moms!

Wendy Wolff has worked in the public sphere with policymakers, funders, executives, teachers, administrators, and parents. As a force of change, Wendy has worn many hats: she has been an advocate, strategic planner for nonprofits, public speaker, facilitator, community organizer, grant writer, teacher of classes on social change and advocacy, public speaker, inspirer, and writer. Now, Wendy announces her most personal and profound work, the book *The Letter Writing Project (Blooming Twig)* which poignantly, playfully, and ingeniously reveals the healing and truth-finding inherent in simply putting pen to paper and letting emotions flow. www.bloomingtwig.com/bt-author/wendy-wolff/

The Magic in FEELING Our Dreams

by Sandy McDougall

and therefore more motivated. This is true for both our personal and our professional lives. Our dreams are best launched not only by what they might *look* like, but also by what *meaning* or what *feelings* they can bring to our lives.

What an invaluable piece of wisdom !

Let me quote Gloria Steinem again for emphasis: *"Without leaps of imagination or dreaming, we lose the excitement of possibilities. Dreaming, after all is a form of planning."* Ginny's process emphasizes the same language... imagination... dreaming... excitement.

Because our usual default mode is to hold on to the status quo, something has to actively motivate us if we are to do what it takes to create change. That something has got to feel positive and grab us in our gut. Or touch our heart. Our imagination. It has got to defy the hold of existing habits and beliefs.

We don't crave a goal so much as we crave the feeling that fills us when we imagine ourselves touching that place.

So when Ginny asks us to describe a dream for the upcoming year, she prompts us to include *three adjectives describing how our life will feel if we achieve that dream.*

How *revealing* and how *magical* it was when the women stood up to share their dreams and their

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Sandy McDougall

This year I decided to "dive deep" into the *Share Your Dream* process that Ginny Robertson weaves into our On Purpose Networking (OPN) for Women meetings every January. I participated in the process in many Maryland OPN locations, and through it all, I witnessed many women going through the process as well.

Each meeting, Ginny (OPN founder) emphasizes her preference for the concept of "dreams" rather than "goal setting." Goals, she explains, contain action words which often leave us feeling flat. "Increase this... cut that... change this... build that..." Ugh. These images do not carry particularly compelling energy.

Alternately, if our dreams for our future fill us with excitement, we become more attached to success,

"Without leaps of imagination or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning."

~ **Gloria Steinem**

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Brainsex— How “Splitting” and “Blending” Can Impact Your Relationship

by **Priscilla A.
Wainwright, Ph.D., CPC**

Jane and Jim have been married a while, and the marriage is a fairly good one. They do, however, have a few issues they argue over occasionally.

Well, one night they had a nasty verbal fight. No abuse, but it lasted longer than normal. Finally, both ran out of steam. Jane retreated to the bedroom, and Jim hung out in the den. He grabbed the clicker and caught a football game in progress on TV. He watched the game to the end.

When it was over, he sat sulking on the couch. “This sucks”, he told himself, and started to think of ways to make up to Jane. Finally he hit on an idea. He knew sex was always good between them, so he decided to approach Jane with that request.

Jim goes upstairs, enters the bedroom and says, “Honey, Let’s make love”. Jane glares at him and screams, “How can we make love right now? We just had a fight a couple of hours ago!!”

Now things are worse. Jane feels used, thinking Jim just wants to get his rocks off at her expense. Crestfallen and angry, Jim feels Jane just wants to keep the fight going on.

Neither Jane’s nor Jim’s resulting assumptions are accurate. What’s REALLY going on?

It’s just that Jane is thinking like a typical girl, and Jim



Priscilla Wainwright

is thinking like the average guy.

When it comes to processing reason and emotion, the male and female brains are structured and operate very differently internally. While there are plenty of exceptions, what I’m about to describe fits the middle of the bell-shaped curve and is typical.

Based on structure and hormonal activity, the brain guides our thinking and processing in ways of which we are not typically aware. Female brains are likely to lead women in one direction, while male brains lead men in another.

This is biology. In my 40 years of doing couples work, I’ve seen men and women bump into each other in the same ways regardless of race, age, ethnicity, or cultural differences. With the latest advances in neuroscience, we are now able to accurately explain these innate differences.

Let’s get back to Jane and Jim. Jim is doing what I call “splitting”. Jane is “blending”.

Men tend to live their lives in chapters. When one chapter is over, guys can usually move to the next

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Wings Unfurled

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Abundance in Relationships

by **Cassandra Herbert**

Just about everywhere you look these days, you'll find information on the best way to prosper financially. Whether the best way is thinking positive thoughts, landing a job in a corner office, playing the stock market or racking up trust funds, prosperity is the goal...

And it's all about money.

But let's skip the stress-loaded economics and inevitable "99%-vs-1%" political conversations for now, and let's look at what this means at the core energetic level... where it really counts.

I believe that the desperation for money is just one sign of a deeper problem... a cultural mindset... that's affecting every one of us. It's the whole paradigm of competition—that more money for you means less for me. We see it in our economic system, our political system, our educational system (competing for financial aid, registration in desirable schools, percentiles in class status, leading to better jobs and more money). And of course, we see it in our jobs (who gets the big promotion and the corner office?).

This competition also plays out in the way we think about love and relationships: more love for you means less for me. You either win or you lose; abundance is a zero-sum game.

We see it played out in our families: who do Mommy and Daddy love more? And we often see it in our romantic relationships: who's more demonstrative, who gives more, who asks for more? Who's on top? Who earns more, wears the pants,



Cassandra Herbert

makes the decisions? Who do we think should make the decisions?

How does this ripple out to our emotions and behavior?

If I've grown up feeling as though there isn't enough money—or respect—or love—let's call it sustenance—to go around, I may feel scared about my very survival. I may be anxious about finding and keeping a job or relationship. I might feel unworthy of respect or love, I may be overwhelmingly demanding, or hold back from giving fully because I am afraid of being hurt. I'll be likely to feel I need to control things, and resist trusting and going with the flow.

We saw this in a little kitten we rescued once. She was a tiny, skinny little thing, barely two months old, half-starved, and she practically inhaled every scrap of food we put in front of her—and then began jonesing

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To learn more about **The Light of Truth Center** and the great work they are doing visit www.lightoftruthcenter.org



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For just **\$30** you can include 3 different marketing pieces including (but not limited to) promotional items, brochures, business or rack cards, coupons, etc.

In addition: Your **business name** and **web address** will be included in the Ginny Robertson LLC Cool Stuff To Do list for 2 months, with a link to your website, that goes to her database of over 2500 and is also promoted on social media. Plus you will be included in a Thank You ad in the July/August issue of **On Purpose Woman**.

Gift bag items must be received no later than **Friday, April 25th**.

To schedule your clothing pick up or reserve your place in the gift bags contact Ginny Robertson at 443-934-3523 or ginnyrobertson@ginnyrobertson.com.

And we hope to see you at the sale!!



Cherry-Lee Ward

We want to be whole on this earth and embrace all of who we are. Women and men alike have gifts within the feminine that we have yet to fully bring into our lives. Exploring and integrating all of these parts no matter our age or gender offer an opportunity to be more present and more authentic. There are five aspects—the Maiden (June/July Issue), the Lover (September/October), the Mother (November/December), Queen (January/February) and Crone (this issue). Each of these has qualities and gifts that serve us greatly in our daily lives.

The Crone has vast experience and wisdom which brings a quality of richness to who she is. Life hasn't always been easy for her yet she knows there has been beauty along the way and that the totality of her experience is part of what makes her who she is. She likes and values herself and the contributions she has made and is continuing to make. She may carry scars but knows they have brought immeasurable wisdom. She knows the kindness of being truthful and no longer filters to please others. She can blow through like a cool wind and you will be changed by her insight.

In balance the crone knows that life doesn't happen to her—it just happens. And that she has the choice of what to do with her experiences. She is wise, doesn't take crap, stays present and doesn't take herself too

The Crone

by Cherry-Lee Ward

seriously. She is flexible yet doesn't get pushed around. She knows her mind yet is open to what others have to say—knowing that listening well will add to who she is rather than diminish her.

When the crone is out of balance she can be openly mean, shrill and rigid in her thinking. She can be controlling and undermining to those around her. Afraid of change she can take everything personally and feel a victim of life. In this state of dysfunction everything becomes about her and she is unable to take a genuine interest in those around her or life in general.

Out of balance the crone's world is contracting and getting smaller. In balance, her world is ever expanding and she continues to learn and grow. She becomes more deeply connected with those around her, her own soul and the cosmos.

The crone can apply wisdom gained from personal experiences and have a greater understanding of the world. She has strong intuition and clarity of sight. She knows that a combination of action, love and being present really will sort out most issues life brings her way. She can change her perception of a situation and yours in the blink of an eye.

She is no longer worried about blame or assigning responsibility. She chooses her company wisely, sees through "junk" and has compassion for all. This comes not despite strong boundaries but because of them.

The crone knows the freedom of truly being herself and doesn't worry about what others think of her. She is patient and truly knows that everyone is on their own journey. She is quick to honor strength,

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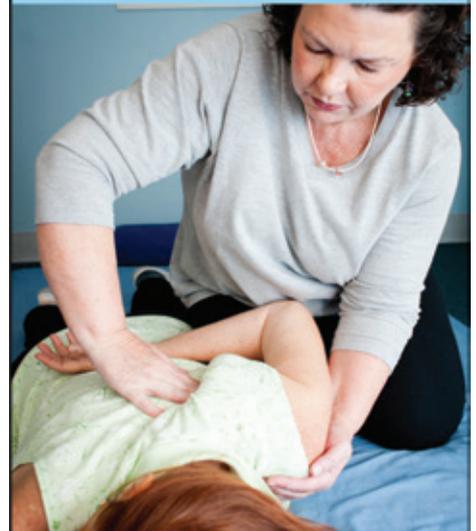


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Ever have a well-meaning conversation with your partner break down for **NO** apparent reason – leaving you both frustrated and angry?

Has this happened over & over, and you can't figure out why?

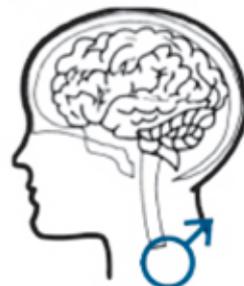
Does **SHE** ever want to talk and **HE** shuts down?

These events are not necessarily anyone's fault!!

CONNECTION
RELATIONSHIP



ACTION
ACHIEVEMENT



BRAIN SEX

THE NEUROPSYCHOLOGY OF FEMALE-
MALE COMMUNICATION

A WORKSHOP WITH
PRISCILLA WAINWRIGHT, Ph.D. CPC

The female and male brains are hard-wired differently when it comes to emotion, information processing and communication. Our brains set us up and "program" us to operate and respond in specific ways, which are very different for men vs. women. These differences are innate and independent of culture, ethnicity, race or background.

BRAIN SEX lays out these differences and explains them in a fun, easy to understand way. You will learn new ways to communicate that will transcend these differences and bring you closer.

If you finally want to understand the other gender, **BRAIN SEX** is a must!

It will help you both move from blame to understanding, and help strained relationships heal.

This workshop is also open to couples. Bring your partner and you both will benefit!

WHEN: Saturday, April 12, 2014 8:30 – 11:30 am

WHERE: St. Mark's on the Hill Episcopal Church
1620 Reisterstown Road; Pikesville, MD 21208
(Just inside the Baltimore Beltway, exit 20, north of Old Court Road)

REGISTER NOW!!! Seating is limited and this workshop fills fast!

Registration: \$47 per person \$79 per couple (1/3 of your registration fee goes to St. Mark's ministry to Asylees)

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4500 Chaucer Way, Suite 401
Owings Mills, MD 21117

About Priscilla – Pris is a life, career and relationship coach, having worked with individuals and couples for 40 years. She holds a Ph.D. in psychology from the University of Tennessee and an Ed.M. in counseling and guidance from Temple University. She is an Internet entrepreneur, founder of www.ScarvesStyleandGlory.com and owner of www.MyBigDiscountMall.com. She has ghost written several books. Her next book, **the Tigress Manifesto** will be released this fall.

Follow her blog www.ScarvesStyleandGlory.blogspot.com

Her email is pris@ScarvesStyleandGlory.com

OR – Register online at:
<http://membershipbeta/holson/brain-sex-workshop/>

The Magic in FEELING Our Dreams

continued from 10

respective desired feelings.

I saw eyes sparkle, and hearts warm with hope. There were tender moments filled with deep love and sweet vulnerability. There were also powerful moments conveying strong commitment to new vision.

It was so moving that I recorded as many of the adjectives as I could! Look at the cumulative list of the feelings inspired OPN women dreamed of stepping into:

Confident • excited • secure
• hopeful • connected • happy • powerful • free • abundant • joyful
• nourished • peaceful • fulfilled
• energized • heart-centered • competent • proud • satisfied
• playing bigger • passionate • calm • secure • accomplished • content • jazzed • balanced • lighter • established • functional • impactful • enthusiastic • magical
• peaceful • clear • loving • kind • purposeful • expansive • healing • easeful • feeling closure • supportive • maverick • cherished
• in perfect flow • intentional • effervescent • accepting of self • healthy • whole • solid • blissful • juicy • independent • multi-passionate • embodied • empowered • grounded • soul-centered • creative • successful
• authentic • adventuresome
• inspiring • groundbreaking • supported • physically competent
• comfortable • productive • unrestricted • uplifted • humble • delighted • unstoppable!

Wow! Who would not want to step into some combination of

those energies?

But, here's the rub. The Share Your Dreams meetings are perennially under-attended. It was true this year as well.

No one has ever interviewed regular meeting members who do not attend Share Your Dream meetings. However, some theories surfaced during discussions I overheard on the topic:

Perhaps many women:

have lost connection with their dreams. • fear that their dreams do not measure up in some way • are shy about sharing their dreams • fear potential embarrassment or criticism • do not want to speak their dreams because then they may have to actually have to act on them • fear the success they might reach if they actually went after their dreams • consider their dreams impossible or crazy

As a coach who helps women find their voice and their courage to go after their dreams, I would say that we would live in a much better world if we all chose to follow the dreams that connect us to the powerful, peaceful, generous, loving feelings women shared in those early 2014 meetings.

What are my conclusions?

1. The OPN Share Your Dream process connects you, even briefly, to deep desires in your life.

2. Dreaming is indeed a form of planning. Your heart and soul have plans for you. And it is up to you to speak your dreams, write about

them, pay attention to them, and act on them in as many ways as possible. Connecting to the feelings evoked by these dreams are your best motivators.

Simple? In some ways.

Powerful? Absolutely.

Go ahead and try it yourself. Perhaps, create a dream sharing circle amongst your friends. Or, consider working with a coach. Either way, come join us at OPN's Share Your Dream meetings in January 2015. I promise you, you'll leave feeling considerably clearer and more energized.

Whether bold, visionary, or quietly creative, Maverick energy is, above all, uniquely personal. Sandy McDougall founded The Maverick Edge to help inspire women to break the mold, reclaim their voice, choose their own path, and to trust—and be fueled by—their gifts and their own “Crazy Ideas.” (Crazy just might work!) Too often in the past she gave up her own inner wisdom and creativity for the sake of loyalty or duty. She lost herself in the process. It wasn't healthy, helpful, or fun. So now, through mentoring, coaching, and teaching, she has staked her territory in helping others reclaim their Maverick Edge. Go to www.themaverickedge.com to download your free Maverick Playbook: Your Secret Cache for Crazy Ideas.

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and Abundant Blessings.

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Earthsave is helping to create a healthier, sustainable,
more loving and peaceful planet by helping people
adopt a whole foods, plant-based diet.

Did you know that **Kaiser Permanente**, the largest
HMO health care provider, recently advised their 17,000
doctors to encourage all their patients to shift to a plant-
based diet, especially those patients with high blood
pressure, diabetes, cardiovascular disease, or obesity."

Did you know that **President Clinton's** decision to
adopt a plant-based diet was influenced by the studies of
Cleveland Clinic physician **Caldwell Esselstyn, MD**, who
had recruited 21 patients with advanced heart disease to
see if diet could reverse their conditions. Five subjects
had been given less than a year to live. Group members
had experienced forty-nine cardiovascular events in the
eight years prior to the study. But there were no
cardiovascular events for the next 26 years in the lives
of the 17 group members who adhered to the program.

Did you know: "Livestock are one of the most significant
contributors to today's most serious environmental
problems." That's from the 2006 UN report "**Livestock's
Long Shadow**". The report stated that livestock produce
more climate changing greenhouse gases than all
combined forms of transportation.

Mar. 29th, 6-9 pm, potluck in Owings Mills: screening of
"**Genetic Roulette: the Gamble of our Lives**".

Apr 26th, 6-9 pm, potluck in Owings Mills: screening of
"**Engine 2 Kitchen Rescue**". Former firefighter & best-
selling author **Rip Esselstyn** schools us on the basics &
practical aspects of a whole-foods, plant-based diet.

May 24th, 6-9 pm, potluck in Owings Mills: Holistic Nurse
Psychotherapist & Nutritional Wellness Educator & Coach
Cassandra Herbert speaks on "**Nutritional Wellness -
Eating for Improved Mood, Energy & Vibrancy**".

Potluck Dinners at yoga studio at 10210 S. Dolfield Rd,
Owings Mills. Guests bring vegan dish to serve 8, plus \$5
donation (members \$2). Fee \$15 without dish. RSVP!

Meetup Discussion Groups meet in local restaurants:
Veg group meets on first Sundays, at 12:30 pm, at the
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one with relative ease. That's over. Now he's onto something new. In our story, Jim has three separate chapters going one after another: fight, football, and attempt at making up.

Women, on the other hand, tend to "blend". It's like our whole book is one chapter. And the overarching umbrella that ties it all together is Relationship. So for us women, when there is a problem in a key relationship, we often hang onto it until it gets resolved somehow.

Men typically separate chronological events. That's why Tommy and Billy can fight in the schoolyard Thursday afternoon and be best buds again Friday morning. "The fight? That was yesterday". Women will usually tie emotional chronological events together.

This is why we so often complain, "Guys don't get it". Not only are men disconnecting events, it's also as if they process Reason in New York and Emotion in San Diego, with the connection between them being an unpaved dirt road. "Splitting" also leads men to be less aware of, and underestimate, the consequences of their actions sometimes.

Women on the other hand, process Reason in Minneapolis and Emotion in St. Paul, with the connection being an 18-lane super highway. That's why guys say "You keep hanging onto the past".

Yes, men process Reason and Emotion in brain areas which are architecturally distant. Women process them in very contiguous brain areas.

That's why women say, "Men are out of touch with their feelings", and men say women are "overemotional, irrational".

So... Jim wasn't trying to take advantage of Jane, and Jane wasn't really trying to keep the fight going, in spite of how it appeared. It's just that their brains were taking them in two different directions. Jim was just being a guy: Jane was just being a girl!

I have found when coaching couples, that when they understand brain gender differences, their communication improves and unintentional fights significantly reduce in number and severity. It's not about "making excuses" for the other gender, but rather, if I know how your brain is leading you to react, I can suspend judgment and "taking it personally", and move to understanding.

In my "Brainsex" workshop on April 12th (see ad on p. 20), I will spell out in Lay terms all the major differences between the female and male

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*It's not about
"making excuses" for
the other gender, but...
move to understanding.*

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Helene Brenner

When I wrote *I Know I'm In There Somewhere*, I called it a "self-acceptance, not a self-improvement, book." But you might wonder, how does that lead to change? If you totally accept yourself, doesn't that mean you wouldn't want to change anything? Which leads to the paradox of change through self-acceptance. I've found that when you acknowledge and be with where you are right now in an accepting and compassionate way, it makes it easier to make real changes.

One of my favorite ways of phrasing this is, "You can't start the car from down the road. You can only start the car from where you are." In other words, your point of power is right where you are in your life right now. It doesn't bring you closer to where you want to be to say, "If only I was there" or "I should have done this" or "I wish I was further along in my life," or pretending to feel a way that you don't feel. Acknowledging

You Can't Start the Car From Down the Road

Change through Self-Acceptance

by **Helene G. Brenner, Ph.D**

exactly where you are right now is the best way to know what to do next—and you do have power, right where you are, because this is where your "engine" is.

This applies to all the "shoulds" that we keep telling ourselves in our lives. For example, have you ever found yourself thinking "I shouldn't be angry," when inside you're seething? Let's say you know, in your heart, that being angry in a certain situation is not fair to the other person—but you're angry anyway. Trying to deny your anger or act like you're not angry is probably not going to work well, because the other person, if they're close to you, is likely going to notice it anyway. Better to say, to yourself and maybe to the other person as well, "I know it's not fair, but I'm still feeling angry about this. I wonder what that's about for me."

Here's another example: Saying to yourself that you shouldn't feel scared to make a phone call, for example, to further a career goal you have. Feeling scared to make that phone call is silly, you say to yourself. It's irrational—and it is. Therefore you tell yourself that you don't feel scared, or you should

be able to ignore that feeling of anxiety and do it anyway. And then days go by, and weeks, and even months, and you haven't made that little phone call that you say you're not too scared to make. Better to acknowledge to yourself that you are, in fact, deeply afraid of making this "simple little phone call," and admit your "irrational" fear to some friend, and get whatever support you need to accomplish what for you, right now, is a difficult task.

Helene G. Brenner, Ph.D., (www.helenebrenner.com) is a psychologist in private practice, director of Women's Counseling and Psychological Services in Frederick, Maryland, and author of *I Know I'm In There Somewhere: A Woman's Guide to Finding Her Inner Voice Living A Life of Authenticity*, (Penguin USA, 2003). Her work has been featured in magazines including *Self*, *Ladies Home Journal* and *Body and Soul*. She offers individual therapy in her office as well as telegroups and individual coaching by phone on how to follow your inner voice in all areas of your life. She can be reached at (301) 695-5858 or drhelene@helenebrenner.com.

Brainsex *continued from 23*

brains as they relate to relationships, skills, and tendencies. For instance, why, when women are stressed, do we need to “vent” to our girlfriends, while guys under stress either want sex or “shut down”? Why do guys so often get defensive when we just asked a simple question?

The reasons lie in brain chemistry! These are just a few of the questions I’ll answer.

Better yet, I’ll give you new skills to help you bridge these differences when you talk to guys so you can be better understood and respected, and get greater cooperation. I’ll have plenty of tips for guys as well.

Career women—I’ll show you how to communicate to be more effective and taken more seriously in a male-oriented work environment.

So... register today! “Brainsex” always fills quickly. Consider bringing your man, so you both will benefit. Copious handouts will be provided.

“Brainsex” is also very useful in improving organizational relationships. I will tailor it to your firm. Contact me for details: pris@scarvesstyleandglory.com or by phone at 443-797-7794.

Priscilla A. Wainwright, Ph.D., CPC, is an empowerment coach for women on the rise. She is founder of www.ScarvesStyleAndGlory.com, which sells scarves and offers free style tips, style and empowerment coaching and The Women of Style and Glory Membership. She may be contacted through her website or by e-mail at pris@scarvesstyleandglory.com. See ads on 4 & 20.

Abundance in Relationships

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from everyone else’s plate! She very clearly believed that she needed to eat everything in sight now, because she might never see food again.

We needed to demonstrate to her that she would receive plenty of food in her bowl every day, several times a day. Only after several months of this could she relax and only eat as much as she wanted at that time, knowing that it would be there for her later.

How many of us are like that kitten—terrified of trusting that we will have enough money, respect, love, sustenance of whatever sort, to meet our needs?

Sure, you may be saying—in this society and this economy, who isn’t? But what’s the alternative?

I think the key lies in something Albert Einstein once said: “The most important decision we can make is whether we believe we live in a friendly or hostile universe.”

As long as we believe that we live in a hostile universe... one in which we must struggle against constant not-enoughness of whatever sort... one in which people and/or God are judging us and condemning us... one in which we are not—or cannot be—loved, we will hold back trust, trying to control situations or force people to respect or love us. We’ll carry constant anger, fear or grief that we cannot succeed in getting what we desperately need... while being unable to see that we’re pushing it away!

But if we believe we live in a friendly, abundant universe, we can relax, let go, and trust that our efforts to reach out for sustenance of whatever kind will be rewarded! And when we relax, our creativity can blossom, and yield opportunities and magical connections. Our trust leads to confidence, attracting people who want to benefit from our skills, gifts, and personal charisma. We can rest in the Divine, let go of the need to control, and allow giving and receiving to happen naturally.

That’s all very well and good, you may be saying. But what if I really don’t believe we live in a friendly universe? Ah, that’s the time to work on gratitude! If you’re working on giving thanks for everything that comes into your life, working on thanking your partner, boss, coworkers, neighbors or the Universe, you begin to notice just how much support and abundance you are

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The Crone

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wisdom and kindness in others—knowing how important that is for life. She knows her own truth so well she doesn't need to run it by or convince others. Yet she is comfortable sharing her opinions when she sees fit, and staying quiet when called for.

She enjoys her own company and sees her own beauty. She ages with grace and is nobody's doormat or cast off. She chooses her own path and knows there is more life to be lived and she plans to relish every minute of it!

The crone has a grateful heart for the beauty of an imperfect life. She knows the value in being... yet takes joy in what doing she does. The crone has priorities and values those she loves because she knows that life is short.

Ways to Honor The Crone:

- Spend time meditating and tuning in to your inner wisdom
- Share your wisdom
- Speak your truth
- Practice discernment—use your own wisdom as a filter for life.
- Decide to be completely



Art by Tiana.

comfortable with who you are—then fake it till you make it.

- Forgive—not to let someone else off the hook but so you no longer need to carry around the weight of the experience.
- Exercise regularly and eat healthy food so that you can be here and vital for a LONG time

to come!

- Practice extreme self care because you deserve it! Baths, candles, massages, healings, time to read and time to connect with nature and with those you love.

- Practice patience—not by turning a blind eye or putting your needs behind those of others, but to bring more joy to your life.

- Show genuine kindness to others knowing they are fellow travelers on the road of life.

Cherry-Lee Ward, M.Ed. is a contemporary shaman and healer—drawing from traditions around the globe and her inner wisdom. She is an internationally known teacher, mentor and inspiring presenter. Her current passion is exploring the

expression of the Sacred Feminine and Masculine in her life and the world around her. It is her joy to share wisdom, her ongoing questions, a broad perspective and her luscious healing energy. To learn more go to www.Cherry-LeeWard.com She teaches and sees clients at New Paradigm Wellness in Timonium, MD. See ad on page 31.



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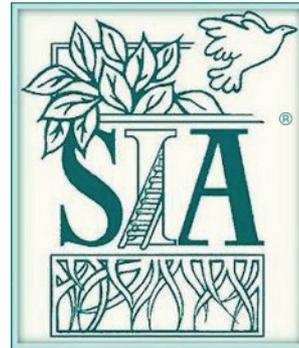
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Calendar of Events

Ginny Robertson LLC Events:

Connections Over Coffee Morning Events 10:00 am–Noon:

Annapolis MD. Every 2nd Friday at Wellsview Cottage.

Bel Air MD. Every 1st Thursday at Pairings Bistro.

Bowie MD. Every 3rd Tuesday at the home of Bonnie Moore.

Columbia MD. Every last Friday at Homewood Suites by Hilton.

Frederick MD. Every Last Tuesday at Business Factory of Frederick.

Gaithersburg MD. Every 3rd Thursday at the home of Tassey Russo.

Lutherville MD. Every 2nd Monday at the home of Ginny Robertson.

On Purpose Networking for Women Evening Events 5:30–8:30 pm:

Columbia MD. Every 2nd Tuesday at Homewood Suites by Hilton.

On Purpose Woman Advertising Copy due Wednesday, April 30th. Call email ginnyrobertson@GinnyRobertson.com or go to www.GinnyRobertson.com for rates and specs.

Procrastination...The Art of Self Sabotage. A Workshop With Ginny Robertson. See ad on page 2.

Other Events:

Annual Boutique Sale of New & Gently Used Clothing & Accessories for Women... A Benefit for The Light of Truth Center. See ads on pages 16 & 17.

Brain Sex... The Neuropsychology of Female—Male Communication. A Workshop with Priscilla Wainwright, Ph.D. CPC. See ad on page 20.

Earthsavve Monthly Veg Potluck and Lecture. See ad on page 22.

Inner Success Circle Workshop Columbia MD. Saturday, March 22. Agnes Ikotun speaks on “Building Rich & Rewarding Relationships: Creating Magnetic & Extraordinary Business Relationships.” 9:00 am–1:00 pm. Homewood Suites by Hilton, 8320 Benson Dr., Columbia, MD 21045. \$47 (and “Bring a Friend” for FREE). Lunch is provided/ For more info or to register go to www.agnesikotun.com

Success Revolution Business Connect Expo Columbia MD. Saturday, June 14. 012:00 pm–7:00 pm. Connect Learn & Grow: Next Level Business Showcase & Networking Event. Homewood Suites by Hilton, 8320 Benson Dr., Columbia, MD 21045. \$5 for Admission & Workshops! Attendees & Exhibitors: For more info or to register go to www.successrevolutionconference.com.

To register for any On Purpose Networking for Women or Connections Over Coffee events, go to www.GinnyRobertson.com

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Let area women know how you can help them by advertising in the May/June issue of **On Purpose Woman Magazine**. Our rates are some of the best in the area. For more info contact ginnyrobertson@GinnyRobertson.com or call 443-935-3423. Ad copy due by April 30th.



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Abundance in Relationships

continued from 25

receiving from all directions.

Einstein again: "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

How miraculous is your life?

Cassandra Herbert—holistic nurse psychotherapist, wellness educator, healthy eating coach, speaker and author—who supports women in integrating their body, mind and spirit in a rapturous three part harmony to embrace all life has to offer. Her two businesses are Zest and Harmony Counseling and Just BEE Wellness. To learn more about Cassandra or schedule a complimentary wellness consultation Cassandra@zestandharmonycounseling.com 410-415-1454 www.zestandharmonycounseling.com

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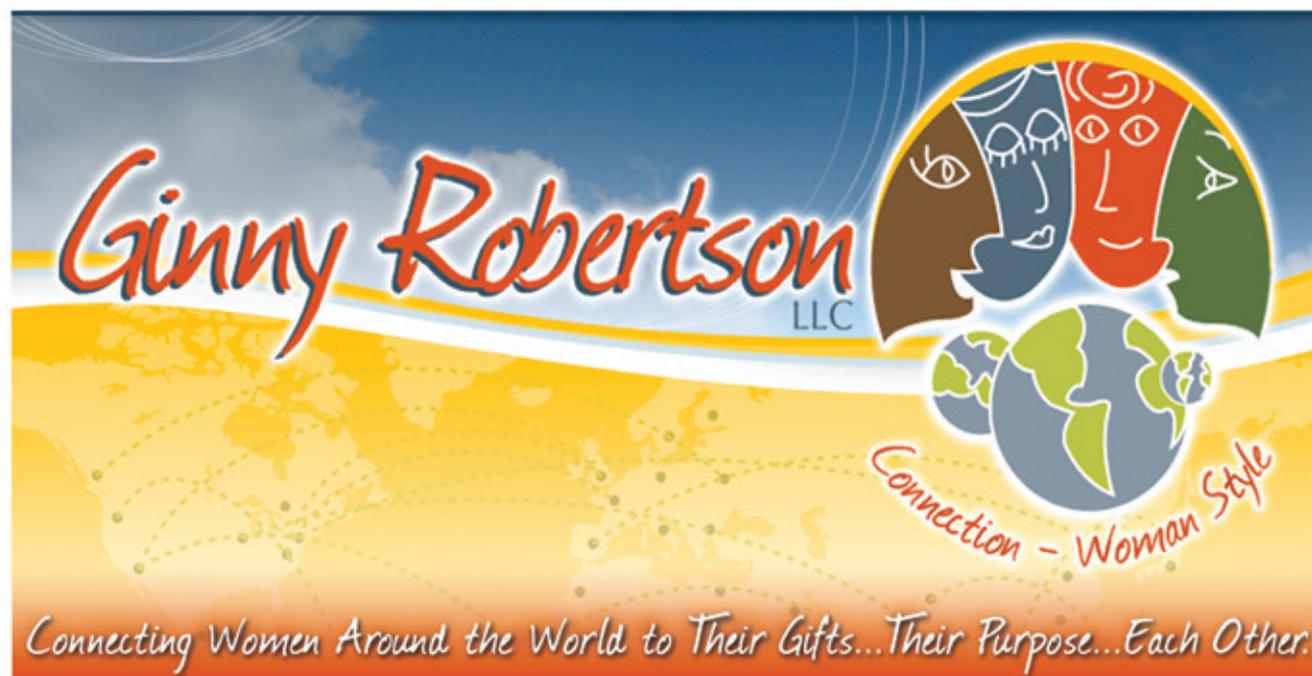
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Are you retired or have you lost your job and looking for what your "next thing" may be. **Let us help make this time of transition easier and more fun!**

Maybe you're a stay at home mom looking for some adult connections and a little down time. **Come and hang out with us!**

Students, corporate/government employees, non-profit heads...**there is a place at our table for all of you!**

Thinking of starting a business? **Then you definitely want to make these connections.**

Connections Over Coffee Morning Meetings 10am - Noon

Every 1st Thursday..... Bel Air
Every 2nd Monday..... Lutherville
Every 2nd Friday..... Annapolis
Every 3rd Tuesday..... Bowie
Every 3rd Thursday..... Gaithersburg
Every last Tuesday..... Frederick
Every last Friday..... Columbia

On Purpose Networking for Women Evening Meetings 5:30 - 8:30 pm

Every 2nd Tuesday..... Columbia

We hope you'll come and visit us!

For more information, check out www.GinnyRobertson.com

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