

January/February 2015

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On Purpose Woman

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AM HARRIS

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**Friday, Feb 6th, Saturday, Feb 7th OR Sunday, Feb 8th.
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9:30 Registration; Workshop from 10am - 5pm.

At the home of Ginny Robertson, Lutherville, MD. Once registration is received, a confirmation email containing directions will be sent.

Visit **www.GinnyRobertson.com**, click on "Upcoming Events" (February) for more content information, to register and/or to pay.



On Purpose Woman

Publisher / Editor

Ginny Robertson

Design / Layout

Alicia Romano

Contributing Writers

Risa Ganel

Jill Pekofsky

Sandy McDougall

Bernadette Moyer

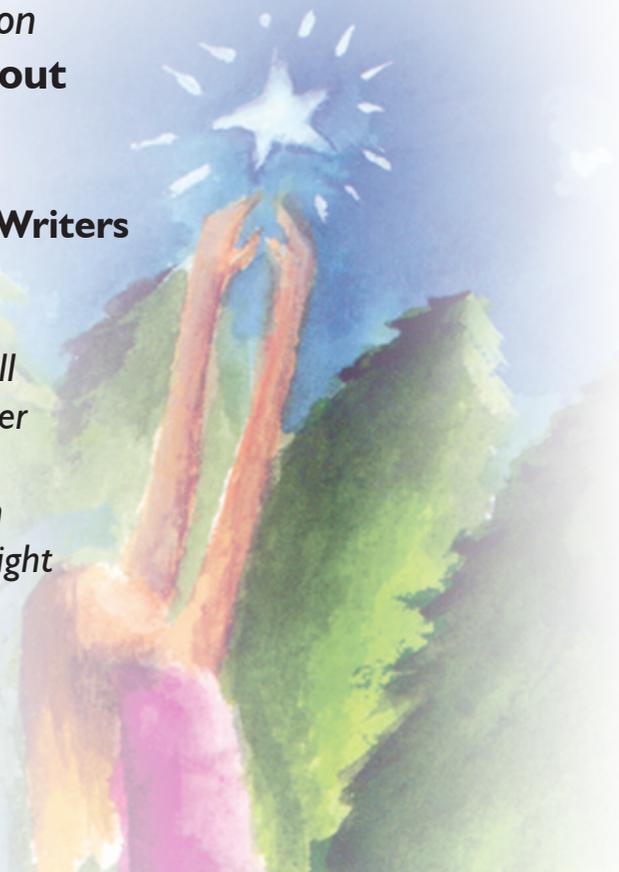
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Ginny Robertson

Priscilla Wainwright

Cover Art by

Melissa Harris



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On Purpose Women in History.

You may not have found these women in your High School History books but they were certainly living an "On Purpose Life" and we are still reaping the benefits.

Sarah M. Grimke (1792-1873) and her sister, *Angelina*, became the first women to speak in public against slavery and then for women's rights. Enduring immense public vilification in their native Charleston, SC, they were among the most prominent and effective activists in their day in both arenas.

Gabriel Mistral (1889-1957) is known in Chile as "the spiritual queen of Latin America." A poet and educator, she was an activist on behalf of homeless children, reorganized the library and rural school systems of Mexico, and became the first Latin American writer to be awarded the Nobel Prize in literature, in 1945.

Edith Sampson (1901-1979) was a pioneering African American, female law student and then lawyer. In 1962 she became the first black woman judge in the US and she later served as an alternate delegate to the UN, traveling widely abroad as a goodwill ambassador.

Mourning Dove (1882-1936) an Okanogan Indian of the Northwest coast, was sent to a mission school as a child. She put her mission education to use in the service of her native culture by becoming a writer. She became an important chronicler of the ways of her people, thus preserving a great deal of knowledge that otherwise might have been lost. Her best-known book, *Coyote Stories*, first published in 1933 and still in print is one of the first collections of native stories that was gathered and transcribed by a Native American.

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Letter from the Publisher

January 2015

Happy New Year! We're Back!!

If you're a fan of *On Purpose Woman Magazine*, then you have probably missed seeing us the past eight months. After we had published the March/April 2014 issue, our printer was purchased by a company that did not print magazines. So, we took some time to find a new printer and also took a publishing break. I'm thrilled that we're back and thank you for sticking with us.

If this is your first time reading *On Purpose Woman*, thank you for picking it up. I hope you enjoy it and will look for us again next issue.

I want to welcome our new advertisers and say a heart-felt thank you to those still with us. *On Purpose Woman* is 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*.

This issue, as usual, is full of inspirational thoughts and ideas to help you live a richer, fuller life. From parenting

to marriage to personal growth... we've got it all. I especially invite you to check out my article on Resolutions That Work. If you've had goals and dreams for a while that you haven't taken any steps on, this may help. And if you'd like to take advantage of some of my expertise in that area, join me in February for my signature workshop "Getting Out of Your Own Way." See the ad on page 2 for more info.

I'm also thrilled that internationally known artist, Melissa Harris, is letting use one of her pieces as the cover for this issue. I have been a fan of Melissa's work for many years and this painting called "The Woman Who Wanted It All" is one of my favorites. To find out more about Melissa, check out pages 14 and 15.

Thank you to Laura Probert for letting me use her poem "Sisterhood" which you will find on pages 16 & 17. Laura's poem really speaks to me as I think it captures what the *On Purpose* community of women is all about.

I'm also excited to let you know that the 4th *On Purpose Woman* Conference will be held this April 10th & 11th in Columbia, MD. I didn't have it in the fall as we weren't printing the magazine, and that is how a large number of women hear about the conference. So the magazine is back and so is the conference. Check out the ad on page 31 for the details.

On Purpose Networking for Women groups have grown since our last issue. There is a new Connections Over Coffee group in Canton. We were supposed to start on January 11th but canceled due to icy conditions. The plan is to meet in Canton every 2nd Monday so check us out. Our Gaithersburg meeting has moved to Olney starting in January, and our Frederick meeting has a new location. We also started a Connections Over Coffee group in Essex in July. So check out the ad on the back page and see what we're up to and plan to visit us and see if



Ginny Robertson
photo by Maureen Cogan

it's a fit for you. This year, 1st time Guests are FREE at any location.

Plans are underway for the 5th Annual Clothing Boutique Sale to benefit The Light of Truth Center, a recovery center for women in Baltimore. Check out the ad on page 7 and plan to attend the sale in May. It lasts for seven days so probably no good reason you can't be there :). I'm currently taking donations of gently used/new women's clothing, shoes, handbags, jewelry, scarves, etc. So contact me to arrange pick up or delivery. Also, please think about holding a donation drive through your church, women's group, book club, work, etc. Let's talk and see what we can work out. I can provide everyone with a receipt for tax purposes, and you're helping out a great organization.

So, as you can see, there is a lot going on in my world. I'm looking forward to seeing many of you in 2015 and invite you to check out what I'm offering. Thank you again for your support!

Connect with Ginny Robertson on Social Media:

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Personal Page:

<http://tinyurl.com/ncl9tf>

On Purpose Woman Page:

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On Purpose Networking for Women Group Page

<http://tinyurl.com/lxl7sx>

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Jill Pekofsky

Just What is Conscious Parenting?

by **Jill Pekofsky**

awake.

- having knowledge of something; aware: “we are conscious of the extent of the problem.”

- (conscious of) *painfully aware* of, *sensitive* to: “he was very conscious of his appearance.”

- *concerned* with or worried about a particular matter: “they were growing increasingly security conscious.”

- (of an action or feeling) *deliberate and intentional*: “a conscious effort to walk properly.”

- (of the mind or thought) directly perceptible to and under the control of the person concerned.

Each of these definitions applies very well to parenting. We are often *painfully aware* of what our kids are doing. We are *sensitive* to the things they say. We are *concerned* about them, and we need to be *deliberate and intentional* with what we say and do in order to get the behavior we want from our children. And, of course, we want them to grow into caring, confident and capable adults. That we love them almost goes without saying. But how do we embody that love in the healthiest, and most productive way?

All children push parents’ buttons and act in ways that, to us, are unacceptable. And we will react, often without thinking. This is what I call “knee jerk parenting.” Knee-jerk parenting eliminates the opportunity for a learning experience, both for us and for the child. Conscious parenting involves that well-known pause before responding—Ben Franklin’s idea of counting to 10 before we react. It’s about

Becoming a parent requires no great skill. We all know how that happens. We see plenty of parents out in the world who seem to hate being a parent or appear mean or cruel to their children. We also know many parents who are infinitely patient and understanding with their children. How do they get that way? What do they do differently than the parents we know, or may have had, who were not patient or understanding? What makes a parent conscious or unconscious?

Perhaps before answering these questions, we should first define the word “conscious.” Some definitions of the word, found on dictionary.com are:

- Aware of and responding to one’s surroundings;

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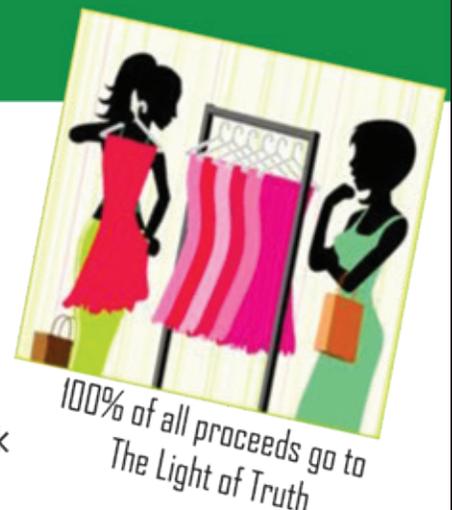
At the Home of Ginny Robertson
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Donations will be accepted through Tuesday, April 27th.

To donate or for more info on the sale

ginnyrobertson@GinnyRobertson.com or 443-934-3523

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



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Lessons From a Maverick Road Trip

by Sandy McDougall

Building a fulfilling and purposeful life is an art, a process, and a journey. The most successful and satisfying life journey is a uniquely creative and personal one. I call it creating your Maverick Life Journey.

Who wants a prescribed paint-by-number life? Going Maverick means having more fun than that! More adventure! More freedom! More purpose and fulfillment! If you hold yourself back, no one is rejecting you but you. Mavericks follow their own hearts, no matter what. And you can't do that unless you first do what it takes to know what's "deep and truly" in your heart, and then are willing act on it.

Sure, it helps to know "stuff". But unless we take time to cultivate the journey within to connect to our greater purpose, values, and deepest desires, we will easily be distracted by the incessant noise and flow of life around us. This is true whether we are facing a particular decision or contemplating our future. And unless we honor and trust our knowing, the clues, whispers, and hunches that come to us about the right direction for us—no matter where anyone else is heading—we'll find ourselves in lives that drain us.

Feeling overwhelmed? Powerless? Disconnected? Confused? Spinning your wheels and unable to pick up momentum? Worried about the consequences these feelings have on your personal wellbeing and vitality? Then it's time to envision your life in your own way, developing a path aligned with who you really want to be and how you truly want to live—in other words—to envision and live your life as if it were a Maverick Road Trip.

Background—My Summer 2014 Maverick Road Trip:

Last June, I packed my little red Honda Fit with my



Sandy McDougall

laptop, cell phone, business files and business clothes, along with my yoga mat, tennis racket, bathing suit, plus other summer gear, and left my immediate family and my DC area home for five full weeks. Over 35 days, I travelled solo up through the New England states and into southern Canada and back, covering well over 3,000 miles.

As transformational coach and solopreneur, I had a clear professional mission. I wanted to expand my networks in the northeast and I wanted to see if I could do it outside the trappings of my office and usual routines. I also wanted to connect with women who were ready to stretch and challenge themselves to find more fulfilling ways to work and live.

I knew what I wanted to accomplish. Call it alignment with self and purpose. Call it yearning to find

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Risa Ganel

6 Myths That Could Destroy Your Marriage: And What To Do About Them

by **Risa Ganel, M.S., LCMFT**

yourself enough to talk and make up before bed, that's great. Unfortunately, after a nasty fight, you're unlikely to succeed. If you force an immediate discussion, you may make things worse, possibly much worse. You'll lose hours of sleep, and when you're tired, your ability to listen compassionately to your spouse's point of view suffers.

Do this: It takes a minimum of 20 minutes for the body to come down from this physiological response, and we can't fight biology. Reassure your spouse you love him or her, but are too upset to talk right now. Set a specific time for that conversation after you've slept on it and had time to cool off. You may not sleep well, but a poor night's sleep is better than none. It may also remind you that being angry with each other hurts, motivating you to give thought to your spouse's perspective.

Myth: Healthy couples don't fight

Fact: Once beyond that "in love" stage, where your spouse can do no wrong, not fighting isn't a good thing. With so many stressors and irritants in life, when you spend lots of time together, disagreements and upsets happen. If you're not fighting, it's more likely a symptom of

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"This is not your real marriage. It's only an exercise. If this were your real marriage, you'd have received detailed instructions on where to go and what to do." Doesn't it feel that way sometimes? At best, we get "on the job training" in how to be in a committed relationship, and we often bring expectations, beliefs and more from our own families. Many times, false beliefs about marriage get in the way of our ability to sustain and grow a healthy marriage. Below are some of the most prevalent myths, what's actually so, and what you should do.

Myth: Never go to sleep angry with your spouse

Fact: When your heart races, your cheeks turn red, your ears burn and you get that feeling in the pit of your stomach, it's next to impossible to have a meaningful, productive conversation. These physiological responses to upset and anger are what needs addressing first. If you can calm

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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 managed care health insurance provider, 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: "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.

Peace on Earth is a dream that we all share Yet we often overlook the most pervasive form of violence in our lives - tremendous violence against animals, people, and the earth is generated by killing so many animals for food. It requires us to ignore our intuitive wisdom, feelings, and sense of connection to the earth and those who share it. We can help create a healthier, sustainable, more peaceful and loving way of life by shifting to a plant-based diet.

Jan. 24th, 6-8 pm, vegan potluck in Towson: Dietitian **Mark Rifkin, RD**, presents "**Slice Your Food Bill**". Healthy plant-based diets don't have to be expensive. Learn which foods give us the most for our money, key ways to stop wasting food, and how to measure our success. Join us!

Feb. 28th, 6-8 pm, vegan potluck in Towson: "**Training Tips from the Boot Camp Girl**" - Learn highly effective exercise and nutrition strategies for optimal health and fitness from certified personal trainer Stephanie Dignan.

March 28th, 6-8 pm, potluck in Towson: "**Cowspiracy: the Sustainability Secret**" a groundbreaking environmental documentary that follows an intrepid filmmaker as he uncovers the most destructive industry facing the planet today, livestock, and investigates why the leading environmental organizations are afraid to talk about it.

Potluck Dinners at Towson Presbyterian Church, 400 W. Chesapeake Ave. 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 **Mango Grove** in **Columbia**. Vegan Meetup gathers on third Wednesdays, at 7 pm, at **Mr. Chan** in **Pikesville**. Subscribe to our monthly **email newsletter**.

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Priscilla Wainwright

Reclaim Your Inner Tigress

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

about your relationships and your world, and created your self-image and level of self-esteem. Since the False Self created all this, there is plenty of distortion, but we typically believe that what the False Self has fabricated is real, true, and set in stone.

Down deep, the Patriarchy *fears* the Inner Tigress and her unimaginable power. Therefore, it must push her out, tame her, subjugate her to second-class status. It tries to turn us into “objects” of desire. The Patriarchy tells us we must be perfect, beautiful, sexy, and to serve others ‘til it hurts... , and that if we don’t measure up, we’re worthless. These messages undermine our sense of self. The “poisoning” happens so slowly that we are unaware it’s happening ‘til it’s too late.

Vast numbers of women have internalized these lies. They have turned against their Inner Tigress by devaluing the very Female power traits which the Patriarchy fears—our emotion, intuition, sensitivity, flexibility, spontaneity, etc.

How? By buying into a false “societal” view of women that devalues their worth, holds them back, and limits their power. The False Self accepts these belittling messages as true and doesn’t question them.

While women have come a long way, these subtle

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Your Inner Tigress is your Inner Feminine Spirit. She’s your True Self—naturally glorious, loving, bold, compassionate, spontaneous, joyous, caring, playful... and powerful beyond measure. She is the embodiment of all that is Female within you.

She was within you at birth, running free with you as a little girl. Soon, as you grew, you were told, “Good girls must...” and “Good girls don’t...” You were forced to adapt and conform to family pressure and to society’s (Patriarchy’s) rules. Maybe you also got the message that, as a girl, you were not as valued (or as valuable) as a boy. Perhaps you suffered additional abuse or bullying along the way.

Through that pressure, your False Self (adapted, or wounded self) was born and took center stage. Your True Self slowly got pushed out and banished to the Inner Jungle of your subconscious. It actually is your False Self that has developed your attitudes and beliefs

***Inner Tigress burning bright
In the jungle of YOUR night.
She waits and yearns—out of sight
For YOU to bring her to the light.
She’s Female Spirit, your True Self.
She’s Freedom, Radiance, Glory, Might.
Driven down when you were small,
Reclaim her NOW! Make YOUR life Right!***



Melissa Harris
Photo by Lauren Piperno

About the Cover Artist

Melissa Harris

As for her art, Melissa began drawing as soon as she could hold a crayon and has been at it ever since. It was the only way her parents could keep her quiet. Private art lessons followed at an early age. She has a BFA in Painting from Syracuse University and an MFA in Painting from Queens College. Equally sought after for her intuitive and artistic abilities, Melissa travels throughout the country teaching art-making workshops, creativity workshops, and classes, and composing her popular Spirit Essence Portraits—unique paintings combining her artistic proficiency and her psychic skills. She also teaches her Painting Outside the Lines™ art-making workshops which are a unique combination of artistic technique and spirituality.

An internationally published artist, author and psychic, Melissa Harris has dedicated her life to the creation of imagery that celebrates life, love, beauty, nature and magic. She is a Fulbright Scholar recipient in Painting and also holds a BFA and an MFA in Painting.

Melissa noticed her clairvoyance at a young age and after a spiritual awakening in her early twenties, she began to channel and immersed herself in the world of metaphysics. The channeling sessions turned into hands-on healing sessions where she was instructed by her guides to place her hands over sections of folks' bodies and make different sounds, which we refer to these days as toning. She enrolled in Barbara Brennan School of Healing to learn more about what she was being called to do.

As she continued to strengthen her intuitive abilities she sought ways to combine her interests in art and healing.

She has exhibited widely throughout the US and France. Her original paintings can be found in numerous private and public collections. As an entrepreneur, she offers reproductions of her work, a full line of greeting cards and products. These products include the Creatrix Anything is Possible card deck and her autobiographical Painting Outside the Lines: The Life of Psychic Artist Melissa Harris, a full-color book which showcases 78 of her paintings. Her art has been featured by others on many book and CD covers and calendars, as well as the Goddess on the Go card deck (published by AG Mueller in Switzerland and U.S. Games in the U.S.).

Watch for her upcoming book to be released in May 2015 by Llewellyn Worldwide Publishing: *99 Keys to a Creative Life: Spiritual, Intuitive, and Awareness Practices for Personal Fulfillment*.

See her ad on the opposite page.

Melissa Harris



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Laura Probert

Sisterhood

by **Laura Probert**

Laura Probert, MPT has practiced physical therapy over 20 years. She is the owner of Bodyworks Physical Therapy and the author of "Warrior Love, A Journal To Inspire Your Fiercely Alive Whole Self," and "Living, Healing and Taekwondo." Through her brand of physical therapy, her writing and the martial arts, she hopes to inspire people to find their own inner warrior. Find her books and more info about her healing, writing and kicking passions at these sites: www.bodyworksptonline.com, www.bewarriorlove.com, www.facebook.com/warriorlove

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So high
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This kinship
I'm guessing
The reason
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What is Conscious Parenting

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being “on purpose” with what we do and say with our children. It’s about knowing that our words and actions matter. They WILL impact our children, to the positive or the negative, possibly for a lifetime. But how do we learn to pause, think, and choose our words and actions consciously when triggered? What can we do to learn a different way to respond?

There are many books and resources out there to help

parents be the most conscious parent they can be. I know this because I needed all the help I could get. I had been raised in the ‘50s and ‘60s and the ideas about parenting were very different than the way I

wanted to parent. When I brought my first child home at the age of 36, my husband and I looked at this tiny being and said “Oh my Gosh! Now what do we do?” I know my parents did the best they knew how, and I knew I wanted to do this thing differently. I didn’t want to parent the way I had been parented; I just didn’t know how to do that. So, I set out to find answers.

I read books, magazine articles,

and watched TV. I was very lucky that when my girls were born (in 1991 and 1995) there were many TV shows about parenting on the air. I watched them faithfully and want to share with you 3 things I heard that strongly impacted my parenting.

“Parenting: the hardest job you’ll ever love!” helped me to remember that as excited as I was to be a mom, it was, at times, going to be very hard work. I was

able to accept that even though it might be hard, the love I was going to feel and the rewards I was going to receive would surpass anything I had known before. That was so true!

“You have to allow a little unhappiness in order to have a happy family.” Wow. That was huge for this people pleaser who wanted everyone to feel good and be happy all the time. I would have to allow my children to

experience their struggles and pain. I could be there for them and offer guidance, but I couldn’t save them from every difficulty. They needed difficulty, just as the caterpillar needs the struggle to get out of the cocoon to become the butterfly. That one took some work, and some major letting go, and has been SO worth it!

“If it’s not a problem for you, it’s not a problem” could be about any area of life, but I heard it in

regard to parenting. It was a remark about other people’s opinions about how we parent. If you are a parent, you know there is no more judgmental group than other parents! Parents will give

unasked for advice in a heartbeat. This quote helped me see that if I feel that a style of parenting is a good fit for my family, it’s no one else’s business how I parent. This idea requires being able to say to Grandma, when she offers her enduring (and unending) wisdom, “Thanks so much for the suggestion” and then just continue doing what you do with your



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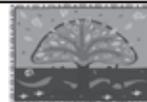
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my voice in a bigger way. Call it re-energizing my life. I call it another step towards Reclaiming My Maverick Edge.

Five weeks of business building from a little red car!

Sounds crazy, right? But, I decided to trust my crazy idea. Why? Because it was perfect for me. And the more I believed in what I was doing, the more I could throw my best efforts and intentions in that direction, and the more I knew it would work for me. As Suzanne Evans says, "Make the decision and then make it right."

Maverick Road Trip As Metaphor for Life:

Somewhere along the way, it dawned on me that my Summer Maverick Road Trip was a metaphor for what my clients and so many other women want for themselves. The process I experienced is applicable to anyone who holds a dream in her heart, faces big decisions, or is considering shifting something in her life. Here are some of the themes and lessons I learned from my Maverick Road Trip.

Ask the Right Questions: People want to know how I came up with the idea for my Maverick Road Trip. While ideas can seem to come out of nowhere, I believe that is rarely true. It all started when I was inspired to create a rite of passage to mark my first year in business. That was my Big Why. I then asked myself: How did I want to feel? What did I want to accomplish? What could that look like? Without the right questions, you will never get the answer you truly want. The Maverick Road Trip concept answered all my questions.

Imagination and Alignment: Asking the right questions inspires and opens your imagination. When the ideas come, ask yourself: does this idea represent me, what I love, and what I stand for? Is it closely aligned with my desires and greater purpose?

Dreaming and Doing: There's nothing quite like the moment when you decide: I am going to do this! That level of commitment comes from the gut. Before is "dreaming or mulling over" and after is "focused action". Choosing the latter creates a significant shift in your reality. As Goethe said: "Whatever you can do or dream you can do, begin it. Boldness has genius, power, and magic in it."

Structure and Space: I did not embark on my

Maverick Road Trip without a great deal of planning. But I did leave room to welcome in the unexpected. And in the end, I could write a book about the delightful occurrences that came my way in those spaces.

Launching and Then Making the Best of What Comes: There's no such thing as perfection. And there's no such thing as failure. There's only feedback. Be curious and open. Whatever happened to me, good or challenging, I wanted to learn from it and keep moving.

Living in Full Vitality: Everywhere I went on my Road Trip, people commented on my extraordinarily high level of vitality. No surprise. I was creating my own reality every minute of those five weeks. Going through the motions drains the vitality right out of us.

Follow Through: When life gets complicated, we have a choice. Drop out or find a way through. If you make your own conscious choice, and if the challenge is aligned with your heart's intention and mission, you will hang in there, get honest, get creative, and do whatever it takes. Many stories from my Maverick Road Trip illustrate this point.

My Maverick Road Trip Turned Out To Be So Much More than "Just A Road Trip": That's what happens when we follow our hearts. Remember Goethe's quote... "there's beauty, power, and magic in it." He was right. I not only have the wonderful memories of everything that happened, but I have become a different

person who sees herself with new possibilities. And when you take risks and decide to "Go Maverick" as you journey through life, you will too.

Sandy McDougall, the creator of the Maverick Road Trip Concept, is on a mission to help women reclaim their creative, intentional, and empowered Maverick spirits. She is an avid speaker, published author, inspiring transformational coach, and advocate for successful Maverick working and living. She helps you get real about your relationship with your life, your dreams, and your money so that you too can find fulfillment, success, and a whole lot more fun. To find out more about her Maverick Salons, her Maverick Walkabout Process, and more, write sandy@themaverickedge.com or go to www.themaverickedge.com.

6 Myths That Could Destroy Your Marriage

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no longer caring, disengaging emotionally or avoidance of conflict. Occasionally fighting is healthy. The important thing is *how* you fight. If you're cynical, dismissive, sarcastic, or avoidant, let alone abusive toward each other, your relationship could be in deep trouble.

Do this: When fighting, fully express your upset with your spouse's words or actions, but separate that from your love for him or her. Saying "It hurts that you said that," or "When you do that, it hurts me and makes me feel like you don't value my opinion," works. Saying things like "You're such a jerk!" or "I hate you!" not so much. If your fights routinely

include sarcasm, dismissive attitudes, defensiveness and/or verbal abuse, couples counseling can help. If there is physical abuse involved, couples counseling may not be appropriate, yet there is still help available.

Myth: Happy couples have sex all the time

Fact: Some couples have sex every day; others once a month. Indeed, the same couple, over the span of a lifetime, will sometimes have more frequent sex and sometimes less. There's a connection between a happy

relationship and sex, but the two don't fully align. Some couples fight all the time and make up with sex. The more they fight, the more sex they have. Others are happy and rarely fight, but are no longer physically passionate.

Do this: Concentrate on your relationships needs and desires as a couple, rather than comparing with others. You have no idea how happy other couples



really are, nor how frequently they *really* have sex. If you take your cues from the movies or TV, you're buying into fiction that doesn't help support your marriage.

Myth: More intimacy means more passion

Fact: Many people believe that being more connected will lead to more physical passion. However, just as fire needs air, so does passion. Passion needs an element of mystery, space, uncertainty, and for some, even risk. Once your sex life becomes

routine, where you both know exactly what you'll do, when you'll do it, and where, there's no uncertainty, no tension, and little excitement or passion.

Do this: If your sex life is suffering, inject some mystery and newness into your days. Do something new together, do something without the other and then reconnect by talking about your newest adventure.

Play with the fire of your passion in and outside of the bedroom. The only rules are to trust each other, and never betray that trust.

Myth: An affair means the marriage is over

Fact: An affair is a deeply traumatic experience in any

relationship, causing feelings of betrayal, and loss of trust, but it's not always the end. It's too easy to view affairs in very black and white terms, and the media fuels this view. But we live in reality, and the fact is that there are many reasons for affairs and it does not mean the marriage is automatically over. Not all marriage can or should be saved, but not all have to end because of an affair.

Do this: Do not make any

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messages are still present and active.

Why do you think that 3 times as many women as men are depressed, that eating disorders and cutting are rife among us? (Ever see an ugly Tigress or one with an eating disorder?)

Think our daughters have it easier and are more liberated? Guess again! While they may feel more empowered and experience more equality and opportunity, the media pressures to be sexy, beautiful, and perfect are stronger than ever and the frequency of these “female disorders” is growing, not diminishing, even with “Women’s Empowerment”. What does that tell us?

Want to overcome Patriarchal Poisoning and take back your full power? Want to heal old wounds and fill the hole in your soul? Want to regain the honor and respect that you truly deserve?

Here’s How:

Reclaim your Inner Tigress! She’s within you right now. You’ve just lost touch. By reclaiming your Inner Tigress, you are actually reclaiming your own POWER and the full breadth and wonder of your True Feminine Nature (this has nothing to do with “girly”, by the way).

The following steps will help you reconnect and release her.

1. Recall childhood and more recent times when she was present.

Go back in your memory to times when you were spontaneous, joyful, powerful, most effective. Let those memories sink in. Feel Tigress power surging in your veins. Journal those memories.

2. Visualize yourself meeting your Tigress.

Play an imaginary scene in your mind. See yourself meeting and embracing your Tigress. In the embrace, you absorb her power into yourself. See yourself standing taller, prouder, strong beyond measure, radiant and glorious.

3. Mentally rehearse acting from Tigress strength.

Take a few deep breaths and relax. Visualize yourself handling an important and tough situation in full power and glory, succeeding

and making the scene come out well. Feel the pride, power, and satisfaction of a job well done. Repeat this step often. (The “Meet Your Inner Tigress Meditation” audio available on www.InnerTigress.com will guide you through steps 2 and 3 here).

4. Identify and overturn self-limiting beliefs.

Remember, your False Self has created your view of yourself, others, and the world. Name and write out those beliefs of that are holding you back. Remind yourself of Tigress Truth #1—“You are Glorious and Powerful beyond measure by virtue of being Female”. Create and write down positive affirmations that counter those old beliefs. Read them daily.

5. Act from Tigress Power Center every day.

Take the risk of living and acting your Authentic Truth every day. Start setting boundaries, saying “No”, and putting yourself first. Be kind, but also firm in your resolve. “Harbor no rage, Take no crap” (Tigress Habit #4).

These 5 steps will take you well on your way to full liberation and power. www.InnerTigress.com has plenty of FREE resources to help you; plus, my Blog, “Tigress Talk”, will support you on your journey. Feel you need coaching to help you? That’s there, too.

Visit www.InnerTigress.com and help yourself!

Rise Up and ROAR!

Priscilla A. Wainwright, PH.D., CPC, is the Voice of TRUE Feminism in this Millennium of the Woman. She is the creator of the Inner Tigress/4 Bridges™ System of Women’s Empowerment. She coaches women to discover and release their True Feminine Spirit and live authentically into their rightful, full female power, radiance, and glory. She also trains professional women to become transformational leaders using female-friendly methods. Pris is available for speeches and workshops. She coaches by phone or at her office in Owings Mills, Maryland. 443-797-7794, www.InnerTigress.com. pris@ScarvesStyleandGlory.com. She also teaches Mental Training for Peak Performance and Manifestation and is the founder of www.ScarvesStyleAndGlory.com. See her ad on page 20.

I Had This Idea

by **Bernadette A. Moyer**

I had this idea that if I did the right things, the right thing would happen for me.

What I learned is that doing the right thing was what I do for myself, and it doesn't guarantee that things will turn out like I thought.

I had this idea that living by the golden rule would guarantee that if I treated others like I want to be treated they would do the same.

What I learned is that many people want and expect to be treated better than what they treat others, and I learned many do things they would never want done to themselves.

I had this idea that I could trust all my "friends" because that was the understood definition of friendship.

What I learned is that isn't necessarily true and that trusting myself was what was lasting and most important.

I had this idea that if my husband and I worked really hard and gave our children a stable home they would become stable.

What I learned is their stability would have to come from within themselves.

I had this idea that if I were open and generous others in my life would also be open and generous.

What I learned is that being open and generous is what I do for myself; others may choose to be closed off.

I had this idea that most things

fall into a black or white, right or wrong kind of area.

What I learned is that many things fall in that gray area.

I had this idea that some events in my life were good and others bad.

What I learned is that if I turned it around even the things that appeared "bad" could become good and meaningful.

I had this idea that I had to wait for this or that to happen first before going on to the next thing.

What I learned is that the here and the now are the best times.

I had this idea that my sense of wellness and peace was connected to something or someone else.

What I learned is that my wellness and peace were always within me, I just needed to tap into it and be open to it.

I had this idea that if I were loveable everyone would just love me.

What I learned is that I am loveable and whether others choose to love me or not is about them.

I had this idea that my happiness was connected to someone or something else.

What I learned is that my happiness lives inside of me and is not dependent on anyone or anything else.

I had this idea if I pushed harder,

tried harder did everything right that I would always end up in a good place.

What I learned is that I don't have to try so hard, sitting back and trusting in the universe brings about all the good naturally.

I had this idea how things should be at 20 and at 30 and at 40 and at 50.

What I learned is that each decade defines itself in its own way and in its own time.

I had this idea that life is a beautiful thing!

What I learned is that life truly is a beautiful thing and even the ugly and the sad and the pain of loss and of love add a beautiful dimension, and offer their own beautiful gifts, as long as we are open and willing to receive them.

Bernadette Moyer (Sahm) resides in Lutherville Maryland with her husband Brian Sahm and their two Bichons Happy and Chipper. She began writing in 1998 with an article titled *A Parent Dies* and a published book titled *Angel Stacey*. Bernadette writes about love, hope, faith and forgiveness. Many struggling with grief through death and estrangement have been inspired by her writings. You can contact her at bmoyer37@aol.com. Bernadette on Facebook at www.facebook.com/bernadetteamoyer And other writings may be viewed at www.bernadetteamoyer.com

**“SURROUND YOURSELF
WITH PEOPLE WHO
BELIEVE IN YOUR
DREAMS.”**

Did you jump into the New Year with resolutions, fresh beginnings and a pile of goals that you are going to DO? Are any of those resolutions left over from last year? If so, what makes you think this year will be any different? What will support you in making it happen?

Resolutions are often about change. Change can be the best gift you give yourself—if you understand the basis for why you want it. First, take the time to understand why you want to make the change so you can clearly see “what’s in it for you.” That’s what will sustain you six months after you make the resolution. Otherwise, it’s just a nice idea.

Making changes in your life does not require deprivation. You don’t have to suffer to make it worth it. It doesn’t have to be hard. Accept the idea that life is supposed to flow and be joyful, looking at what you want in your life, not what you don’t want. I believe that any time we focus on what we don’t want, we are just putting our energy into that “unwanted thing,” and we might just attract more of that into our lives.

Is one of your goals this year to get in front of more people and grow your business? What are you doing right now to make that happen? What does that look like? Why do you want to get in front of more people? What kind of business owners? Dig down and make a SMART goal that takes on a positive spin with actionable items. These questions will work for any goal you have and may shed some light on why you’re not taking any action.

Another reason you may not be reaching your goals is that you have unrealistic expectations about how much you can fit into a day, and your daily to-do pile is just getting higher and higher. Or maybe you’re putting the goals of others ahead of your own leaving little time or energy for what you want. Maybe you were self-critical of some perceived misses and threw in the towel last year, just when it was getting interesting. Whatever your reasons, nothing will change until you decide to be honest with yourself about what is really going on and make getting back on track

Resolutions That Work

by **Ginny Robertson**

a priority.

The good news is that you don’t have to go on this journey alone. Everyone needs a friend they can share their deepest dreams with. One word of advice... until you are so solid in your dream that no one can knock you off center, be picky about who you share those dreams with. Choose those who build you up. This is the friend who has no agenda and no stake in your success. This is the friend who will tell you if she thinks you are off base and has nothing to gain from her honesty. There are people out there who can’t imagine trying to do what you are trying to do. So they’ll become afraid for you and will give you all of the reasons why it won’t work or tell you that it’s just a very bad idea. But it’s not their goal is it? Thank them for their concern and continue on.

The good news is that this is the perfect time to get back on track and make 2015 the year you make things happen! Take the time now to get clear on why you want to make changes, decide on your next step, enlist support and go for it! Your future self will thank you.

If you’re looking for some direction, support and tools to help you make those changes this year, check out my signature workshop “Getting Out of Your Own Way.” See the ad on page 2 and sign up today.

Ginny Robertson is President of Ginny Robertson LLC, an organization that “Connects Women Around the World to their Gifts, Their Purpose and Each Other.” She facilitates workshops, conferences and retreats and speaks to large numbers of women’s groups throughout the year. In 2000 she founded On Purpose Networking for Women. There are 10 meetings each month in various Maryland venues, She is the Founder, Publisher and Editor of On Purpose Woman Magazine and is also a contributing author to two anthologies: The Spirit of Women Entrepreneurs... Real-Life Stories of Determination, Growth and Prosperity and Conscious Choices... An Evolutionary Woman’s Guide to Life. For 3 years Ginny was the co-host of WomanTalk Live Radio on 680 WCBM in Baltimore and in 2012 was named one of Maryland’s Top 100 Women by The Daily Record.

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Conscious Parenting

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family.

The greatest resource in my parenting journey, however, was the experience and wisdom of other parents. The value of being able to talk about parenting issues with others on the same path had such a myriad of benefits. Besides practical hands on experience of how to handle various situations, there was the camaraderie and fellowship with people who really got it, who helped me to see that I wasn't the only one dealing with these challenges, and, perhaps even more importantly, broke that isolation that so many parents of young children can feel. So often we can feel that no one else understands what we're going through. As parents, we sometimes get a competitive feeling from the parenting world that can say "My kid is perfect"; we think we're doing something wrong when our kid isn't perfect. How wonderful it was to talk to parents who helped me see beyond that facade, and to know that we all have challenges with our kids and with life. The benefits of not expecting perfection from my kids or myself have been beyond words.

Finally, I've learned that

in order to not be a "knee jerk parent," we have to deal with "our stuff!" No one comes through life completely unscathed. Some are more damaged than others, but we all have some demons from the past. Many of us were raised with little understanding or compassion, because that's what our parents thought was the best way to prepare us for life. Some of us have learned that this approach has actually hindered our ability to deal with what life throws at us. But no matter what our upbringing, we all need to take care of our own demons so we don't pass them on to our children. Children deserve to be heard, valued and cherished. When we take the time to deal with our own baggage, and make the effort to give our kids the unconditional love they deserve, guess what happens? WE end up healing and we discover a love beyond our wildest dreams!

Consciously parenting our kids can create competent, confident, responsible adults out of our beautiful children; a worthy endeavor for any parent!

Jill Pekofsky, a Columbia, MD resident, is the wife of Larry, and the proud mother of two amazing daughters, Leah, 23 and Jenna, 19. Not becoming a mother until the age of 36, she had minimal understanding of successful parenting for a variety of reasons. It was the interaction with other parents that made the most significant difference in learning how to be a conscious parent. Jill created and facilitates Conscious Parenting Workshops as a result of that quest, and is the author of the forthcoming book, "Conscious Parenting." The Workshops are designed to allow parents to talk about the difficulties and successes in parenting, to learn from each other, and glean insights from Jill's research and resources. She can be reached at consciousparenting@comcast.net

6 Myths That Could Destroy Your Marriage

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decisions about your relationship immediately after the revelation of an affair. This is a time of crisis, which is not a good time to make long term, irreversible decisions. Seek the support of a highly trained Marriage and Family Therapist to guide you. It can get better and we've seen first-hand relationships that are stronger, even after a devastating affair.

Myth: Couples therapy doesn't work

Fact: On average, couples in counseling have a four-fold greater improvement than

couples who go it alone.

Do this: If you're considering couples counseling, don't wait. Research shows couples wait on average six years past when counseling could help. If you were diagnosed with cancer, would you wait years to visit an oncologist? Hardly! Don't let an emotional cancer devastate your marriage that long!

At Together Couples Counseling, we can help you communicate, trust and reconnect and have strong relationships that are not hampered by myths!

Risa Ganel, M.S., LCMFT, is a Licensed Clinical Marriage and Family Therapist and owner of Together Couples Counseling. Since 1994, it has been her mission, as a therapist, to help people have thriving relationships and marriages. In addition, she is a wife, mother, marathon runner and member of Team In Training, the fundraising arm of The Leukemia and Lymphoma Society. So don't be surprised if you see her running around Columbia with her team! She can be contacted through her website www.TogetherCouplesCounseling.com. See her ad on page 20.



**FROM FOLK TO FUNK...
GOSPEL TO JAZZ... BLUES
TO INSPIRATIONAL & MORE...**

Ginny & Don Robertson present

House Concerts at Ginny & Don's

We started this concert series at our Lutherville home in autumn of 2014. The music and good vibes were amazing! We enjoyed laughter, great fellowship, food, and fun! Ginny and I do it because we love good music and hanging out with cool, like-minded people. Suggested donation is usually \$20, which goes to musicians. We will soon announce our 2015 schedule, which starts in April. If this sounds like fun, stay in touch and join our email list at Earthsaverdon@hotmail.com. And please like our Facebook page!

Business to Business

A Few of My Favorite Things. Advertising Design, Display/Promotional items and Designing Personalized STUFF. www.StudioJudah.com, www.Unique-Matters.com 443-528-5143.

Your Pro Site Builder – www.YourProSiteBuilder.com. See ad on page 29

Mind, Body, Spirit

Counseling, Psychotherapy, LCPC Supervision - Cathy Roberts, LCPC. Depression, anxiety, grief counseling. Become more expressive, self-accepting, improve relationships. www.CathyRoberts.net 301-651-0019

Heal My Voice, Inc: Empowering women and girls to heal a story in their lives; to connect with their inner authority and innate wisdom. www.Healmyvoice.org.

Life Journeys - Past Life Therapy, Life between Life, Quantum Healing Hypnosis - In understanding the patterns of behaviors reoccurring throughout many lifetimes, you can release and heal blockages in your current life. willislifejourneys@yahoo.com willislifejourneys.com 443-804-3940

Sacred Healing Hands Wellness Studio. Tracy Houchins. www.SacredHealingHands.com. See ad on page 20, 27

Miscellaneous

Infinity Coaching; Career, Transition & Life Coach - Carolyn R. Owens, SPHR, CFCC, CFJST, COwens@InfinityCoaching.net www.InfinityCoaching.net
Twitter: <https://twitter.com/CarolROwens>
Facebook: Carolyn-Infinity Coaching See Ad on Page 18

Randall & Sonnier, LLC Attorneys at Law. www.randallsonnier.com. See ad on page 11

We Don't Just Sell Homes, We Make Dreams Come True - Julia Mattis, ABR, HCAR 2010 Realtor of the Year. See ad on page 23

Radio Show Directory

Heal My Voice Radio: Providing information and engaging in conversations that support women to find their own answers and empower and heal their Voices. www.blogtalkradhio/healmyvoice

Blog Directory

Counseling/Psychotherapy Blog. Weekly posts on mental health, wellness, spirituality. Monthly newsletter on similar topics. Go to www.CathyRoberts.net Click on Blogs.

Heal My Voice Blog: Topics that support women in empowering themselves and others by reclaiming their inner authority and innate wisdom. www.andreahylen.blogspot.com

Relatetocancer.com. Written principally by Elizabeth Alraune (a hypnotist, life coach and radio show host) who has had a very real experience and unexpected encounter and relationship with cancer. The good, the bad and the ugly. Resources. Information. Perspective. 400+ Posts.



What's next?

List Your Business, Radio Show or Blog here and be seen by thousands for only \$25-\$30 per listing. Contact GinnyRobertson@GinnyRobertson.com for details.

Calendar of Events

Ginny Robertson LLC Events:

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

Annapolis MD. Every 2nd Friday at Friends Meeting House.

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

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

Canton (Baltimore City). Every 2nd Monday at DelMarva's Southern Café

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

Frederick MD. Every Last Tuesday at CoWork Frederick.

Lutherville MD. Every 3rd Monday at the home of Ginny Robertson.

Olney MD. Every 3rd Thursday at Norbeck County Club

On Purpose Networking for Women Evening Events

5:30–8:30 pm:

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

Getting Out of Your Own Way—A Workshop with Ginny Robertson. See ad on page 2.

On Purpose Woman Advertising Copy for the March/April issue is due Saturday, February 21st. Contact

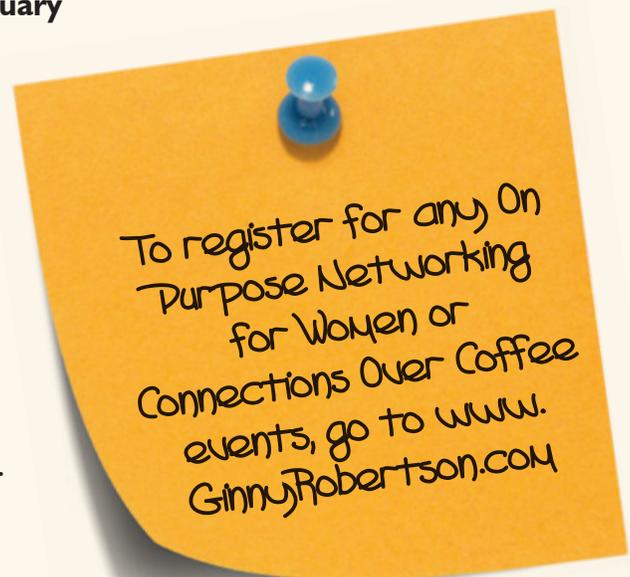
GinnyRobertson@GinnyRobertson.com or go to www.GinnyRobertson.com for rates and specs.

4th Annual On Purpose Woman Conference. See ad on the opposite page.

Other Events:

Annual Boutique Sale of New & Gently Used Clothing & Accessories for Women... A Benefit for The Light of Truth Center. See ad on page 7.

Earthsavve Monthly Veg Potluck and Lecture. See ad on page 12.



CONNECT YOUR BUSINESS WITH AREA WOMEN

Let area women know how you can help them by advertising in the March/April 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 Saturday, February 21st.



SAVE THE DATE!

Ginny Robertson invites you to

**The 4th Annual
On Purpose Woman
Conference**

Want to Live a Richer, Fuller life?

We will help you do just that!

Spend the weekend with like-minded women as we have fun, get educated, experience new things and make important connections!

***Friday, April 10th 5:00 pm-10:00 pm
Saturday, April 11th 8:00 am-6:00 pm***

Attend either or both days for the total cost of just \$99!

For more info, go to www.OnPurposeWomanConference.com

Homewood Suites by Hilton, Columbia

Includes workshops, breakfast, lunch, gift bag, and much more.

Sponsorship Opportunities and Exhibitors Space available.

Contact GinnyRobertson@GinnyRobertson.com for details.

Ginny Robertson LLC

***Connecting Women Around the World to Their Gifts...
Their Purpose... Each Other***

Sponsored by:



**IDEA SUCCESS
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www.IdeaSuccessNetwork.com



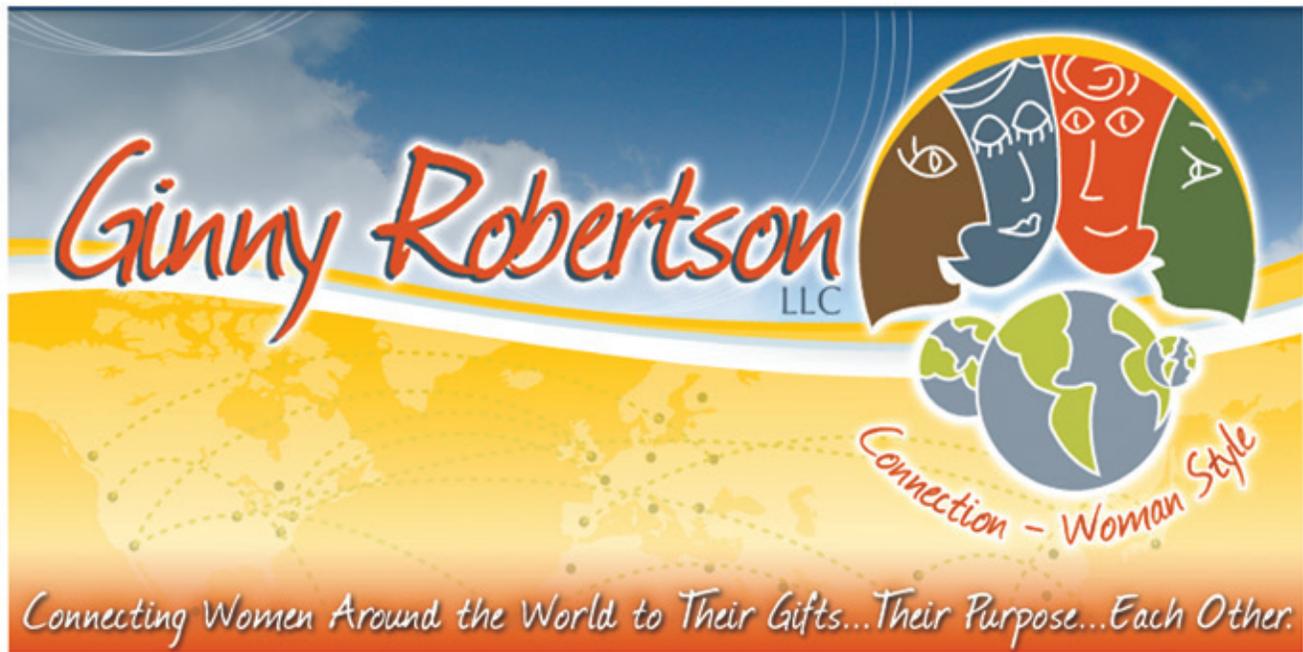
wings of the sun

www.WingsoftheSun.com

Do you have a resource for meeting people, getting your message out, hanging with fabulous women, learning how to network and/or speaking in front of others?

If not, you do now!

And, your First Time Visit is FREE in 2015!



Connecting Women Around the World to Their Gifts... Their Purpose... Each Other.

On Purpose Networking for Women & Connections Over Coffee

Come and experience why women love these groups!

While many of the women who attend are entrepreneurs, *our meetings are open to all women.*

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

Annapolis MD.....2nd Friday
Baltimore MD.....2nd Monday
Bel Air MD.....1st Thursday
Bowie MD.....3rd Tuesday
Columbia MD.....Last Friday
Essex MD.....Last Monday
Frederick MD.....Last Tuesday
Lutherville MD.....3rd Monday
Olney MD.....3rd Thursday

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

Connecting Women Around the World to Their Gifts... Their Purpose... Each Other!