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Letter from the Publisher

March 2015

Thank you for picking up this issue of *On Purpose Woman Magazine*. If you are a new reader, welcome! And if you're a regular... I appreciate you!!

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 finding your passion, to taming your fears to practicing self-care... you can expand your horizons within our pages. I'm also excited that Native American artist, Stacey Littledeer, is letting us use one of her pieces, *Purple Sky*, as the cover. Learn more about Stacey on page 30.

Last month I announced that

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the 4th On Purpose Woman Conference would be held in April. I've rescheduled the conference to give me more time to put something spectacular together. See the ad on page 2 and mark your calendar for October 2nd and 3rd.

There have also been some changes to my On Purpose Networking for Women events since I last wrote you. The Bowie Connections Over Coffee meeting and the Columbia evening meeting have been discontinued. Also, the Essex Connections Over Coffee meeting moves to a new location in March. We will be at the new Essex Business Center at 124 Eastern Boulevard. And a reminder that this year, first time Guests are *FREE* at any location.

Be sure to check out the article about the new documentary, *Breaking Through the Clouds... The First Women's National Air Derby* by local independent filmmaker Heather Taylor. It tells the story of 20 women pilots who raced across America in 1929. I'll be attending a screening at the Miller Branch of the Howard County Library on March 23rd at 7:00 and would love to see you there.

Also, I'll be speaking on *We Are the Ones We've Been Waiting For* at my husband, Don's, Earthsave vegetarian potluck on April 25th. Everyone is invited to attend and you can see the details on the Earthsave ad on page 22.

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 the back page and plan to attend the sale in May. It lasts for seven days so probably no good reason you can't be



Ginny Robertson
photo by Maureen Cogan

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.

The next time I write to you it will be spring. Enjoy these last days of winter and get ready to burst forth and create something new. I'm excited!!

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Heather Taylor

BREAKING THROUGH THE CLOUDS & FINDING YOUR PASSION

by Heather Taylor

What do you want to be when you grow up is a question asked of most children. Some are lucky; they are ready with an answer immediately. A child's dream occupation can change as often as the bandage on her skinned elbow, but there are those who know from the time they are knee high what they want to do. For some, becoming a doctor, teacher, musician, firefighter or any number of careers seems to be programmed into their DNA. They come alive at the mere mention of their intended profession. Others of us spend time trying different things and looking for our purpose wondering where or how we might fit into this world. I fall into this category.

I am curious by nature as my parents can attest with my never-ending questions growing up. I love to learn and enjoy people's stories of accomplishment, often wanting to know why they love what they do or how did they come to do it. Finding an occupation when your interests are so varied is no easy task. I entered film school reasoning that I could get glimpses into other people's lives, perhaps finding my calling by proxy. I began by interviewing Evelyn Bryan Johnson, a flight instructor in East Tennessee. Evelyn earned her pilot's license in 1945 and flew nearly every day afterward. When I talked to Evelyn, she was in her nineties and was listed in the Guinness Book of World Records for most hours flown for a woman. Evelyn discussed many

topics in the interview, but I distinctly remember her mentioning a group of women who flew an air race in 1929. This piqued my interest. The only female pilot I had ever heard of was Amelia Earhart. I needed to know more.

I soon learned that Earhart and nineteen of her colleagues flew from Santa Monica, California to Cleveland, Ohio in the First Women's National Air Derby. Women earned the right to vote nine years previous to the race. However, it was still uncommon for women to drive cars, and noteworthy when they wore pants, so flying an airplane was quite extraordinary.

Over the course of the race, the women encountered mechanical problems, navigational challenges, extreme weather, and threats of sabotage. They battled stereotypes and massive crowds as people clamored to see these "flying flappers." They changed the oil in their planes during the day and into ball gowns at night to attend banquets in their honor. The women did this in addition to flying all day, many in open cockpits, across the brutally hot desert, over mountain ranges and across the plains.

When I found footage of the women during the race, I saw more enthusiasm in their eyes than a wiggly child has in her whole body. I have seen this look in others who have found their calling. When asked why they liked to fly, the women's answers varied from the practical as in "it gets me to places faster" to "it keeps me from exploding" or "it

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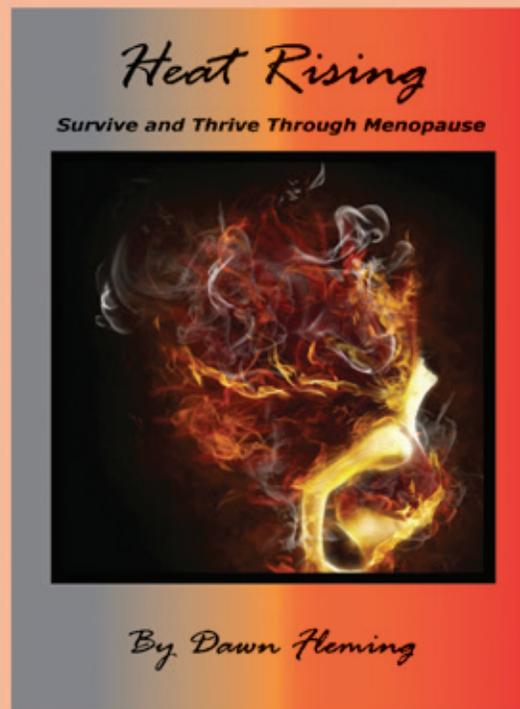
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Every Woman's essential guide through menopause. Learn strategies to handle the physical, emotional, and mental challenges. Find your True Spirit and embrace life again.



Superwoman, Are You Nurturing Everybody Else's Life But Yours?

by Cassandra Herbert

With the cold days of winter creeping slowly along like cars on a snow-bound street, and St. Valentine's celebration of coupledness behind us, I think it's important to remember something that we too often forget as women in our rush to care for those around us.

I'm speaking, of course, of our need to nurture ourselves. We've all seen the airplane instructions to put our oxygen mask on first—that we can't help someone else when we're gasping for air. But, in our everyday lives that rule gets bent, delayed, deferred, and downright ignored. If we're lucky, our "me time" gets squeezed into a few minutes at the tail end of a day, when we grab a slightly longer shower, do a few yoga stretches, take a couple of minutes for meditation, or write a frustrated line or two in our journal.

But is that really self-nurturing? I mean—really!!!

So what can we do about it? The first thing is to start with the realization that "me time" is not a luxury or an indulgence—that it's a genuine need, just as real as any of the needs you race to satisfy for others!

The next steps can be rather challenging, and if you dare to take them, you may see your life transformed.

*Own your right to self-nurture—
that you don't need someone
to do this for you.*

How many times have you felt, as you're taking care of everybody else, that somebody should step in to take care



Cassandra Herbert

of you... that it's almost wrong for you to spend energy on yourself? This is the shadow side of caretaking. While the caretaker is feeling like a martyr, silently sacrificing her needs for everyone else, very rarely does somebody take care of the caretaker!

The truth is—yes, when you were a child, your parents were responsible for taking care of your needs. But as an adult, it's now up to you to recognize when you're tired, hungry, sick, sad, etc., and to treat your needs with the same respect that you would give to anyone else's. As the Good Book says—love others as you love yourself. Or to switch it around, love yourself as you love others! Not more, and not less, but equally, in balance.

Get out of crisis mode.

Are you feeling forced to approach your life with a triage mentality—what's the most critical crisis? When you're in this mindset, where you're eternally reacting rather than responding from a place of centeredness, only the issues that scream loudest get attention.

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Dawn Fleming

Thriving Through Menopause

by Dawn Fleming

You would think I would be totally ready for this change of life. Not! I spent two years floundering with hot flashes as sweat poured out of every cell of my body. I had unexplained anxiety, low energy, increased weight, a foggy mind, mood swings, and the like. I was finally able to step out of this confusing whirlwind and find solutions to the problems created by my fluctuating hormones. Life not only became manageable, but hope and confidence returned. I came up with many holistic solutions for the physical issues that plagued me, and in this article I'll share some of the fundamental keys that took me out of survival mode and into thriving and celebrating my life.

What created this amazing change was acceptance, self-love, healthy boundaries, and focusing on fun and nourishing activities.

Acceptance is Key.

Accept what is occurring. You do not have to agree with it or like it, but acceptance takes you out of the energy of resistance and anger. These deplete your energy and make you feel even worse. The more you resist, the more the problem persists and grows in your mind like a giant weed. Acceptance takes your mind out of the struggle and into a space of finding solutions.

Self-Love.

Menopause can get you thinking about what you don't love about yourself. You can cure this negativity by loving all of your parts. Look deeper, getting in touch with your divine essence. Love yourself. Look at the gifts that you offer the world. Do a self-love meditation every morning acknowledging that you are love and

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For many of you, menopause can be challenging and create havoc in all areas of your life. Not only is your physical body changing but your mind can begin to spiral into anxiety as you start to deal with the uncertainty that arises. There are strategies available to not only survive and thrive through menopause, but also to celebrate life once again.

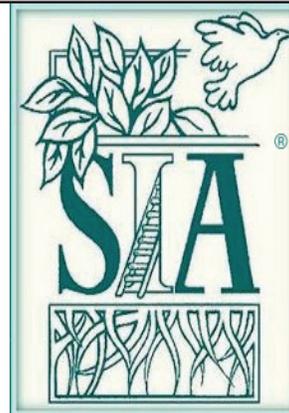
Menopause caught me off guard. I had spent my life working as a Senior Analyst for the government and reinvented myself mid-career to become a very successful holistic health practitioner, life coach, and teacher. I have taught at hospitals and colleges, and presented at national conferences, always feeling confident, healthy, and happy. Then menopause arrived!

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Monica Wilcox

How to Befriend Your Dragon

by **Monica Wilcox**

instead of Courage. I had come to this battle with a laptop, a notebook, and a chai latte for weapons. We humans are impossibly gifted at confusing optimism for wisdom.

I must tell you of her eyes, like orchid light shifting behind smoky soot. Not soulless, but soul daring. Eyes that tighten the chest and hurt the heart.

Looming over my prize, my life dream, she challenged me to take it. *Go ahead and try!* Circling, she thumped me upside my head with the very tip of her tail. My eyes popped twin waterfalls as my frame shook. I almost ran back up the stairs into the August afternoon sun.

Almost.

Lesson 1—Once you've looked upon your dragon, never turn your back on it again.

I Challenged Her Well

I returned to her almost every day for years until time lost its potency. Sitting on the last step in the dim light of the staircase I fought my dragon. Not in the way of a knight but in the manner of a mouse, stealing one word at a time from beneath my dragon's vast weight.

She growled, (as every proper dragon should) threatening me with fear-full nonsense. *You are incapable, ungifted and naïve!*

I was naïve and have thanked the gods for it! If I had known how long it takes a mouse to steal a block of cheese I would have given up on my dream for a clean house, a secure job and golf lessons. *But I wanted my dream more than I wanted my security! I wanted the risk of getting burned more than I wanted the peace of*

I Imagined Her Well

The way her blubbered skin stretched over a fluid spine. How her back had been blackened by basement dust and grim assumptions. Evanescent scales caught the light of my laptop, reflecting the full spectrum of the rainbow before they settled back to a chartreuse. Her bulk was overwhelming, blue whale overwhelming, Hoover Dam overwhelming. Like a disposable camera, my eyes had to chunk her into segments.

Sensing my slim presence, she set her body in motion, disentangling part by part: clawed paws, spiky neck, thorny tail, whip whiskers, sappy nose. The first time we look upon our dragon we see only its lethal parts. Similar to looking down the muzzle of a gun and failing to notice the luminous shine of the cherry wood stock.

Fear masks the beauty of a thing.

My dragon unraveled before me and though I had felt small before I was impotent now. I was a wee bit of a woman whose middle name was Lynn



mediocrity! My first laptop died, then my second and still I continued typing until my knuckles throbbed and my battery fried.

Lesson 2—Determination is the armor your dragon cannot breach.

I Friended Her Well

My dragon nibbled her loose lips as her prize diminished. As I grew more confident she grew restless and alert. Venturing closer, I would swipe entire sentences from beneath her as she huffed her fiery puffs. I no longer heard her guttural warnings over the tapping of my fingers. The violet light in her eyes dimmed against the glow of my screen. I gave up my hard, wooden seat to perch between two, warm claws.

Eventually, the day came when I found her slack tail coiled around the last of my dream. I stood before her, one hand holding my laptop as the other clutched my chai. “I created you when I created my dream. You thought were the embodiment of my fear, my lack, my uncertainty, my belief that if I fail to realize my dream I am pointless. You’ve lost your power over me because I know now that I am SO much more than every aspiration I will ever have.” She raised her broad snout, blowing a sloppy goo over me. Her tail rose, uncoiling like an overused garden hose to reveal the

very meat of my treasure. It was not a finished book, but a true treasure: self-actualization. My dragon was a catalyst. Sometimes our gifts must be hoarded by another before we see it as a treasure.

I gave my clever dragon a goofy grin, “If it wasn’t for you I’d be one fantastic and utterly miserable golfer by now. I’d be clutching my bitter dreams without the courage to live them out.” I tapped the edge of my laptop against her giving hide, “Thank you, Dragon! When I look upon your slivered teeth I will remember that I am more than the things I aspire to accomplish. When I sit between your shiny claws I will remember who created them and who sustains them.” She nuzzled my laptop, scraping her thorny whiskers over its metal casing in a jarring screech. “You know, once you get past the scorching breath, the freaky eyes and the sour scent, it’s kind of nice to have a dragon lurking in your basement.”

Lesson 3—When you befriend your dragon you gain your true treasure.

Monica Wilcox is a writer, columnist, blogger and speaker. When she’s not caring for her dragon, she’s exploring dark corners and dank basements. You can find her on Twitter at: https://twitter.com/Monica_Wilcox

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Have You Fallen Into This Sneaky, Deadly Female Trap?

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



There is a trap for which women in our culture are particularly vulnerable. It sneaks up on you so slowly that you can fall into it without knowing it. Typically, you don't know you're caught till you start noticing its effects. You may find that you become lackluster, lose zest, and/or feel depressed, angry, or stuck. Maybe you feel blocked, frustrated, or that your lifeblood is draining away. You know something is wrong, but you're not sure what.

What is this pernicious trap?

It's **SETTLING!**

"Settling" is a dangerous disease that afflicts way too many women. In fact, one could argue that it could be listed among women's disorders.

What is "settling"? God bless you if you have to ask! Too many of us already know.

Broadly defined, settling is accepting something (or someone) less when you really want something more. Maybe it's a job, a relationship, or something else that is off-track from your main needs or desires.

What have you "settled" for in the past? Did what you settled for bring you peace, joy, freedom, truly closer to a particular someone, or what you were

HOPING for?

I'd bet **NOT**, at least not in the long run!

Look, Tigress, here's the real skinny. Settling is like vanilla extract! Open the bottle. The aroma is pleasant. Put a drop on your tongue. Instant sweetness, but almost immediately the taste turns bitter!

Settling is the "Path of Least Resistance". Even more, it's going down a road that takes you farther and farther from your inner truth and desires. It's opting for the hamburger when down deep you want the filet mignon!

Why do we do it? Maybe we're yielding to pressure from others we care about or fear. Maybe we're too caught up in pleasing or over-serving. Maybe it's just the easiest or most convenient choice. Or maybe, there is an allure to the choice that promises a better lifestyle.

On the surface, settling may not seem like such a big deal. Dig deeper, and you'll discover how insidious and destructive settling really is.

First, the real reasons we settle are rooted in fear: fear of displeasing, incurring anger, fear of failure, or

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Donna Cantone

Happy Chinese New Year— The Year of the Sheep

by Donna Cantone

The Sheep is a symbol of peace and tranquility. It also represents the arts, teamwork, beauty, romance, and abundance. We will see a return to feminine energy, greater use of intuition, feelings of nurturing and people working together to find local and global solutions. That does not mean that talk of violence, anger and war will not happen. Hopefully, the Year of the Sheep will bring a calming influence to all current issues.

2015 is really flying, and most of us are still feeling the bumps and bruises from last year. The energy has been so turbulent because we were in the Year of the Horse until February 19th. Now we can rejoice that it's the Year of the Sheep! We had a Super New Moon on the 18th, combined with recent solar flares and full moons. On top of that, the weather across the country, especially on the East Coast of the U.S., has been horrific. One of the hardest hit areas was Boston, MA. They had multiple storms resulting in 7 1/2 feet of snow—and winter is not over yet! Frankly winter is not my season, and I'm anxiously waiting for spring. Bring on the warm sun, flowers and green grass! It's under the snow somewhere!

Thankfully, with Chinese New Year, the energy will be changing for the better. You can breathe a deep sigh of relief in the Year of the Sheep. We can expect more harmony and balance since the sheep is attuned to the Moon (feminine) and holds the power of the Sun (masculine).



Think of it as a new beginning. In Feng Shui, it is a Yin Wood Year which represents rebirth and growth. The element is Wood, and the colors are green and brown. The Family section of the home (the middle left side while looking in from the front door) is the best place to increase energy. Sheep like to play and have fun, but there's a flip-side. They tend to be emotional animals, so be aware of some moodiness or depression this year. All in all, I think it will be a great year!

Here are things you can do to enjoy the Year of the Sheep, with intention of course!

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Breaking Through Clouds

continued from 6

puts me in touch with the infinite; it gets me near to God.” Nearly all the women expressed that they felt they were born to fly.

I wondered if I could capture this light in the women’s eyes and share it with others still searching for their passion. I wanted to inspire people to pursue that same energy, joy and purpose all while I was looking for my path in life. That, in essence, is why I decided to produce a film about the women and the derby.

After nearly a decade of research, I left my full-time job, got a loan and produced *Breaking Through the Clouds: The First Women’s National Air Derby*. Of course, there were more steps in between leaving my job and finishing the film than steps to the Eiffel Tower, and the climb was just as difficult. I soon discovered, however, that finishing the film was only the beginning of the process. Distribution, getting the word out and finding ways to earn an income have proven more difficult than producing the film.

Despite the financial struggles and other worries, the responses I receive from people who have seen the film keep me going in ways money never can. One father told me his “daughter’s heroes are mostly celebs.... Now she really thinks Louise Thaden and Ruth Elder are cool.” Others told me they shared a special moment across generations with members of their family. I even learned of two children named after women in the derby: Marvel and Thaden. The film has won several awards, including one

presented to me by Harrison Ford, Eugene Cernan, and some of today’s aviation legends.

I wouldn’t trade any of the amazing experiences, and some of my greatest joy comes when someone connects with the messages I strived to convey through the film. One such response from a viewer says it all: “To witness these women being so courageous and gutsy made me reflect and say to myself ‘what can I pioneer, what new ground can I break for not just women but for humanity?’”

If you are one of the lucky ones who have found what you were born to do, I urge you to share your passion. Your enthusiasm is contagious. I certainly never would have predicted that the enthusiasm of twenty women flying in an air race in 1929 would spark my interest and change the course of my life. I am sure the women themselves never expected the various ways they would influence people including captivating the imagination of an aspiring filmmaker some eighty years later.



Heather Taylor is a resident of Howard County, MD. Her film

Breaking Through the Clouds: The First Women’s National Air Derby will be shown March 23rd at the Howard County Library, Miller Branch. It is also available through PBS stations across the country. To see where the film is being aired, order an extended DVD version of the film or to learn more, visit BreakingThroughTheClouds.com
Publishers Note: Join Ginny Robertson and meet Heather at the screening on March 23rd. It’s at 7:00.

Superwoman...?

continued from 9

So—STOP. Ask yourself these questions:

Is this really an emergency?

What would happen if this situation weren't dealt with right now?

Am I the only person who can deal with this situation? Is it something I can delegate?

Do I habitually perceive things as crises, taking on too much responsibility to avoid living my life, feeling my feelings?

Ask for what you need.

Are you fearing that you'll look weak or helpless if we ask others to take on part of your (over)load? Here's a surprising truth: once they get over the initial shock (Wonder Woman is asking for help?) they'll actually respect you more for honestly stating your needs and limits. And very probably, they'll feel affirmed and honored by your trust, and will be happy to support you.

Set boundaries.

Let's face it—we live in a co-dependent culture, where we're taught to look for answers and help outside of ourselves. As women, we're also taught to supply the answers and caretake, endlessly "doing for others." The result—we wind up with a reflexive need to control, and the people around us wind up disempowered and dependent.

So again—STOP. Ask yourself questions like these:

Is the person asking for help truly unable to resolve the problem by him/herself?

Would I be empowering this person if I offered him/her the tools and resources to deal with the problem, and then stepped back?

Is the person who's asking for help really looking for something else—attention, affirmation, love, moral support, something other than my hands-on action? What's the

message below his/her request?

If the person who's asking for help is stuck in a bad habit or addiction, am I genuinely helping by protecting him/her from the consequences—however dire they may be?

Melody Beattie has written a small library of wonderful books aimed at breaking this Superwoman cycle of caretaking, and Co-Dependents Anonymous offers a powerful network to help people enmeshed in this pattern. If you're recognizing yourself in these questions—get help. You, and the people you love will be glad you did.

If you're feeling a need for more one-on-one support, you may also want to think about working with a coach. A coach can help you to create healthy boundaries around your commitments of time and energy to others. You'll learn how to identify what you're willing to do and what's beyond your limit, and to shift out of the eternal overwhelm of Superwoman mode to become more grounded and relaxed.

And once you escape from the reflexive need to caretake others, and begin to take care of yourself, you may find whole new vistas opening in your life... and quite possibly a

whole new purpose for being on the planet. Embrace your life, and experience the adventure!



Creator of Zest and Harmony Counseling Cassandra Herbert supports women who feel overwhelmed from doing and being it all to everyone and everything. Put away the superwoman cape and give yourself permission to live a life of ease. What makes her work unique is that she blends her experience as a holistic nurse, psychotherapist, wellness and healthy eating coach and has developed an 8 part holistic system that shows a woman how to nourish all areas of her life. For more information on how to work with Cassandra or to have her speak at one of your events contact her at Cassandra@zestandharmonycounseling.com or go to www.zestandharmonycounseling.com

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Earthsave is a volunteer operated nonprofit group that helps people learn a healthier, more peaceful way of eating and living. We hope you will join us.

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**", which stated that livestock produce far more climate changing greenhouse gases than all combined forms of transportation.

Mar. 21st, 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.

April. 25th, 6-8 pm, potluck in Towson: "**We Are the Ones We've Been Waiting For**". The founder of On Purpose Networking for Women, and publisher of On Purpose Woman magazine, **Ginny Presley Robertson**, will help us move forward and step into our full potential as leaders and examples to others. Please RSVP & join us!

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!

May. 9th, 11:00 - 4:00, **5th Annual Baltimore Vegfest** is a celebration of healthier, sustainable, compassionate eating. This FREE event will feature all kinds of vegetarian foods, live music, speakers, nutritional experts, cooking demos, a kids area, free prizes, gift bags and more! Erickson Field on UMBC Campus Baltimore. Join us!

July 8-12 - Vegetarian Summerfest is a wonderful five day educational conference that features many of the very best authors and educators on nutrition, health, and the veg/vegan lifestyle. It's held at the University of Pittsburgh at Johnstown, PA. Hope to see you there!

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**.

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Healthy Boundaries are Necessary.

When you lack boundaries, your energy levels plunder. Learn how to say NO. Instead of acting on autopilot, saying yes to everything and pleasing others, assess if what is being offered or forced on you is what you really want to do. If not, say NO. Healthy boundaries offer you a return of energy and joy.

FUN and Nourishing Activities.

Find ways to have fun as well as take time for yourself. Life is not meant to be lived in a place of joylessness. What do you enjoy doing? Is there something new you want to try? DO IT! Get in touch with your inner creativity. Whatever is your idea of fun, expand those activities in your life. Nourish yourself on a regular basis. Get a massage or a facial, take a relaxing walk, meditate, or go on retreat. Women who are happy and take time for themselves live longer.

Working with these four fundamental keys, I aligned my mind, body, and emotions in a place that supported me as I moved forward, once again, in my life. I

stopped struggling with what was happening in my body. I moved into acceptance and asked what the changes were asking of me and what solutions were available to me. Self-love moved me into a whole new arena of discovering my gifts and gave me a great appreciation for my body, mind, and incredible spirit. I was able to sort out old modes of behavior that no longer supported me and create healthy boundaries. Sometimes I had to stop in my tracks when invited to do something, as my old answer was almost always yes. Now, I think about it, and determine if it is something I want to do. I engage in fun and creative activities, such as silk painting and dyeing, beadwork, playing the Native American flute, hiking, and making more time to socialize with friends. I make sure that I have something to look forward to on my calendar

It is time for women to come together to celebrate the menopausal years and to share our wisdom. When I was going through menopause, I thought it was unusual that no one had warned me about it or shared their insights on how they coped. When I finally brought up the subject with several of my women friends, the conversations were so rich and

heartfelt. Healing occurs when we can speak honestly about what is going on in our lives. It is so important for women to support each other with encouragement and to share solutions to those annoying menopausal symptoms. In our sharing, we no longer feel alone, and we find hope and wisdom from one other.

Instead of menopause defeating and deflating, let it be a call to find solutions that inspire you to live your dreams feeling empowered and energized. Let it be the impetus to help you make changes. And may the fire that burns inside you, light the way for all women to come to the realization that at all ages and stages of life, there resides a radiant beauty and incredible wisdom that is to be celebrated by all.

*Dawn Fleming is the author of **Heat Rising: Survive and Thrive through Menopause**. She is a Speaker, Life Coach, Reiki Master, and Medical Intuitive helping women to release blocks and live their dreams. Contact her at reikidawn@yahoo.com. Her website is www.energytransformations.org and her radio talk show is www.blogtalkradio.com/twomodernmystics. See her ad on page 8.*

As a member of On Purpose Networking for Women, I have had the pleasure of connecting with dozens of talented women who are committed to making an impact in the world and to helping other women grow and prosper. And, as someone who hates to network, I am extremely grateful to Ginny Robertson for giving me a safe and nurturing place to grow and expand my business. By encouraging women entrepreneurs to share their vision and expertise at monthly meetings, Ginny gives women an opportunity to step into their power and speak their truth to the world. I have personally been participating with On Purpose Networking for 10 years, and have added women to my network whom I would never have met otherwise. I have also connected with clients and strategic partners, who have helped me take my business to the next level of success. I could not have made a better business investment.

—Lane Cobb, CEO of Enlightened Empowered Living for Women, www.LaneCobb.com

Sneaky, Deadly Trap

continued from 15

even success, in a potential new venture.

Sure, there's always a certain amount of fear in any new venture, but a true Tigress accepts that and doesn't let it hold her back.

Settling is actually a slippery slope. Once we do it, it gets easier every time. It's also erosive. Little by little, it diminishes your inner truth and authenticity. It erodes your self image and your personhood. Keep it up, and you start living inauthentically. You drift ever so slowly away from your true, authentic self. That you may not notice the erosion is happening. You end up living a lie.

Sooner or later, you'll wake up to that fact. You'll find lumps of dissatisfaction, disappointment and regret in your throat. There may be the acid of anger in your stomach. Perhaps anger at others, but ultimately at yourself for lacking courage.

Are you facing such a choice right now? If so, think twice. If you suspect that you might be settling, then you probably are. A little inner voice (perhaps your Inner Tigress) is warning you. Think carefully and take that warning seriously.

Determine your inner truth. Who is the real, long-term, authentic you? Is what you're about to choose really in line with and supporting your Authentic Self? Assess carefully.

Muster the courage to be yourself. If not settling leads you to challenges about which you are uncertain, get help, advice,

or coaching. There are plenty of resources around you, especially on www.InnerTigress.com. If the student is ready, the teacher will come. Get what you need, Tigress.

Here's the bottom line—settling is selling out and selling yourself short! It's based on lack of confidence in your true strength and power.

Muster your courage, Tigress. Stand up for your Authentic Truth. Refuse to be intimidated or to let bogus fear block you.

Never, ever, ever, give up on 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 TM System of Women's Empowerment. She coaches women to discover and release their True Feminine Spirit and live authentically into their full female power, radiance and glory. She also helps professional women to strategize their careers and 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, MD. 443-797-7794. www.InnerTigress.com. Pris@InnerTigress.com. She also teaches Mental Training for Peak Performance and Manifestation.

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Year of the Sheep

continued from 16

Heal family disputes since cooler heads will prevail

Display happy pictures in the Family area in wooden frames

Place tall, green plants in the Family area

Plan community events & work with women entrepreneurs

Enjoy simple comforts like gardening, camping & spending time in nature

2015 is an '8' year in Feng Shui so enjoy the abundance

Increase spirituality by meditating, taking classes, joining with like-minded spiritual folks and of course talking with your angels

Wear red today for good luck, happiness, and success

Display a bowl of oranges in the kitchen for good luck

In China, people are celebrating the Spring Festival. It's the largest and oldest celebration—4,000 years old. Spend time to gather with family and friends and enjoy good food and each other's company. Keep in mind that anything you do or say today will affect the energy of this year. Be loving, be supportive, be kind, be happy and take action on your goals!

Donna Cantone is the owner of Phoenix Holistic Services and resides in Marlton, NJ. She is a Feng Shui Practitioner, Author & Columnist for Bellesprit Magazine, as well as an Advanced Angel Therapy Angel Healing Practitioner®, Angelic Life Coach® & Intuitive Communicator and Reiki Practitioner. She is also a Distributor for Young Living and ASEA. Contact Donna at phoenixholisticservices@comcast.net or 856-596-9135. For more info on Donna and her work:

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A Balanced Life Begins with Yoga

by Lane Cobb

A well-balanced life is a quality life, but perhaps not the easiest to maintain. Of course, we try to live a balanced lifestyle. We try to eat right, exercise, and treat ourselves to a spa treatment every once in a while. And, most of the time we aim to create enough time and energy for work, friends, family, hobbies, and social life, but inevitably there comes a time when what we've always done no longer works, and we find ourselves searching for new sources of inspiration and a deeper sense of connection with what's really important to us. Changes in career, relationships, and stage of life are such times, and exactly the times when beginning a yoga practice can be the most beneficial.

Yoga helps order our thoughts, balance our emotions, and brings our minds, bodies, and spirits into perfect alignment—creating space for new possibilities and setting the groundwork for a life that is centered, soulful, passionate, and filled with purpose.

Literally translated, yoga means “union” (of the body, mind, spirit, and breath), helping to bring harmony and balance to every aspect of our lives. Yoga keeps us mindful of our true nature—allowing us to let go of what no longer serves us. And, it helps us live in the present moment, rather than dwelling in the past, or



Lane Cobb

worrying about the future. As a result, we laugh more frequently, love more easily, and live a better quality of life. And, no matter your fitness level, there is a yoga style to fit.

In a world where so much is expected, yoga helps us order our priorities and returns us to a place of peace. It allows us to make our own needs as important as the needs of others, with the understanding that taking time to nurture our divine connection will make it easier to balance the distractions and commitments of everyday life. Finally, yoga helps us navigate life's challenges with ease and grace, and creates within us a nurturing environment for our spiritual growth and expansion. Are you ready to be in balance?



Lane Cobb, ACC, RYT is an Author, Speaker, and Spiritual Life and Wellness Coach offering Private Yoga and Lifestyle Counseling at The Body Space in Columbia, MD. She can be reached at 443-756-8391 / Lane@LaneCobb.com / www.LaneCobb.com. See ad on page 22.

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.

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

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

Essex MD. Every Last Monday at the Essex Business Center.

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 Woman Advertising Copy for the May/June issue is due Saturday, April 18th. Contact GinnyRobertson@GinnyRobertson.com or go to www.GinnyRobertson.com for rates and specs.

4th Annual On Purpose Woman Conference. October 2nd & 3rd. See ad on the opposite page.

Other Events:

5th Annual Baltimore VegFest. Saturday, May 9th. See ad on page 14.

Annual Boutique Sale of New & Gently Used Clothing & Accessories for Women... A Benefit for The Light of Truth Center. See ad on page 32.

Breaking Through the Clouds—A Documentary by Heather Taylor. Monday, March 23rd at the Miller Library in Ellicott City, MD. See article on page 6.

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

Find Your Edge Retreat with Sandy McDougall. See ad on page 21.

House Concerts with Ginny & Don Robertson. See ad on page 25.

KarmaFest Events—
www.karmafest.com. See ad on page 7.

Professional Development course May 15, 8 am–5pm, Hampton Inn, Frederick, includes **Negotiation, Leadership & Public Speaking**, lunch and more. \$59. Visit www.bpwmaryland.org to register.

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 443-934-3523. Ad copy due by Saturday, April 18th.

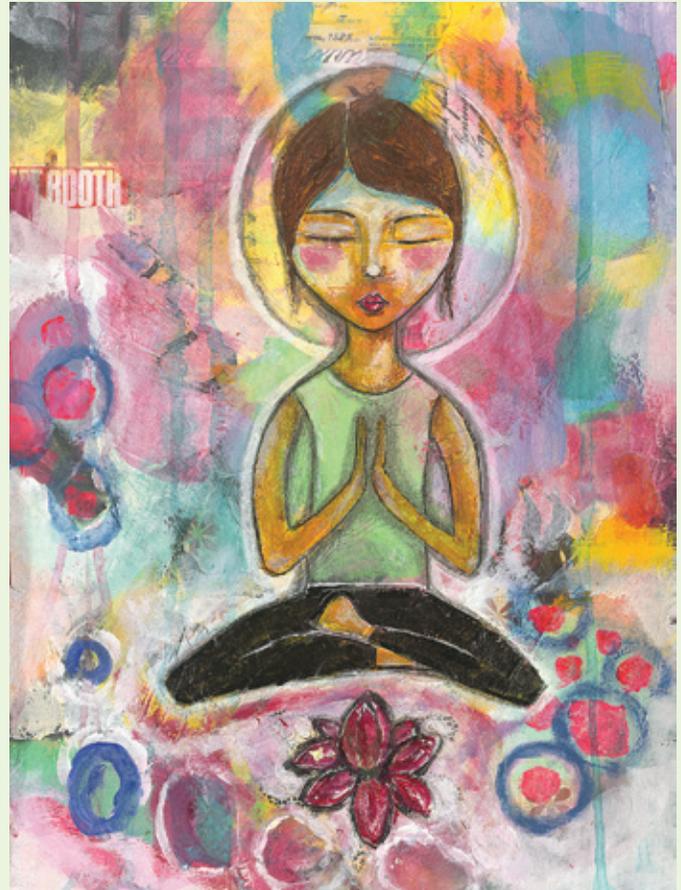
Awakening To Morning

by **Laura Probert**

Spring clean
alive and green
washes through
my nose and soul
inviting me
to breathe
and be.

Nature sounds
sweet songs abound
filling the air and my ears
with joy
and their offer
to arrive
and listen.

Cool early light
golden bright
shimmering on
leaves and my eyes
with new gifts
to discover
and see.



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to stillness
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From Our Cover Artist, Stacey Littledeer

For as far back as I can remember art has been a part of who I am. In an unstable, sometimes abusive environment, it was a safe place to express my true feelings. When I was young, there were always creative people in our house. The influence of my Indian heritage also played a large role. There was never the luxury of formal training, so I paid close attention when I had opportunities to watch others work. And I would play with as many mediums as I could get my hands on such as clay, soft pastille, and watercolor.

As the owner of Spirit Fire Art, I have spent many years developing a style that is uniquely my own. Many of my pieces are a part of an ongoing series of "Women in Prayer." Much of my work touches on the spiritual connection between Native people and nature. Just as our original stories do, the vision I am able to share in what have been dubbed "Spirit Paintings" can teach our principles of respect,

self-love, and empowerment. I believe that a connection through art is a connection through spirit.

As an internationally recognized artist, I display my art in numerous juried shows, including the Lincoln Center Arts Festival (NY), Morristown Craft Market (NJ) and the Craft Market at the DC Armory.

For the past five years, I have focused mainly on my skills as a watercolorist. I have made my home in Fredericksburg VA, where I continue to grow Spirit Fire Art and seek opportunities to show my work in galleries.

I am a Native American artist and a member of the Southeastern Cherokee Nation of Georgia, included in the SECI Tribal Roll. My goal is always to teach and to honor my people.

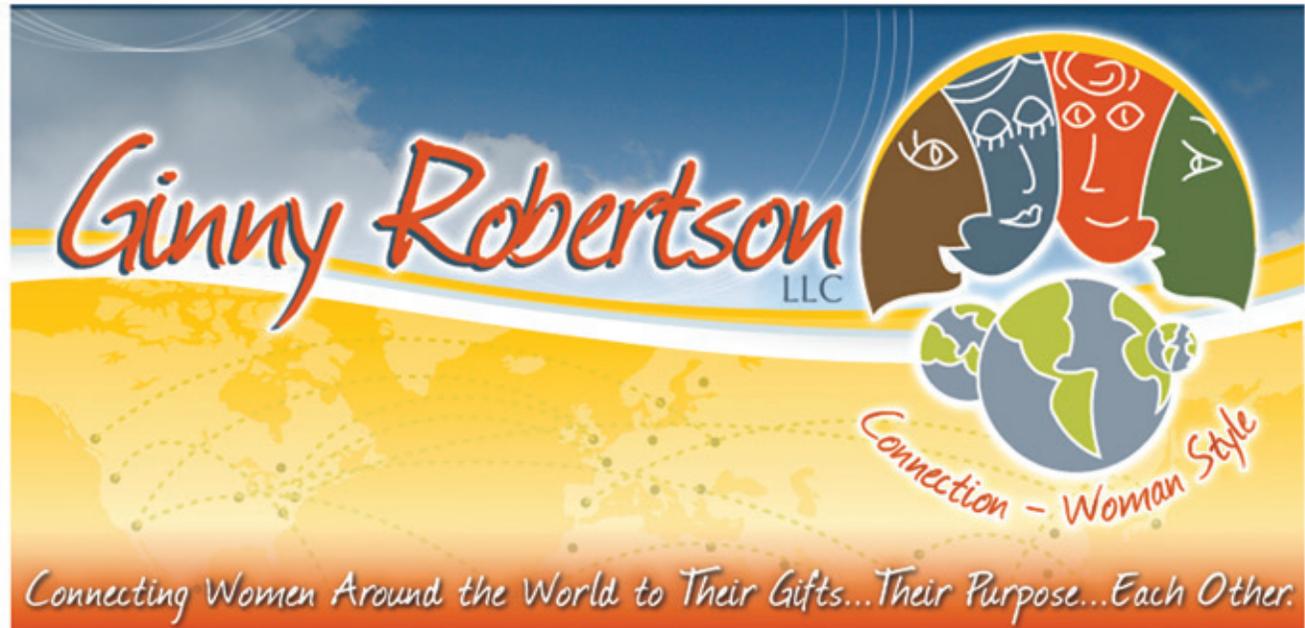
See my ad on page 8.



"Sky Fire" by Stacey Littledeer

Meet & talk to new people • Find a new networking venue
Learn to speak in front of others • Get your message out
Hang out with FABULOUS Women

Make Connections Over Coffee with Women who have a Purpose.
This is your lucky year! Your First Visit is FREE in 2015!



NOT ALL OF OUR GROUP MEMBERS ARE ENTREPRENEURS. *We love learning from and sharing with stay at home Moms, Students, Corporate or Government employees, heads of non-profits and whomever else you may be.*

WORRIED ABOUT NETWORKING GROUPS THAT HAVE AN ATTITUDE? *We're about Networking, not stuffiness. In fact, we laugh a lot.*

THINKING OF STARTING A BUSINESS? *You definitely should meet us.*

RETIRED? LOOKING FOR A JOB OR SOME WAY OF HELPING OUT? *We have lots of ideas, contacts, contacts with ideas and contacts with contacts.*

Connections Over Coffee
10am - Noon

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

We hope you'll come and visit us!

**For more information, check out www.GinnyRobertson.com
Facebook / On Purpose Networking for Women**

The Light of Truth Center, Inc.

*From Our Door to Your Door,
Building Lives From the Inside Out*

5th Annual Clothing Boutique Sale to Benefit the Light of Truth Center, a Recovery System for Women in Baltimore.



Don't Miss It This Year!!

New and Gently Used – All items \$10 and
Under and 100's of items for just 50 cents!
Payment by cash, check or credit card

Many new or like new pieces



Clothing for Women, All Sizes-Many Designer
Pieces; Handbags, Shoes, Jewelry & Scarves

Friday, May 1st- 2:00 - 8:00 pm

Saturday, May 2nd - 10:00 am - 5:00 pm

Sunday, May 3rd - 12:00 pm - 5:00 pm

Monday, May 4th—Thursday, May 7th— 3:00 - 7:00 pm

Everything 50% off!

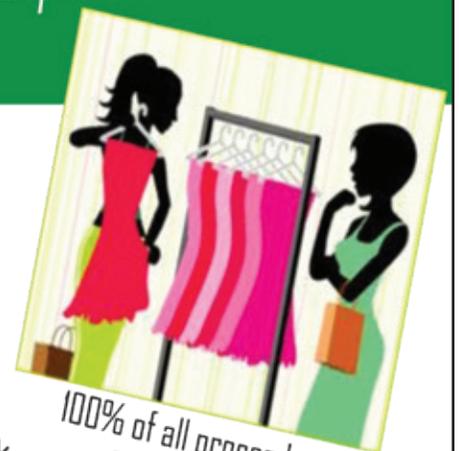
At the Home of Ginny Robertson
517 Talbott Ave., Lutherville, MD 21093

Donations will be accepted through Tuesday, April 28th.

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



100% of all proceeds go to
The Light of Truth