



**FEBRUARY 2010**

*feel free to forward this on*

## WHY RECESS MATTERS

School kids do it, Congress does it, even plants during winter snows do it. (If you know the tune, please sing along.) Fact is, taking recess is an occurrence in both the natural and the human-made world. It is us adult bi-ped's who are not very reliable for knowing when to take one.

Each week I've been sending out an **Audio Recess** for the sake of you taking a break right in the midst of all the demands in your life. I trust you've figured out how to listen to it and still look terribly busy. Because as we all know... if we're busy, we're productive.

Oh contraire! **If we're chronically busy, it's likely we are operating not at peak performance but more at "numb speed"**. That's my term for "head down, pushing through, and taking self way too seriously". I'm hoping it will find its way into the general lexicon.

Who has time for recess! Athletes, artists, musicians, builders, writers, leaders, cooks, teachers, physicians, coaches, farmers, creators - they all know the role of taking a break, giving something time to come to form, letting things rest, getting perspective, clearing their heads or resting their bodies.

**We're hyped up and melting down.** The source of most disease is stress (yep, there's plenty of science to support that). So the game is not go faster and manage your time better - by cramming more in, but to **manage your energy**.



Taking a recess (even a 2-minute one) gives us a chance to hit the reset button - interrupt the overdrive and downshift into the best gear for the grade we're traveling on.

## WELCOME!



**Victoria Castle**

**Maker of Mischief  
as needed**

Leadership coach, speaker, author of  
*The Trance of Scarcity*, artist,  
humorist, blah, blah, blah

[Contact Victoria](#)



[Subscribe via RSS](#)

## EVENTS



**EMBODIED  
ABUNDANCE  
TELECOURSE**

starts March 31

*call in*

Albert Einstein, when working on solving a problem, would take a break and go play the piano. He was known to often exclaim "I found it" while at the keyboard - away from working the problem.

When we take a break, we are releasing ourselves from the limits of our habitual thinking and seeing, and plugging in to the All-ness of the Is-ness of the Now-ness of the Whole-ness a.k.a. a greater intelligence than just us. And we can still take all the credit.

Since your second grade teacher isn't around to announce Recess, it's up to you. What power you have.

The highest performing athletes (the Winter Olympics are happening right now in Vancouver, BC) are masters at tuning into themselves *before* their capacity diminishes and restoring themselves so they can perform at their best. Recess is a part of their greatness. Ours too.

Listen to the Audio Recess below for more on this subject. You can count it as one of your breaks today.

## PRACTICE OF THE MONTH

Step back - enough to get perspective, fresh air, and your sense of humor in case you misplaced it. The more flexible, the more creative. Give yourself a break - alone or with others. But not just once a week or a month, but daily - maybe several times a day.

Track your productivity and mood for a week when you don't ever stop and compare it to a week when you do.

Don't make someone else have to send you on a Time Out.



\*\*\*\*\*

## GREAT WAYS TO PRACTICE

The next [Embodied Abundance tele-course](#) begins March 31st (last one until fall). It's all about

*from anywhere*  
[\(more\)](#)



## ALPHA WOMEN COACHING GROUP

FOR  
OVER-RESPONSIBLE,  
OVER-COMMITTED,  
OVER-ACHIEVING  
WOMEN

begins March 16  
*all done by phone*  
[\(more\)](#)



## CONSCIOUS MONEY SPEAKERS SERIES

(Victoria is the featured guest on March 15th)  
[\(more\)](#)

living in flow - that's timing at its best. And there's no commute time. It doesn't get easier than this.

Just for [Alpha Women](#) (us over-achievers who are too good at what we do), I'm starting a coaching group - all done by teleconference - on March 16th. You know who you are. [Check it out.](#)

For all women who are ready to deeply nourish their soul so they are revitalized with a greater sense of ease and purpose, do consider the [Women's Retreat](#) to the Sacred Isle of Iona in Scotland this May. It's heaven! Just a few spaces left.

## 2-minute AUDIO RECESS



[CLICK to listen](#)

Tell me topics you'd like me to address.  
[Contact Victoria](#)

In case you haven't been getting these weekly, you can [visit the Audio Recess Library](#) anytime.

## TO PONDER AND AMUSE

*"The greatest danger in times of turbulence is not the turbulence; it is to act with yesterday's logic."*  
~Peter Drucker

[Enjoy this misbehaving paint program.](#) Great way to let go of the illusion of control and keep your sense of humor.

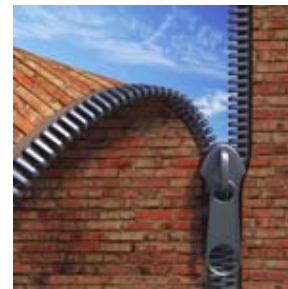
*"In a gentle way you can shake up the world."*  
~ one of Cesar Chavez's favorite quotes from Gandhi

## WAYS TO PLAY



## WOMEN'S RETREAT ON THE SACRED ISLE OF IONA, SCOTLAND MAY 2010

[\(more\)](#)



## LEADERSHIP COACHING WITH VICTORIA

[\(more\)](#)

I partner with people who are not willing to settle for a shrunken life. Quite the opposite, they want to make their greatest contribution right in the midst of all this anxiety and chaos.

The focus of our work together is cultivating their capacity to achieve great things *while* enriching their aliveness, fulfillment, connection, and joy.

If that's you,  
[Contact Victoria](#)

And if you're an over-responsible,

## AT THE TOP OF YOUR GAME



[Free Audio](#) - Centering Practice lead by Victoria Castle (please excuse technical difficulties, a new one is coming soon!)



The Trance of Scarcity [Free Group Study Guide](#)

is licensed under the Creative Commons Attribution Agreement - which permits use for **non-commercial** purposes with no alterations.



[Hot Women for a Cool Planet](#) - We are global citizens who choose to unite our wisdom and care in service of our shared future. Join women from 19 countries, take the Hot Woman Pledge.



[Take the Vitality Survey](#)

And find out how much life you are actually living!

Written and edited by Victoria Castle. © 2010 all rights reserved.

If this newsletter was forwarded to you, make sure you receive your monthly copy by signing up directly. It only takes a moment. We never share our mailing list with anyone.

**CHEERFUL DISCLAIMER: Participating in Necessary Mischief has been known to induce greater ease, connection, and effectiveness - even joy! Don't say you weren't warned.**

[Join Our Mailing List!](#)

[Forward to a Friend](#)

[Forward email](#)

[SafeUnsubscribe®](#)

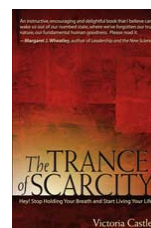
This email was sent to debbie@eibusiness.com by [victoria@necessarymischief.com](mailto:victoria@necessarymischief.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

over-committed, over-achieving woman who's ready for more sanity and pleasure in your life, check out [ALPHA WOMEN](#).

Coaching with someone who intimately knows this terrain and has accessed freedom might be just the thing to help you reclaim your juicy life.

### Quick Links

- [Necessary Mischief](#)
- [The Trance of Scarcity](#)
- [Alpha Women](#)
- [Hot Women for a Cool Planet](#)
- [Coaching](#)
- [Resources](#)
- [Vitality Survey](#)



[Read an excerpt](#)

from the book.

Email Marketing by

