



MARCH 2010

feel free to forward this on

TYPHOID MERRY

Now just stay with me a minute, this is a good thing - thus the oh so clever play on words. Given the power of contagion with germs, rumors, and fear, why not use it for the good stuff?

The National Academy of Sciences recently reported "the first laboratory evidence that **cooperative behavior is contagious** and that it spreads from person to person to person. When people benefit from kindness they 'pay it forward" by helping others who were not originally involved, and this creates a cascade of cooperation."

There, see, just when we thought there was no hope for us humans, there we go being nice to each other. And not because someone told us to but because it's a natural response.



While you still want to have fresh breath when you go out to be contagious, **you have more power than you may have realized.** Has it ever happened to you - a stranger does something nice like hold the door open for you, let you in front of them in traffic, or perhaps just smile at you when you walk by them? And then what happens? You feel so good you can't help yourself from doing something nice for the next person you encounter. And then they do the same thing. And then and then. Who knows how many more get infected by this **joy epidemic!**

The key here is that you must make yourself available to receive

WELCOME!



Victoria Castle

**Maker of Mischief
as needed**

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

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those kind acts, or they just go to waste. Forget what your mother said, **expose yourself as often as possible!** Then pass it on from that sense of fullness and connection. It's one of the most enlivening actions you can take. Feel free to just spiral right out of control.



PRACTICE OF THE MONTH

Remember the days of Random Acts of Kindness when we got to sneak around and do good things for others? Well, let's bring it back.

Find a way everyday to practice a little Necessary Mischief: trade the mundane for the sublime. **Sneeze joy, fun, laughter, and love all over those around you.** And you don't even have to admit that it makes you feel good too.

That's the great thing about being contagious, you can impact others without reducing your share. Typhoid Merry would be so proud.

EMBODIED ABUNDANCE TELECOURSE

starts March 31
*call in
from anywhere*

6 conference calls
(all recorded so you can
listen anytime)

INFO

Sign up by Friday
and save \$



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

Just 3 spaces left
([more](#))



WHILE YOU'RE AT IT, DO SOMETHING GREAT FOR YOURSELF

Join the next [Embodied Abundance tele-course](#) begins in just a couple weeks - March 31st (and it the last one until fall). It's all about living in flow and could also be titled Embodied Ease, Embodied Happiness, Embodied Effectiveness, Embodied Wholeness, Embodied Confidence, Embodied Satisfaction.

You get the idea. Sign up by this Friday, the 19th, and get the discount. Exactly how much is having a life that works worth to you?

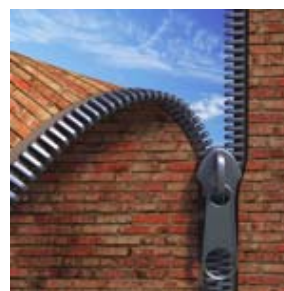
For women who are ready to deeply nourish their soul so they are revitalized with a greater sense of ease and purpose, join me for the [Women's Retreat](#) to the Sacred Isle of Iona in Scotland this May. Just 3 spaces left. Give yourself this powerful gift.

2-minute AUDIO RECESS



[CLICK to listen](#)

In case you haven't been getting these weekly,



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, 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.

you can [visit the Audio Recess Library](#) anytime.
And [join the mailing](#) list so you don't miss a thing.

TO PONDER AND AMUSE

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

~ Mark Twain

[Enjoy this 2 minute video](#) that demonstrates grand innovation and fun in playing the classics.

"The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves."

~ Carl Jung

"To the dull mind all nature is leaden. To the illumined mind the whole world burns and sparkles with light."

~ Emerson

WAYS TO PLAY AT THE TOP OF YOUR GAME



[Free Audio](#) - Centering Practice lead by Victoria Castle - both a long and short version



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.



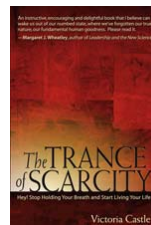
[Hot Women for a Cool Planet](#) - We are global citizens who choose to unite our wisdom and care in service of our shared future. Join women from 19 countries, take the Hot Woman Pledge.



[Take the Vitality Survey](#)

Quick Links

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[Read an excerpt](#)
from the book.



And find out how much life you are actually living!

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***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.***

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