



November 2009

WHEN THE GOING GETS TOUGH, THE RESILIENT GET ... PLAYFUL

And not because they ignore or don't understand what's happening, but because they're smart enough to know what keeps them smart enough to think and act in the most resourceful way possible.



The habitual inside-the-box thinking just isn't gonna cut it these days - if it ever did.

Being able to get a new point of view - even if, heaven forbid, you look foolish - just might be how to awaken your very own genius.

Do you know the the big difference between geniuses and the rest of us? No, it's not frizzy hair. It's this: geniuses are willing to try lots of things and make lots of mistakes because they know that's the route to innovation. While most of the rest of us try a couple of things and if they don't work immediately, we look around to make sure our deviance hasn't been discovered. If the world needs anything now, it's Positive Deviants by the bucketfull!

Resilience comes from a Latin word which means "to bounce or leap" and that may come from a Greek word (no ancient Greeks around to confirm this) referring to salmon - "the leaping fish". Who ever thought a fish who lives in water would have the good sense to leap out of it's known world to fulfill its destiny!

To be resilient is to be buoyant, adaptable, **not rigid**. It is literally the ability to recover from being stretched or compressed. If you looked really hard, might you be able to find a thing or two in your life that might be stretching or compressing you? Well then, get busy *playing*.

Head towards what helps you stay loose and light. Hang around people who are Permission Slips for your originality and spontaneity, who applaud when you goof up or



Welcome!



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[Contact Victoria](#)

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EVENTS

Free Webinar



**PLAYING OUTSIDE
THE BOX. Nov 17th.**

just goof around. If being good has been your standard, trade it in for being outrageous.

Carl Jung said *"The more that critical reason dominates, the more impoverished life becomes. Overvalued reason has this in common with political absolutism: under its domination, the individual is pauperized."* Way to go, Carl.

Unstead of pauperized (love that word), let's choose to be rich in our thinking and exploring and learning. Voracious in our curiosity of what's possible. Knowing that **the more we're in the flow, the less time we have to spend in the box.**

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On that note, here's an offer:

Free 1-hour Webinar on Tues, Nov 17th on **Playing Outside the Box**. Caution: if you're committed to feeling hopeless or stuck, do *not* sign up! [Info](#)

**WAS THIS USEFUL? TALK TO ME.**

[Contact Victoria](#)

## PRACTICE OF THE MONTH

Several months ago I joined an Improv Troupe (improvisational theatre) to practice how to meet what comes and make the best of it - not just on stage but in every aspect of my life. OK, and because I think I'm funny and like to laugh.

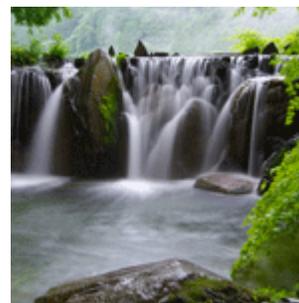
The first rule of Improv is **"say Yes"** to whatever shows up. That means when a partner makes an offer or assigns you a character to play, you don't block or deflect, you jump in. I confess I was amazed by how much automatic "No" there is in me. All my inner critics jump in and try to correct or redirect the scene in a way they think is more appropriate. Ugh!



This month, let life be one big Improv for you - which is pretty accurate since we really *don't* know what's coming next. **FIND THE YES IN YOU.** Hint: it lives in flow, not in stuckness. Leap, little fish, your destiny is calling!

## WAYS TO PLAY at the top of your game

[\(more\)](#)



**EMBODIED ABUNDANCE**  
Next Telecourse begins in January . [\(more\)](#)



**WOMEN'S RETREAT ON THE SACRED ISLE OF IONA, SCOTLAND**  
May 2010 [\(more\)](#)

## COACHING WITH VICTORIA



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 on cultivating their capacity to achieve



[Listen to Victoria's playful interview](#) with Jennifer Louden in the Comfort Café.



[Free Audio](#) - Centering Practice with Victoria Castle



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



[Take the Vitality Survey](#)  
And find out how much life you are actually living!

## TO PONDER & AMUSE

Watch this [3 minute video](#) about Faith the 2-legged dog. She's an exemplar of taking what you've got and making it work gloriously! If you don't know about her, give yourself a treat.

*"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."*  
Scott Adams

*"We're so engaged in doing things to achieve purposes of outer value that we forget that the inner value, the rapture that is associated with being alive, is what it's all about."*  
Joseph Campbell

*"There is always an enormous temptation in all of life to diddle around making itsy-bitsy friends and meals and journeys for itsy-bitsy years on end and then to sulk along the rest of your days on the edge of rage."*  
Annie Dillard

Watch this [2 minute video](#) about how converting stairs into piano keys brings fun to an otherwise mundane experience.

great things while enriching their aliveness, fulfillment, relatedness, and joy.

If that's you, [Email me for a free consultation](#).

And if you're an over-responsible, over-achieving, over-committed 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. [Contact Victoria](#)

## Quick Links

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

## *The Trance of Scarcity*

*by Victoria Castle*

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