



October 2009 (our first issue!)

WHAT'S SPEWING?

Have you ever noticed how when you're around some people, their energy gets on you - kinda like a bad odor? That happened to me recently at an airport.

A man sitting nearby was demanding, cranky, and full of loud opinion. He didn't have the slightest awareness of me and certainly wasn't purposely focused on me, and that's just the point. He was completely irresponsible for the impact he had.



Each of us has a presence or energetic field that can be sensed by others. It's part of what shapes our identity and our relationships. Necessary Mischief Makers are keenly aware of their own field and impact as well as what's going on around them. It's how they can be resourceful and effective when everyone else is bogged down in reaction or righteousness.

Our personal energy fields (a combo plate of our intentions, opinions, perceptions, emotions, and sensations) are always communicating something. And we humanoids are always picking up those signals, whether we want to or not.

"The first job of a leader is to manage their own energy" says management guru, Peter Drucker. If we want to be effective, we gotta be self-aware, otherwise we become unintentional spewers - probably not something we want to list on our resume. Once we are self-aware, then we can self-regulate - that enviable ability to shift our state regardless of conditions and circumstances. I was immensely grateful that I knew how to do that at the airport as our plane was delayed for the second time, and the man spewed on. [Click here to listen to my free audio on Centering.](#)

Next time you're around someone who is spewing negativity, what are your options? Rather than spend one moment on judging, resisting, or resenting them, polish up your own energy field. Think about the people who leave you feeling invigorated, valued, and welcomed. Are they better people or just more adept in managing their energy? Attending to the "soft skills" is often the last place we look when trying to address a problem or challenge. *Just push harder on what we're already doing, that should work.* Except it

Welcome!



Victoria Castle

Maker of Mischief
as needed
Leadership coach, speaker,
author of *The Trance of
Scarcity*, artist, humorist

[Contact Victoria](#)

In This Issue

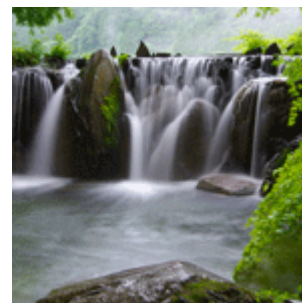
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Events



**EMBODIED
ABUNDANCE
Telecourse begins
October 21st. With a**

doesn't, over and over again.

[My teacher, Wendy Palmer](#) recently reminded me that everything in our culture conspires to keep us focused on managing stuff, not energy or connection. As a result we get more and more consumed in minutia and rigidity, our current cultural craze. And less astute about what actually shapes our lives. Be careful of the road *more* traveled, it's usually a rut. And a rut is just a grave with the ends kicked out.

Spew with purpose and pride

1. Remember we're all connected whether it looks like it or not, and that includes the space we share.
2. Be aware of your own inner state and shift it when necessary. This is the leverage point to a life of freedom.
3. Keep the highest, widest view even if you have to climb out on the edge to get it. Enjoy the fresh air.
4. Find the humor and share it. It's always there if we're willing to see it.
5. Assume how you spew can change a life.



And join me for 3 upcoming events:

The **Embodied Abundance telecourse** begins Wed, Oct 21st. Easiest way to increase your ease while decreasing your effort without even leaving home! These are new dates and the price has been cut in half (!!!) to celebrate our new website. Take advantage of us!

[Sign up and info](#)

Practices of Resilience: Unleashing your Genius under Pressure Workshop takes place Sat, Nov 7th on beautiful Whidbey Island, just outside Seattle. Come spend a day playing your way to greater creativity and freedom. But don't be fooled into thinking it's all fluff, you'll leave better equipped for the world we're in. Let that genius out! Space is limited so make plans now. [Sign up and info](#)

And here's a freebie: A Webinar on Tues, Oct 20th on **Playing Outside the Box**. Join this exploration of how we really can play at the top of our game. [Info](#)

WAS THIS USEFUL? I'D LOVE TO HEAR FROM YOU.

[Contact Victoria](#)

PRACTICE OF THE MONTH: *Get outside!*

No matter how busy or important you are, you need time in nature. Otherwise you get cranky and stale. Just ask the people around you.

The more you're in your body, the less the mind can take over. The resounding message I got on my Vision Quest, "**get out of your head and into your hips**", has proven to be great advice.

huge price reduction even... [\(more\)](#)



PRACTICES OF RESILIENCE: Unleashing your Genius Under Pressure
Nov 7th
Whidbey Island, WA
[\(more\)](#)



Free Webinar: PLAYING OUTSIDE THE BOX.
Oct 20. [\(more\)](#)



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

COACHING WITH VICTORIA



Give your full attention to what's going on inside you as you begin. And check in regularly as you keep company with nature. Let breathing be the most amazing adventure you're ever had. And let all your senses come alive.

Trees, mountains, water, sky all spew a wonderful energy field of spaciousness, balance, and belonging. Whether you're having a great day or a lousy one, why not partake in what restores you to your best self?

*"Everybody needs beauty as well as bread,
places to play in and places to pray in,
where nature may heal and cheer
and give strength to the body and soul."*

John Muir

A personal note: This month Tim and I will be visiting the Grand Tetons in WY, the glorious mountains in our masthead above. Being in their presence quiets my mind and feeds my soul. That is my wish for you, let yourself be awed.

WAYS TO PLAY at the top of your game



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



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



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



[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.



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 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](#)



[Take the Vitality Survey](#)

And find out how much life you are actually living!

TO PONDER & AMUSE

"Strange to say, but catastrophe is usually the circumstance that liberates strength, wisdom, and kindness from within the suffocating embrace of fear." Joan Halifax

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a lot of genius - and a touch of courage - to move in the opposite direction." Albert Einstein

[Watch this 2 minute video](#) of Will Ferrell as an example of taking a serious subject and giving it a new twist through the use of humor and irony AKA Necessary Mischief at work. (It's not about the politics, it's the innovative approach to help people see it differently.)

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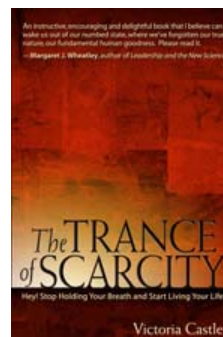
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The Trance of Scarcity

by Victoria Castle



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