



EFFORTLESSNESS FOR OVER-ACHIEVERS

Wanta be more effective and get more sh#t done? [Ease up!](#) Take it from a veteran over-doer. I have a Master's degree in Impatient Futile Forcing Ever-mindful of Disappointment (aka MIFFED). That doesn't get you there sooner and certainly not in better shape. The alternative.....? Do what the experts do.



Relax and still take all the credit! The less efforting (as in pushing the river) on our part, the more room for the flow to flow (or the elves to be their merry selves). Mihaly Csikszentmihalyi, author of the book FLOW, distinguished the state of flow as that *unself-conscious* state where we are in the zone of optimal experience. I'll have what he's having.

For more flow and less fuss, try these:



WELCOME!



Victoria Castle
Maker of Mischief
as needed

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

[Contact Victoria](#)



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EVENTS



1. **Tolerate ease.** Make friends with it. It's not an insult to your intelligence and capacity, nor does it put the world at risk. You may need to sneak up on this one as your MIFFED credentials will clamor for a timecard full of overtime. Who would you be if you weren't defined by effort and achievement?

2. **Tap into the present moment and let yourself be informed.**

Present moment awareness provides us with the focus of all our energy on life in the now - which happens to be the only moment there is. Hit the Pause button, breathe, and get perspective. You don't even have to ponder a question, just let your busy full-of-opinion mind rest so you become available to what is.

3. **Interrupt a pattern that keeps you trapped.** Like one that is so automatic, it gets to run the show without your permission. In order to see it, you may need to step back and watch it in action. Once you see it, you can reassign its power so that it becomes a source of entertainment or a reminder to take a break or a reason to just throw your head back and laugh out loud at its demand for self-importance. And you don't have to tell a soul what you're doing.

We're in the season of fixation, expectation, and attachment which also makes it the season of dispute, disappointment, and despair. **Stay awake, find the flow, breathe.** Stay open to who you may encounter when you are in the present moment. As the poet Hafiz says, "The Beloved will send you wonderful and wild companions!"



RESILIENCE The Art of Ease Workshop

Sat, Jan 29th
Whidbey Island, WA

[INFO](#)

Take part in this fun
invigorating day
filled with practices
for being at your best.



EMBODIED ABUNDANCE TELECOURSE

MARCH 2011

[INFO](#)

Join this proven
struggle-reducing,
joy-expanding,
purpose-enriching
course.



If you want more direct practice in all this, join us for the **Resilience: The Art of Ease workshop** happening in January. [Full details here](#) Get good at letting it be easy!



**I wish you great ease and joy. May all beings live in peace.
Blessings galore, Victoria**

For Women - and Men who love Women

This could be you next spring!



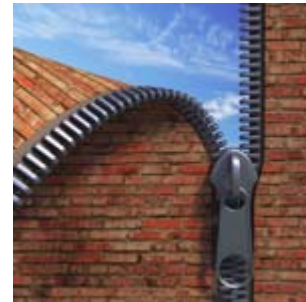
Next May, I will once again be co-leading **Women's Retreats to the Isle of Iona in Scotland**. This is the perfect gift for yourself or



WOMEN'S RETREAT ON ISLE OF IONA, SCOTLAND MAY 2011

[INFO](#)

The journey of a lifetime
to this beautiful
ancient place
and your own true self.



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,

for a woman in your life. I believe it is one of the most rewarding and spiritually-nourishing experiences available in these modern times.

Step away from your ordinary life to come to this ancient island for a time of "pilgrimage" to nourish yourself and to be inspired by the life-celebrating and earth-honoring Celtic tradition.

You'll be in the company of other creative women, staying in cozy cottages overlooking the North Sea, eating hearty organic food, gathering for times of sharing, singing, and learning, having free time every day to wander the heathered hills or have tea in the village, all as you reconnect to your deepest knowing and heartfulness.

There are 2 retreats, each limited to 12 women.

If this calls you, don't wait. Spaces are already filling.

Please pass the word to women you know. Invite them to come.

[Click for full details.](#)

AUDIO RECESS



Look for them showing up in your mailbox sorta regularly if you're on the mailing list.

Here's one about [GETTING A GRIP](#)

Never more than 2 minutes long.

To listen to previous ones, [click here](#)

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

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 "graduated" 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](#)



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[Listen to Victoria](#) being interviewed by Vicki Robin in her **Conscious Money** series. Fun and full of info.



[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.

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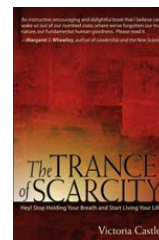
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[Read an excerpt](#)
from the book.