



APRIL 2010

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SHORT & SWEET

Please take 2 minutes to watch this delightful video of Archbishop Desmond Tutu of South Africa speaking about His Holiness the Dalai Lama. [CLICK HERE](#)

Note the energy of the speaker and his audience. It's pretty irresistible and seems to be effortless. Partake fully, a daily dose of this joyful state is highly recommended.



PRACTICE OF THE MONTH

Impersonate Desmond Tutu at every opportunity.

AUDIO RECESS



Look for them showing up in your mailbox sorta regularly.

Never more than 2 minutes long.

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

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

TO PONDER AND AMUSE

"Mingle a little folly with your wisdom, a little nonsense now and then is pleasant."

Horace

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

Galileo

"Life itself is the proper binge."

Julia Child

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.



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And find out how much life you are actually living!

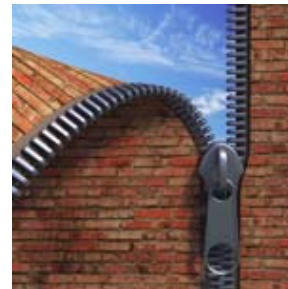
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WOMEN'S RETREAT ON ISLE OF IONA, SCOTLAND MAY 2010

Just 2 spaces left
([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](#)

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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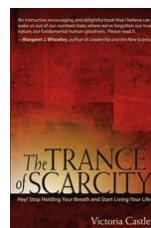


And if you're an over-responsible, over-committed, over-achieving woman who's ready for more sanity and pleasure in your life, check out [ALPHA WOMEN](#).

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

Quick Links

- [Necessary Mischief](#)
- [The Trance of Scarcity](#)
- [Alpha Women](#)
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