



December 2009

THE PERFECT MARINADE: WHO KNEW?

Searching in an old cookbook, I was reminded that marinades serve three purposes, they:

- tenderize the tough
- moisten the dry
- enliven the bland

Can you think of any occasions in your life when those skills might come in handy?

Turns out we have a cabinet full of marinades already on hand ~ humor, gratitude, forgiveness, and curiosity to name a few. They help us take what we've got and instead of tossing it out, turn it into something tasty and satisfying.



The French became wizards with their marinades and sauces because they had not-so-great meats to start with. Rather than subject their palates to bland hardtack, they perfected the use of often unexpected ingredients.

That's Necessary Mischief, slipping in through a side door (or measuring cup) to shift what seems intractable. In order for a marinade to be effective, it must actually mingle with the object for the chemical reaction to take place. Contact is required.



So whip out your chemistry set and don that apron. No keeping a safe distance. Sure, it might get a little messy but messy and juicy are kissing cousins. What's the end

Welcome!



Victoria Castle

Maker of Mischief
as needed

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

[Contact Victoria](#)

In This Issue

[Perfect Marinade](#)

[Practice of the Month](#)

[Ways to Play](#)

[To Ponder & Amuse](#)

[Events](#)

EVENTS



EMBODIED ABUNDANCE
Next Telecourse starts
January 13th. Sign up by



result you want?

Both the wise chef and the mischief maker know that fresh is always best. When was the last time someone accused you of being "too fresh!" Maybe it's time to earn that rating again.

As singer Bonnie Raitt says "Let's give 'em something to talk about". Indeed, at your holiday and family gatherings this year - YOU could be the essential ingredient that turns the mundane into the memorable. Stir it up!

WAS THIS USEFUL? TALK TO ME.

[Contact Victoria](#)

An invitation from me to you for the new year.

Rather than stewing in your own juices about what's not working in your life or that you can't make a difference, how about jumping out of the stew pot and into a [Teleclass](#) or [Coaching Group](#) (new stuff, very cool) a [Workshop](#) or [Individual Coaching](#)?

There is such a shortage of Necessary Mischief (truly effective thinking and action) in the world and such a great need for it. We need you!



Is your life gonna get more rewarding, satisfying, and effective if you keep doing the same ole same ole? Check out the options. Don't you dare settle for less than everything this juicy life has to offer.

Here's to 2010 being your best year ever!

With Love, Victoria

PRACTICE OF THE MONTH

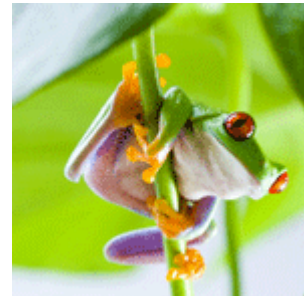
Last month I wrote about saying YES to whatever shows up. This month is a continuation of that with a focus on saying yes to our inner life. Energetically, it's making room for whatever is.

Jan 6th and save. [\(more\)](#)



COACHING GROUPS begin in January. THESE ARE NEW ...AND EXCITING OPTIONS, CHECK 'EM OUT! [\(more\)](#)

CONSCIOUS MONEY Tele-Series [\(more\)](#)



RESILIENCE WORKSHOP
Sat, Feb 6th Whidbey Island, WA [\(more\)](#)



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

LEADERSHIP COACHING WITH VICTORIA

The wonderful Buddhist teacher, Thich Nhat Hanh, calls it SMILE YOGA. Bring a smile to your lips - it can be slight as long as it's real (so no smirks allowed). He tells us "It nourishes awareness and calms you miraculously." That seems like a pretty hefty return on a rather small investment.



Science agrees that a smile alters our biochemistry and sends a message to our nervous system that it's OK to relax. That moves us out of the Fight or Flight state that keeps us tight and resistant.

And Smile Yoga doesn't need a mat or an overly-limber teacher, just a willingness wherever you are to engage and enjoy this private marinade. Feel free to smack your lips with pleasure! And peace. 'Tis the season.

WAYS TO PLAY at the top of your game



[Free Audio](#) - Centering Practice lead by Victoria Castle *(please excuse technical difficulties, a new one is coming soon!)*



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.



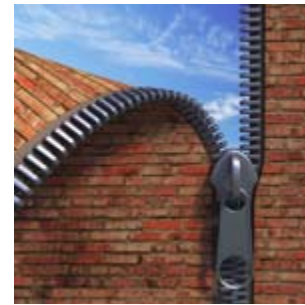
[Hot Women for a Cool Planet](#) - We are global citizens who choose to unite our wisdom and care in service of our shared future. Join women from 17 countries, take the Hot Woman Pledge.



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



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



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](#)

Quick Links



TO PONDER & AMUSE

A bunch of goodies this month - make sure to take a look

"Never give a sword to a man who cannot dance."

Celtic Saying

(Don't give power to those who express no joy.)

Watch this [1-minute video](#) to remind you how essential play is - hurry!

"A person needs a little madness or else she never dares to cut the rope and be free."

Nikos Kazantzakis

Watch this [4-minute video](#) about how we are all connected. Who knew Carl would sing!

"Make the right mistake."

Yogi Berra

Watch this [3-minute video](#) that beautifully demonstrates a light-hearted way to address a serious topic.

Written and edited by Victoria Castle. © 2009 all rights reserved.

If this newsletter was forwarded to you, make sure you receive your monthly copy by signing up directly. It only takes a moment. We never share our mailing list with anyone.

[Join Our Mailing List!](#)

[Forward to a Friend](#)

[Forward email](#)

[SafeUnsubscribe®](#)

This email was sent to dhulbert@donobi.net by victoria@necessarymischief.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Necessary Mischief | PO Box 835 | Freeland | WA | 98249

- [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



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

Email Marketing by

