

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



"The especial genius of women I believe to be electrical in movement, intuitive in function, spiritual in tendency."

Margaret Fuller (journalist, critic and women's rights activist)

The Winner of the Summer Reading Pack Is.....

Carla from Palmwoods – Please enjoy with our compliments.

In this issue...

Midlife Women, What They Really Want.

Are Our Young Women In Trouble.

Woman's Wisdom – March Edition 2009

One of my fondest memories as a child is when all the women in our family (and there are a few) gathered on a bed talking about life and love and sorrow and pain. We would have three generations adding their advice and observations. Often the younger of us would just sit quietly feeling very privileged. Now, I am thinking that not all the advice would have been great, all the observations correct, but the bonds and connections that were formed in those times are invaluable and still hold strong today. Women are wise; they live their lives with every part of the body, heart and soul. That special kind of knowledge and wisdom should never be dismissed. Who do you have in your life that can share this kind of gift? When was the last time you sat and really listened or conversed with your Grandmother, Aunt, family friend or sister? Take the time, for the jewels of experience they hold will not last forever.

On the 8th of March I wish you a "Happy International Women's Day."

Natalie

Midlife Women, What They Really Want

By Barbara C. Phillips

Over 40 million women are entering the second half of their lives and what they really want is not what many people think. It's not about the gray hair, a few wrinkles or even hitting the big 5-0.

The recent story in Time Magazine (5/9/05) has hopefully opened eyes to what midlife and older women really want. So often, society looks at midlife as just being that – midlife, menopause, empty nest, gray hair and wrinkles. Yet, to women it's so much more.

We have been asking women about their views and stories regarding positive and successful aging experiences. Not only have they shared their wonderfully delightful stories, they have also revealed their hopes, expectations and goals for the second half of their lives.

These stories tell of women looking forward to this time of their life as a time of renewal, of exploring new areas of interest and of the "freedom to be whole and who I really want to be". Women speak of lessons learned, wisdom granted, and the ability to look ahead to accepting new challenges. Many of these women actually look forward to growing older and to the gifts that come with age.

What about you? What do you really want? This is not as easy of a question as it appears. Ask your self some questions and record your answers in your journal. Visit it often and see what presents itself to you.

Here are some questions to consider.

- Name 3-5 things you have accomplished in your life. These are things you are most proud of. What are they?
- Name your strengths. What are at least 5 positive qualities that you have? Any special talents or particular areas you are strong in?
- What are the things that get you up every morning? What are you

What's new?

Events Calendar – Lots of interesting events to keep you entertained and informed in the month of March

Links –

www.medicineforyourspirit.com

Groups – A variety of networking groups found on the Sunshine Coast.

This Month's Recipe

Magic Woman Recipe

By admin • October 4, 2008

Ingredients

1 oz Blue Curacao

1 oz Light Rum

1 oz Gin

1 splash Lemon Juice

(Fill to Top) Sprite

Magic Woman Directions

Pour blue curacao, rum and gin into an ice-filled highball glass. Blend briefly, fill with sprite and add a splash of lemon juice.

Serve Magic Woman in a Highball Glass

WARNING

This Month's Poem

Wishing

Ella Wheeler Wilcox

*From: Poems of Power,
1901*

Do you wish the world were better? Let me tell you what to do.

Set a watch upon your actions, Keep them always straight and true.

Rid your mind of selfish motives, Let your thoughts be clean and high.

passions? What makes your toes tingle and your soul quicken?

- What is really important to you? If you were at the end of your life, what would you need to have accomplished so that you have no regrets about anything?
- With the above questions answered, action do you need to take so that the second half of your life is truly extraordinary?

Answering these questions will help you find your passions, priorities and your life's purpose. It's time to start living it.

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Barbara C. Phillips, Nurse Practitioner and founder of OlderWiserWomen(tm) inspires women to embrace the freedom, magic and wisdom of Successful Aging. Visit <http://www.OlderWiserWomen.com> for your copy of "Celebrating You: 50 Tips for Vibrant Living".

Are Our Young Women In Trouble

By Audrey Valeriani

Today's Illusionary Icons

My generation grew up watching Mary Tyler Moore proudly hold her own in the boorish business world, Edith innocently defy Archie's intolerance, and Maude argue for social reform. We read about the "women's movement" in *Cosmopolitan* magazine, while Cher broke new ground with her unabashed sexuality. Over the years, the struggles of our older sisters made it possible for us to open doors, to attain more than they had, to soar. As we grew up, we dreamed of meeting our Prince Charming, but we also envisioned working in the city or becoming a doctor or a lawyer. Indeed, over the years we made important strides in our quest for equality with men in business and in society, but what about in relationships? Science tells us that women's domesticity and nurturing qualities are instinctive; however, we also learned ways of thinking and interacting with others from our mothers, who had, of course, learned from their mothers. But what had we learned? Thirty years ago, most of us saw our mothers cater to our fathers, while dismissing their own ideas, and neglecting themselves. They did what was expected of them, but were they happy? As one woman said, "I'll never forget that look on my mother's face... she couldn't have been happy." We told ourselves that things would be different in our relationships, and they are, to some extent. But had the freedom and independence that had finally bubbled to the surface made us wiser and more connected to our inner selves, or did it just give us more outside choices? Had those achievements influenced our roles as loving and lovable companions?

In discussing this subject with women as young as thirteen and as old as never mind, I could see that the older women who had been influenced by our pioneer sisters, knew how important individuality and respect were to women. The younger ones, however, seemed to demonstrate the same self-effacing behaviour as in years past, putting the needs and desires of men ahead of their own. This new breed of female seemed unprepared, naïve, and oblivious to what women before us had accomplished. Accordingly, if how we think and behave is a result of what we were taught and exposed to as children, what does that tell us about girls growing up today?

Have you noticed how obsessed most young women appear to be with having the best body, face, and hairstyle? Why is physical "perfection" such a priority today? Could it be the dozens of makeover and plastic surgery shows on television or the constant marketing of products consuming the airwaves and billboards, luring our young women with false promises of happiness and everlasting love, and almost hypnotizing them into buying their magical potions and gadgets -- look like your favourite movie star, and have a wonderful life! Those kinds of deceitful messages are shameful and potentially harmful to women who try futilely to reach the media's ideal archetype. Our young women need to believe that they don't have to look, think, or behave like the rich and famous, or do what the so-called "trendsetters" dictate just so advertisers and retailers can make a buck.

I am also concerned that a lot of girls feel they need to have a man (actually, a

You can make a little Eden
Of the sphere you occupy.

Do you wish the world were
wiser? Well, suppose you
make a start,

By accumulating wisdom In
the scrapbook of your heart;

Do not waste one page on
folly; Live to learn, and learn
to live

If you want to give men
knowledge You must get,
ere you give.

Do you wish the world were
happy? Then remember day
by day

Just to scatter seeds of
kindness As you pass along
the way,

For the pleasures of the
many May be oft-times
traced to one,

As the hand that plants an
acorn Shelters armies from
the sun.

Words Of Wise Women.

Crones Don't Whine: Concentrated Wisdom for Juicy Women

By Jean Shinoda Bolen

Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing

By Christiane Northrup

boy) in their lives in order to feel complete. Part of the reason is age -- the dawn of hormones -- but could it also be a result of reality shows where a dozen women compete for one man by using any means necessary? These shows have turned meeting and winning the heart of a man (a/k/a "falling in love") into a spectator-driven, cut-throat event featuring ruthless women who act as if men were almost extinct!

Now, I admit that as young girls we wanted to have boyfriends and we wore makeup (remember that black eyeliner and blue eye shadow?), but I also remember that all of that was just a part of our lives as budding young women. We were also curious about the world, about finding out who we were, and what we would become. One reason for the somewhat distorted thinking of young women today could be that the world around them is not teaching them about integrity, confidence, or self-esteem. Parents today work really hard and can only hope that their children will listen to their words of wisdom and experience. It's a losing battle when young women are then bombarded by self-serving, deceptive messages emanating from the media around them.

Please know that when I state my case I am not advocating censorship here. Nor am I in favour of producing a class of male-hating women -- far from it. I am talking about taking responsibility for teaching our young people the difference between what is true and appropriate for them in real life, and what is put out there for "shock value" and entertainment purposes. We need to spread the word to our young women that they have a choice not to be that woman in the video dancing half naked and that they will still get a boyfriend (and one of better quality). We have to tell them that it's okay to refrain from using (and listening to) offensive and disgusting language, and that Britney and Christina are dressed like that because they are on stage (not in a classroom), and that yes, blow jobs are sex!

We have to teach our little sisters how to be comfortable in their own skin by shouting Be kind to yourself! Don't obsess about your looks or berate yourself because you're not model-thin. As women, we are our harshest critics and hold ourselves to ridiculous standards. Be independent! Don't just say, "Wouldn't it be nice to..." Do it! Set limits! Don't let anyone mistreat you -- stand up for yourself and keep your word. Express your appreciation! When we embrace gratitude and humility, even more goodness and love comes to us. Listen to your inner voice! Don't be someone who jumps to conclusions, but if you have that "feeling" deep down, don't ignore it -- trust your instincts. Believe in yourself! Decide what you want, go after it whole-heartedly, and stay committed. Let 'em see your joy! Joy comes through in our smiles and our eyes, and enables us to attract even more love into our lives. Remember, what you give out, you get back.

Audrey Valeriani is the author of two gift titles, as well as a third more substantial book which takes an in-depth look at women and relationships. SIMPLE WAYS TO A WOMAN'S HEART: Movie Star Maneuvers That Will Take Her Breath Away!© and IT'S NOT EASY BEING ME! Random Thoughts of the Modern Woman© were received well and were featured in various Boston-area newspapers, including the prestigious who's who Inside Track column of the Boston Herald. She also appeared as a guest on a popular Boston radio station, 93.5 FM. Currently, although her latest book is not yet published, Audrey's website <http://www.theaccidentalexpert.com> is up and running and shares some personal experiences, romantic advice, and allows site visitors to contact her with relationship questions, and ideas.