



# WILDLY FREE WOMEN THRIVE



WildlyFreeWomenThrive assists women 50+ to create and experience a heart and soul satisfying life!

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## Greetings!

Sitting outside basking in the sun like a lizard-woman this afternoon, I couldn't help but reflect on the new leaves glistening as they moved with the breeze. It reminded me of the movie Phenomenum where John Travolta is watching the exact same thing that I just described, and realizes with all of his being that everything is intimately connected with everything else. That is what this issue of WildlyFreeWomenThrive is all about - nature, interconnectedness, collaborative abundance...and effectiveness.

It is the New Moon which always signifies new beginnings - and is inclusive of the endings that birthed them. Our global WildlyFreeWoman ReSource Collective has launched bringing with it a new look to the website. I invite you to read the article here

about it, and then go explore to your heart's content!

Our Spotlight this issue will give you a taste of the new ReSource Collective, and the Feature Article was birthed from a readers e-mail to me. Keep the lines of communication open, and please forward these e-zines on to those women that you feel would want to be a part of this community. I will be gone to Niagara Falls, New York from 5/7-5/11 to attend The Power of You! - a women's leadership workshop. Full report upon my return!

Happy Mother's Day to all mother's and grandmothers out there!

Enjoy this issue!

## Global ReSource Collective Launches!



It is finally here! Quality resources for midlife women's thriving - and it is just the beginning! It is my vision that, like grandmother spider spinning her web, many women's (and aware men!) hands will reach towards each other to offer the best tools for ReSourcing and abundant thriving. We all know that life holds it's challenges, and that our world as it is now needs our full expression. How better it will be to have collaborative abundance support us, knowing that we are not alone, and can be even more effective living fuller, more vibrant lives, as we connect with, and through, each other.

After reading this e-zine be certain to visit the website at [www.wildlyfreewoman.com](http://www.wildlyfreewoman.com)

and see what has been birthed! Explore the ReSource Collective by clicking on the link at the top and you will see categories appear, ready to be explored. Many of the listings that are launching with the Collective may fit into several categories, but I have kept them to only one, so be certain to explore all of them. Expect weekly additions to these quality

resources for midlife women! I have a waiting list to join already, merely dependent on my team's ability to post them as a listing after the application process. If you are interested in being a listing in this Collective, please click on one of the links to join for further information.

For those of you that are interested in finding specific resources, know that each listing has to go through an application process with me, and they must be in alignment with the mission of WildlyFreeWoman - midlife women's thriving! You will notice that there is a comment section from me after each listing based on my experience with the person, product, service or non-profit. In addition, if the listing is a woman 50+, that will be designated with a small logo within the box. If you ever have any questions about a particular ReSource, please feel free to make contact with me or the individuals themselves. Your feedback and ideas are always gratefully accepted as we expand and grow!

## What you can do to help:

- 1) Forward this e-mail to your friends and/or list
- 2) Join the Collective at one of the 3 Levels
- 3) Use this rich directory to find the people, services, and products that will assist and support your thriving.
- 4) Let me know what you would like to see in the Collective
- 5) Refer potential listings to:

**info@WildlyFreeWoman.com**

In Gratitude!

*Gage*



## WildlyFreeWoman Spotlight

### *A Taste of the Collective!*

Each issue of WildlyFreeWomenThrive will Spotlight two listings from the ReSource Collective. Drawing from The Arts category this time, it was no accident that these two women ended up right next to each other. Anky's images and Kay's shawls reflect our connection with the earth and the natural world. In each case the products of their heart, soul, and senses lead us into a world of interconnection, beauty, and mystery - then bring us "home". Kay wrote to me about "homes" for her shawls and I couldn't help but feel that it was true for Anky's images as well - they are for one

- *who meditates or wishes to begin a practice*
- *seeking quiet and to stretch within*
- *desiring to embody change*
- *approaching a rite of passage/standing at a crossroad*
- *preparing for an event (marriage, marriage of a child, birth, an initiation of any type, divorce, etc)*
- *moving through an illness (either self or as caregiver)*
  - *processing death*
  - *seeking just to be*

Explore and delight in what they have to offer. G.A.



## Image Your World Now

Many of us may have been 'out of touch' with our true essence because unconsciously we have been following other people's expectations for us. Now is your time to fully connect with your authentic self and receive its wisdom and power through my 'human landscape' images. Just see your world through a different lens - you are part of nature and not separate from her - and you will fly into your wildly free self. You can view her images at [www.ankya.com](http://www.ankya.com).

*"Imagine a wild, soulful, powerful woman alight with the force of nature. That is Anky Klay. Her images reflect a weaving of interconnectiveness with the natural world, acting as a catalyst to experience our everyday life moments in a magical and sacred way. For me, to behold the images that Anky creates is like walking into the depths of life's mystery and beauty. One simply is captivated over, and over, and over*

*again. Her images inspire me to be more of who I am meant to be, and to question the parts that are still afraid. A gift for the heart and soul..." G.A.*



## On Slender Threads

Fibers & Stones . . . . gleaning these earth gifts, lifelong artisan and dancer Kay Moates mindfully creates soul seeking tools to transform, gentle, and refine your inward journey. Each On Slender Threads shawl is hand woven and infused with grounded symbols of illumination that awaken your inner calling, soothe transitions, and summon embodied change. Be wrapped and embraced in a knitted cocoon of authentic stillness, heart, and centered energy. . . [onslenderthreads.com](http://onslenderthreads.com)



*"Receiving a package from Kay Moates of OnSlenderThreads is a sacred experience from the very first moment that you take the contents out and are aware of the attention to beauty and esthetics.*

*Unwrapping my Crescent shawl, knitted with intention just for me, felt like a journey into the mystery of my life yet to unfold. Putting this sacred art around my shoulders instantly had me weeping with joy, embraced by the natural fibers and gemstones. A companion for awakening, stillness, and "coming home" that every woman should have". G.A.*



## Feature Article

### WILDLYFREEEFFECTIVE WOMAN

This past week I received an e-mail from a reader of this e-zine. I have obtained her permission to reprint her letters to me here and to use within this feature article. What's more, is that I just completed this article and when I went to save it, the service said that I had to sign back in. Guess what? The entire article was lost - so this focus is even more poignant for me as I acknowledge the **effectiveness** with which I rewrite the article. Here is the first e-mail I received:

*Dear Gaye,*

*CANNOT help mentioning this. At SOME junctures, I would like to see your WildlyFreeWoman title SOMETIMES include this word: effective. Just insert it in-between "free" and "woman" with that little insert symbol ^ --*

*I am amazingly efficient and effective in what I undertake, compared to when I was much younger. It took struggling through years of being the sandwich generation and a divorce to put me totally into the all-grown-up state.*

*Jan*

Receiving Jan's e-mail on a particularly busy day, I thanked her for writing, and not much else to elicit an on going conversation. Within 24 hours I realized that I had missed an incredible opportunity to connect and to find out some more about Jan's passage. It felt important to e-mail her back and inquire. This is the response that I received from her:

Gaye,  
*I've nothing monumental to contribute...just that based upon my accomplishments of the past few weeks for an ill member of my family -- in addition to everything else I'm interested in doing, or have to -- I realized that I've been unusually effective in learning/helping. So, although I am generally humble and have never been good at accepting compliments, I was feeling pleased with this recent, concentrated effort...and then I read your email with the phrase "wildlyfreewoman" and took a tiny exception to it because it seemed a teensy bit frivolous, given my more-serious-than-usual, recent focus. That's all. Nothing critical of you or your effort to help us self-actualize and authenticate ourselves. Thanks for reading this.*  
Jan.

Monumental? Absolutely Jan! How many times in our lives have we been incredibly effective in whatever task we have undertaken and didn't acknowledge it, or give ourselves a thumbs up - or even two thumbs up for that matter. Women learn to be effective in their passage through life. We are by nature relational, yet how do we hold these moments within ourselves?

### **Are we effective because:**

- it is expected from others
- it is expected from our egos
- others time tables and needs are more important
- we feel obligation

### **or, as a mid-life wildly free woman are we effective because we:**

- are aware that is a natural state of our being
- know how to balance our daily tasks and needs
- allow ourselves nurturing and down time
- have learned from life experience how to be effective and thrive
- confidently acknowledge our effectiveness and freely accept the gift of compliments from others

- bring with awareness our full selves into any task with confident and balanced action
- intuitively trust when to say "Yes" and when to say "No"
- and most importantly realize, and accept, that when we are "ineffective" it is OK!

So Jan, I want to acknowledge your passage of effectiveness over the past few weeks in alignment with a **WildlyFreeEffectiveWoman**; your ability to receive this compliment; and your courage to write me in the first place and share with our readers. It is through questioning and sharing our passages, our transitions, our stories, and our transformations that we weave the web of connection - and potentially open up the life of another woman.

This is for you Jan, and for every woman that acknowledges her "*effectiveness*". WildlyFreeEffectiveWoman Celebrates! Got it??

WildlyFreeWoman invites dialog, questions, comments, stories, and suggestions. This was a totally different article the second time around - what fun! Wonder what would happen if I did it a third time? Ahh - I don't think I'll go there!

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# Quote of the Week

“I have also found that by making four simple assumptions in our lives we can immediately begin leading a more balanced, integrated, powerful life. They are simple—one for each part of our nature—but I promise you that if you do them consistently, you will find a new wellspring of strength and integrity to draw on when you need it most.

- 1) For the body—assume you’ve had a heart attack; now live accordingly.
- 2) For the mind—assume the half-life of your profession is two years; now prepare accordingly.
- 3) For the heart—assume everything you say about another, they can overhear; now speak accordingly.
- 4) For the spirit—assume you have a one-on-one visit with your Creator every quarter; now live accordingly.”

—Stephen Covey (1932 - )

Source: *The 8th Habit: From Effectiveness to Greatness*

