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*My Entertainment
*My Empowerment

March/April 2007

AGELESS is an ATTITUDE

Living Our
Best Years
with Zest

8 Steps to Getting in Spiritual Shape

What's **HOT?**
(and who cares
what's not!)

Dating
Smart
after **40**



Second Wind

Flight Attendants Then & Now



Contributors

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Charlene M. Proctor, Ph.D., is author of *"Let Your Goddess Grow!"* and founder of The Goddess Network, Inc., an online educational resource for topics on spirituality, relationships and women's studies. (www.thegoddessnetwork.net)



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Jimmy Laura Smull, Ph.D., is a cultural anthropologist and a well-known authority on adult development. She is also co-author, with Dr. Carol Orsborn, of the book, *"The Silver Pearl: Our Generation's Journey to Wisdom."* (www.TheSilverPearl.com)

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Jason W. Womack, M.Ed., M.A., is a speaker and executive coach. His expertise lies in helping his clients reach their potential, enhance their performance and achieve a balanced lifestyle. (www.JasonWomack.com)



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Observations on *Life*

Hidden tokens of Divine perfection exist everywhere.

by Charlene Proctor, Ph.D.

There is a rare tree in Florida called a Shaving Brush. It likes the benefit of other trees in its periphery—it has no leaves and does well with a protective surround. The Shaving Brush has a slender trunk and a smooth bark, hushed and hidden, behind its asymmetrical visage that fades into other foliage. It grows slowly. Tending a Shaving Brush is an exercise in uncertainty because you never know what it needs.



Patricia Van den Berg

But one day, only once a year when least expected, this tree produces a bright pink blossom closely resembling a large shaving brush. It emerges from a pod that peels back during the night. It is prolific during its blooming period, nocturnally producing dozens of blossoms that have a slight, almost undetectable fragrance. In the morning, these brilliantly colored and graceful flowers, reach toward the sky in some sort of mystical offering, unanticipated and perfect. By day's end, the blooms fall to the ground, and the Shaving Brush pods lay dormant for another year.

How many people do you know are like the Shaving Brush? Their daily presence gently whispers, "I am here." They grow, unnoticed but comfortable within themselves in a knowingness that communes with a Divine rhythm. Never announced, they are an exotic discovery only to the most perceptive. And, in their quiet language, their resplendent contribution changes our perception of what is.

Take time to notice the Shaving Brushes in your life. They exist everywhere, hidden tokens of Divine perfection, in the form of our children, our beloved pets and in the store clerk down the street. In their innate wisdom, they are so very full of grace. Our lives would not be as enriched without those who bloom quietly and unannounced. They leave us our own room to grow, and occasionally remind us that life's treasure is often concealed.

Dr. Charlene Proctor is author of "Let Your Goddess Grow" and "The Woman's Book of Empowerment." For more information on Charlene and The Goddess Network visit: www.thegoddessnetwork.com