



Hope for Ending Violence:

Meet My Gurus

Meet three amazing people who inspire my personal peace project. They each teach empowerment in different languages.

Talk About It!

Many of you have heard me quote this man. He is a local relationship therapist named, Terrence Real. He wrote the bestseller "I Don't Want to Talk About It: Overcoming The Secret Legacy Of Male Depression." It moves me when a man speaks "Women's Studies." In his work with couples, he is a crusader for feminist values, an extraordinary feat for a man raised in violence.



"Break up Violence" may be an acute reaction to a devastating trigger, but it is likely the perpetrator experiences what Real calls "covert depression" long before his heinous act.

He writes, "We tend not to recognize depression in men because the disorder itself is seen as unmanly. Depression carries, to many, a double stain--the stigma of mental illness and also the stigma of "feminine" emotionality.

Really? Emotions are still for sissies? We reward aggression in boys with football scholarships, but provide no sanctions for their feelings and needs.

We can no longer accept repressed emotion as normal male behavior. Averting violence means establishing new norms of expression. It means breaking silence, taking risks and approaching conflict differently.

When I recommit to these principles in my life, I have less fear, and more compassion for what men have to go through to be whole.

"When a man reconsiders performance-based esteem, when he reaches into his own heart to unearth and form a relationship with the emotional parts of himself, when he takes on responsibilities for psychological self-care . . . he breaks with the terms of traditional masculinity. For covertly depressed men, the challenge of reconstructing masculinity . . . can become a matter of life and death." -- Terrence Real "I Don't Want To Talk About It.

What a perfect hashtag for Pluto's half-way point through Capricorn: "Reconstructing Masculinity." And how the quaking male psyche compels us all to change!

Dance About It!



My yoga teacher is a multifaceted diamond. Paulina Ramirez Williams teaches pole dance, belly dance, yoga and Pilates. She is as inspiring a thinker as she is an athlete. She is a writer, feminist activist and holistic health coach, not to mention a very fun, beautiful and adorable person to be around. She is a rare gem who has touched my heart and soul on every level.

I started in my yoga practice, stretching and kvetching. Now, this work permeates and strengthens every area of my life.

My abs tremble in a plank position. "Use your core," Paulina says. "That's your self esteem." It is? How easy to forget, collapse, and cave in.

But not in the presence of this Goddess Guru who devotes her performances to raising money for Voices Against Violence, an activist organization to end domestic violence.

At her recent recital, Paulina narrated a piece of women's history before each breathtaking number, till she danced the pole herself with the strength, grace and flexibility of a 20 year old, at 50, to Helen Reddy's *I Am Woman*. I watched her in tears, as if hearing the song for the first time.

She exceeded her fundraising goal.



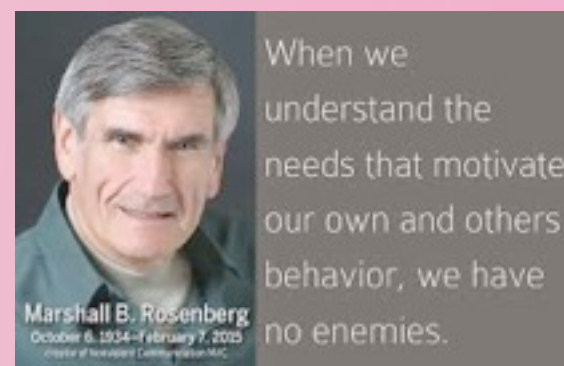
By the way, true pole is not for strippers; it is for athletes. Pole dance is an olympic level, acrobatic sport originating in the circus and integrating many dance forms. If I get the courage to climb that thing, you'll hear about it.

There is still room in her classes at her studio in Framingham. Check out the schedule at, www.DiosaDanceFitness.com. You leave her temple feeling strong and nourished, body and soul.

Take Back The Sunset!

Lauren Astley's father, Malcolm is another incredible hero. He created a memorial fund in his daughter's name to promote healthy relationships among teens. I share his passion. Let me at the schools with new tools.

Meet Marshall Rosenberg the founder of a practice called NonViolent Communication (NVC): <https://www.youtube.com/watch?v=Cly5qL956SI> There is no greater guide to peace and harmony on this earth, than this man's work. NVC models the expression of feelings and needs that transition us from a language of dominance to one of mutuality, truth and caring.



Marshall passed away in February of this year at age 80.

I'm absorbing his work more mindfully this summer; listening to his books, taking notes and practicing with friends. We lost an amazing soul, but we can't lose his wisdom.

If you'd like a dose of profound inspiration and love, come join me. You will find me right here on a blanket, listening to Marshall, Sundays between 6 and 8pm, at the Little Beach in Wayland -- reclaiming the sunset.

Wishing you a safe and joyful July 4th!

Love,



Remembering Lauren

This is my happy spot, 7:30pm, on a hidden stretch of Lake Cochituate where the sun sets over the water. This is where I have memories of my daughter laughing and splashing throughout her childhood, here at our paradise we call, "The Little Beach."

On July 3rd, 4 years ago, I watched my daughter and her friend carving the initials of their favorite rock star in the sand. As the sun set that night, I felt oddly unsafe here for the first time, and ushered them off the beach.

The next day we learned that this wave of fear I felt was around the moment of Lauren Astley's murder by her former boyfriend Nathaniel Fujita, very close by.

My daughter has seen the documentary on Lauren's death repeatedly in school lessons about Break-up Violence: https://www.youtube.com/watch?v=DOQa_ECICpQ We had just left the parking lot where Nathaniel pulled in with her car to dispose of her body.

After the insanity plea failed, Nathaniel has been sentenced to life in prison without parole. He suffered from clinical depression. What killer doesn't? And what killing does not take place in a moment of insanity?

I drive by his parents house almost every day, wondering how they have survived their son's fate. His father is a guitar teacher at Berklee where my daughter's dad attended and majored in guitar. I think of Lauren's parents every day, wondering how they cope with the horrific loss their only child.

I watch the documentary, reliving the shock and grief again. I am making myself remember, so I may find my path out of my most unthinkable fear; this happening to my only child.

The Sky is Screaming



The Sun is in Cancer, the sign that never forgets, opposite the Full Moon in Capricorn, the sign most challenged to emote.

Mars and Pluto are joining in like a military invasion. No wonder the tragedy is haunting me more intensely on this anniversary. These configurations implore us to cultivate our strength in feminine terms.



Uranus is still piping in, since 2012, screaming, "Revolution!" while Neptune in Pisces works quietly behind the scenes to create peace.

The news paralyzes me. Even with all our sophistication and evolution, suffering seems to be escalating on this planet. I want to retreat. But I'm remembering why I'm here: To free the feminine. To validate feelings. To relate more deeply. And to establish new heroes.