

Spiritual Directions



Contents

Director's Comments.....1
 Courses and Workshops.....2
 Healing.....3
 Strawberry Tree Studio.....4



Spiritual Directions
 1407 10 Street SW
 Calgary, Alberta, T2R 1E7

Phone: (403) 210-2802
teaching@spiritualdirections.com
www.spiritualdirections.com



January & February Newsletter 2009

The New Year: An Old Predictable Pattern

Holidays are markers on our spiritual journey. The New Year holiday invites us to decide how we will use the gift of time that is given to us. The way we respond to this invitation reveals the depth of engagement we

have with ourselves. On the surface, the new year is just an old, predictable pattern that happens every year; this year we change the date from 2008 to 2009. I may attend a late night celebration, share a glass of wine or two with friends and perhaps even talk about good old times not to be forgotten. But I know I will wake up the next morning the same person I was the day before. And then I will settle down into the familiar rhythm of my life ~ a pattern I have established over time.

In a New Year ceremony in the Jewish tradition (Rosh Hashanah) the shofar (the ram's horn) is blown. The shofar is not a musical instrument; it makes a loud, harsh sound that is meant to assault the senses and wake people up. It is a call to pay attention to where you are, what you are doing and how you are living in response to God. Rumi writes,

*The breeze at dawn has secrets to tell you
 Don't go back to sleep.
 You must ask for what you really want
 Don't go back to sleep.
 People are going back and forth across the doorsill between two worlds
 The door is round and open
 Don't go back to sleep.*

There is an AA saying, "Insanity is doing the same thing but expecting a different result". Running deeper than a pattern there may be an addiction, a compulsion or an unconscious belief that guides your behaviour. Any of these make life more complicated, unhappy and unsatisfying. What do you want to welcome into your life in 2009? What is the block to success, happiness, or satisfaction that needs to be recognized? Can you hear the shofar sounding? Calling you to pay attention, to reflect and decide to receive the gift of life in 2009. Many people are fearful because of the economic recession and political instability. However, this may be the shofar sounding! Waking us up to what is most important.

Margot Van Sluytman is offering a short (two hour) evening for reflection, as well as a day long workshop in January, to help you get focused for the new year. Take the Passion Test with Tina and Neil Thrusell; learn to use your intuition with Carole Kanchier or discover your Enneagram type with Angela Auger and Mervin Hauck. Or just come and meet some people and have a spiritual conversation. There is an abundance of opportunity coming your way. Be ready for the gifts of 2009.

John Griffith

Imaginative Evenings for Spiritual Seekers...

a variety of experiences to encourage exploration. Monday Evenings, 7 to 9 pm.

Wondering, Waiting, Writing with Margot Van Sluytman

Step out of time and reflect on where your life is going. The gift of another year is ahead of you. Set an intention that will express your heart's yearning and guide your steps. Margot will facilitate a process of deep dialogue and powerful writing that will move you to action. The mystic, Meister Eckhart, said, "What we plant in the soil of contemplation, we shall reap in the harvest of action".

January 12. Fee: \$20

Spiritual Conversations: Conversation Café Format with John Griffith

This winter we will focus on spiritual themes:

January 19 ~ Science and Religion: How two traditions influence our image of God

February 16 ~ Men and Women's spirituality: How do they differ?

March 16 ~ Ken Wilbur: An Integral Spirituality

April 20 ~ Jesus for the non-religious

Fee: A donation

Dancing in A Winter Garden of Words: An Introduction with Margot Van Sluytman

A winter garden in the frozen north holds its vital creativity in the roots deep below the surface. This workshop will help you find the waiting possibilities and the hopeful feelings that will allow you to discover new dimensions and manifest your dreams through this creative writing workshop.

January 19. Fee: \$20

Celebrate the Artist Within with Straja Linder King,

Guided art experientials help you nurture your intuitive artist and express your inner soul through various media. Tangus, an award winning therapy dog, will be present. No art experience is necessary, and all materials are included.

January 19, February 16, March 9, April 20. Fee: \$25 per session

Drumming Circle with Marsha Read

Traditional and recreational drumming is healing, inspiring and fun. No experience is necessary. Bring your own drum, or request the use one of ours when you register.

February 2, March 2, April 6. Fee: \$20

You Can't Give What You Don't Have with Lise Storegaard

Combining wisdom learned by living in indigenous cultures, knowledge attained by study at several universities and institutes, and her innate spirituality, Lise provides an experience of what it means to be fully alive in a world of changes and challenges. This interactive discussion circle will bring you in touch with your own sacred humanness.

February 9. Fee: \$20

Introduction to the Enneagram with Chaplain Mervin Hauck and Angela Auger

Join us for an interactive evening introducing you to a tool of self-knowledge and self-reflection. This ancient personality typology will bring you enlightenment, insight and a greater understanding of yourself and others.

February 23. Fee: \$20

COURSES and WORKSHOPS

Wondering, Waiting, Writing with Margot Van Sluytman, BA

Step out of time and reflect on where your life is going. The gift of another year is ahead of you. Set an intention that will express your heart's yearning and guide your steps. Margot will facilitate a process of deep dialogue and powerful writing that will move you to action. The mystic, Meister Eckhart, said, "What we plant in the soil of contemplation, we shall reap in the harvest of action".

Saturday, January 17, 10 am to 3 pm, Fee: \$60

Use Your Intuition with Carol Kanchier, PhD

Practical guidelines, handouts and examples will illustrate how creative problem-solving techniques can be applied to resolve varied career and personal dilemmas. You will leave knowing how to tap into your limitless creative potential, how to enhance decision making, learning and growth, and how to create your desired future.

January 24, 9:30 am to 3:30 pm, Fee: \$95

Dancing in A Winter Garden of Words with Margot Van Sluytman, BA

A winter garden in the frozen north holds its vital creativity in the roots deep below the surface. This workshop will help you find the waiting possibilities and the hopeful feelings that will allow you to discover new directions and manifest your dreams through writing.

Saturday, January 31. Fee: \$60

Spirit Vessels: Creating With Gourds with Marcia Osborne

Using the fruit of the earth, and allowing the natural shape to speak, make spirit vessel baskets, vases, rattles or other creations. Use paints, dyes, pastels and carved or wood-burned leather to embellish your creation. Please register soon as there is limited space available in this popular workshop. All supplies are provided, no previous experience is necessary.

Sunday, February 15, 10 am to 3 pm, Fee: \$65 (includes all materials)

The Enneagram with Chaplain Mervin Hauck, BA, MA, and Angela Auger, BEd, MEd.

This full day interactive workshop will provide you with opportunities to self reflect, gain insight into and understanding into your behaviors, fears, strengths, passions, fixations...all the good stuff that makes us who we are. Enjoy your day learning the workings of this ancient personality typology while gaining wonderful knowledge about yourself and others.

Saturday, March 7, 10 am to 3 pm. Fee: \$50 (includes all materials)

Imago Connects - Restore Your Connection with Cathy McCurdy MA, RSW and "MJ" MacLeod MA, RPsyc

A program offering insights on how couples can grow together in a creative, healing way for a more loving, fun-filled and fulfilling relationship. Three two-hour sessions will introduce couples to practical tools and a process of relationship growth. Written and experientially structured exercises will be completed independently and debriefed during the sessions. Imago Connects couple handbooks and DVD are available for an additional \$25.

Wednesdays, March 11 and 18, 7 to 9 pm, and Saturday, March 14, 10 am to noon. Fee: \$150 per couple

Dare to Dream, Dare to Soar with Tina & Neil Thrussell

These workshops and follow-up sessions give you a simple but powerful way to clarify what is most important in your life and align your life with those passions. The Passion Test is simple to take, fun to do and profoundly effective. Come early for coffee/tea before the group.

Step One; Passion Test #1, Friday, February 27, 6:30 to 9:30 pm. Fee: \$78

Step Two, Passion Test #2, Friday, March 13, 6:30 to 9:30 pm. Fee: \$78

Step Three, Group Coaching Sessions, one Wednesday per month, beginning March 25, Fee: \$50 per session

Step Four, Healing Sessions, with Annett Schneider, one Saturday per month, beginning April 4, Fee: \$50 per session

The following four workshops will be repeated in the Spring for those who did not have the opportunity to participate in these popular events. Please call the office to have your name put on the waiting list. You will be notified when the dates have been confirmed. For more details please visit our website at spiritualdirections.com.

Sacred Drum Workshop with Dory Laboucane. Using a sharing circle and vision work to begin the session in a harmonious state, build your personal sacred drum and rattle in this two day workshop consisting of a Saturday, 9 am to 5 pm, and Sunday, 9 am to 1 pm. Some people like to bring a favorite stick for the drum and rattle, or willow and antlers will be provided. Fee: \$225.

Medicine Wheel Experience with Dakota Eagle Woman. We will discuss the 4 cardinal directions, animals and other information associated with the Wheel. This 3 day workshop includes walking a local Medicine Wheel, and consists of a Saturday, 9 am to 5 pm, continuing with the following Saturday and Sunday, 9 am to 5 pm. Fee: \$190 (includes traveling expenses)

Gifts of Personality and Spirituality with Sydney Craig Courtice. Using the Myers-Briggs Type Indicator (MBTI®), you will explore the relationship between your personality type, your spiritual gifts and your spiritual intelligence. If you are not familiar with your personality type you can complete the MBTI® for an additional cost of \$35 prior to the program. Fee: \$60

Develop Your Intuition with Julie Turner. An interactive workshop offering insights on how to strengthen and use your natural intuition. Being fully present you can learn to respond rather than react to circumstances and people. This course teaches the basic modalities of awakened doing. Please visit Julie's website at www.juliehealer.com. Fee: \$90

HEALING: WORKSHOPS, TRAINING and SESSIONS

ENERGY MEDICINE TRAINING with Marsha Read BEd, OQ, CHTP/I

This is an in-depth, experiential training program in the use of energy medicine for yourself or to work with others. You can take one or all. It is not necessary to take them sequentially.

Fee: \$145 per day.

Part I: Clearing the Self

Energetic distortions within the physical, emotional, mental or spiritual self can compromise health. Learn how to perform an in-depth assessment to identify distortions in the energy system, and then practice interventions to move the energy and restore balance.

Thursday, January 22, 9 am to 6 pm

Part II: Healing Wounds

Our lives are limited by physical, emotional, mental and spiritual wounds which are energetically stored from the past. Learn how to release the blocks that result from these wounds and become who you are fully meant to be.

Friday, January 23, 9 am to 6 pm

Part III: Changing Limiting Beliefs

Beliefs are stored in the energy field and dramatically influence how we lead our lives. Learn what beliefs are limiting your life and how to change them. Replace old, unhealthy beliefs with new ones that better serve your highest potential.

Saturday, January 24, 9 am to 6 pm

Part IV: Changing Relationships Energetically

Healthy relationships are a key element in personal well-being. Through assessment, evaluation and treatment of the Chakra system, you can change your relationships by altering your old energetic patterns. Learn how to free yourself from energetic ties that have hindered your growth.

Sunday, January 25, 9 am to 6 pm

Part V: Reshaping Family Energy Patterns

Family dynamics shape our past, our present and our future. This course explores family energy patterns and provides techniques to change them through energetic interventions. Seize the opportunity to discover new ways of connecting between family members.

Monday, January 26 and Tuesday, January 27, 9 am to 6 pm

Sound Healing with Marsha Read, BEd, OQ, CHTP/I

Sound is energy we hear. Energy is vibration and we are all vibratory beings, each moving to our own beat. When all our organs are singing their song in harmony we are in a state of wellness. When something gets out of tune we need to restore the missing frequencies to our bodies to maintain our wellness. This 8 module learning experience will teach you tools and techniques to enhance your own self care and to work with others. These are the first two modules of the series.

January 31, February 1, 9 am to 4 pm, Fee: \$295 for both days.

Healing Touch Sessions with Marsha Read, BEd, CHTP/I

\$60 per hour, \$40 Senior's rate. For an appointment, please call Marsha at 403-542-7868

Counselling / Therapy with Sylvia Polay Griffith, MEd, RPsyc

\$120 per hour. Please phone 403-210-2802 for an appointment.

STRAWBERRY TREE ART STUDIO: Therapies and Counselling

No art experience necessary

Art Therapy and Counselling with Straja Linder King, MA, ATR-BC

Words are often inadequate or unavailable to express deep feelings. Non-verbal therapy externalizes that which is held within. Individual counselling: \$125 per hour. Please call 403-630-1020 for an appointment.

Healing our Losses with Straja Linder King, MA, ATR-BC

A 4-session structured, closed group that addresses the key tasks of grieving and breaks down unproductive myths, such as "time heals". In conjunction with expressive therapies, group dynamics offers insight, companionship and authentic response to the unspeakable pain of the grieving process. Tangus, an award winning therapy dog, will be present.

4 Monday evenings, beginning January 26, 7 to 9 pm. Fee \$125. All material included.

Stepping Stones with Straja Linder King, MA, ATR-BC

An integrated approach which supports healing for individuals facing difficult passages in life's journey, such as illness, loss, and transition. Experience healing, centering and soul restoration. Also suitable for those wanting ongoing support after Healing our Losses and/or Kindred Spirits. Each week addresses a different theme surrounding transition.

4 Mondays, 1:30 to 3:30 pm. Fee \$125. All materials included.

Kindred Spirits with Straja Linder King, MA, ATR-BC

This heart-felt evening provides both peer support and professional help in expressing feelings, whether anticipating or coping with the sorrow of pet loss. Individuals and families gather and share stories about their animal companions in a safe and confidential environment. No artwork is involved in the process. Please bring a photo of your animal companion.

Thursdays, January 22, February 26, March 26, April 23, 7 to 9 pm. Fee: \$25 per session.

IMAGINAL TRACKERS INSTITUTE™ is an Arts based ecological and spiritual program of study and training for personal healing and professional development. There are 9 week-long intensives in this program. Studio One: Art Fundamentals is the pre-requisite unless previous experience is recognized by Straja Linder King. For more detailed information on certification and continuing education credits please inquire at our website www.spiritualdirections.com or at www.imaginaltrackers.com. The first two courses in the series for 2009 are:

Animal Assisted Healing with Straja Linder King, MA, ATR-BC

Research confirms that animals assist us both physically and psychologically. This course examines the power and efficacy of combining expressive arts and animal-assisted therapy. Participants will gain a closer relationship with animal companions through a multitude of art-based invitations, and experience the benefits of utilizing animal-assisted therapies in the open studio setting. Participants will also gain first hand experience of equine therapy at Eagle Feather Riding Ranch.

Monday, March 16 through Friday, March 20, 9 am to 5 pm each day. Fee: \$545 (includes all materials)

Imagery In Health & Healing with Straja Linder King, MA, ATR-BC

Art and creativity are relevant to spiritual development and health. An introduction to the arts as therapy, this course provides an understanding of the basic concepts and various philosophical frameworks used in the practice of art therapy. Hands-on work in art materials will be used to deepen the participant's understanding of the concepts of art and healing from these many perspectives. With an understanding of ways in which other cultures have utilized the arts in health and wellness, the participant will begin to develop a personal orientation to art and creativity in health and spiritual practices.

Monday, April 27 through Friday, May 1, 9 am to 5 pm each day. Fee: \$545 (includes all materials)