

Fall 2006



Newsletter

## Spiritual Directions

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## Director's Comments

### IT'S YOUR TURN...

What a wonderful feeling those words can evoke when they indicate that you have been chosen. This is your time - the time for your dream to come true, the time to get what you want.

A great mystery was unfolding, and the more I devoted myself to it, the more it kept opening up. I felt like my mind was participating in a great revelation, as if the universe wanted to be recognized for its beauty and magnificence.

Richard Tarnas  
'Cosmos & Psyche'

Your turn begins with a belief in abundance. Lynn Twist, in *The Soul of Money*, shares her personal story which illustrates a spiritual truth that effects all of us: we live in a culture of fear; we believe in scarcity and question our ability to get the best out of life. The secret to getting our heart's desire is to trust in the abundance of life, believing there is more than enough to go around and that we deserve (God wants us to have) the best. The spiritual values of an abundance mentality are generosity, compassion and trust.

Awareness is another important skill which helps us recognize when it is our turn. Pay attention. Opportunity knocks all the time. However, we often have our earphones on, listening to our music or self-help tapes, or perhaps we are paying attention to an inner dialogue (mind chatter), instead of our heart (intuition). When we are too busy, moving too fast, we miss opportunities right in front of us. When we slow down we are able to join the One who is co-creator with us.

When your turn comes it is important to set an intention. This is not wishful thinking, nor is it day dreaming. It is writing down what this time of your life is about, letting it shift and move until it is connecting your head and your heart. Put your intention someplace where you will see it. remember it and say (pray) it every day. Your soul will stretch and grow into it. An intention can take your life in a new direction. It is both dangerous and exciting. As you pray it, you will resonate with it more and more. And yet you may notice that it is not easy to continue to hold this intention because it is leading toward transformation, and transformation can be frightening.

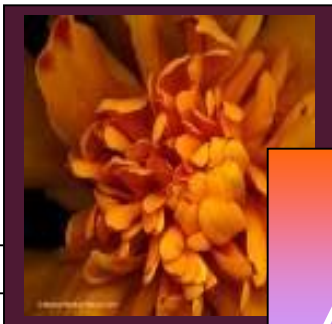
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Your turn is a time for action. You are being invited to take the next step. In the first paragraph I spoke of the wonderful feeling of being chosen, of getting what you want. There is also a cost. You must let go - clear out old stuff to make room for new things. You must become aware of what your energy is invested in that keeps you from taking your turn. You may have to clear out fear, success, accumulated prizes or physical possessions. The spiritual path is not about accumulation; it is about obtaining the right resources at the right time for the right action. The right action can sometimes be identified by asking the question, "What am I avoiding?" and then exploring "why".

This season Spiritual Directions offers a wide array of courses and workshops that may help you take your turn, learn a new skill, move into a new place, or celebrate the spiritual life you are living. Included in this newsletter are a number of workshops that have just been added to our fall schedule. We are always adding new workshops and this newsletter is one way we get the word out.



Blessings for this fall season in your life.

John Everard Griffith

## Upcoming Events At Spiritual Directions

### Creating A Sacred Drum: Commemorate Earth and Voice

Create your own sacred drum that will echo the heartbeats of earth and voice. Through storytelling and a sharing circle you will build a personal drum to express and celebrate your inner voice. Learn the significance of drum making in our culture as you are guided through each step in the process.

Sunday, September 24, 10 am to 4 pm,

Cost: \$195 ( please register as early as possible, as elk hide must be purchased for making the drums)

Facilitators: Len Brunin, Artist and Wilderness guide; Straja Linder King

### Quantum Touch Training

Learn to accelerate the body's healing process through hands-on energy therapy incorporating specialized breath work to enhance effectiveness.

Thursday, September 28, Saturday, September 30, and Sunday, October 1, from 6 to 10 pm.

Cost: \$325 Facilitator: Loretta Mohl

### Awaken Healing Tao: Cultivate Energy for your Life (First time in Calgary!)

Bone Breathing & Wu Wei Chi Kung, Friday, October 21, 7 to 9 pm, \$25

Healing Tao Fundamentals, Saturday, October 22, 10 am to 6 pm, \$120

Healing Tao Fundamentals, Sunday, October 23, 10 am to 1 pm, \$60

Feminine Treasures / Tao Warrior, Sunday, October 23, 3 to 6 pm, \$60

Whole weekend \$250, pre register by October 1, \$225

Register with Christine Sullivan DTCM, RAc, RMT at Centerpoint Chiropractic 901-6088

For more info. visit [www.SilentGround.com](http://www.SilentGround.com)

## Traditional Native Teaching

This experiential workshop introduces you to Traditional Native Teachings using the Medicine Wheel. The spiritual, mental and physical well-being of the client is explored. The Medicine Wheel's many aspects are discussed and applied to your daily living. You will increase your awareness of the many significant elements of healing and well-being as practiced within Traditional Native Culture.

Friday, November 3, 6:00 to 10:00 pm; Saturday, November 4, 9:00 am to 5:00 pm

Cost: \$185, Limited to 12 participants. Please bring a pillow, blanket and lunch

### Facilitator: Doreen Spence

Doreen Spence believes that with unconditional love, passion and persistence one person can make a difference. She has spent a lifetime making that difference. She is a healer, author, presenter, advocate, creator, speaker, educator and mentor. Born of Cree ancestry in Northern Alberta, Doreen works tirelessly in the field of human rights, protecting fundamental freedoms for indigenous people. She travels extensively to present at numerous conferences around the world, including Canada, Europe, the United States and New Zealand, sharing her message of healing, tolerance, human rights and the wisdom of First Nations traditional teachings.



Doreen Spence represents the Cree Nation at Zurich's Nordamerika Native Museum

Doreen is currently the Canadian representative to the United Nations Working Group of Indigenous Populations, advocating on behalf of indigenous peoples worldwide. Her expertise in building bridges between groups led the Slovakian government to request her assistance with regard to their relationships with the Roma people. Doreen has been honoured numerous times for her work, including being a Nobel Peace Prize nominee for the *1000 Women of Peace Project* in 2005, and receiving, along with his holiness the Dalai Lama, an International Award at the New Zealand Spiritual Elders Conference in 1992.

Locally, Doreen was the founder and president of the Plains Cultural Survival School Society and has been a Senator at the University of Calgary. She is currently the founder and Executive Director of The Canadian Indigenous Women's Resource Institute.

Doreen strives to bring understanding between all nations and has opened hearts and minds around the world with her teachings, persistence, wisdom and unconditional love.

## Angel Meditation Circle

Connect with your soul family to heal yourself, others and the Earth. We gather in a circle of love, Annett leads the group in a meditation/visualization in which the Archangels, Masters and your own Guides will work to open your channel of communication and remove blockages.

Facilitated by Annett Schneider, October 1, 2006 2:00 to 4:30 pm

**Earth Roots** Art Program for Children (ages 5 - 12) and their Parents (Grand-Parents, Aunts, Uncles or Guardian). Straja is working with Kristin Boettger, a Clinical Art Therapist to develop a hands-on creative opportunity for kids and families to connect more deeply with each other and with the natural world. This will be a one day workshop (six hours) in late October or early November. The cost will be around \$40 per person. Details should be available at our website by September 25<sup>th</sup>.



[www.rememberingwholeness.com](http://www.rememberingwholeness.com)  
(an inspirational message)

## New Book,

just published: **The Exquisiteness of Being Human: Body, Mind, Spirit and Soul Dominance Theory,**

by Margot McKinnon, a Spiritual Directions' facilitator.

Margot's thesis is that we are each born with a dominant orientation to the way we live and relate in the world. She tells her own story, and gives good examples which help the reader clearly understand and identify with each type. Her clear definition of each orientation and its characteristics enables the reader to identify his or her own dominance style. Margot will be offering an evening workshop November 16 to present and discuss this theory. Copies of her book can be purchased in our office for \$25, as well as at local bookstores.

*Discovering Soul purpose is a key factor in the level of enjoyment in one's life. I find that rejecting negative influences allows me to stay on the path of my purpose.*

*Margot McKinnon  
'The exquisiteness of Being Human'*