



Spiritual Directions Newsletter

September to December 2009

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Finding Your Voice, Sharing Your Message Moving from Insight to Intention to Action

*"I can run no more with that godless crowd
While the killers in our place say their prayers out loud
They have summoned up, summoned up, a thundercloud
And they'll hear from me"*

Leonard Cohen: Anthem

In the anthem above, Leonard Cohen makes a strong commitment to be heard. I often hear this kind of commitment from people on their spiritual growth journey, and then later hear that the change they intended did not happen, the action they wanted to do was not done, the message they wanted to say was not delivered. This is a common experience for people dedicated to transformation in both the personal and community arenas.

Transformation is the result of movement from insight to intention to manifestation. In this age of information we human beings are good at developing insight. This journey of discovery is often exhilarating as it expands our horizons and helps us understand our own life and the world we live in. This gives us hope and new energy. However, we also can experience insight as a painful awareness of the patterns of behaviour that keep us from personal satisfaction, love, joy and peace. It is this pain that often leads us to make an intention to change. As we are willing to let go of the status quo, we move on in our faith journey. We are able to believe that the universe is on our side and is intimately connected to our being. More and more people are becoming aware that we must move beyond our egocentric understanding of our own importance if we are going to find fulfillment and realize our potential. There is a growing awareness that our personal health and meaning is connected to the purpose and wellbeing of the universe and all in it.

Wayne Dyer, in *The Power of Intention*, describes the importance of intention, the second stage in transformation, to our ability to move forward. It is in the spiritual movement from intention to manifestation that we have the greatest difficulty because we must let go of control. Sometimes we define our intention accurately, even commit ourselves to be open to it, yet still experience a disconnect between intention and manifestation.

The recent focus on the Law of Attraction has become a popular way of looking forward to transformation, and demonstrates a growing acceptance of the need for change in our way of life. And yet there is a growing spate of courses and workshops that address the problem of why we do not attract what we want – why we still experience this disconnect between intention and action/manifestation.

What keeps us from acting in accordance with our intention and allowing the new world to manifest? Some attribute the problem to human nature, "we are lazy, we are broken, we are fearful, we are stuck." Others say it is ignorance of how the process works. In the book, *Immunity to Change*, Robert Kegan and Lisa Lahey write about what keeps us from acting with integrity and show us ways of addressing our stuckness. They suggest a concrete process that allows for preparation, clearing, and/or companionship to manifest our intentions. C. Otto Sharmarer, in his book, *The U Theory*, describes this time of intention as "Presensing", a time of being present while being open to the future -a time of allowing the future to emerge. However, it is not simply passive waiting; it involves preparatory steps that create a welcoming atmosphere for the future to emerge.

Spiritual Directions is committed to working with people on their journey of transformation. We offer workshops for exploration, practical tools for setting your intention and letting go. You will find courses and workshops to help you reflect on your beliefs, your values and your purpose and lead you toward an expansion of consciousness that will change your life and contribute to the transformation of our society. Take a look at the following line up of new and familiar spiritual growth opportunities.

Fall Events at Spiritual Directions

We have several exceptional workshops this fall and winter! Some of them are popular, ongoing events which are regularly repeated, other are new. If you would like to register for a course, have your name put on a waiting list or receive more information please call the office at 403-210-2802.

Energy Medicine - Levels 1 to 5 with and Marsha Read

1. Clearing the Self -September 1
2. Healing Wounds -September 2
3. Changing Limiting Beliefs -September 3
4. Changing Relationships Energetically -September 4
5. Reshaping Family Energy Patterns -September 5 and 6

9 am to 5 pm

Fee: \$175/day, Earlybird before August 15: \$150/day, Energy Medicine textbook: \$40

Full Moon, Solstice and Equinox Meditations with Pamela Dais

An opportunity to "pause" once a month to gain focus and clarity! These evenings incorporate writing, reflection, meditation and discussion.

Full Moon - September 4, October 3, November 2, December 2, 7 to 9 pm

Solstice and Equinox - September 22 and December 21, 7 to 9 pm

Fee: \$20/evening

Introduction to Hypnotherapy presented by Full circle Hypnosis **** SPECIAL Free Evening****

This 3-hour intensive provides a risk-free opportunity to discover how easy it can be for you to learn hypnotherapy as a personal asset, an adjunct to your existing practice, or for a new career path.

Location: The Days Inn, 3828 Macleod Trail south

September 9 and 23, October 15, November 10

Registration from 6:15 to 6:45 pm, Seminar 7 to 10 pm

Tickets are necessary, free of charge and can be picked up at Spiritual Directions Centre. These tickets must be activated prior to attending.

We are also sponsoring a free evening at Spiritual Directions on November 9, 7 to 9 pm.

Phone 403-210-2802 to register for this date. No ticket required.

Medicine Wheel Experience with Dakota Eagle Woman

An introduction to the Medicine Wheel. We will discuss the 4 cardinal directions and their relation to the Medicine Wheel, as well as the animals and other elements associated with the Wheel. This 2 1/2 day workshop includes a day trip to walk a Medicine Wheel south of Calgary.

Saturday, September 12 and 19, 9:30 am to 5 pm; Sunday, September 20, 9:30 am to 1 pm

Fee: \$190 (includes transportation), Earlybird before August 25: \$150

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.

September 14, October 5, November 9 and December 14, 7 pm to 9 pm

Fee: \$20

Fall Events at Spiritual Directions

Introduction to Coaching:

How Life Coaching can help you improve the quality of your life with Lydia Trvalec

Learn the differences between Coaching and Counselling. Learn how Life Coaching can help you manage anxiety, fear and stress symptoms, as well as move you towards your goals more quickly, easily and peacefully.

September 21, 7 to 9 pm

Fee: \$25

The Passion Test :

The Effortless Path to Discovering Your Destiny with Tina and Neil Thrussel

Are YOU:

Living a passionate life?

Excited about life and turned on by the things you do each day?

A happy person and fun to be around?

Clear about the sense of direction of your life?

Able to handle unexpected situations and circumstances with ease?

Clear about the top 5 passions in your life; the things that matter most to you?

Spending your days doing what you love, surrounded by people that you love?

September 23 and 30, 7 to 9:30 pm

Fee: \$90

Spirit vessels: Creating With Gourds with Marcia Olsen

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 and no previous experience is necessary.

September 27, 10 am to 4 pm

Fee: \$80

Integrated and Holistic Job Searching for the Current Market with Lydia Trvalec

Explore the challenges of job searching in the current market. Learn the effects of thoughts, beliefs, feelings and action, and apply this to classic job search strategies to enhance success in the current recession.

September 28, 7 to 9 pm

Fee: \$25

Fall Events at Spiritual Directions

Creativity Circle with Heather Faris

Circle creates a transition from the mundane to the sacred. It has been used throughout generations as a meeting place - a place where community members come together in equality to speak, be heard and honoured in their personal journey. Join me in this sacred circle to learn the process of witnessing - to be acknowledged and acknowledge others in a deep and respectful way.

During the evening we will:

- Create space to have your inner world witnessed
- Learn and practice the process of witnessing
- Deepen awareness of Self while in relationship to others
- Utilize group energy to support you in your individual process
- Engage process work in a non-linear way through creative projects
- Explore symbols to give form and acknowledgement to your personal journey

What to bring: symbol (object, picture...) that represents your personal journey, Journal for writing and drawing and a favorite medium (pastels, crayons, pencil crayons, clay, collage, etc.)

September 30, 6:30 to 9:30 pm

Or November 5, 6:30 to 9:30 pm

Fee: \$40/evening

Soul Writes with Pat Moran

This writing practise for women explores the play between the stillness and the dance which lives in and through us. Dreamwork, deep relaxation, guided meditation, gentle movement and voice play help us attune ourselves to these inner rhythms and give them creative expression. Please intend to participate in all sessions so that the container remains strong for our inner work. Limited space available.

October 1, 8, 15, 22, 29 and November 5, 12, 19, 6:30 to 8:30 pm

Fee: \$240

What's Your Purpose with Carole Kanchier

You will learn creative strategies to clarify and pursue your purpose. Having a sense of purpose energizes and empowers, and gives life meaning, direction, inner peace and happiness. You will sharpen your understanding of purpose and its importance in maintaining mental, physical and psychological health and in clarifying and achieving life goals. Learn how to set and achieve life goals that are in harmony with the real you.

October TBA

Cost: \$98

Meditation + Qi Gong = Mindfulness for Men with Ariel Learoyd and Mark Perrin, P.Eng.

Mindfulness is a cultivated way of being which, with practice enables participants to relax and stay aware in the present moment. This practice builds resilience to stress and distress. With the use of *Qi Gong*, *mindfulness training*, *discussion and guided meditation*, these classes move participants from "knowing about" to "practicing" to "embodying" mindfulness.

Wednesdays, October 7, 14, 21, 28; November 4, 11, 18, 25, 5:30 to 7 pm

Fee: \$260

Fall Events at Spiritual Directions

Law of Attraction: Make Change Happen with Michelle Allen

Abundance is for everyone!

In this interactive workshop you will learn 3 simple steps and some practical tools for applying the Law of Attraction in your life and business.

Introduction: October 13, 7 to 9 pm

Workshop: November 14, 10 am to 4:30 pm

Fee: Introduction \$49, Workshop \$129

Primordial Sound Meditation with Mary Arbique Vogel MSW RSW- Chopra Certified Educator

Meditation is a tool for rediscovering the body's own inner intelligence. Primordial sounds –the basic most essential sounds of nature- are used to disconnect us from the activity of life. Your Primordial Sound Mantra is based on the vibration the universe was making at the moment of your birth. Once your mantra has been determined, you will learn to use it to reduce stress and reawaken balance, tranquility and compassion within you. All materials provided.

October 17, 10 am to 1 pm and October 18, 10 am to 2 pm

Fee: \$415

Contemplative Writing: Into the Heart of Your Original Fire with Margot Van Sluytman

The journey to interiority, as experienced by modern and mystics of yore, compels you to trust the landscape of new thresholds, those liminal spaces where you come as a seeker, as one dialoguing with your inner voice and vision, steeped in lush knowing that yearns to be unearthed. As you journey inward reading specific pieces of poetry and prose poetry and asking yourself questions laden with possibility, hope and creative fire, you will give birth your own creations.

NOTE WELL: Do not be surprised at what you will write, fired by your own powerful Wisdom.

Introduction: October 19, 7 to 9 pm

Fee: \$25

Workshop: November 7, 10 am to 3 pm

Fee: \$75

Conquer Fear? Yes you can! with Tina and Neil Thrussel

Face your fear and become unstoppable!

This introductory course offers you a better understanding of what fear is and how it holds you back in your life. Learn a few effective tools to help you face fear and get what you want out of life with more confidence and joy.

October 20, 6:30 to 9:30 pm

Fee: \$60

Fall Events at Spiritual Directions

Creative Codependence: Get more out of Life with Jo-Ann Svensson

Codependence is a label that many of us shy away from. It conjures up images of helpless, needy souls begging, pleading to be liked. But what if that wasn't the whole picture?

What if being independent, strong and in control were also symptoms of codependence? What if codependence was simply a creative way we learned as children to get our needs met? And what if that same creativity could be used to meet those needs more effectively today?

October 24, 10 am to 6 pm

Fee: \$130; Earlybird \$105 before September 25

Exploring Archetypes with Ariel Learoyd

Archetypes offer us a way to connect with and express inner energies. We will consider three major archetypal energies: The Divine Feminine, Divine Masculine and Divine Child. A personal archetype repertoire will be compiled as it is presented through your astrological chart, numerology and own intuitive wisdom. This class utilizes lecture, meditative work, symbolic systems, collage and guidance.

Tuesday evenings, November 3 to 24, 7 to 9:30 pm

Fee: \$200

Wild Vision with Margot Van Sluytman

"The creative force flows over the terrain of our psyches looking for the natural hollows, the arroyos, the channels that exist in us. We become its tributaries, its basins; we are its pools, ponds, streams and sanctuaries." Cantadora/Storyteller and Jungian Analyst, Clarissa Pinkola Estes, PhD

In this workshop, you will read specific pieces of poetry and prose, with the focus on unearthing your own unique, unfolding voice. You will write your relationship to those words, you will dialogue what it means to 'dig with your own hands' into the earthy roots of your wild creative flow. You will dance with your unique content, weaving your language, birthing your poetry, prose poetry and your new relationships to budding questions.

Introduction: November 16, 7 to 9 pm

Workshop: November 21, 10 am to 3 pm

Fee: \$75

Create a Sacred Vessel with John Griffith and Straja Linder King

This is an evening of meditation and creation for those who expect Christmas to be a more challenging time this year. Experiences and expectations often impact the celebration of love and peace. This evening will allow you to reflect on your own experience of the meaning of this holiday season and create a sacred vessel to help you stay centered during this time.

Monday evening, Dec. 7, 7 to 9 pm

Fee: \$25

Fall Events at Spiritual Directions

Strawberry Tree Studio

Tangus' Celebration with Straja Linder King and Tangus

You are invited to an open house to help Tangus celebrate his birthday and the work he does. You will also get a chance to meet the new apprentice, Tumbra!

September 12, 3 to 6 pm, Strawberry Tree Studio

Healing Our Losses with Straja Linder King

This 4 week, structured, closed group provides an opportunity to honour the memories related to passages in your life such as loss of a loved one, career changes, financial crises, and loss of health or ability. The healing process unfolds with the use of gentle creative expression to initiate the path to wellness.

Tuesday evenings September 15, 22, 29: October 6, 7 to 9 pm

Fee: \$140

Celebrate the Artist Within with Straja Linder King

Guided art experientials help you nurture your intuitive artist. Tangus, a therapy dog, will be present. No art experience is necessary.

Mondays, September 21, October 26, November 23, December 14, 7 to 9 pm

Fee: \$25/evening

Kindred Spirits: A Pet Loss Support Group with Straja Linder King

This monthly expressive arts group provides a healing opportunity for individuals who have lost a beloved animal companion. You will create a memorial of your pet. Our groups provide both peer support and professional help in expressing feelings such as sadness, loneliness and anger. No art experience is necessary. Tangus, a therapy dog, will be present.

Wednesday evenings, September 16, October 14, November 18, December 16, 7 to 9 pm

Fee: \$25/evening

Stepping Stones: Find the Celebrations in the Midst of Loss with Straja Linder King

Healing past hurts frees up fresh energy for the future. Access deeper meanings through the use of creative techniques in a safe, supportive, and sensitive environment. Each session addresses a different theme related to transition. There will be opportunities for discussion. However, if words are too difficult to share, your silent journey will be honoured.

September 14 and 21; October 5 and 26

Fee: \$140 includes all materials

Fall Events at Spiritual Directions

Imaginal Trackers Program

is an Arts based ecological and spiritual program of study and training for personal healing and professional development. There are nine week-long intensives in this program. For more detailed information on certification and continuing education credits please inquire at our website www.spiritualdirections.com or at www.imaginaltrackers.com.

Animal Assisted Therapy with Straja Linder King

This original and unique program of study and training combines the wisdom and compassion of animals (equine and canine) with the expressive arts. Working with animals in a therapeutic setting you will understand the non-verbal language of animals, the dynamics of animals in relationship to therapy, animal behaviour and sacred significance across cultures and methods for integrating animals with expressive arts.

September 28 to October 2, 9 am to 5 pm

Fee: \$595 includes all materials

Studio Sequence One: Introduction to Art Therapy with Straja Linder King

This course provides a gentle yet detailed exploration into the use of various art media utilizing both two and three-dimensional formats and provides an in-depth experience in art making to deeply prepare you for arts utilization in healing and health.

October 19 to 23, 9 am to 5 pm

Fee: \$595 includes all materials (pre-requisite to all the Imaginal Trackers classes)

Counselling, Mentoring and Healing Services

Norline Johnson, BSc, MSW has more than 20 years experience as a spiritual mentor and counsellor, she was a member of the Retreat Team at Mount Saint Francis Retreat Centre and has in depth knowledge of 12 step programs.

Marsha Read, BEd, CHTP/I offers individual healing sessions using Sound Therapy, Healing Touch and Energy Medicine.

John Griffith, BA, MDiv is part of the training team for Spiritual Directors at the FCJ Centre here in Calgary. He has 36 years pastoral care experience in the liberal Protestant Christian tradition.

Sylvia Polay Griffith, MEd, Registered Psychologist supplements traditional approaches in counselling and therapy with various energy therapies such as Tapas Acupressure Technique, Brain Gym and EFT.

Straja Linder King, MA, ATR-BC provides individual Art Therapy and Counselling.

Carole Kanchier, PhD, Registered Psychologist specializes in career and personal growth counselling.