

2008



## Spiritual Directions

When everyone brings what they have, everyone has enough.

Wayne Muller



## May Newsletter

### The Power of Storytelling

“Social intelligence is waning”, says Daniel Goleman in his book by the same title. With so many more tools for communication one would think we would be sharpening our communication skills, but in reality we are using these tools to fill up our time with trivia and avoid important connections. Having deep, meaningful

conversations takes time and intent. Change agents say that radical change for the better only happens when all sides come to the table and hear each other. We cannot afford to be too busy to talk to each other. Through conversations spirit is encountered and the world is created anew. The way we talk about God and ourselves reveals the way we see the world and understand our place in it. I would say that God is the creative force that continues to bring life into being in new ways and that Spirituality is about meaning and purpose. When we enter into deep (sacred) conversations we are all changed. However, the purpose of these conversations is not to convert or convince; it is to meet the other, receive who he/she is, and share who we are. In the meeting both are changed.

We have many important conversations at Spiritual Directions, in both one-to-one mentoring and in groups. On Thursday May 22<sup>nd</sup> at 7 pm we will view a DVD lecture by Brian Swimme called **Destruction and Loss**. He presents a challenging view that violence and destruction, grief and loss play a part in the divine process that brings forth great beauty. Although our culture wants to resist accepting the reality of death and avoid grief, they are an essential part of our life.

The practice of reflection and discovery which we experience through spiritual disciplines connects us with the creative evolutionary process and enables us to turn away from a debasing world view (denial) in which our culture is deeply rooted and is leading us to destroy the earth and ourselves.

On Monday June 2<sup>nd</sup> we will hold our third Conversation Cafe at Spiritual Directions at 7 pm. The topic will be: **Is education alone the answer to society's ills?** We use a process of structured talking for half the time, which gives everyone an opportunity to share their opinion. There is also a time of open conversation where agreed-to guidelines allow for safe exchanges and deeper conversations. The purpose is not to attempt to convince or persuade others, it is to be open in order to learn from each other.

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Margot McKinnon and Margot Van Sluytman, who teach at Spiritual Directions, both have exciting events happening in their lives. Margo McKinnon will be going to Oxford University in the Fall to pursue graduate studies and develop her theory on Mind-Body-Spirit-Soul Dominance. She will be giving just three more workshops before she leaves if you want to explore more on the theme of spiritual intelligence and the exquisiteness of being human. Her next workshop is **"Being Spirit Dominant"** on Saturday June 14, 10 am to 5 pm, \$125.

Margo Van Sluytman is writing a book about her spiritual journey of reconciliation with the man who killed her father called "Sawbonna: I See You. Dialogue of Hope". Check her website listed in another part of this newsletter. She will also lead a workshop called: **Healing After Violent Crime** on June 23<sup>rd</sup>, 7 – 9 pm, where she will share more of her experience. She also has two other writing workshops before that to help you enter into your own sacred journey: **Wild Vision**, May 31 and **Write Your Fire**, June 14

We are seeking to expand our e-mail newsletter list to reach more people, and would appreciate your help by sending this newsletter to two or three people whom you think would appreciate what Spiritual Directions has to offer. If you have received this e-newsletter from a friend we would welcome you to join our newsletter list by subscribing at [teaching@spiritualdirections.com](mailto:teaching@spiritualdirections.com)

John Griffith

## Events at Spiritual Directions

This month we have several opportunities and special events to help you pay attention to what the spirit is saying and doing in your life. Call 210-2802 to register or for more information



**Urban Retreat** With TY Regan. You will begin an intentional journey to the Heart of the Sacred, or as Matthew Fox has phrased it "the cosmic Christ", That creative energy existing in each of us which can be discovered through soul work exploring the wisdom stories of the ages. 4 Wednesdays, 7 to 9 pm, May 21, 28, June 4 11. \$20 per session

**Also From TY Regan:** Book Signing and Reading Friday May 23<sup>rd</sup>, 7 – 9 pm. This will be held in The Canterbury Room at St. Stephen's Anglican Church, a large room right inside the door at 1121 – 14<sup>th</sup> Ave. SW, right around the corner from our office.

**Drumming Circle** With Kathryn Doherty. Come together in a unique rhythmic experience transcending language and cultural boundaries. Energizing, spontaneous, fun and creative for mind, body and spirit, all drums and percussions are included in this wonderful evening of stress reduction and jamming, or bring your own instrument. Last Friday of each month, 7 to 9 pm \$15 per session.

**Spirit Vessels: Creating With Gourds** with Marcia Osborne will be held on Sunday, August 10, 10 am to 4 pm \$55 . All the materials are supplied. Bring your imagination and create a beautiful sacred object for yourself. Marcia will guide the day and provide you will all you need to enjoy this creative experience. We have some beautiful examples of these spirit vessels in our offices. Please feel free to come by and view them.

**Gardens Of Transformation** With Straja Linder King and John Griffith. An experiential workshop using mediation, art making and a sharing circle to celebrate this time of change in your life. Tuesday June 24, 7 to 9 pm, \$25.

**Didgeridoo Workshop** With Audrya Corbett and Sean FreeZen. Paint your own PVC Didgeridoo and explore the history of this ancient tool. Learn different techniques including instruction on circular breathing. Receive a group didgeridoo energetic re-balancing. June 7, 12 to 5 pm. \$150 ( includes all materials).

Please see our brochure or website [www.spiritualdirections.com](http://www.spiritualdirections.com) for other workshops in May & June, and Strawberry Tree Art Studio groups and sessions, with information about Healing our Losses and The Artist Within

## Books Recommended by John:

**Storycatcher: Making Sense of Our Lives Through the Power and Practice of Story**, by Christina Baldwin. This book is about the incredible power of story and language. Each chapter explores an aspect of our own story and gives exercises to help you understand your story better. From chapter four, "Story is the mother of us all. First we wrap our lives in language and then we act on who we say we are. We proceed from the word into the world and make a world based on our stories".

**I will not die an un-lived life: Reclaiming Purpose and Passion** by Dawna Markova. This heartfelt writing about the author's personal wisdom and experience enables readers to reflect on their own lives. Markova's perspective on healing is that we are not broken people needing to be fixed, we are growing people who are still unfinished. She defines 4 areas in which we can gain insight into our own transformation by being open to these questions. What's unfinished for me to learn? What's unfinished for me to heal? What's unfinished for me to give? What's unfinished for me to experience?

## Websites of Interest:

[www.sawbonna.com](http://www.sawbonna.com)

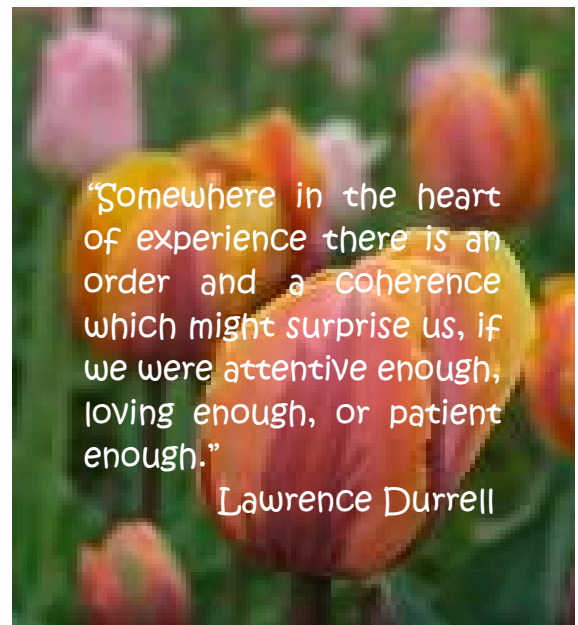
This website was set up by Margo Van Sluytman to share her work in restorative justice and encourage reflection on the healing work of reconciliation.

[www.EnlightenNext.org/UniverseProject](http://www.EnlightenNext.org/UniverseProject)

Become part of a dynamic global movement of individuals and organizations united in evolutionary idealism and committed to creating a new and enlightened future for us all. You can join at no cost to receive an e-newsletter and access online discussion forums. At this site you can connect with resources and people who are working to evolve consciousness throughout the world.

## Two events at a discount:

Spiritual Directions is pleased to be able to offer 4 **Free Tuitions** to a Life Changing Weekend Retreat "Uncovering the Sage Within" hosted by Best U Can B Inc. (<http://www.bestuCanb.ca/personalbest.php>) This is an empowering journey of Self Discovery. June 20-22 and is held on a beautiful, secluded island in the Red Deer River, near Innisfail. This is a saving of \$797. The only cost to you is for food and lodging. Immersed in Mother Nature, you will connect with your Self and uncover your Inner Wisdom. Enjoy ceremony and healing with activities such as Sweat lodge and meditative walks. Participate in enlightening activities and experiences that will take you to a higher level of living! Simply be one of the first 4 people to call 285-5266



**Uniting Healers Worldwide Conference**, September 25 – 28, here in Calgary. **\$145 Discount until June 1<sup>st</sup>**. Nine healers from Australia, New Zealand, Peru, South Africa, U.S.A and Canada will be presenting workshops and keynote addresses. Designed to Inspire, Energize, Serve and Activate 5<sup>th</sup> Dimension Healing. More information is available at [www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com). Contact person is: Marsha Read, 542-7868, [mread@telus.net](mailto:mread@telus.net). For a limited time (until June 1<sup>st</sup>) the fee is \$350. The full cost of the conference after that date is \$495.