

2007



Spiritual Directions



January Newsletter

It's About Time

“ Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

From a personal email

Time is one of the most valuable gifts we can give to ourselves or another person. Our beliefs about time play an important part in determining the quality of our lives. Certain times of

the year, such as January 1st, birthdays, anniversaries, etc. seem to ask us to stop and reflect on the movement of our lives and its meaning and purpose. In the ancient Greek language, the language of the New Testament in the Christian holy writings, there were two concepts of time. *Chronos*, which designates the way we measure the movement of our lives (history), and *Kairos*, which describes the way events come together to create a meaningful moment (the right time, serendipity, transformation).

Contents

Its About Time.....1
 Events & Announcements.....2
 Links & Website.....4

At the beginning of a new year we may dream of Kairos moments (meeting the right person, being a different kind of person, getting the right job). If we are truly serious, we begin to plan how we can clear the path or create the conditions for our dreams to come true. As we work our plan we believe, “This change is possible, I have the freedom to make choices, my choices make a difference, some things are more important than other things (setting priorities), I am loved and lovable and deserve the blessings and benefits of this change, and the abundance of the universe is at my disposal to make this change”.

Setting the intention is the first step. Making positive mental images and selecting physical symbols helps direct the energy toward reaching our intention. Maintaining a ritual of reflection (e.g. journaling, seeking spiritual direction) enables us to move deeper into the change process and can help us identify the blocks and barriers to attaining what we really want.

Establishing priorities and making choices is the next step. Every day we make hundreds of choices about how we will spend our time – choices which in turn shape our lives. Many of these choices are made unconsciously. Often I hear people say “I just don’t have enough time to do all the things I want to do”. It may be true that we do not have time to do everything we want to do, but we do have enough time to do what is necessary to take the next step in our life’s development. We just have to keep this as a priority. We



#150, 1402 - 8 Avenue NW
Calgary, AB, T2N 1B9

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

live in a very affluent time when there are many demands on our time and many opportunities and possibilities to choose from. It is easy to become overwhelmed or fatigued. This is when we are likely to move into unconsciousness and revert to old programming. When we are overwhelmed we can get into reaction mode and merely take care of the demands of the day. When this happens we simply maintain things the way they are rather than grow or progress. This is the most important time to make an intervention, to do something new, to step out in faith. The spiritual life requires that we be intentional and reflective about what is important in our lives. We must prioritize our needs, wants and commitments, and make conscious choices. It helps to write these things down. This makes them more real and puts some energy behind them.

The next step may be seeking some help from a mentor, a support group, etc., because the spiritual journey is often not easy. It usually involves challenging some of our beliefs, thinking differently, changing our behaviours or practicing some physical or spiritual disciplines (study, meditation, exercise, etc.)

When we begin a new path there are always awarenesses and challenges that we don't like or want to acknowledge. This is all good information even if it is uncomfortable. Letting go of judgment is another important step. If you have a pile of regrets in front of you that you rehearse every day, you are blocking the energy to move ahead and preventing the positive changes you want. Return to what you want. You deserve it. It's about time!

This winter we have many opportunities for personal and spiritual growth. Meditation, dream work, a writing workshop and several energy healing opportunities, to name a few. I hope we can help you spend some time in the deeper spaces that bring wisdom, healing, and renewal of your soul and deepen your connection with Spirit.

John Griffith, Director



Upcoming Events

At

Spiritual Directions

We have several exceptional workshops in the new year that still have spaces available. We now take credit cards as a convenient way of reserving a place for yourself or your friends. Just call 210-2802 to register or for more information

Awareness I: The Journey Into Power

Facilitator: Wes Geitz, Windwalker

Expand your physical awareness, and use this expanded awareness to explore the transition from physical to spiritual awareness. Learn how modern science rediscovered what the ancients knew about brainwaves and states of awareness. Learn the overview map of the spirit realm. Discover the richness of the spirit realm and create your own "good medicine place" there. Move into and communicate safely in the world of spirit. Learn the Shamanic Laws of native healers. We have offered this course twice and are now looking again for people who want to explore the shamanic experience and develop these skills of healing and spiritual growth. For a fuller description of this program and who Wes Geitz is go to www.windwalker.ca

Saturday, March 31 & Sunday, April 1

Fee: \$175 (Register early - limited to 12 participants)

The German root of the word *friendship*, *berg-frij*, means "place of high safety"

A Divorce Care Program for Adults: C.A.L.M. (Coping and Living More)

Facilitator: Velma Noble.

This is a unique group counselling program for adults who are recently separated or divorced and wanting to complete the healing process. It offers assistance in working through the various emotional, psychological and spiritual aspects of separation and/or divorce. Some of the topics in this program are: facing anger and loss, dealing with depression and loneliness, forgiveness and reconciliation, healing and moving on. C.A.L.M. provides a safe and supportive environment for exploring the pain from a lost relationship while providing opportunities for growth and building new hope for the future.

8 Thursdays, February 15 through April 5, 2007

Fee: \$180

Spiritual Clearing and Healing with SRT Meditations

Facilitator: Emily Matweow

Spiritual Response Therapy (SRT) is a form of spiritual healing which researches the subconscious mind, its programs and the soul (akasic) records to clear discordant energies and remove blocks that maintain self-limiting patterns. Erroneous soul programming may be cleared by SPIRIT (God, Higher Power) through the SRT practitioner. This clearing promotes enhanced physical, mental, emotional and spiritual life force energy. For more information visit www.emily.org.

6 Thursday evenings, February 22 to March 29, 7 to 9 pm. Check our website for specific topics.

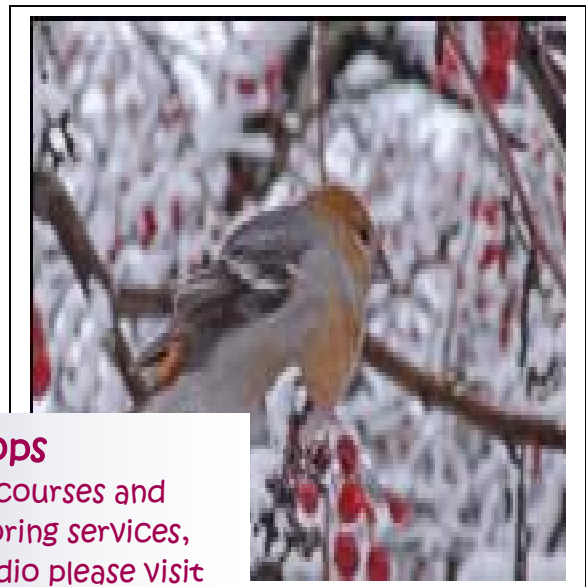
Fee: \$50 each evening or \$250 for all six.

The Venerable Achariya Doug Duncan Sensei

Will be teaching Friday and Saturday, Feb 16 & 17, 7 to 8:30 pm and Sunday, Feb 18 from 10 to 11:30 am. Doug is a Dharma teacher who incorporates teachings of other mystical and religious traditions together with psychology, art and modern science. To register call 828-6607 or email: Jonesbrand@telusplanet.net

Living The Questions

is a course in contemporary Christianity. Three churches that we are aware of who have drop in groups or are starting new groups are Hillhurst United Church, Parkdale United Church and the Cathedral Church of The Redeemer. Call these churches directly for more information or visit our website for a more complete list of participating congregations.



Courses & workshops

For a comprehensive list of our courses and workshops, counselling and mentoring services, including the Strawberry Tree Studio please visit our website at www.spiritualdirections.com

Advanced Development of the Healer Series:

Facilitator: Dr. Bulbrook

These courses are geared to those who are interested in making changes in their energy based practice and in their personal lives. Each part connects to the overall goal of spiritual attunement and advanced development as a healer. Check our website for specific topics.

Developing Medical and Spiritual Intuition, Mar 1 & 2, 9 am to 5m

Living with Angels, March 3 & 4, 9 am to 5 pm

\$290 per workshop with early bird special (register by Feb. 15)

Links and Websites

www.faithstreams.com has discussions, inspirational videos and articles on spiritual topics. It also presents New Morning programs that air on the Hallmark Channel.

The December issue of a We-based magazine called *The Social Edge* has three interviews. Under the Articles section there are 2 interviews -- one with feminist theologian Elizabeth Schussler Fiorenze in which she talks about hope in the Catholic church and why she is still a member; a second with Old Testament theologian and author Marcus Borg who speaks about the domination system and why there is hope in the Christian church, and in the Arts and Culture section Margot Van Sluytman talks about the power and place of poetry in our lives. Margot is teaching a writing workshop at Spiritual Directions called *Wild Self/Real Self* on Saturday, February 3, 9 am to 3 pm, \$60. Her interview can also be found by cutting and pasting this link into your browser: <http://thesocialedge.com/archives/gerrymccarthy/3artsandculture-dec2006.shtml> or go to www.thesocialedge.com

Spiritual Directions offers Gift Certificates in any amount for any of our courses. Please enquire by calling 210-2802

Each one has a part to play in the complex pattern being woven by humanity. There is no one in whom the fire of Creativity cannot be lit.

Benjamin Crème

