



Spiritual Directions



October
Newsletter
2007

'Prayer invites me to stand still when all I want to do is run.'

Jean Stairs,
Listening
for the Soul

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PLEASE NOTE NEW ADDRESS
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Contemplative Waiting

Waiting is not encouraged nor valued in our society, yet it is an essential practice if we are to access our heart's desire. You can't hurry love and relationships, even with yourself. Contemplative waiting is an active process of paying attention, listening and being open to the sacred voice that takes us into the mystery of life. This journey into the depths of our being is both wonderful and difficult. It is a path of paradox – moving between the tension of knowing and not knowing, believing and questioning, feeling no longer oneself, yet closer to our authentic self than ever before. Waiting requires courage and trust. It is deeply personal inner work that few people can do alone. Having a companion is very helpful.

Wondering is the way we follow the path to the heart. The heart does not give up its wisdom easily. We must prove ourselves worthy and ready. This takes time and discipline. If the truth comes too quickly it can overwhelm us. If it comes too easily we can dismiss it. When we stay the course and work for it, the heart honours us with sacred gifts which bring us insight. Contemplative waiting, coupled with a yearning to hear the voice of the heart and a sincere desire to know what is true, leads to a moment when straining, waiting, receptive ears finally hear the sacred words.

John Griffith, Director

This writing is taken from the forward to a new book by Margot Van Sluytman called "Contemplative Waiting: Write into the Heart of Your spiritual Journey". Margot will be presenting her new work on November 1, at Good Shepherd Anglican Church, 408 – 38 Street SW, 7 – 9 pm. You are cordially invited to this reading with a wine and cheese reception.

Spiritual Directions offers mentors if you want a companion on your spiritual journey. We also have the following courses and workshops coming up if you wish to spend some intentional time attending to the movement of your spirit. (Please note new address)

Take time for your soul...Some upcoming workshops

Meditation: Personalize your practice of Meditation includes teaching and practice time every session. Tuesdays, 7 – 9 pm \$15 Norline Johnson and June Churchill

Stepping Stones: Every Monday afternoon, 1:30 – 3:30 pm \$25. At the Strawberry Tree Studio. Healing using art invitations to address grief issues. Straja Linder King

A Taste of Deep Ecology: Monday Oct. 29, 7 pm \$15. Celebrate your place in our world. Diane Allen

Sounds and Silence: Nov. 5, 7 - 9 pm \$15. This popular workshop uses voice and instruments to expand consciousness. Marsha Read

Your Voice is your Affirmation: Saturday Oct. 27, 9 am – 3 pm \$65. In this writing workshop you will write your clarity, your vision, your affirmation. Margo Van Sluytman.

Gifts of Personality and Spirituality: Saturday Nov. 17, 12:30 – 5:30 pm \$60. An exploration of personality type (Myers Briggs) and Spirituality. Sidney Craig Courtice

Celebrating All Life: Friday Nov 17, 7 pm and Saturday Nov. 18, 9 am – 4 pm \$65. Using ancient wisdom and the new science to understand our reality and place on the earth. Diane Allen

Energy Medicine: 2 days, Nov. 24, 25, 9 am – 5 pm \$145 per day. This workshop addresses the physical, emotional, mental and spiritual aspects of illness. Marsha Read

Shamanic Practices of the Munay-Ki: Nov 10, Dec. 1, Jan 12, 8:30 am – 4:30 pm \$60 per session. Conferral of rites, coaching and training regarding the place of the Munay-Ki in today's world. June Churchill and Judi Fiddick

Spiritual Response Therapy Training Weekend: Nov 2, 3 and 4, 9 am – 5 pm \$375. Basic SRT Developing your cosmic potential. Emily Matweow

ARC : hands on healing techniques for internal balancing, cleansing and releasing. For more information & programming visit thearcinstitute.com

The Strawberry Tree Art Studio's new home is at 1021 14th Ave. SW, right around the corner from Spiritual Directions. Access is through the Church Offices entrance and immediately to the right. Strawberry Tree offers training in Expressive Arts, groups in art and spirituality exploration and private counselling. Please call 210-2802 for more information



Walking and Talking With Angels:

Part 1: Friday Nov 9, 9:30 am – 3:00 pm \$75.00
Part 2: Friday Nov 9, 7:00 – 10:00 pm \$45.00
Part 3: Saturday Nov 10, 2:00 to 5:00 pm \$45.00
Part 4: Sunday Nov 11, 9:30 am – 3:00 pm \$75.00.
Each part can be taken separately.
Instructor: Marsha Read.

Healing Touch - Level 1: Part of the
Healing Touch certification program.
Dec 7, 7:00 to 9:30 pm, Dec 8, 9:00 am – 6:00 pm,
Dec 9. 9:00 am – 5:00 pm, \$333.00.
Instructor: Marsha Read



EXTRACTION: A SHAMANIC WEEKEND WORKSHOP with Manfred Lukas

Topics Covered: Exploration of how intrusive energies occur, what the symptoms of intrusive energies are and how these non-beneficial energies may be recognized and extracted.
Saturday, Nov 24 and Sunday, Nov 25, 2007. 9 am – 5 pm both days
Location: Sara Hall, Calgary
Fee: \$225 Registration fee: \$100
(Final \$125 due anytime up until the morning of sign-in)
Phone (404) 441-6265 to register



A GIFT FOR YOUR SPIRIT

Spiritual Directions & The Strawberry Tree Studio
Personalized Gift Certificates

For any course or workshop in 2008. Please Call 210-2802

...Congratulations to Lorraine and Margot on the publishing of their new books

Improving Your Health with Herbs: True stories, ideas and reference guides for better health from herbalist and healer, Lorraine Carpino. Self published. \$20. Available at Spiritual Directions

Contemplative Waiting: Write Into the Heart of Your Spiritual Journey by Margot Van Sluytman. A book of poetry, writings and pages for your own writing. \$20. Available at Spiritual Directions