

# Inspirational Moments

Welcome to the August issue of Sue Kenney's words, stories and events on and off the pilgrimage route known as the Camino de Santiago de Compostela.

[www.suekenney.ca/newsletter](http://www.suekenney.ca/newsletter). There is no time like the present to live in the moment.

*Namaste.*

Sue

## My First Tango

"Tango is a walking dance." The instructor told the group of students. I listened with intrigue. I had found two pennies earlier that day and wondered when my luck would appear. I was standing alone on the dance floor with the teacher announcing Tango was all about *walking*. I couldn't be luckier.

Last week I went to the Milango Club on the Danforth alone, for my first Argentinean Tango lesson. The room was filled with people of all ages. Because of traffic I had arrived a few minutes late and immediately joined the circle of people who had apparently just learned the basic step. Once they started to practice I quickly realized that everyone had a partner, except me. I desperately looked around. A man approached me offering to teach me the step. I gratefully accepted. Very quickly I began to stumble over my feet and his too. I couldn't relax. The music had a beat that wasn't familiar to me and like the sport of rowing, I was travelling backwards. When the beginner class ended I stayed on the dance floor and quickly a new partner appeared. A tall, young, handsome Asian man. I could tell by the confident way he held himself he was a dancer. In Tango, the woman has to surrender. I thought I had learned how to surrender on the Camino but I resisted letting go making the dance awkward. When the music stopped I excused myself to get some water. My red sling back shoes had stretched and they were making a loud floppy noise on the floor.

While getting a drink another man approached me with an offer to teach me more steps. Again, we moved awkwardly around the dance floor. After three songs he finally let me go. We walked over to where my purse was stuffed under a chair. I stretched my arm out to get it and as I stood up a dark skinned tall man began speaking in a gentle voice,

"Would you like to go for a walk?"

I was stunned by the question and had no idea what he was talking about. The question was precious to me and so asked what he meant by it. He said that asking a woman if she would like to go for a walk, was the polite way of asking her to Tango. Who would have thought there would be a dance dedicated to walking?

I accepted his invitation and we *walked* gracefully around the dance floor finally able to surrender. There were moments during the dance, when I felt like I could float away. After all, I was dancing with the Camino.

Sue

# Contents

Vision10Million [www.suekenney.ca/vision10million](http://www.suekenney.ca/vision10million)

**This Months Virtue is Believe-** What do you believe?

**Our Camino leaves Fall 2005** - Sue leads group of six pilgrims on the Camino to film a documentary...

**Author Events** – TIFF show @ The Gladstone Hotel/Back at The Drake in TO, Canadian Pilgrim goes west....

**Workshops** - How to write *good!* Writing workshop. Aug 18 workshop booked..next Toronto workshop...

**Book Review** - "On my 35-mile pilgrimage to work this morning, I listened to your CD ...

**Other Links** – Linda Women's Travel Tips, Susanne's Transitions and Travel...

**Sue's Profile** – The Leadership Journey is the topic at the Banff Centre to 300 business people on August 23...

**Contact** – Non-profit sector... book Sue for your fundraiser for a unique message...

## Vision 10 Million

There has been a lot of interest in the idea of setting a world vision and people have been writing to let me know they will be a part of it. One woman will be celebrating her 49th birthday that year and wants to do something special to give back to the world. Walking and everything about walking the Camino has become my life. I believe that walking is an art form. I believe that walking is an art form and through the artistic process we all contribute love to the universe. Beethoven was paid a salary for simply walking. Three Austrian noblemen guaranteed him 4000 Gulden a year if he would walk each day from sunrise until noon, because he composed better while walking. I too believe there is a strong co-relation between walking and creativity. Walking is a simple universal act that can be done in any part of the world; there is no language barrier, no equipment and no training required. It's good for the body and the soul and it's free!

I see 10 million pilgrims worldwide walking on November 1, 2010. What do you see?

**This Months Virtue is Believe** A virtue represents moral excellence, honor and integrity.

I believed that if I put my sorrow into the stones I picked up along that way, I could leave my sorrow on the Camino and open my heart for more love. By the time I reached the end of the Camino, I felt like I was in a state of grace, free of all sorrow. When I found out the pilgrim who first told me the story actually didn't believe in the stones I was disappointed and shocked. Then I realized that was part of my lesson. It doesn't matter whether he believes in the stones or not, it only matters what I believe.

**Intention** *I am what I believe. Repeat your intentions daily to create the reality you truly desire.*

**Our Camino: A Pilgrim's Journey leaves in October.** In October I will lead a group of six women on the Camino to complete a 12-day walk to Santiago covering 240 kilometers. This is a brave group of individuals who will walk their own journey facing their deepest fears. We will be filming a documentary to explore this ancient journey of transformation with the assistance of Platinum Image Film of Toronto. Travel arrangements and package co-ordinated by Kompas Express Travel. If you know anyone who might be interested in sponsoring the documentary please contact me. [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

**Events** Please join me and feel free to invite others too! Check my website for more details.

## Author Events

**August 20 Calgary Indigo -Signal Hill 2-5pm**

**August 21 Canmore Tess's Cafe and Books 2-4pm**

**August 22 Calgary McNally Robinson bookstore 12-2pm**

**August 22 Banff Banff Book and Art Den 3-5pm**

**August 24 Kensington New Age Book and Crystals 11-1pm**

**August 24 Calgary Chapters Chinook 2-4pm**

## Toronto International Film Festival Event

**Sunday September 11, 2005 at the Gladstone Hotel Ballroom starts at 4pm**

Join author Sue Kenney as she entertains you with her engaging style of performance storytelling. Sue will share tales about her life altering journey when she walked 780 kilometers across the north of Spain on a medieval pilgrimage route called the Camino de Santiago de Compostela. Sue and friends will do a live performance reading of a scene from the theatrical screenplay of My Camino. Be the first to see it performed. The Gladstone Hotel 1214 Queen Street West, Toronto 416 5314635 Cover \$6.00 at the door-Show your TIFF ticket and get in for Free.

**Toronto Artsweek Events September 22 7-8:30pm Storytelling on the Beach**-Join us at Hanlan's Point Toronto Island for an evening of drumming and storytelling. Rain location Gibraltar Point Centre for the Arts. [www.torontoartscape.on.ca](http://www.torontoartscape.on.ca) Take the ferry from Bay and Queens Quay docks. For more info contact Sue [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) **September 29 The Toronto Reference Library** - Camino storytelling- details to be confirmed

**Back at The Drake Hotel**

The artistic storytelling/music/art performance at The Drake Hotel last month was such a success that they have invited me back to do a Sunday afternoon event in the Lounge upstairs. We are still working out the details to possibly have different artists perform monthly. Watch for details on my web site.

## Workshops

**Creating Presence Workshop** Are you exploring a path to personal development? There is no time like the present to discover new ways to live in the moment and be present by increasing your gradient level of awareness. This workshop is designed to teach useful personal and business life skills to live with purpose, communicate more effectively, reduce stress, and to be more creative. Learn ways to recognize when you are in judgment of people and situations. Increase your power to open possibilities for yourself and others. Create your desired future. **Toronto Workshop Friday September 16 9:00am to 4:00pm** Workshop to be held on Toronto Island- Refreshments and lunch served. Workshop Fee \$95.00 plus gst Visa/Mastercard accepted. Bring a friend and get 20% off your fee. **To Register email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) or call 416 985 8759.**

**How to Write Good! A Writing Workshop** co-facilitated with Bruce Pirrie of Second City fame. Learn proven improv techniques to improv-e your creative writing. You'll meet other writers, write new material and have it reviewed too. **Toronto Friday September 16 9-4pm \$95 email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)**

**Journey to the Soul -Week-long Intensive Retreat** November 14 to November 18<sup>th</sup>, 2005 - 5 days Intuitive Facilitation by Sue Kenney and a variety of special guests. Plans are underway to offer a week-long retreat for individuals interested in personal/business development with a spiritual theme. Past workshop exposure is helpful but not a pre-requisite. Topics will include: mission, vision and life purpose; judgment; intentions; opening possibilities; finding inner joy and life balance. The week will be filled with a variety of other workshops in various disciplines such as daily meditation, yoga, drumming, storytelling, art and creativity. There will be some free time scheduled but this is an intensive program that will require your full commitment. Spaces are limited. To pre-register or get information email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

## Book Reviews and Testimonials

If you have comments or would like to write a review about My Camino, please email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)  
*I live in a little rural village north of Albuquerque and every day I drive into town to the University of New Mexico campus where I work at the performing arts center. Usually, I drive listening to all the [bad] news on the radio, get impatient with the traffic, worry about what I've got waiting for me at work, etc. But this morning, I just listened to your stories. Even though I knew the stories from reading your book, this morning I heard them with your soothing voice and the beautiful music in the background. I arrived at work feeling very calm and confident that everything I would do today would be positive and productive in some way. And so far, it has been.*

*After all that, I just wanted to thank you again for your participation in our New Mexico pilgrim gathering and for the inspiration you provide. The people who spoke to you on the phone were grateful for the opportunity. The gifts you sent were given - all of them - to one person - Debbie, a young woman who is planning her pilgrimage for next year and who seemed apprehensive about the prospect. As all the past pilgrims were buzzing and humming with their own stories, this woman sat quietly looking around the room and wondering whose advice she should take because there were so many people trying to tell her what to expect and how to plan. My friend, Gloria, who was also sitting quietly,*

*suggested to me that I give the Cebreiro stone to Debbie because she needed to "receive" something. I presented the stone to her (still in the purple bag) and told her where it was from, only saying that it is one of the important sites on the pilgrimage. Later, I remembered the CD, so I gave that to Debbie as well, saying that the best advice about approaching the Camino would come to her on its own, but that Sue Kenney's stories were a good place to start thinking about the approach. Debbie was visibly moved. I hope I have a chance to connect with her again after she makes the pilgrimage.*

*Here is the love and light reflected back to you, further brightened by what I kept for myself and our group, and then multiplied! And I guess we have Andreas to thank for that too!!!*

*Linda*

**Book Update** My Next Book-Many people have been emailing me about when the next book is coming out. I have been begun the process of editing the manuscript of The Journey of the Eagle Feather which I wrote in late winter. I expect to have the manuscript finished and ready for publication in the spring. It's a very different story and I look forward to sharing this unbelievable journey with you.

I have had many people request that I translate the book into French. There are grants available through Canada Council for the Arts but I must find a publisher who has already translated at least 3 books into French and I would prefer to work with a Canadian company. If anyone has any suggestions for a contact they could refer me to I would be most grateful. [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

**My Camino** is being presented at a large German book fair this week in Bielefeld with the hope I can have it published in German. Please send me your intentions. **Other Language Translations:** An adaptation of Chapter 7 Stone by Stone has been translated into Spanish, German and Brazilian Portuguese and is available on my web site. Feel free to share with others internationally. <http://www.suekenney.ca/aboutthebook.html>

**Thank you...***A very special thanks to everyone who shared my book or CD with someone else, and especially to those who have helped me with kindness along the way. I am truly grateful for your kindness.*

## **Sue Kenney's My Camino**

ISBN 0-9734186-3-X published by White Knight Publications. Available at most bookstores including Chapters/Indigo, Independent book stores like Nicholas Hoare. For a signed copy go to my web site to order on-line.\$19.95 plus tax.

## **Stone by Stone Meditative Storytelling CD with Sue Kenney**

Available at on my web site at [www.suekenney.ca/stonebystone](http://www.suekenney.ca/stonebystone) \$14.95 plus gst

To listen to sections of the CD go to [www.cdbaby.com/suekenney](http://www.cdbaby.com/suekenney)

**Sue's Profile** Sue's life work is based on a philosophy that core leadership is based on awareness, love, compassion, discipline, truth, humility, grace and simplicity. Through **Inspirational Speaking and Workshops** Sue provides a new approach to achieving balance in one's business and personal life. Workshops ideas; principled leadership skills; getting more balance in your life; goal setting through intentions; handling stress using breathwork; increasing

awareness for creativity; teamwork through surrender and there's more. Workshops start at \$50.00 per person. [www.suekenney.ca/workshops](http://www.suekenney.ca/workshops)

## Sue's Background

After spending over 20 years in the telecom industry, Sue's position as an account executive with an international telecommunications company was deemed redundant. Five weeks later, she took her first step on the Camino de Santiago de Compostela, a pilgrimage route covering 780 kilometers in 29 days. When she returned home she began telling stories of her journey and then recorded a storytelling CD called Stone by Stone. People who listened to the CD came back asking when the book was coming out. Although she had never written before, Sue decided to embark on a new journey to become an author. Last winter she started writing and on June 25, 2004, 3000 copies of Sue Kenney's My Camino rolled off the press. The response has been overwhelming. Over 2500 Storytelling CD's Stone by Stone have been sold. The average independent artist in Canada sells 200 CD's a year! Sue Kenney was born and educated in Toronto. An international inspirational speaker, workshop designer and entrepreneur Sue gracefully integrates the lessons of the Camino with her business and athletic expertise, offering a unique perspective to a life journey. Contact Sue directly to discuss your needs.

## Other Links

- Travel and Transitions transformational experiences [www.travelandtransitions.com](http://www.travelandtransitions.com)
- PRWEB June 23, 2005 -- Women travelers are hot. According to [www.womentraveltips.com](http://www.womentraveltips.com), women make 70 percent of all travel decisions, and 75 percent of those who take nature, adventure, or cultural trips are women. But, whether it's a business trip to New York or a solo pilgrimage on the El Camino de Santiago, traveling gives a woman an opportunity to discover more about herself, grow spiritually, and unpack the adventure within. <http://www.emediawire.com/releases/2005/6/emw253541.htm>
- Looking for a Literary Agent to get published. Go to [http://www.literarymarketplace.com/lmp/us/index\\_us.asp](http://www.literarymarketplace.com/lmp/us/index_us.asp)  
National Association for Women Writers [www.NAWW.org](http://www.NAWW.org)
- Soy Based creams and bath produces [www.jaydancin.com](http://www.jaydancin.com)
- From Comics to music to film, Faith is in....<http://www.zenit.org/>
- Kimlee Healing Arts [www.kimleeshealingarts.com](http://www.kimleeshealingarts.com)
- Stress Reduction and Well Being Specialist 416.569.7114 [melody.flynn@returntozen.com](mailto:melody.flynn@returntozen.com)

**Feel free to share this newsletter. If you have any comments or suggestions please email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)**

***If you wish to be removed from this list just send an email with the words unsubscribe in the subject area. Your email and contact information will not be shared or sold to anyone else.***

Copyright 2005 Sue Kenney