

# Inspirational Moments

Welcome to the December issue of words, stories and events on and off the Camino de Santiago de Compostela. This is the last newsletter for this year and for many of us signals the end of one journey and the beginning of another. What a gift! We have the choice to be our dreams come true by actively creating our reality. May you be inspired by this moment.

Special holiday greetings to you. During this time of gathering and renewal I wish you peace and prosperity as you journey, wherever that may be.  
Namaste.

*Sue*

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## Stories from the Path

### **This Month's Virtue is Grace**

A virtue represents moral excellence, honour and integrity. The virtue of grace has proven important to me as a leadership quality I have learned, both on and off the Camino.

### **Grace**

Simone Weil said, "We must not wish for the disappearance of our troubles but the grace to transform them." On the Camino, I wanted to deal with my troubles so that I could understand my higher purpose in life and begin to actively create my reality. After a few days of walking, I noticed that over a period of 6 to 8 hours of thinking, the same thoughts and ideas repeated in my mind. To make matters worse I tried to control these thoughts. They were centered around fear, guilt, envy and self pity leaving me disgusted with the banality of it all. I desperately wanted to get past this.

The activity of walking as a simple pilgrim in the grandeur of the universe, helped me to develop a sense of humility. This led me to a state where I was willing to freely surrender to the Camino; to the way. In an effort to reach a higher state of awareness I embraced a form of walking meditation and practiced self love every day. Soon a ritual developed. At the end of each day I would spend the last kilometer walking in a state of gratitude. By repeating this ritual daily, by the end of the 780 km journey to Santiago I felt as though I had reached a state of grace; something I had never experienced before in my life. Through grace all my troubles seemed to transform into gifts and could begin to see my purpose unfold.

### **Living in Grace**

On the Camino I learned, lessons are not good or bad, positive or negative; they just are.

### **Intention**

I have the grace to transform my troubles.

# Do you want to walk the Camino?

## A Pilgrim's Journey

*Join Sue Kenney as she guides other like-minded individuals on the first Pilgrim's Journey to the Soul, leaving in April 2005.*

This journey has been designed for individuals who are interested in walking the Camino, but don't want to go alone. It's a journey of self discovery that includes a series of workshops designed to prepare one for becoming a pilgrim, on and off the road to Santiago. The journey begins in January 2005 with monthly workshops and weekly teleclasses to address preparations for the mind, body and spirit of a pilgrim. For 10 days in April, this group will embark on a pilgrimage covering almost 200 kilometers on the Camino de Santiago de Compostela; a medieval pilgrimage route in Spain. The destination is Santiago, Spain. If this approach to beginning a new pilgrimage in your life interests you, please contact me at sue.kenney@sympatico.ca or call 416 985 8759

## Thanks to You My Camino Draw

**Thanks for the fantastic referrals. We have 16 names in the draw so far.**

Between October 1 and December 31, 2004 I will be rewarding your referrals for books/CD's, workshops and/or speaking engagements. For every potential book/CD sale you refer to me, it will entitle you to a ballot. If you know of anyone interested in an employee event such as a Lunch and Learn, workshop or keynote speaker just email the details and you'll be entitled to another ballot. The draw will be held on January 1, 2004. Grand Prize: Journey to the Soul weekend workshop valued at \$295.00; Other prizes: A Gift Basket Valued at \$95.00; A Creating Presence workshop certificate valued at \$35.00.

To be a part of this offer just send me an email with your name/the name of the person you are referring and their contact information. sue.kenney@sympatico.ca. Good luck and thank you, again and again.

## Testimonials

**Dear Sue,**

Thank you so much for including me in your news letter... I recently finished reading your book and absolutely loved it! I picked it up this summer at the Huntsville market along with your CD and a few stones... I had initially heard about the Camino walk through my father. He belongs to a walking club and one of his friends had done the walk a year before and had showed the group some slides of his experience. It seemed to make an impression on him so I picked up your book knowing that I would see him that weekend. I gave him the book to read & kept the CD for myself. (I listen to it all the time when I'm driving!).. he started reading right away and when he was finished he passed it back to me. He thoroughly enjoyed it and said that he would like to experience the walk one day. Now that I have finished the book, I can see why he felt so inspired. What a beautiful gift you have for sharing your experiences. My father is 68 years old... he's in better shape than I am! I would love to see him go... I'm going to send him the information you've included on the April 2005 group walk.

**Lisa Wong, Toronto**

**For more testimonials or to write a review go to <http://www.amazon.ca/suekenneymycamino>**

# Sue Kenney's My Camino

## Author Event Listing~December 2004

Thanks to everyone who has come out to my author events and to those who have invited friends and family. So far I have had a fantastic response with many Chapters book store events scheduled. The western tour was a huge success. I was fortunate to be interviewed on CBC radio in Victoria, Calgary and in Edmonton I was on Wild Rose Forum; a one hour show with Don Hill of CBC's "Tapestry" fame. If you would like me to come out to your office or community group to inspire through my stories, please contact me.

### You are Invited...

Please share this schedule with anyone you know who might be interested.  
Everyone receives free stones and a bookmark.

**Friday December 3 Kent Book Store, Main Street, Lindsay Ontario 4-6pm**  
Storytelling and author signing.

**Saturday December 4 Gravenhurst Farmer's Market 9-12 pm Centennial**  
Community Centre. Meet the author and book signing

**Saturday December 4 Chapters Book Store, Newmarket 2-4pm** Author signing

**Friday December 10 Coles Book Store, Sherway Mall, Etobicoke**  
6:30pm to 8:30pm Author signing.

**Saturday December 11 Huntsville Farmer's Christmas Market 9-4pm**  
Author reading and book signing

**Wednesday December 15 Beyond Networking Christmas Dinner 6-9pm**  
My Camino, inspirational storytelling and book signing. For tickets go to  
<http://www.beyondnetworking.com>

**Saturday January 8, 2005 Chapters Book Store Brampton Trinity Common 2-4pm.**  
Author storytelling, reading and book signing to follow.

## Last Minute Holiday Shopping...

With the holiday season fast approaching, the stories of the Camino are unique gift of inspiration and hope for friends, family, employees and clients. Order a personally signed copy as a gift for someone special and we will mail it directly to them with a gift card enclosed.

## Holiday Gift Special

**Sue Kenney's My Camino book \$19.95 plus gst**

**Stone by Stone storytelling CD \$15.00 plus gst**

**Special Book & CD \$28.00 plus gst \$1.96**

**Order by December 22, 2004 for delivery before Christmas.**

Go to <http://www.suekenney.ca/bookorder>

# Workshops

## Journey to the Soul 2005

*New spiritual life skills workshop by Sue Kenney.*

**A new year is about to begin.**

**Are you prepared to make a commitment to creating the future you truly desire? Do you want to live your passion in life?**

Back by popular demand, Sue will be conducting a 2 ½ day intensive workshop that will take you on the journey of a pilgrim; as a metaphor for traveling your own life path. Sue will guide you to developing a plan to create the life you want to live through the discovery of the use of intentions, focus, passion and creativity. This is an interactive workshop that will also engage meditation, breath work, journalizing and walking as part of the learning process. By the end of the weekend, you will have developed effective rituals/new habit that can be integrated into your life.

**January 28, 29 and 30th.**

Friday 6-9pm Saturday 9-5pm Sunday 9-5pm

Refreshments and water provided.

**Soul Spa Healing Arts Studio** *A converted heritage home in Old Thornhill.*

**Forest Room**

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

To Register email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

## **A Gathering of Pilgrims** Toronto, May 2005

Don't miss this event if you want to meet and learn more about the historical, architectural, spiritual and other aspects of the Camino de Santiago de Compostela. Experts are coming from all over the world to this event at St Michael's University of Toronto campus.

To find out more go to <http://www.santiago.ca>

Want to see what the Camino looks like by web cam?

<http://www.crtvg.es/ingles/camweb/primenucamarasflash.htm>

## Book Update

**Sue Kenney's My Camino** is now in it's third printing with 7000 books printed. It is available at many independent book stores as well as Chapters/Indigo and some Coles stores. You can go to my web site at [www.suekenney.ca/bookorder](http://www.suekenney.ca/bookorder), [Amazon.ca/com](http://Amazon.ca/com) or [Chapters.ca](http://Chapters.ca) to order on line. Sales have been fantastic and the response to the book and CD is overwhelming. My best customer in Calgary bought 15 books to give away to his family and close friends, as gifts for Christmas. My youngest reader is 11 years old and the oldest is 82 years old. I guess the journey never ends.

## Referrals

Thanks for all the referrals. It's really working. Word of mouth recommendations have skyrocketed. Many book clubs are considering the book and I have many repeat customers who come back to buy the book to give away to someone they feel will be inspired on their journey.

## Reviews

Last month there was a picture of me signing books at the Bloor West Village Chapter's store in the Metro (Toronto) paper. There were articles in the Etobicoke Guardian, The Calgary Herald and the Lindsay Post. Your help is appreciated as people everywhere have heard about my book. Thank you. Check out the reviews on Amazon.ca and please feel free to add your comments. Special thanks to the reviewers.

Many of the libraries have now stocked the book and it's being read by more people. Please continue to ask for My Camino at your local library or bookstore. Feel free to write a review send it to me and I will post it on my web site. There is a service on the Chapters web site where you can refer the book to someone else [www.chapters.ca](http://www.chapters.ca). Thanks to everyone who shared their copy of the book with someone.

I encourage you to give me feedback: what works and what doesn't. Tell me what you need from me. And please let me know what you are doing for me so I can thank you!

Last month I did a book club meeting with 17 women from a (Bell) Book Club and it was fabulous to hear the questions and comments as we all engaged in some interesting philosophical dialogue. Not surprisingly, everyone wanted to know about the love affair with Andreas! Invite me to your book club and I will be sure to tell you more. If you know a Book Club who is interested in having me as a guest at one of their meetings to talk about my stories/philosophy, tell them to contact me directly.

## Profile

### Sue Kenney

#### **Pilgrim. Author. Inspirational Speaker. Workshop Designer. Coach.**

Sue's life work is based on a philosophy that core leadership skills begin with awareness, love, compassion, discipline, humility, grace and simplicity. If you align with this approach to business and life, you will be interested in checking out [www.suekenney.ca](http://www.suekenney.ca).

#### **Sue's Background**

In October 2001, my position as an account executive with an international telecommunications company was deemed redundant. Five weeks later, I took my first step on the Camino de Santiago de Compostela, a pilgrimage route that would see me walk 780 kilometers in 29 days. When I returned home I began telling my stories. Then I recorded a storytelling CD called Stone by Stone and sold 1000 copies in six months. People who listened to the CD came back to me asking when the book was coming out. Although I had never written a book before, I decided to embark on a new journey to become an author.

On September 26, 2003, I went to The Word on the Street literary festival in Toronto, armed with my CD. I talked to many people and presented my book idea to various publishers. I found three who were interested in seeing an outline. Shortly after, White Knight Publications signed a deal with me to publish my first book. Last winter I started writing and on June 25, 2004, 3000 copies of Sue Kenney's My Camino rolled off the press. The response has been overwhelming.

With over 2500 copies sold, Sue is on her way to becoming a Canadian best seller. A sought after professional speaker and engaging personality, Sue was recently selected as a keynote speaker at the Calgary Chamber of Commerce President's Cup breakfast event. Don't miss the chance to hear her story.

Sue Kenney was born and educated in Toronto. As 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. She has inspired thousands on CBC Radio, Breakfast Television, MCTV, Omni's Bio Library, the New VR, Cogeco Cable, Rogers Daytime, the Toronto Star, Muskoka Today, B101 FM, Moose FM, Lite 105.9 FM and many others.

For interviews contact Sue directly at 416 985 8759  
or email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

## Sue Kenney's My Camino

**This is her story.**

ISBN 0-9734186-3-X Published by White Knight Publications 416 925 6458.  
Available at most bookstores including Chapters and Indigo. \$19.95 plus gst

## Stone by Stone Meditative Storytelling CD

Available at <http://www.suekenney.ca/bookorder>

For more about Sue Kenney visit <http://www.suekenney.ca>

May you find eternal peace on your journey.

*Sue*

If you have any comments or suggestions please email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

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