

Inspirational Moments

Welcome to the New Year's issue of Sue Kenney's words, stories and events on the path as a Camino pilgrim.

Blessings of the New Year

In 9 days I leave to join a group of people at the Dhamma Torana Ashram near Barrie Ontario for a 10 day silent meditation retreat. I will be alone with my breath. There is no talking, writing, reading, music, yoga or any distractions allowed. I will begin to meditate at 4:30am each morning and throughout the journey I intend to master the practice. Why? You might ask. I am doing this as a form of discipline as I am being accountable to my life purpose, which is to use my voice to inspire others. I will be quiet and listen closely.

New Years Resolutions

I believe it is from a place of love that we can create new possibilities for all of humanity. Many of us like to set resolutions or goals at this time of year. Goals are often things that we actively do. They are measurable and defined in the future, which hasn't happened yet. For example: I will lose 10 lbs in the next 3 months. It's possible to fail or succeed with this goal because I don't know what the future will bring and therefore the goal might need to be adjusted.

Intentions on the other hand are about a state of being and they take place in the present moment. They cannot be measured by anyone but ourselves. For example: I am being love. I know there is no right or wrong way to be love. It just is.

As we move into 2008, I invite you to consider being.

Be love. Be peace. Be compassion. Be you.

Thank you for being a part of my life journey.
Love and light,
Sue

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International Women's Day March 8th Event

Inspirational holiday reading-Sue Kenney's My Camino

Camino Documentary Las Peregrinas-watch a film with soul over the holidays.

Book Sue Kenney as an inspirational speaker at your next event or meeting in the New Year. PWYC. Contact sue.kenney@sympatico.ca 416 985 8759

International Women's Day Toronto Event

Women Who Walk their talk.

Saturday March 8, 2008. Glen Gould Studio, Toronto. 8pm.

The idea of an International Women's Day (IWD) first arose at the beginning of the 1900s in America and Europe when women in many countries did not have either the vote or the right to join a union. Now IWD is always celebrated on March 8th and is an occasion marked by women's groups around the world. This date is also commemorated at the United Nations and is designated in many countries as a national holiday. Women in every country, often divided by ethnic, linguistic, cultural, economic and political differences, come together to celebrate this important date. International Women's Day is seen as the chance to promote women's social and political rights and also as a time for celebration of womanhood. Its overarching themes are peace, justice and freedom.

We will bring together dancers, singers, comedians, poets, artists and musicians to perform an evening of inspiration. If you are interested in being a part of the **International Women's Day** performance in Toronto, **as a sponsor, volunteer or performer** please contact Sue Kenney at 416 985 8759 or sue.kenney@sympatico.ca

Camino Books

Sue Kenney's My Camino – The true story about the spiritual journey of a woman confronting her deepest fears. This is the story of my journey walking 780 kilometers on the Camino alone in the winter. If you want to be inspired to set yourself on a new course in life to be all that you can be, you should read this internationally best selling book.

Confessions of a Pilgrim by Sue Kenney—The word Confessions is referred to in its other meaning as a statement of one's beliefs. Sue returns to the Camino on the Portuguese Route entrusted with a sacred Native Eagle Feather and a mission to find a worthy recipient.

To purchase books order a signed copy at www.suekenney.ca/books

Watch a short film about the Sorrow Stones story in Confessions of a Pilgrim at www.bookshorts.com

Camino Documentary

Las Peregrinas is a feature length documentary film about a group of women who walk the Camino in October 2005. See a short clip from it at www.suekenney.ca or order your own personal copy at www.suekenney.ca/lasperegrinas.

Testimonials

Dear Sue: I was handed your book by my friend Marcus Wilder, opened it later that day and finished it one day later. The camino has been haunting me--particularly the Camino Frances--as I had the glorious honor of stepping into Chartres Cathedral and knew I had to return some day. All I want to do is tell you thank you for making the Camino journey so immediate, so beckoning--not without challenges, but accessible. My heart opens to yours. Many blessings, Corinne

Goodmorning Sue: Just wanted to say once more how much we all enjoyed your talk and getting to know you. I feel like I've known you forever. You are a wonderful person and it's a wonderful thing you are doing to inspire others. Don't stop girl! Take good care, Linda at the Ramara Library

I wanted to thank you for forwarding to me your recent book of wisdom. I can honestly tell you that once in my hands, I protected it and valued every word I read. I have not yet walked the camino but am deeply warmed by your words. I feel somehow that I have 'walked the camino' within. Since my separation in 2000 and divorce in 2004, I have been connecting to and picking up stones from a beach that my sons and I stayed at each June for 6 years (for a month each time). I brought them all home with me and feel greatly connected to them. Funny that I would read about the Sorrow Stones in your books. I have a deep yearning, a calling if you will and the universe keeps bringing affirmations to me. It seems like a live a double life.....the one filled with obligations and responsibilities as a working single mother of 2 wonderful sons and the other.....a mystical connection to a past, with an old soul yearning for what I know at a deep, deep level yet am not yet completely conscious of. In closing, I want to thank you for being a big part of the ongoing manifestation of my soul's yearning.....you are truly an inspiration to us all. Keep walking, keep writing.....With great admiration. Diane Picard

Sue's Background

After spending over 20 years in the telecom industry, in October 2001, 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 changed her life. An international inspirational speaker, Camino Coach, 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 about Life Coaching and Inspirational Keynote Speaking at your next event. Call 416 985 8759 or email sue.kenney@sympatico.ca

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