

Inspirational Moments

Welcome to the June 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.html

There's no time like the present to live in the moment.

Sue

Vision 10 Million

I believe it is my humanitarian obligation to contribute to a universal cause. Since returning from the Camino I have been thinking about what this might look like. I believe that walking is an art form and through the artistic process we all contribute 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! This is my vision.

"I see 10 million pilgrims worldwide walking on November 1, 2010." Sue Kenney

Contents

This Month's Virtue is Love

Vision10Million www.suekenney.ca/vsion

Our Camino October 2005 - Sue leads group on pilgrimage.

Author Events – Nicholas Hoare bookstore and The Drake Hotel

Workshops - *How to write good! And Creating Presence*

Book Review - You reminded me of Siddhartha...I was surprised that it had a cliff hanger

Stories From the Path – Reading of Helene Hanff's novel 84 Charing Cross Road

Book Update – Toronto Public Library has 4 books and 18 reservations...

Other Links – Women's Travel Tips

Sue's Profile – Keynote address to 300 business professionals at the Banff Centre

Contact – Principled Leadership Workshops and Speaking

This Months Virtue is Being Love

A virtue represents moral excellence, honor and integrity.

Being love isn't only giving and receiving love, it's about being in a state of love by connecting with the love of the universe. Intuitively I believe we are all drawn to a desire to nurture the souls of the universe and by *being love* it's possible to connect with others through an infinite source of universal love.

Intention *I am being love.*

Repeat your intentions daily to create the reality you truly desire.

Vision 10 Million

June 21, 2005, the day of the Summer Solstice I announced my vision to the world. I am completely open to your input: how to communicate this idea to the world; what can be done; where it will take place and who will come forward. If this vision resonates with you, I encourage you to share your comments or ideas in an email at sue.kenney@sympatico.ca

Where will you be walking on November 1, 2010?

Our Camino: Walk the Camino with Sue October 1-16, 2005.

I will be leading another group pilgrimage on the Camino Frances route in October 2005. It will be a 12 day walk to Santiago covering 240 kilometers. Although we are part of a group environment, pilgrims will be encouraged to walk their own journey without obligation to the group. If you are interested in doing the Camino but are hesitant starting out alone, check my website or contact me for more information about this inspirational journey. Travel arrangements and package co-ordinated by Kompas Express Travel in Toronto. Deadline for registration is July 15, 2005. For questions or specific details contact sue.kenney@sympatico.ca. 416 985 8759.

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

July 2 Group of Five Art Gallery- Washago-Author readings and signing 1-3pm

July 7 Sue's Creating Presence Lifeskills Workshop in Toronto 9-4pm

July 9 Nicholas Hoare bookstore 45 Front St W **Toronto** Book signing from 2:00pm

July 23/24 The Big Art Thing Muskoka Severn Bridge Art Pottery 10-5pm Author signing.

July 27 The Drake Hotel-Toronto-*Love Tips for Pilgrims*

You'll be entertained with pilgrim love stories from my journey and music by Bob Derkach. Guest Appearance by Second City alumnae Bruce Pirrie and outrageous comic Jessica Williams.
@7PM \$8

Workshops

Creating Presence Workshop

Are you exploring a path to personal development? There is no time like the present....

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 Thursday July 7, 2005 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.

To Register email sue.kenney@sympatico.ca or call 416 985 8759.

Journey to the Soul -Week-long Intensive Retreat November 14 to November 18th, 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

Book Reviews and Testimonials

If you have comments or would like to write a review about My Camino, please email sue.kenney@sympatico.ca

I really enjoyed your book - especially the ending - I was surprised that it had a cliff hanger - I wasn't expecting that. I'm hoping there will be a follow up!

Colleen

To start my comments, I'm just fascinated by the book. You went very deep inside of the story without getting boring in any way. You describe the pilgrim fact as someone who really got the blessing for doing it. Going on with your book, I noticed, that there is a lot of poetry in the writing and the succession of facts, you describe. You have a deep impression of something we do all notice. Reading your book makes me happy. I was kind of depressed these days and "My Camino" is a wonderful remedy for that.

Greetings, and a big hug from Argentina, Stefan.

Dear Sue,

Although we did not get a chance to participate in your "Creating Presence" workshop at the Markham Chapters the week before last, I thoroughly enjoyed meeting you. My sister was right when she said, "You'll love her -- she's inspiring, clever, creative, and above all, just plain funny! She makes me laugh!"

As I mentioned to you, I read your book with much enthusiasm, so much so that I could not put it down – literally, I read it cover to cover. In my opinion, My Camino, was reminiscent of Herman Hesse's novel – with a fresh and modern twist. You reminded me of Siddhartha. Following you on your journey, enabled me to reflect on my own life. I was better able to view my hardships in a positive light. This clarity of vision has shown me that I have come full circle in a "Siddharthian" or "Sue Kenneyian" kind of a way.

Your sorrow stones, aside from being a very clever and catchy device to attract readers to your table, really touched me deeply. You've managed to take the intangible (feelings of sorrow, grief, hope, love) and turn it into something concrete. There is something very powerful in the tactile sensuality of the stones. I find that it forces one to be in the moment – my stone takes me to a higher level of consciousness – I am able to reflect on the past days events and move into the next day with a more positive outlook. My stone makes me smile.

I found your handling of the love affair with Andreas particularly intriguing as I read your book. The writer in me was thinking that the target market for your book would probably include individuals with moderate to strong religious beliefs. I thought for sure that you would side step the issue or leave it ambiguously hanging in the readers mind. Your wrapping up of the love affair was refreshing and inspiring – I was rooting for you! As a reader, I found that it not only gave me the permission to follow my dreams in spite of what others might think – it also gave me the courage. Thank you. Sue, thanks for your time and inspiration. I wish you all the very best with your many exciting future endeavours!

L. Moors

Stone by Stone Storytelling CD

My grandchildren loved the stones and have had them by their bedstands since I gave them to them. They listened to the tape that you gave me and really enjoyed it. They are six year old twins, one boy and one girl and I think you really made an impression on them. Thank you.

Catherine Beauvais

Stories From the Path

As an artist, I often have the opportunity to meet interesting and talented people. Here is a reading event with the talented Robin Clipsham Free at the Gravenhurst Public Library-Program Room. Refreshments will be served. **Wednesday, June 29 at 7:30 pm**

This is a bit of fun I've taken on, just for the challenge and the joy of portraying a fascinating woman of letters!! I am so pleased to have been asked to do a reading from Helene Hanff's novel 84 Charing Cross Road. As you may know, the book documents the 20-year correspondence between Hanff and the staff of Marks and Co., a London bookseller. The book was then made into a movie starring Anne Bancroft and Anthony Hopkins. I will be reading a selection of the novel's letters, as the author, Helene Hanff.

Robin Clipsham

Book Update

A reader contacted me to say that she went on the Toronto Public Library web site to reserve my book. They had 4 copies and a reservation list of 18 people waiting to read it. Reserve early for summer reading. *My Camino* is available at your local library or they can order it in using ISBN 098741863X.

Sue Kenney's *My Camino* is available at Chapters/Indigo/Coles stores and independent bookstores across Canada.

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>

Burlington Post Article www.haltontown.com/hr/ae/story/2875940p-3331405c.html

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

Other Links

- Travel and Transitions transformational experiences www.travelandtransitions.com
- PRWEB June 23, 2005 -- Women travelers are hot. According to 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 National Association for Women Writers www.NAWW.org
- Soy Based creams and bath produces www.jaydancin.com
- From Comics to music to film, Faith is in....<http://www.zenit.org/>
- Kimlee Healing Arts www.kimleeshealingarts.com
- Stress Reduction and Well Being Specialist 416.569.7114 melody.flynn@returntozen.com

Sue Kenney's My Camino

ISBN 0-9734186-3-X published by White Knight Publications. Available at most bookstores including Chapters/Indigo and 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 \$14.95 plus gst

To listen to sections of the CD go to 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

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.

Feel free to share this newsletter. If you have any comments or suggestions please email 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