

Inspirational Moments

Welcome to the June issue of Sue Kenney's words, stories and events on the path as a pilgrim who has returned home from the Camino de Santiago de Compostela.

Stories from My Path

They say when the Camino ends a new journey begins. I am reminded to be humble as a new creative process in my life commences, this time in a concrete jungle. My partner, Bruce Pirrie, is directing the Second City comedy show in Toronto and we are staying in a condo near the St. Lawrence Market until the show opens in mid-August. For those of you who don't know much about improv comedy, let me briefly explain the process. The show begins with a director and 6 actors, but unlike other theatrical productions, there isn't a script. Over 8 weeks, the actors write the show based on improv sketches they do in front of a live audience and ideas they develop together. By the end of the creative process, they have a finished script. To produce great material, they must always be in the moment, speaking from a place of truth, open to all possibilities, prepared to try scenes many times (even if they fail) and it's absolutely imperative they give their characters humility. On top of that, the show has to be funny.

Sounds a lot like life to me...we start off on a journey without a script...we try things over and over again, and by the end of the creative process of our time on earth we have a finished story. Hopefully, we've had a few directors and a lot of fun along the way.

Through my Camino practice, I continually strive to discern the creative process so that I might open the possibility for myself and others to write a great life story. I do this by noticing the judgments I make of myself and others. I discover they are not right or wrong / good or bad judgments...they just are. From this place of equanimity, I let go of them and this opens the possibility for me to create something I couldn't even imagine. Then another judgment comes back into my head again, I pause to start the creative process all over. I'm aware that as my understanding of the theory of creativity evolves and I think I have finally grasped it, I am humbled to being more disciplined. I'm reminded that I must always speak my truth, without judgment of myself or others, as I improv the story of my life.

***Love and light,
Sue***

"I'm living a dream I didn't know I had." Sue Kenney

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This Month's Virtue is to Pause

A virtue represents moral excellence, honor and integrity. **We pause to be reminded of the value of our role in being creative.**

My Intention - I pause.

Workshops: SUE KENNEY'S SERIES

THE INTEGRATIVE HEALTH INSTITUTE PRESENTS

The Leadership Journey:

Opening Possibilities Without Judgement

This workshop will focus on skills for being in the present moment and how to apply this state of awareness in every aspect of your life by managing the judgments we make on a daily basis to open new possibilities for ourselves and others. We'll explore the aspect of how our pre-determined judgments limit and impact our ability to create the life we truly want.

Thursday June 19th 7-9pm Reception at 6:30pm \$40

Reserve your space today! Call 416-260-6038

INTEGRATIVE HEALTH INSTITUTE

46 Sherbourne St. (King and Sherbourne)2nd Floor

416.260.6038 www.integartivehealthinstitute.ca

By using the lessons of the Camino as a metaphor for a life journey Sue Kenney teaches a proven method to actively create your deepest desires.

Other Sue Kenney workshops at Integrative Health Institute:

Preparing to Receive July 10, 2008 from 6:30-9pm

Putting it all Together to create the life you want to live. All day workshop.

August 8, 2008 9:30-4pm Lunch included

Call 416 260 6038 to register. Seating is limited.

My Camino...

a one woman show to be performed by Sue Kenney at the 17th annual San Francisco Fringe Festival September 3-14th, 2008 at the Exit Theatre. **For show times go to**

www.sffringe.org Go to Performer Information Page/Standard Venue Fringe Schedule

Camino Guide Book

Pili Pala Press is updating Walking the Camino de Santiago. They've started a blog at caminoblog.pilipalapress.com and plan to release the third edition in 2009.

Sacred Steps on the Camino

A traveling exhibit of pilgrim art in a variety of media, visits Michigan, Seattle, Davis, California, Montreal, and Ontario. For dates and details, see www.americanpilgrims.com/events/events_local

Walk the Camino - A group pilgrimage for women over 40 is being planned by Chantal Viau of Entre-Amies Getaways. For more information go to www.entre-amiesgetaways.com

imagine hope

a middle east **peace circle**

You are invited to participate in a project that is close to my heart. It is a peace circle called Imagine Hope that supports the peace process in the Middle East. A group meets **every other Tuesday night throughout 2008**, in sync with the newly re-established peace talks between the Israeli and Palestinian leadership.

The heart of this circle involves a creative inner wisdom process designed to access our deepest visions of hope for the Middle East. Using the power of our imagination we will amplify and broadcast waves of possibility that can make a difference. We will also find guidance about what we can do personally to help our hopes happen. Please go to www.imaginehope.ca for more detailed information.

Vision 10 Million Walking is a simple universal act that can be done in any part of the world. There is no language barrier to walking, and it's free. I see pilgrims from all over the world walking. 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.

Where will you be walking on October 10, 2010? 101010

I see 10 million pilgrims will walk on a journey to create an abundance of universal love. I don't know how I will communicate this to the world; I don't know what will have to be done or who will be involved; I don't know where it will take place and I don't know which people will come forward. A number of people have come forward to begin the process of creating this worldwide vision. **If you'd like to be a part of the founding group please contact me at 416 985 8759**

A conference call is scheduled for **Sunday June 29 at 7:00pm est.** If you are interested in being a part of the call, contact me at sue.kenney@sympatico.ca
www.suekenney.ca/vision10million

Maude Barlow speaking notes for the Canadian Environment Awards

"In closing, please hear the words of a Hopi elder."

"You have been telling the people that this is the Eleventh Hour. Now you must go back and tell the people that this is the Hour. This could be a good time! Gather yourselves! Banish the word struggle from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration. We are the ones we've been waiting for."

www.canadians.org/about/Maude_Barlow/CEA2008-speech

Camino Books:

Sue Kenney's *My Camino* - \$19.95 The true story about the spiritual journey of a woman confronting her deepest fears. www.suekenney.ca/mycamino

Testimonials

Hi Sue, I'm not sure if you will remember me, I'm Garth Riley's producer Paula Beebe. I just wanted to let you know that I finished your book in 2 sittings and I loved it. You have really inspired me to want to walk my own Camino. I related to a lot of what you had written and had gone through emotionally. Anyway, I just wanted to thank you for giving me a copy. You were a great guest and I hope we can have you back on the show (for a full hour this time!). Paula

Hello Sue, I really enjoyed your book, thank you. My review is live and can be found www.bellaonline.com/articles/art33869.asp
Rachel Webb, Spain

Confessions of a Pilgrim by Sue Kenney—\$19.95 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 go to Amazon, Chapters or Indigo sites/order a signed copy at www.suekenney.ca **Watch a film by BookShorts on Confessions of a Pilgrim** www.bookshorts.com

Stone by Stone storytelling CD – written, produced and narrated by Sue Kenney. Sue tells stories about the people and experiences she encounters on her solo journey on the Camino. **\$15.00** order on line at www.cdbaby.com/stonebystone

Testimonial

"I just wanted to share with you that my 10 year old daughter has been listening to your CD just before bed. She said she really likes it and that it's good. She has another storytelling CD and lately she's been choosing yours over that one. So thanks for your gift."

-- Brenda MacIntyre, Medicine Song Woman www.brendamacintyre.com

Other Books

New Pilgrim Book My dear pilgrim friends Mony Dojeiji and her husband Alberto have written a book about their incredible journey walking 5000 kilometers from Rome to Jerusalem. Check out the website at www.walkingforpeace.com

Pilgrimage to Heresy by Tracy Saunders is a tale of intrigue which begs the question: Who is really buried in the Cathedral in Compostela? Two love stories...one doomed from the start. And a mystery...perhaps. www.pilgrimagetoheresy.com

Along the Templar Trail: Seven Million Steps for Peace by Brandon Wilsome contains more than forty photos, with maps, stages and a gear list. www.pilgrimstales.com

Other Camino sites: www.santiago.ca

Camino Documentary

Las Peregrinas...the women who walk.

Las Peregrinas, is a powerful and moving feature length documentary about facing our deepest fears by questioning the value of everything we were taught to believe is important. Five women walk the Camino and here we are privy to the struggles and epiphanies of their journey. See a clip from the film at www.suekenney.ca/lasperegrinas

Testimonial:

Thank you dear Sue. The final swirl of incense has swung in the cathedral...final hugs....tears. It was a joy to watch you women. I went on my own little journey sitting in my comfy chair as you walked. But still the mirror is in my face, the pilgrimage I'm on, sometimes full, sometimes empty. One thing for sure, the journey is for life...and we keep walking... meeting others along the way,

sharing, discovering. Oh so rich. I really appreciate knowing you a little more...your film.... In gratitude, Jerry Brody, Writer/Performer of Solo, A boy's journey.

FlipBook A BravoFact award recipient short film about the Muskoka Novel Marathon using 5000 digital photographs sequenced like a flip book. www.suekenney.ca/flipbook

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 where she became aware of her life purpose. When she returned home she began telling stories of her journey and changed her life. An international inspirational speaker, author, life 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. To invite Sue to speak at your next event contact her 416 985 8759 or go to www.suekenney.ca. If you are interested in finding out more about life coaching, contact Sue directly to set up a free trial call.

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