

# Inspirational Moments

Welcome to the May issue of Sue Kenney's words, stories and events on and off the pilgrimage route, the Camino de Santiago de Compostela. Enjoy the moment.

[www.suekenney.ca/newsletter.html](http://www.suekenney.ca/newsletter.html)

## The Leadership Journey

Earlier this month I did a workshop with a group of senior business people from Toronto. They wanted a unique approach to developing leadership skills and contacted me. To begin with we went through some basic centering and breathing exercises. Using intuitive facilitation, I took them on a Leadership Journey defining the difference between Goals and Intentions.

As business people, they found Goals easy to define because they are tangible, measurable and definable. They could easily see the outcome. Defining Intentions, however, was a little more obscure. The group described them as intangible wishes or dreams that are not measurable. Basically things we intend to do but don't always get around to. Things we can't see.

I challenged the group of leaders to consider Intentions as the foundation for setting Goals and pressed them to continue defining Intentions. There were some good ideas and in the end the group came to the conclusion that through Intentions, we create happiness. I was thrilled. Then I asked a very simple question, "Why do you want happiness?" The room went silent. Someone said they wanted their children to be happy and well adjusted. "Why?" I asked. This forced them to think more. They had difficulty with an answer to the question so I took them back to my introduction at the beginning of the workshop asking,

"Why did I walk the Camino?" Quickly someone answered, "To find your life purpose."

"Why did I want to find my life purpose?" "To contribute to the universe." Someone else answered.

"What would my contribution to the universe accomplish?" "To inspire others." The group answered.

"That's right. What would inspiring others do for the universe." They all answered, "Create happiness!"

I jumped for joy. There was a sigh of relief throughout the group and a smile came over everyone's face. By living with purpose we can each contribute to the universe, both on a personal and a business level, with the knowing that our Intentions are creating universal happiness. **Are you living with purpose?**

Wishing you eternal peace and love on your life journey. Namaste.

**Sue**

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## This Months Virtue is Happiness

**A virtue represents moral excellence, honor and integrity.**

What I learned off the Camino is if we live our life purpose then I believe we can each contribute to the happiness of the world.

There is no way to happiness. Happiness is the way.

*The Buddha*

## Intention

**I am being happiness.**

*Intentions are stated in the present moment; as if it is so.*

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

## **\*New\* vision10million**

June 21, 2005, on the Summer Solstice I will be announcing a vision that I have been developing over the past few months. This vision involves love; the world; purpose; creativity; happiness and walking of course. Check my website on the first day of **Summer** to find out more.

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

## Our Camino: Walk the Camino with Sue Fall 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. [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca). 416 985 8759.

### Events [Please join me and feel free to invite others too!](#)

**Sunday May 29 Babytime and Parenting Show** International Centre 6900 Airport Road Mississauga

Author reading/book signing 10-5:00 pm Booth 345 [www.babytime.ca](http://www.babytime.ca)

**Wednesday June 8 Chapters Markham Free Creating Presence Workshop** facilitated by Sue Kenney. Book signing to follow. 7-8:00pm Contact the store for details 905 476 7177

**Sunday June 25 Chapters Burlington Storytelling/Author signing** to follow. 2-4:00pm 905 6812410

**Saturday July 2 Washago Group of 5 Gallery** on Muskoka St. **Storytelling/Book Signing** 1-3:00 pm **Saturday July 9 Nicholas Hoare Bookstore, Front St. Toronto. Author Book Signing** 2-3:00pm

## Workshops

### **Writer's Workshop- *How to write good!***

Are you ready to write a book but you aren't sure where to start? Have you been writing a book for years and not sure how to finish it? This workshop is designed to help you to get focussed, learn new writing techniques, add humor and be more creative. Sue is teaming up with professional writer/editor/director Bruce Pirrie (of Second City fame) to offer a unique one day writer's workshop. You'll meet other writers and learn effective writing techniques. Play hooky and join us on the Toronto Island for some fun!

### **Toronto Workshop Wednesday June 22, 2005 9:00am to 4:00pm**

Workshop held at Gibraltar Point Centre for the Arts on Centre Island- Refreshments and lunch served.

### **Washago Workshop Thursday June 30, 2005 9:00am to 4:00pm**

Workshop Fee \$95.00 plus gst Visa/Mastercard accepted.

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

## 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 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 Wednesday June 22, 2005 9:00am to 4:00pm**

Workshop held at Gibraltar Point Centre for the Arts on Centre Island- Refreshments and lunch served.

Workshop Fee \$95.00 plus gst Visa/Mastercard accepted.

**To Register email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) or call 416 985 8759.**

**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 increasing gradient awareness levels; skills to create your future; defining life purpose, mission and vision; reclaiming inner voice; judgment of self and others; intentions; communicating your true self; the gift of opening possibilities for yourself and others; finding inner and outer life balance; reducing stress and finding time for what you want. The week will be filled with a variety of other workshops in various disciplines including daily meditation, yoga, drumming, storytelling, art and creativity. Since there is a full moon on the 15<sup>th</sup>, we will celebrate. There will be some free time scheduled but this is an intensive program that will require your 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 forward a note to [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)  
*Sue, you touched my heart. I am reading your book and am enjoying it immensely. I should finish the book by tomorrow. I have listened to your CD three times! You have a great voice and your storytelling ability is fantastic. I felt as I was with you on that journey. It's too bad that I didn't meet you before, because I would have asked you to put a stone of sorrow on the ground for me. I am looking forward to meeting you.  
All the best,  
Katalin*

### **Artists Retreat Story**

[http://www.travelandtransitions.com/insights/meeting\\_kindred\\_spirits.htm](http://www.travelandtransitions.com/insights/meeting_kindred_spirits.htm).

# Stories From the Path

## On Serving

Pilgrims arrived from all over the world including Greece, Ireland; Austria; Germany; Spain; across Canada and the United States for a Gathering of Pilgrims meeting at St. Michael's College, University of Toronto. The event began with a training session for pilgrims who were interested in volunteering at the refugios or hostals on the Camino greeting and caring for the pilgrims. Like most of the trainees there, I hoped to one day to be able to give back to the Camino as a volunteer. I wanted to serve the pilgrims like I had been served.

The couple who gave the workshop were personally responsible for opening seven new refugios on the Camino that are operated on donations and volunteers. Mariluz is originally from Venezuela and Jan is from the Netherlands and they presently reside in Eunate, on the Arles Route of the Camino Frances. They taught us about caring for blisters, preparing simple meals for the pilgrims, cleaning of the refugio, some administration details and more. As the 2 ½ day workshop unfolded they shared even more of their intimate experiences. A number of years ago they had decided to walk the Camino without taking any money with them. They wanted to experience the pilgrimage relying only on the generosity of others. The journey was so profound for them that they decided to leave their home and dedicate their lives to the pilgrims, as a vocation. They sold all their personal possessions and used the money to do renovations and repairs to the refugios. Mariluz told us about how she cares for a pilgrim when they arrive at the refugio. She assured us that she doesn't judge the pilgrims by what they are wearing or how they look. She offers to remove their backpack and once their immediate needs are cared for, Mariluz very simply offers to *wash their feet*. Immediately there was some kind of reaction from everyone in the room as we questioned this act knowing at the end of the day, walking 20 to 40 kilometers a pilgrim's foot is not suitable to be seen by others. It is often covered with ugly blisters and a layer of callouses and the prospect of touching a stranger's foot was not very appealing. Mariluz said that all pilgrims are honored by this gesture and she feels strongly that it gives pilgrims hope. She said that by washing the feet of the pilgrims, she could see God in each one of them.

## Book Update

Summer is around the corner and many people will be looking for a good book. Sue Kenney's My Camino is available at Chapters and Indigo Stores across Canada. Book sales in the US are getting stronger and there is interest in having the book translated into other languages.

*A very special thanks to everyone who shared my book or CD with someone else, to those who helped me at events and for all the great feedback I received.*

## Other Links

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)

## Sue Kenney's My Camino

ISBN 0-9734186-3-X published by White Knight Publications Available at most bookstores including Chapters and Indigo. For a signed copy go to my web site to order. \$19.95 plus tax.

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

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

To listen 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 skills include 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 in 20 months. 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](mailto:sue.kenney@sympatico.ca)

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