

Inspirational Moments

Welcome to the October issue of Sue Kenney's words, stories and events on and off the Camino de Santiago de Compostela. www.suekenney.ca/newsletter.

There is no time like the present to live in the moment.

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sue.kenney@sympatico.ca

This Months Virtue is *Being*

A virtue represents moral excellence, honour and integrity.

Are you going on a journey or are you *being* your life journey? In the past I would never have considered *Being* as a virtue but walking the Camino changed that forever. Before leaving on my first Camino I told people that I was going for a long walk. Through intentions and discipline, I learned how to be more present and to create in the moment. When I returned home I decided to integrate the lessons and virtues of the Camino into my personal and business life. On the Camino, I had the sense that with each step I took I was walking back to myself. In the end I was no longer going on a journey, I was *being* my life journey .

Prior to leaving for the Camino earlier this month, I worked with the five pilgrims who would be a part of the documentary I was filming, to prepare them for the arduous physical and spiritual journey. My vision for the documentary was to cover the journey walking 220 kilometers with five women in Spain. Capturing each pilgrim's story on the path to answer questions such as : How does walking the Camino relate to ones life journey back home? How does the presence of fear impact our ability to be transformed?

Walking is an activity that moves one in a certain direction. It is a metaphor for moving forward or, in this case, being on a life journey. I encouraged the group to consider thinking about being on a walk each moment of their day whether they were at home, at work or even driving a car. By becoming aware how often they walk, or intentionally move in a direction, I hoped to develop the concept of walking as a metaphor for being on a journey, as a part of daily life, not something one has to do but rather something one wants to do. I encouraged them to tag their walking program onto existing habits. I suggested when they walk that they try to be aware of each minute that passes and what they notice. I encouraged them to spend walking time alone, thinking about nothing and to follow their breath for concentration. This would prepare them to embrace the idea of moving slowly than they were accustomed to doing.

From past experience I knew the most difficult part about walking the Camino is not the distance, but the weight carried on your back. Often the weight in a backpack is directly proportionate to the life weight one carries such as the burden of responsibility, the past, the future, fears and other distractions from the present moment and at the same time enjoy the outdoors allowing yourself to just be a part of the universe.

Each individual went through their personal journey walking 15 to 35 kilometers a day in a group environment. I look forward to sharing these fascinating life stories with you. If you would like to be kept informed of the development of the documentary email me at sue.kenney@sympatico.ca.

Intention *I am being. Repeat your intentions daily to create the reality you truly desire.*

Events: You are invited... Please join me and feel free to invite others too!

November 2 Deja Vu's Women of Worth - Inspirational Speaking Event-Markham 7-9pm contact Theresa at deja_vu@hotmail.com for tickets

November 5 Guest with Carole Matthew's on The Messenger Files radio show-Sat mornings 11am to 12 PM on 560 CFOS

November 20 Mother Daughter Christmas Tea Alliston Ontario Gibson Cultural Centre

Workshops

Journey to the Soul – Be one of the few to spend time with Sue after she has just returned from the Camino. A 5 day retreat with Sue Kenney held at Gibraltar Centre on Toronto Island.

Sunday November 13 to Thursday November 17th, 2005 - 5 days of Intuitive Facilitation with Sue Kenney and a variety of special guests. This unique week-long retreat is for individuals interested in embracing change and personal/business development with a spiritual theme. Mutual exploration into creativity, mindfulness, simplicity and awareness with topics that 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 workshops in various disciplines such as daily meditation, yoga, drumming, storytelling, art and creativity. The intent is to take you on a journey, a pilgrimage on the island. Each day you will walk from the ferry covering 3 kms to the workshop and the same distance back to the end of the day. There will be some free time scheduled but this is an intensive program that will require your full commitment each day from. Refreshments, continental breakfast and lunch are included. Spaces are limited. Workshop Fees \$850.00. To pre-register or get information email sue.kenney@sympatico.ca Are you ready for the new life that you will create?

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

Watch for a profile on Sue Kenney in the Christmas edition of Muskoka Magazine.

A business book review go to www.smallbusinessbigideas.com/newsletter

Hey Sue, I didn't get a chance to tell you that I had read the copy you gave me over the previous weekend and got caught up in your journey. There's a wonderful arc that you follow in the story that comes so naturally from the path that you're on. There's a line from a poem I can't remember who wrote this but it's 'the song of the man who has come through' - your journey felt that to me. A song coming out of much struggle. Nick Power, Poet.

Book Update

 Sequel to My Camino

Many people have been emailing me about when the next book is coming out. I have been begun the process of editing the manuscript of The Journey of the Eagle Feather which I wrote in late winter. I expect to have the manuscript finished and ready for publication in the summer 2006. It's about a journey I took walking the Portuguese Route of the Camino in both directions. I had been given an Eagle Feather

by a native friend to take on the journey. It's a very different story than My Camino and I look forward to sharing the tales of my quest with you.

Vision 10 Million

There has been a lot of interest in the idea of setting a world vision and people have been writing to let me know they will be a part of it. One woman will be celebrating her 49th birthday that year and wants to do something special to give back to the world. Walking and everything about walking the Camino has become my life. I believe that walking is an art form. I believe that walking is an art form and through the artistic process we all contribute love 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! I see 10 million pilgrims worldwide walking on November 1, 2010. What do you see?
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Thank you...*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.*

Sue Kenney's My Camino

ISBN 0-9734186-3-X published by White Knight Publications. Available at most bookstores including Chapters/Indigo, Independent book stores like 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 Error! Hyperlink reference not valid. plus gst

To listen to samples 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. Error! Hyperlink reference not valid.

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.

Other Links

- The Little Company of Pilgrims go to www.santiago.ca

- **Nomansland-** November 16- December 10 at OCAD Gallery is a group show, with four other people, all really great young artists-Contact Alice at scarfpants@hotmail.com
- Travel and Transitions transformational experiences www.travelandtransitions.com
- An anthology called Poetry Night in Muskoka includes a piece by Sue Kenney is available at the Bracebridge library. For the full story, go to http://www.muskokatoday.com/content/current/Martin_Avery.htm
- PRWEB June 23, 2005 -- Women travelers are hot. 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>
- Stress Reduction and Well Being Specialist 416.569.7114 melody.flynn@returntozen.com

Feel free to share this newsletter. If you have any comments or suggestions please email sue.kenney@sympatico.ca

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