

Inspirational Moments

Welcome to the September 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.

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

Contents

This Month's Virtue is Simplicity - A story about the simplicity of giving away stones as a gift...

Sue's 4th Camino - Sue leads 6 pilgrims on the Camino and will film a documentary...

Author Events –Orillia Heritage Place Showcase event 32 Peter St- Sue will have a booth....

Workshops - How to write *good!* Writing workshop with Second City vet Bruce Pirrie on November 4th ...

Book Review - I was watching TLN one night, and the host was introducing this author...

Key Note speaking testimonial - "Sue, I have attended many motivational speaker sessions over the last 15 years ranking up there with Jim Rohn and Mark Victor Hansen..."

Other Links – Nomansland Gallery Showing, Linda Women's Travel Tips, Susanne's Transitions and Travel...

Vision10Million - Walking as a state of being. Go to www.suekenney.ca

Sue's Profile – The Leadership Journey was the topic for 285 financial planners in Calgary on August 23...

Contact – Sue returns from the Camino October 24. Book Sue for an inspirational speaking event with a unique message about principled leadership...Some openings in November/December still available. Contact sue.kenney@sympatico.ca

This Month's Virtue is Simplicity A virtue represents moral excellence, honor and integrity.

It's another sunny day at my writing studio on the Toronto Island in Lake Ontario near the place where, as a child, the world famous athlete Ned Hanlan started rowing. My studio is a stone's throw away from Trout Pond and if I look up over the trees, I can see the top of the CN tower. It is located right beside a walking path that goes from Ward's Island to Hanlan's Point. Beside the path, I have placed a stool with a wicker basket on it, filled with stones that I picked up on the beach about 100 meters away. My studio window is open and I can hear the conversations as people walk by. I have taped a sign that says, "Please take a stone." There are some bookmarks in the basket and a copy of my storytelling CD, Stone by Stone. As I sit and write, I am truly entertained and honored to hear what people say. I heard a lady talking to someone, "They must be wishing stones or why would they give them away." Another man said to his walking partner, "What country do you think they are they from?" A young boy was walking by with his mom and sister stood in front of the basket and yelled excitedly, "Mom, we've got mail!". He took a bookmark and gave it to his mom. Throughout the day, I have listened with curiosity to people talking about the free stones, speaking with accents from all over the world. It seems there is a curiosity about stones that is simple. People look through the stones trying to find one that appeals to them. The stones mean different things to each individual but have a universal meaning to everyone. Why is it? The natives, who long ago considered the Island sacred, say that we don't pick the stones, the stones pick us.

There is something simply gratifying about giving a complete stranger a gift that they could easily pick up on the beach themselves.

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

There is a book that I read many years ago called Living Presence: A Sufi way to mindfulness of the essential soul. This is the book that attracted me to a desire to understand this divine way of life based on love. <http://www.sufism.org/books/livinex.html>

Our Camino: A Pilgrim's Journey to the Soul leaves October 1.

I will lead a group of six women on the Camino to complete a 12-day walk to Santiago covering 240 kilometers. We leave from Ponferrada where this is a brave group of individuals will begin to walk their own journey, facing their deepest fears. We will be filming a documentary with the direction of Bruce Pirrie, who walked the journey in April 2005 the artistic eye of Director of Photography Pasha Patriki www.dop.ca, who will also walk the Camino and to explore this ancient journey of transformation.. Travel arrangements and package co-ordinated by Kompas Express Travel. I am interested in finding sponsors and funding for the project. If you align with the values of the Camino and have a passion to share its lessons with the world, or you know someone with whom I should connect, please contact me directly at sue.kenney@sympatico.ca 416 985 8759

If you have an intention you would like me to carry to Santiago in your name, please send me an email. sue.kenney@sympatico.ca

Events: You are invited... *Please join me and feel free to invite others too!*
Check my website for more details. www.suekenney.ca

September 24 Orillia Heritage Place Showcase of the Arts at 23 Peter St. - Author Reading/Signing 10-3pm

September 25 Word on the Street Literary Festival-Toronto-11-6pm Sue will be at White Knight Publications booth on the east side of Queens Park. 11-2pm Come and say hello. *Toronto Artsweek Event

September 26 Toronto Business Expo-Metro Convention Centre on Front St-Sue will be participating in a Women's Forum Panel sponsored by Wings Canada at 3:00pm

September 29 Arts Week Event- Author reading and storytelling at Yorkville Library- 7:00pm-Join us at Toronto's oldest library *Toronto Artsweek Event

October 1 Chapters Festival Hall-John St. Toronto 11-1pm Author signing. *Toronto Artsweek Event

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

Workshops

Journey to the Soul -Week-long Intensive Retreat with Sue Kenney held at Gibraltar Centre for the Arts 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 ferry at 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?

Creating Presence Workshop Are you exploring a path to personal development? There is no time like the present to 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. Increase your power to open possibilities for yourself and others. **Washago Workshop Saturday November 26 9:00am to 4:00pm Toronto Workshop Monday December 5 9:00am to 4:00pm.** Create your desired future. Refreshments and lunch served. Workshop Fee \$95.00 plus gst Visa/Mastercard accepted. Bring a friend and get 20% off your fee. To Register email sue.kenney@sympatico.ca or call 416 985 8759.

How to Write Good! A Writing Workshop co-facilitated with Bruce Pirrie of Second City fame. Learn proven improv techniques to improv-e your creative writing. You'll meet other writers, write new material and have it reviewed too. **Washago Friday November 4th 9-4pm \$95 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

51st Banff School Keynote address by Sue Kenney in August ...ranking up there with Jim Rohn and Mark Victor Hansen. You delivered a moving, inspirational, heart inspired story of conquering life's fears and living life to its absolute fullest. You painted word pictures so vividly that I could see myself following in the amazing steps of your journey with the same passion you delivered your talk with. Outstanding!" Have a great day Sue... and I look forward to meeting you again. Love D'arcie

D'arcie Rogers, CFP, CDS, TEP Executive Financial Consultant, Investors Group Financial Services

There was no hacking, coughing or shuffling of paper as 300 sets of ears tuned in to hear Sue's stories of rowing and walking. Everyone in the room listened. They wanted to hear Sue Kenney tell her remarkable story. And she did so in a calm, clear voice that connected with her listeners... Often we are prevented from producing to our full potential because of our fears. Sue Kenney faced many fears in her own life, and was able to overcome them. She is an inspiration and a guide for others.

G. Philip Fisher, Advocis School, Banff, 2005

Over the past three months, we have had the pleasure of working with Sue Kenney, not simply as our editor but as our advisor as well. What started out as a summary of a travel we did has been transformed into a story that speaks from the heart. Sue's insightful comments and suggestions have helped us to cut to the essence of our journey, revealing the emotional and spiritual journey that our book is truly about. She is very patient with us, gently guiding us to seek deeper. She doesn't judge our work nor does presume to put words in our mouths. She simply gives us ideas and new perspectives to consider as we write. She's very encouraging and supportive. We have been most pleased in our relationship with Sue and look forward to continuing it further. We would highly recommend her to anyone seeking to bring forth into the world what is truly in their hearts.

With warm regards, Mony Dojeiji and Alberto Agraso, Cadiz, Spain.

Hi Sue:

*I was watching tln one night, and the host was introducing this author and talking about your book, and then she announced your name. At that point, I recognized the name, and remember the Sue Kenney I knew, and behold there you were right on the tv. I remember you at Bell Canada about 19years ago..I wanted to let you know, that I really enjoyed your book, and found it very inspirational..I look forward to hearing more of your stories..I have shared your story with many of my peers, and now have them reading the book also..Thank You
Anna Pallotta, Toronto*

Book Update **My Next Book**-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. It's a very different story than My Camino and I look forward to sharing this unbelievable journey 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? Tell me at sue.kenney@sympatico.ca

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 with kindness 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 www.suekenney.ca/bookscd 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.

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

- **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, to be published in the near future by 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. 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>
- www.pilgrimsprocess.com
- 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
- Highly recommended 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

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