

# Inspirational Moments

Welcome to the Spring issue of Sue Kenney's words, stories and events on the path as a pilgrim of the Camino de Santiago de Compostela.

## Stories from My Path

Under a full moon, the ice melted on Lake Couchiching this week. Each year when the lake first freezes over, I'm reminded of how much I miss the constant movement of the water. Everything becomes perfectly still and it's almost as though the frozen state of the water is to remind me to take a pause in my life; to be still and listen. At first when I arrived at the cottage, I listened to the birds and the familiar sounds outside. Then I began to listen inward and I heard the profound words that had come to me several months ago; *prepare to receive*. It wasn't like a voice that spoke to me or a vision. It was as if I knew the words all along and it was absolutely clear to me that I just had to trust this message. Knowing the Camino was guiding me on my journey I began to act as if it was so. I prepared to receive by practicing Bikram yoga and Vipassana meditation. I prepared by body by taking wheat, dairy and beef out of my diet. I prepared by walking everyday and I remained aware. Nothing happened.

Today, as I write this story, it's windy and the rough water constantly piles itself up on the rocky shore only to return to the lake again. A similar cycle is repeated through my storytelling. By using my voice to share the stories of the Camino as a gift to others, I am continually being received. By being received, I'm given a gift that is the rhythm of my post-Camino universe and that's extraordinary.

*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 Prepare.

A virtue represents moral excellence, honor and integrity. I believe we should be in a state of preparing to receive what others have to offer.

**My Intention - I am prepared.**

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## Workshops: The Leadership Journey.

### Introduction to 'Life Coaching' Workshop

Do you want to be more disciplined about living a life with purpose?

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 using the **Creativity Circle**. This life skills program begins with building a strong foundation. From here you will learn how you can increase your state of awareness, make meaningful choices, gain control of your life to create peace and harmony as you walk life's journey.

[www.integrativehealthinstitute.ca](http://www.integrativehealthinstitute.ca)

**Toronto Thursday May 8, 2008**

**Reception 6:30pm Workshop 7:00-9:00pm**

**\$40.00 Register at 416.260.6038 [info@integrativehealthinstitute.ca](mailto:info@integrativehealthinstitute.ca).**

**Testimonial** *That was EXCELLENT, Sue. Not only did I thrive on the content, but your voice is so soothing and graceful that it was a pleasure to receive your gifts through that sense. You provided me with some powerful reminders - thank you very much. Marina Toledo*

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### 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 or [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)**

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

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**Camino Books: Mother's Day May 10th Special.** Buy one of Sue's books and get a free storytelling CD Stone by Stone valued at \$15.00. Offer good until May 10th. Order at [www.suekenney.ca/books](http://www.suekenney.ca/books) or call me directly at **416 985 8759**

**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](http://www.suekenney.ca/mycamino)

## Testimonials

*Many thanks for having Suzie pass on your lovely book. I gobbled it up while on the train to and from Montreal last week. It is truly a beautiful story. Many of the images and thoughts you presented will remain with me forever.*

**Robert Kortgaard, Canadian concert pianist.**

*I have to tell you that I really enjoyed your book My Camino. So many people think that the Camino is some sort of cross between the Religious (all those St. James' Miracles), the Sublime (Paolo Coelho's beautiful but oh-so-masculine The Pilgrimage) and the Ridiculous (Shirley Maclaine's The Camino, which out of courtesy I shall refrain from commenting upon). Your book captured the Camino much as I felt it and ranks way up there with Jack Hitt's wonderful Off The Road, which I have replaced three times.*

**Tracy Saunders, Author.**

**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](http://www.suekenney.ca) **Watch a film by BookShorts on Confessions of a Pilgrim** [www.bookshorts.com](http://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.

## 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](http://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](http://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](http://www.pilgrimstales.com)

**Other Camino sites:** [www.santiago.ca](http://www.santiago.ca)

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## Film Screening of **Las Peregrinas...the women who walk.**

“Las Peregrinas provides us with a rich description of what draws the pilgrim to the Camino de Santiago. In her film, Sue Kenney has captured the beauty of the land, the rich culture and traditions of northern Spain, the challenging moments of walking the pilgrimage, the delightful personalities of the local people and above all, the sense of community and spirituality one develops along the way.”

**Lupe Rodrigues, Artist, Lecturer and CBC Art Commentator**

*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 **Error! Hyperlink reference not valid.** or order your own DVD copy at **Error! Hyperlink reference not valid.** Las Peregrinas will be screened at the **Voices and Views Women's Film Festival in Belleville on Saturday April 26**, 2008 at 3:00pm. Q&A with Director Sue Kenney to follow. A group will be doing a mini-pilgrimage walk on the Riverfront Trail from 10:--12:00pm. For more info go to [www.voicesandviews.org](http://www.voicesandviews.org)

**FlipBook** A short film about the Muskoka Novel Marathon using 5000 digital photographs.

### **CONTACT PHOTOGRAPHY FESTIVAL - NFB CINEMA**

150 JOHN STREET, TORONTO \$9 general admittance, \$7 students, seniors & groups  
Tickets at NFB Cinema in advance or at the door for details 416 973 3012 [www.nfb.ca](http://www.nfb.ca)

### **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](http://www.suekenney.ca). If you are interested in finding out more about life coaching, contact Sue directly to set up a free trial call.

**Feel free to share this newsletter with others.** If you have any comments or suggestions please email [www.suekenney.ca](http://www.suekenney.ca)

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