

HEARTSPACE WRITING SCHOOL

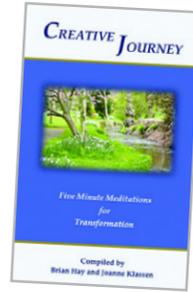


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



Five Minute Meditations for Transformation

CREATIVE JOURNEY is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833

Excerpts from CREATIVE JOURNEY:

BEGIN

By Alison Lock (AML)

I have to come back to a beginner's mind, the first way I thought and felt about writing. In a sense, the beginner's mind is what we must come back to every time we sit down and write... Each time is a new journey with no maps.

(Natalie Goldberg, *Writing Down the Bones*)

How to begin?

A new notebook. I open the first page. The smell of the fresh-cut paper and the clean-lined page taunt me, saying, "well, go on, what are you waiting for?" But somehow I cannot put my pen to the paper. For one thing, I know my handwriting is untidy and only vaguely constitutes anything that can be considered legible.

In fact, if I ever want to read aloud what I have written in my writing circle, I will need to look for my most up-to-date spectacles with the highest magnification just to see the words.

And then there's the problem of the page being the very first in the notebook and the feeling that I should begin with something profound—some wise words, a flash of clarity that will light up the world.

But actually I am writing, not on the first page—I turned over a page before I could set down these words, these less than impressive words, on this insignificant second page. (AML)

I cherish every beginning, allowing new opportunities into my life, wherever they come from, whenever they arrive. I will begin again. No excuses.

BIO: Alison Lock (AML)

Alison Lock is a poet and author from Holmfirth (UK). She finds inspiration in the moorlands and the natural environment of the South Pennines, which is often reflected in her writing. She is currently working towards a Ph.D. in Creative Writing. She believes that Transformative Life Writing™ is a unique and powerful tool that can transform our personal journaling, giving us new insights, and encouraging the development of our writing journeys. <http://www.alisonlock.com/> ■

TRUST

By Farrukh Akhtar (FA)

A depressing and difficult passage has prefaced every new page I have turned in life.

(Charlotte Brontë)

I am drowning. My body half decayed, half immortalized in globules of stress. All of me increasingly dead as I struggle to get through another day at work. Another day in which I try to find a way to leave my current job, the interminable commute that sucks the dregs of life out of me. I feel sick at heart. I no longer want to be a part of this profession.

So I write. I hope writing will save my life. I write it all out of my system; cleansing, detoxifying. I am these feelings, but I am more than just these feelings. Through writing I re-connect with an essential me, a me at peace with myself.

I hold the vision of where I need to get to: living, working, breathing harmony. My life is a synthesis of all I hold to be true. There is no incongruence. At some point I will

jump, from one cliff over a chasm to another. The writing and running that I do now is building up the momentum for the leap of faith. I trust it will happen. (FA)

I trust that every step I take leads me where I need to go. That is my leap of faith.

BIO: Farrukh Akhtar (FA)

Farrukh, a senior lecturer at a London university, has been involved in the helping profession for over 25 years. As a Transformative Life Writing™ (TLW) facilitator, she runs workshops at the university and in the community. She is the TLW Facilitators' Co-ordinator for Europe and edited their training manual. Farrukh is founder of an incognito but internationally acclaimed book club. She loves writing, the theatre, communing with vegetables on her allotment, and having friends over for dinner.

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NOTE: If you'd like to participate in the **Dragon Boat Festival** but don't have a team, submit your name, email and phone number to **Senior Scope** by email to kelly_goodman@shaw.ca and we will try to match you up with a team that may need members. If you have a team that needs more members, check with us by email. We may be able to help you out.

MANITOBA DRAGON BOAT FESTIVAL
event operated by **FMG**

55 Plus Category Added!

SEPT 8-10, 2017 AT THE FORKS

The perfect **55 Plus** adventure has arrived in Winnipeg. Have a blast, challenge yourself, make new friends and compete with people your own age and ability in a brand new **55 Plus** category being introduced at the annual **FMG Manitoba Dragon Boat Festival**. No experience – no problem; it's easy, safe and loads of fun! Participate in this age-friendly competition and help raise much needed funds for cancer research in Manitoba.

Senior Scope and **FMG Manitoba Dragon Boat Festival** are introducing a **55 Plus** category for Manitobans who are 55 years of age or older. **FMG Manitoba Dragon Boat Festival** has been operating for over 25 years, generating over 5.5 million to local charities specifically CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba.

What is dragon boating? It's the world's fastest growing water sport for all ages, a team of 20 paddlers, a steersperson and drummer move a 44' Chinese dragon boat down a 500m Red River course at The Forks.

How do we register a team? – FMG makes it easy to get your dragon boat team underway. Select a competent, well organized, communicative Team Manager and sign up to join the team. FMG will guide your Team Manager all the way, including your three one-hour practices before the event and on Festival Weekend.

Check out the FMG Dragon Boat website at www.facilitymarketing.com or email us fmg@fmgdragonboat.com and be part of the 'first wave' of 55 Plus participants in the **FMG Manitoba Dragon Boat Festival**.

Endorsed by:



Working together for Manitoba kids with cancer.



ATTENTION! All Dragon Boaters

Denyse Walker, widow of Scott Walker, has announced the untimely passing of her beloved husband from FMG Dragon Boat.

Scott had lost his own battle with cancer last month in May after helping to raise millions of dollars for cancer research through the Dragon Boat Festivals he and his family operated in Winnipeg over the years. They also helped raise funds for the Heart & Stroke Foundation in Saskatoon through the Festivals they held there.

A small private celebration of life in honour of Scott has taken place.

However, Denyse has a message for all Dragon Boaters...

"In September at the Manitoba Dragon Boat Festival, FMG Dragon Boat together with CancerCare will look at recognizing Scott and his

legacy of Dragon Boating. Please join us as we celebrate Scott's legacy and join together to raise more funds for CancerCare.

Paddles Up... Take it away!"

So, please get your teams together and come and celebrate Scott's life and legacy this September and help find a cure for cancer.

Senior Scope had featured a story of Scott Walker, written by Scott Taylor, in October, 2013. If you'd like to read this fascinating story of how Scott became involved in the Dragon Boat business, go to www.seniorcope.com and click on the 'Archives' button. then click on the link in the last column (2013-2014): **V12N4 Oct 10/13**.

MANITOBA Wild

Scenic Secrets of Manitoba

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca

Pick up a copy at your local bookstore today!

