

HEARTSPACE WRITING SCHOOL

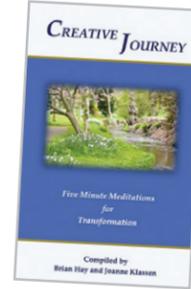


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

COMPARE

By Joanne Klassen (JK)

Be yourself; everyone else is already taken.

(Oscar Wilde)

This week I met Tony, whose hair I admired from across the room in a high school Transformative Writing™ class. I strolled over and told him, "That looks like an expensive hair cut."

"Nope. Not if you've got a family member who knows how. You could even do it yourself if you had the clippers," he said. Tony has a perfect Mohawk—wide, black and standing straight up on top with the sides neatly shaved. I asked how he got it to stand up like that, a little in awe.

"It's like this when I get out of the shower; it's natural," he said.

I have short blonde, thin, fine, lazy hair. It just lays there. That very morning I'd washed, dried, and curled my hair, but still it just lay there, flat as a pancake.

I know it's not a good idea to compare ourselves with others.

That can be a dead-end street. My husband would say, "Be glad you've got hair." He jokes that he has eleven hairs in seven rows. It's not true; he's just self-conscious of a small bald spot. He's got nice hair and a beard.

Today I resolve to appreciate the differences between myself and others, focusing on gratitude instead of deficiencies. (JK)

I am delighted by the rich design of our differences in the tapestry of life.

BIO: Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada.

E-mail: jklassen@write-away.net ■

CONNECT

By Astrid Schuhmann (AS)

A hidden connection is stronger than an obvious one.

(Heraclitus)

Through my living-room window a warm Fall breeze carries the sound of chewing made by an ill-mannered giant having a picnic on my front lawn. The inquisitive child inside of me peers out the window: The lawn is black—an iridescent black with hues of green. I'm looking at a flock of black birds, countless, gorging themselves on a fresh crop of acorns. The myriad of their individual sounds blends into a concoction of chirping and chewing.

And yet, for all their apparent sameness, I notice a diversity of manners: some picking, turning over every leaf lest they overlook a special morsel; others, feeding in stoic repeat motions; there are those who appear overwhelmed by the abundance, fluttering about, barely eating at all; and the agitators, who, seemingly ever unhappy with what is before them, just must

disrupt another's peaceful meal. Which of these birds am I? At times perhaps, a bit of each.

A short spectacle it is. After all, how many acorns does it take to fill a bird's belly? As if summoned by a distant call, the flock lifts in unison, becomes a dark cloud that drifts southward, no particle left behind.

During these minutes, I witness a curious shift as an apparent whole first reveals glimpses of its distinct parts, then reintroduces itself as a coherent ensemble. (AS)

I connect freely, assured I belong to the earth and the sky.

Astrid Schuhmann (AS)

Astrid's adventuresome spirit led her from her native Germany to Winnipeg, where she has applied her passion for organizational systems in several settings. After completing a Transformative Writing™ program, she was trained as a facilitator and has led groups for seniors. Astrid has coordinated two training manuals and three books, including this one. Her passion for language led her to transcribe her father-in-law's journals and translate them from their original German into English. E-mail: astrid.schuhmann@mtsml.ca ■

Crime Prevention Tip

Courtesy Winnipeg Police Service

It is autumn already... Wow!! Stay Safe!!

- Use caution when driving as deer are out and about during the fall season. Deer are easily spooked and run across the roadways /highways without fear of cars. This can be a very dangerous situation for drivers as well as the animals.
- The term Hydroplaning is commonly used to refer to sliding of car tires across a wet surface. It has been a wet couple of days, slow down when driving especially while passing puddles.
- Bikes are a convenient way of getting around, seeing the city and getting in outdoor exercise. Unfortunately, bike thieves are still out there. It is advisable to invest in a sturdy bike lock and make sure you have the serial numbers written down.
- Opportunist thieves will target doors left ajar. Avoid these unwanted visitors by ensuring your doors and windows are locked whenever you are not in- even if you are just stepping out for a couple of minutes.

Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

Free Multi Media Presentation

- Sri Lanka -



Topic

No Country Can Live in Isolation: An Example from an Island Nation, Sri Lanka

Content

History - Culture - Interrelationship Canada & Sri Lanka - Demographics - Emerging Sectors - Human Capital Development - Agriculture - Srilankan Community in Winnipeg

Contact: Senaka Samarasinghe
204-888-8253
Email: senaka24@yahoo.com

Keyboard Ventures Music Centre

Exercise your mind, coordination, concentration and motor skills.

ONSITE or MOBILE Music Lessons for Children, Adults & Seniors

Piano • Organ • Keyboard • Guitar • Voice

Serving Winnipeg, Stonewall, Selkirk & area

Ask about CASUAL LESSONS at your own pace

6 Week Introductory Offer - \$95 Free use of Keyboard

Karaoke & Instrument Rentals

SALES & SERVICE:

MUSIC: Keyboards, Guitars, Recorders, Music Books/Accessories, etc.

COMPUTER: Printer cartridges, USB flash drives, SD cards, CDR's, DVR's, etc. **Computer virus removal**

HOME: Batteries (hearing aids, fireplaces, remote car starters, etc.)

Now Offering GARAGE BAND lessons on iPad!

Call Terry: **204-955-5428**
terry@keyboardventures.com
www.keyboardventures.com

310 Weitzel Street • Winnipeg
324 Main Street • Stonewall

BBB

MANITOBA COIN CLUB

2017 FALL COIN, STAMP & COLLECTIBLES SHOW

Saturday, Sept 30 10 am - 5 pm
Sunday, Oct 1 10 am - 4 pm

THE SUNOVA CENTRE
48 Holland Rd.
West St. Paul, Manitoba
(West of Main St. off Kapelus Dr., left just after N. Main & Perimeter)

Admission: \$5.00 per day, per person

BOURSE, EXHIBITS, FREE GIFTS & PRIZES!

For more information call **204-253-0419** or email hrengel@mymts.net

See You There!

W ← Main St. 101 West Exit
Sunova Centre X Kapelus Dr. North Perimeter
Take Kapelus Dr. OR Take 101 West Exit Main St. N ↑

♿

Treat your body to a soak in the Rich Mineral waters in Moose Jaw!

.....

Moose Jaw Mineral Spa Tours

October 22-24th
\$255.00 pp dbl occ

November 26-29th
\$359.00 pp dbl occ

December 31-January 3rd
New Year's Tour
\$499.00 pp dbl occ

Tour Includes:
Motorcoach transportation, Lodging at Temple Gardens Mineral Spa, Unlimited Access to Mineral Waters, Casino Package

.....

Red - White & Blue Get-A-Ways
1-866-846-3795
www.rwbgetaways.com