

# HEARTSPACE WRITING SCHOOL

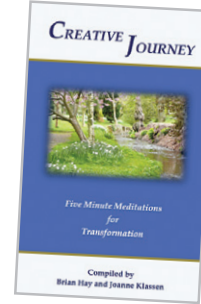


**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: [www.write-away.net](http://www.write-away.net)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

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## 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](mailto: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

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