

# HEARTSPACE WRITING SCHOOL

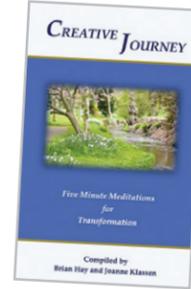


**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: [www.write-away.net](http://www.write-away.net)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

## TOUCH

By Brian Hay (BHH)

*“Seldom, or perhaps never, does a marriage develop into an individual relationship smoothly and without crises: there is no coming to consciousness without pain.”*

(Carl Jung)

Your touch means so much more than your words. I have longed for your touch these past years, wanted it spontaneously given, during our walks, to reach over and touch my shoulder, or my hip. To hold my hand.

And while we drive, to reach over and with the back of your hand, touch my cheek, let me know that you are thinking of me, glad to be with me.

We have so much pain to work through, and a flood of words seems insufficient to ease that pain.

Instead, it is the touch, your head on my shoulder, my fingers through

your hair, my other hand lightly drawing on your bare back, shivers and goose bumps. Your hand on my chest.

Touch is healing. (BHH)

*I embrace the gift of simple touch to express love and tenderness, compassion and care.*

### BIO: Brian Hay (BHH)

Brian Hay is a retired lawyer and a writer. He completed Transformative WritingTM studies at Canadian Mennonite University and received facilitator certification at Woodbrooke Quaker Study Center, European Centre for Life Writing for TransformationTM, in Birmingham, England. Brian took motorcycle lessons after he turned 60, consistent with Michelangelo's motto: "I'm always learn-ing ..." He loves reading books about writing and daily personal/spiritual reflection. Since 2012, he has envisioned and helped guide this book to completion.

E-mail: [brianh171@mymts.net](mailto:brianh171@mymts.net) ■



## TREAT

By Erin Taves (ET)

*You may think that in life, a lot of things happen to you along the way. The truth is, in life, you happen to a lot of things along the way.*

(Dr. Shad Helmstetter)

I watched as emergency medical personnel carted the woman on a stretcher down the busy hospital corridor. They walked quickly, yet appeared to be in no particular hurry. I stole a glance at the woman's motionless form; her mouth was gaping open and red. It reminded me of a gory Halloween mask.

I shouldn't have stared; it's not considered polite. But I snuck one more look at her in an attempt to determine the cause of her injury. It was Halloween and the phrase "trick or treat" kept echoing through my mind. I wondered about the woman on the stretcher—if her life was a series of tricks or treats.

I saw, in her motionless form, my own fragility. We will both be causalities of the same ephemeral world in which time calls us to dance. I remembered all the times in which I was left to pick up the broken pieces of my psyche after having fallen apart. I'm sure that when things were not going well that I considered myself a victim of circumstances; but perhaps I was bracing for the tricks instead of asking for treats. (ET)

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

### BIO: Erin Taves (ET)

Erin Taves plays the role of wife, mother, friend, employee, and spiritual enthusiast. She attended a Transformative WritingTM program in 2004 and continues to enjoy gatherings with "Prism"; an eclectic group of women who provide her with inspiration and wisdom. Erin's writing is self-reflective, based on her observations of the world and how it imitates her inner psyche. She reads books that promise to reveal some secret that has yet to be revealed. ■

# Crime Prevention Tip

Courtesy Winnipeg Police Service

**It is autumn already! 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](mailto:kelly_goodman@shaw.ca) for details.

### BRANSON and the OZARKS November 5-13

Experience 7 of the best shows & attractions including Daniel O'Donnell & Silver Dollar City, unique sightseeing, scenic drives and more! Join us on this fun-filled motorcoach tour and see how the natural beauty of the Ozark Mountains makes this North America's #1 travel destination. Guaranteed Departure - **Not too late to Book - Space Still Available!**



### "BLACK FRIDAY" SHOPPING

Minneapolis, Minnesota - November 23-26  
Ready...Set...Shop  
Join us as we take you on the ultimate shopping opportunity! Mall of America, Twin Cites Outlets, Albertville Outlets.

### BEAUTIFUL VICTORIA, BC - March 1-15

Escorted Fly & Stay Experience  
Offering a mild climate, year round flowers and an unique blend of old world charm and new world experiences, Victoria allows you an escape from the hurried world and beams with ambience.

### ARIZONA ESCAPE - March 4-19

Escape the winter and join us on this motorcoach adventure south to Arizona. With stays in Tucson and Scottsdale.

**EMBASSY TOURS - 204-757-9383**  
[www.embassytours.ca](http://www.embassytours.ca) 1-800-723-8051



**A conference for family and friends caring for a person with dementia.**

**Saturday, October 28**

Canadian Mennonite University  
9 am - 3:30 pm

Cost: \$40 (lunch included)

Register online at [alzheimer.mb.ca](http://alzheimer.mb.ca)

or call 204-943-6622.

**Space is limited!**

**Alzheimer Society**  
MANITOBA  
Dementia Care & Brain Health



## Newfoundland Labrador

June 19 - July 1st, 2018

**Lighthouses, Icebergs, Whales & Puffins!**

\$3800.00 pp dbl occ

Tour Includes: West Jet Flights departing Winnipeg, 12 Nights Lodging, Tour Director Departs With Group From Winnipeg, Deluxe Motorcoach Transportation in Newfoundland Labrador, 26 Meals, 2 Boat Rides, Step On Guides, Ferry To Labrador, 4 UNESCO Parks (Gros Morne, Red Bay, Port Au Choix & L'Anse aux Meadows), Excursions To Bonavista, Cape Bonavista, Twillingate, Bay Bulls, Cape Spear, Brigus, Auk Island Winery, Prime Berth Fishing Museum, Luggage Handling, First Checked Bag of Luggage, plus lots of Lighthouses!



Request an information booklet! [www.rwbgetaways.com](http://www.rwbgetaways.com)

**1-866-846-3795**

**Red-White & Blue Get-A-Ways**