

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:

GIVE

Jayelle Bond (JLB)

No one has ever become poor by giving.

(Anne Frank)

My closet is stuffed with clothes, shoes, and hats. I have the choice, and the money, to attend a hockey game or symphony concert. In my home I have hot water delivered at the turn of a tap, plus a freezer up-to-the-brim with food. The stores in my neighbourhood are laden with products on shelves for me and others who want and want. Materialism marks our hearts.

The children I sponsor overseas know little of my rich level of living. Their neighbourhood is stuffed with gang activities, drug abuse, prostitution, alcoholism, disease, unemployment, and voodoo rituals. Their parents survive by subsistence farming. To access water, residents walk several kilometres.

Being desperate for the fundamentals of life is not my experience. Seldom

have I known lack. Where do my sponsored children and their parents find hope?

About four times a year, mail arrives from my children. The handwritten letters, along with their delightful art work, tell me they buy rice, or cooking oil, or a goat with the funds I give. One child buys a new pair of shoes; she writes that she feels like somebody special. My heart breaks open; my vision blurs. (JLB)

To give and to receive is an education in blessing.

Jayelle Bond (JLB)

Jayelle Bond is walking into her prime. She stretched herself by taking the Life Writing for Transformation™ course at Canadian Mennonite University. Poetry is her usual writing; her poems have been published in journals and magazines. A prairie woman who delights in wind-rippled wheat fields and the starry vault of sky, Jayelle engages in watercolour painting, reading, and travelling. ■

LIVE

Bertha Fontaine (BJF)

Live and let live.

(Alcoholics Anonymous slogan)

During my late 30s I began to jog. I felt challenged to run instead of smoking cigarettes. My strong addiction to nicotine had really overtaken my life. I remember quitting smoking when I was 28 years old, for 8-1/2 years.

Without hesitation or any conscious effort, at a wake for my deceased mother-in-law, someone offered me a cigarette and I smoked two before I was aware that I had smoked. The battle of quitting and starting to smoke began again. I then quit for two years, and started again, right back into the old addiction.

This time at 38 years old, someone advised me to run every time my urge to smoke became unbearable. As I began to run, my lungs started to empty, and I started to feel alive each time I chose to run or jog instead of smoking. Food began to taste better.

Water tasted delicious. My clothes began to lose the stale smell of smoke as I started to live without the nicotine addiction.

In time, I found the freedom to live fully again. I felt alive. (BJF)

Each attempt to succeed brings me closer to living fully.

Bertha Fontaine (BJF)

Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative Writing™ program at Canadian Mennonite University (CMU) and other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors. ■

CURRIE'S CORNER

By Roger Currie



Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

O president

Question .. What are Oprah's views about NAFTA? Assuming that the Donald hasn't already scrapped the trade agreement by 2020 that is vital to the strength of the Canadian economy, and the prairies in particular, it's probably time to compile a bit of a dossier on Ms. Winfrey.

The idea that barely two years from now, American voters might send a reality TV star to 1600 Pennsylvania Avenue to replace the one who's already there is beyond belief. So are a

lot things about the state of democracy in 2018.

Oprah sprang to the forefront of our attention recently with a powerful speech as she received the Cecil B. DeMille award at the Golden Globes. That prize, named for a legendary Hollywood producer who died almost 60 years ago, became hugely political a year ago when they gave it to Meryl Streep. Without mentioning him by name, she did a number on Donald Trump who was still unpacking his golf clubs at the White House. He responded with his thumbs that Meryl

was "highly-overrated" as an actress, and the great American divide was underway.

This year's Golden Globes were a celebration of "sisterhood" and the Oscars a few weeks from now will undoubtedly see more of the same, in contrast to a year ago when it was the "anyone but white" awards.

Does Oprah offer any significant reasons to believe that she might be an effective President of the United States? Seems it doesn't much matter. On the plus side, her estimated net worth is close to \$3 Billion. That

means she should be less beholden to special interests.

She is female and African American. That checks off a couple of boxes, but I still want to know how the hell does she feel about NAFTA, and does she swoon over Justin Trudeau?

It has long been said that politics is great theatre. What we didn't seem realize is that in the U.S. the dividing line between the two worlds has pretty much disappeared. ■







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