

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/B01IQ0N9AS> 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:

**ATTUNE**  
Bertha Fontaine (BJF)

*In each of us, there lies a divine connection to a power... Today is the day to attune to that power and use it...*  
(Marianne Williamson)

Upon awakening this morning, I felt a slight difference in myself. I wasn't sure what was happening but I fatefully left for work.

I had to give a short presentation later to a group of people at a meeting. I found it difficult to keep my emotions in check. I stopped a couple of times in the middle of a sentence to contain myself. I shed a few tears before completing my talk, all the while asking myself, "What is wrong with me?"

Later in the day, I realized that it was my deceased father's birthday.

He would have been 96 years old. All day long, without realizing it, I had felt his presence in my mind, my body, and my spirit.

I reflected on how important he was to me, and yes, the world, even after being gone to the spirit world over eighteen year ago. (BJF)

*I take time to listen to my body, my mind, and my spirit today.*

**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. ■

**CLICK**  
Joanne Klassen (JK)

*To pay attention, this is our endless and proper work.*  
(Mary Oliver)

I recall my mom chiding my dad to, "Turn off the T.V. before our guests arrive." He didn't see the need, but he'd grumble and click it off.

"It's not polite to have it on when we have company. We should be paying attention to them," Mom added.

Dad even liked the sound of the T.V. while he was napping in his big brown recliner in the living room.

When I asked, "Why do you keep the T.V. on all the time, even when you're not watching it?" He replied that it "kept him company."

Today I see lots of people, including myself sometimes, staring at hand-held screens, even when we're

with other people. It's as if we've grown so accustomed to the company of the electronic world that, like Dad, we don't consider it impolite to give our attention to a screen instead of the living, breathing, feeling human being we're with. (JK)

*I tune in to the people I'm with. As I click off distractions I seize the gift of time with others.*

**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. ■

Celtic Country - supporting a cure for Alzheimer's

"Celtic Country" is a band that does, indeed, play the type of music its name implies. However, we also can be very eclectic, as our members have Rock and Roll and Folk experiences, too. In fact, we can go from Hank Williams Sr. to The Tragically Hip in a veritable heartbeat.

That eclectic feel will be very present during our upcoming event at **Doubles Pub in the Travel Lodge East**, in Winnipeg. On **April 27th** between 8:15 pm and 12:30 am, we will be presenting a night of music on behalf of the **Alzheimer Society of Manitoba**. Three of our band members are from the same family....one that has been hard-hit by Alzheimer and Dementia – added incentive to help in any small way we can to someday wipe out this much-feared, debilitating and ultimately fatal condition.

We invite folks to come out and just "have some fun" with us. Go to the Alzheimer website, where you can learn more about our band, and buy **advance tickets at \$10.00**. Tickets at the door will be priced at \$15.00. There will be a door prize provided by our host venue, and also a 50/50 draw!



Celtic Country band

**WHO ARE WE?**

Rob Knight Senior is Lead Singer and Band Spokesman. He began singing in high school and has enjoyed many years of entertaining people with bands like 'Bobby Glide and the Ride,' "Knight-Walker" and "The Corvettes," as well as "The Celtic Folk."

Rob Knight Junior, Lead Guitar, 12-String, Mandolin and our 'Arranger.' Rob also has many years of experience in music with two of the aforementioned and also his own group, "Retro Radio."

Jeff Knight, Rhythm Guitar, Harmonica, Tin Whistle and Back-up Singer. Jeff is an RCAF pilot who flies the Hercules out of Seventeen Wing here in Winnipeg, but still finds time to be an important part of our band.

Steve Paulus plays Rhythm Bass, and soon-to-be Accordion. Steve has a great voice, as well, and is our back-up lead singer. ■



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