

# 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:

## CHANGE

Tracey Craigon (TC)

*If we don't change, we don't grow. If we don't grow, we aren't really living.*

(Gail Sheehy)

*Kaizen* is a Japanese philosophy that focuses on continuous improvement throughout all aspects of life. The two original Chinese characters that make up this word are *change* and *good*.

I've become acutely aware of how easy it can be to be too content, too comfortable with the status quo. The way things generally are or have always been is not always the best, most life-giving, or secure way. At some point, if I am sincerely interested in improving the quality and effectiveness of my work, my relationships, and my commitment to a higher purpose for my life, I need to consider the value of change and the possibility of continuous improvement.

Change can be messy, for sure. It's frequently difficult, requiring effort

and adaptation, even compromise, on my part—and it's often inconvenient. There are things that I would like to change or that I know need to change ... and yet, it rarely happens as soon as I'd like. It's easy to become discouraged and impatient when I don't see the desired results I'd like to see. Sometimes things seem to get worse before they get better.

A different perspective, an improved attitude, a renewed commitment, a change of heart, a change of address, or simply a change of scene can really do some good. (TC)

**I willingly embrace the necessity and power of change.**

Tracey Craigon (TC)

Tracey has had a knack for writing since childhood. Her love of the craft has led to explorations in poetry, journaling, song writing, blogging, calligraphy, and fiction. She is considering writing a book about some of her faith experiences. Presently, Tracey lives in Winnipeg and teaches ESL. She recently certified as a Personal Trainer and helps others enjoy the benefits of fitness. Tracey's other interests include prayer, language, singing, cooking, HIIT workouts, and dance.

## COCOON

Joanne Klassen (JK)

*Action without reflection is thoughtless; reflection without action is passive.*

(Jonathan Gosling and Henry Mintzberg, *The Five Minds of a Manager*)

I awaken to a white sky; more snow is on the way. I have meetings to attend and driving is going to be a challenge, but not an obstacle. For one hour I can pause, climb back under the covers and cocoon in a cozy space of reflection before the day of action begins.

Today I didn't awaken to an alarm or need to jump up, prepare breakfasts and lunches and hustle kids off to school and myself off to work, as I once did. I relish the luxury of more time to reflect at this life stage.

Like a caterpillar, I have been crawling along, eyes on slippery gray sidewalks. As I lie here watch-

ing the sky outside my bedroom window, rays of sunrise illuminate nearby buildings, painting them a golden hue. I realize it's time to emerge from my cocoon. There's a big, beautiful world outside waiting for me to spread my butterfly wings. Pulling back the covers, I decide to wear yellow today. (JK)

**Reflection transforms my inner and outer worlds.**

**I find moments to cocoon in solitude and emerge, ready to spread my wings and enjoy a new view.**

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](mailto:jklassen@write-away.net) ■

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Top: Branson Show Boat Belle  
Bottom: The Oak Ridge Boys

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