

Souljourner...

courageous travels in the soul's direction



APRIL 7, 2010

- ✚ SoulCollage® Workshops
- ✚ Advanced SoulCollage® Gatherings
- ✚ Individual SoulCollage® Consultation
- ✚ Depth Coaching

SoulNotes...

The sun is warm, the days are getting longer and my flower beds are calling my name! I love to garden. It has a way of connecting me to ancient rituals while grounding me steadfastly in the present. Sages and mystics throughout the ages have gleaned profound moral and spiritual lessons from gardening. To garden teaches me something about myself, about my interdependence with the world of nature, about my quieter and deeper states of being and about how I might discern spiritual principles that elude me in other aspects of my life.

Like creating a new SoulCollage® card, in the quiet, ordinary act of gardening revelations of the most profound can occur; cultivating my soul and regenerating my very being.

Blessings always, *Carolyn*

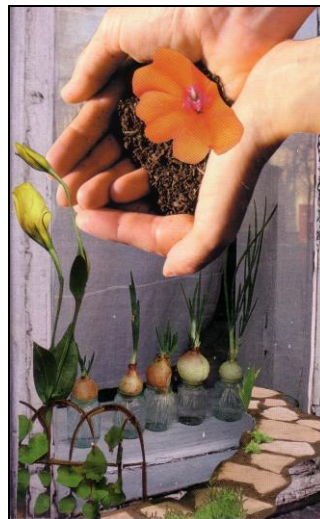
Featured SoulCollage® Card...

Carolyn Durgin

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Certified Coach

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Committee Suit: Keeper of the Seed

I am one who holds life in my hands. I plant the seeds. I cultivate the soil. I nurture the roots that run deep into the earth and into my soul. I am one who honors the mysteries of life and believes that all paths are sacred, all life has value. I am one who cherishes beauty and celebrates diversity. I am the keeper of the seed.

"Gardening is active participation in the deepest mysteries of the universe."

Thomas Berry



Souljourner



www.carolyndurqin.com

Beyond its practical aspects, gardening - be it of the soil or soul - can lead us on a philosophical and spiritual exploration that is nothing less than a journey into the depths of our own sacredness and the sacredness of all beings. After all, there *must* be something more mystical beyond the garden gate, something that satisfies the soul's attraction to beauty, peace, solace, and celebration.

Christopher and Tricia McDowell, *The Sanctuary Garden*



Classes and Workshops...

Experience the joy that comes from living courageously in the present...

Introduction to SoulCollage®

Open a portal to your inner wisdom, deepen your connection to self and Soul, and awaken your intuition.

This workshop is an introduction to SoulCollage® and the four "suits" of a SoulCollage deck. As a participant you will have the opportunity to make your first SoulCollage card and practice listening to the "voice" of the card through the "I am one who..." exercise. All materials are provided.

When: Saturday, April 17 9am - 4pm

Cost: \$90.00 *contact Carolyn to register (coach@carolyndurqin.com)*

[Into the Light: Exploring the Shadow with SoulCollage®](#)

Our shadows exist to teach us, guide us, and give us the blessing of our entire selves; they hold the essence of who we are.

Classes: Jan. 22, Feb. 19, Mar. 19 and April 16

Cost: \$120.00

This class is full. *Contact Carolyn for future Shadow Work classes.*

SoulCollage® Challenge...

Add a card to your Council or Committee Suit:

The archetype of the Gardener is a cultivator of the soul, a regenerative keeper of seed, soil and root. She keeps track of the need for change and replenishing... whether its ideas, images or energies. She looks within herself to find meaning and new realms of discovery. Above all, this archetype helps a woman learn to cherish and live deeply in the moment.

Be still and reflect on the sacred art of gardening, whether it be of the soil or the soul. Make a card honoring your "inner gardener".

