

Souljourner...

courageous travels in the soul's direction



AUGUST 7, 2010

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

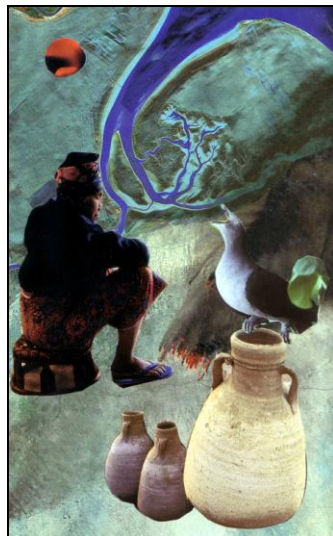
SoulNotes...

I recently spent a day with a friend creating. It was wonderful and I came away feeling re-energized and alive. I am not alone in believing that creativity is a pathway to the sacred. All the world's religions give credence to the idea that art pleases the divine and that creativity fuels our spiritual journey. Whether we write, make music, quilt, or paint, creativity puts us on a path of self-discovery that takes us deep inside ourselves. When we create we enter a place of beauty, transformation, wakefulness and play. We enter our soul.

As we head into the "dog days of summer" take an afternoon to create. Whether it's a flower arrangement, a new recipe or a SoulCollage® card... to create is to travel in the soul's direction.

Blessings, *Carolyn*

Featured SoulCollage® Card...



Artist: Alma Sanbern

Suit: Committee

I am one who births and creates life experiences. In the quiet solitude I discover who I really am. I am one who sings her own song.

"Creativity is a shapechanger. One moment it takes this form, the next that. It is like a dazzling spirit who appears to us all, yet is hard to describe."

Clarissa Pinkola Estes

Carolyn Durgin

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Souljourner



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*At its core, creativity is a
mystery. It wells up from the
cosmic inner landscape
where the true Self abides. If
we are free to meander in
this landscape without
expectation and need, our
creativity becomes the
wellspring of life in ways that
cannot be imagined by the
mind.*

-Emily Hanlon



Classes and Workshops...

Beginning September 16th...
(other dates will be decided by group participants on the 16th)

What Story Are You Living? 12 Archetypes that Guide Your Journey

When an archetype is active in your life, it often determines the story you live, what you notice around you and the actions you take. This workshop is designed to lead you to a deeper understanding of the archetypes guiding your life story and the gifts and challenges each presents you with. This 4-part workshop will include:

- ✚ Completing the Pearson-Marr Archetype Indicator
- ✚ Understanding and charting the results of the PMAI
- ✚ Exploring, embracing and sharing your life story.
- ✚ Creating new SoulCollage® cards to honor the Council members active in your life journey.

The cost for the series is \$120.00. Because the class size is limited, please register by August 31st. If you have questions email Carolyn at coach@carolyndurgin.com.

Deepen your SoulCollage® Practice... join a Wisdom Circle

“The truth that is most potent and most relevant in our lives is the truth we find for ourselves. Hence it is vitally important to learn to consult, to honor and to trust this wisdom.”

-Seena Frost

A Wisdom Circle will be an on-going facilitated small group that meets monthly to share new cards and do SoulCollage® “readings”. If you are interested in learning more about this way of enhancing your SoulCollage experience, contact Carolyn.

SoulCollage® Challenge...

Bill Moyers says that creativity is piercing the mundane to find the marvelous. Make a SoulCollage card celebrating the marvelous!