

# Soul Purpose



Views of  
Leiston Abbey  
Suffolk



Venue for the  
Residential  
Turning Point



Monday 6th  
to Friday 10th  
September

Turn to Page 4 for the latest news  
on our exciting plans for Turning Point 220

## Teacher Education Programme

Graham is about to begin what is likely to be his last "Teacher Training" series here in the UK to develop the most recent intake of Turning Point teachers ready to lead their own Turning Point within the next 3 years. There are some people who will be ready to lead their own TP in less than a year. However, for those starting afresh, Graham is clear they can be up and running within 3 years, by which time Graham and family will be returning to Australia for Oscar's schooling for at least 8 months of the year (back in the UK for the other 4). By then, Graham will have passed on the Teacher Education to another or others to lead further series.

Everybody knows the course as Teacher Training; however, the more appropriate term is Teacher Education as it is a process of bringing out the best in yourself, rather than being trained to do a job of work. It is a vocation in this sense. You are calling forth something from deep within yourself. It is a most rigorous and exacting endeavour, as you leave no stone unturned in your own development.

If you have taken Turning Point and want to take this step in your life and you are not one of those who have already contacted Graham, please do so on 020 8504 3545 and declare your intention. Graham is looking forward to hearing from you.

If you want it, then it's yours. It is up to you. There is nothing stopping you, other than what lies within yourself.

"Life is either a daring adventure or nothing" Helen Keller

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## Only A Person Who Risks Is Free - Julia Dunning

I entered the Turning Point course to change the direction of my life; without a shadow of doubt it did exactly that. The world is still the same, but my view and response to it has reverted back to the old me (ie the way I was born and the way nature intended for me to be.) I entered the course as Julie Meads; since the course I have changed back to my birth name, which is Julia and am now claiming back my maiden name too, which is Dunning. I was well aware that in taking the course, the best benefit would be for me to "hand myself over" to it 100%. To all those on the course as my witnesses and myself, I can hand on heart say that is definitely the approach that I took. I was also well aware that the risk to me was my life.

Having been on epilepsy drugs for 18 years, I knew that a large number of my emotions had been repressed and that with the difficulty of my chosen life journey, I had built up a large persecution complex. To move beyond this via the course is an amazing experience, both in terms of my mind, my body and my soul beliefs. To not be too afraid to live and to feel the feeling of aliveness is my birthright; it is fantastic to have re-found it. At last, I am beginning to live my own life as a free spirit, taking risks, feeling the pain sorrow and suffering, but in doing so, knowing that I can feel my emotions, make my own choices, give and receive love (which I had never felt more than a little before the course). I am starting to grow as a person and beginning to enjoy the experience of living without fear. The Turning Point course offered me a safe place in which to expose my true emotions with support and love instead of judgment.

Thank you to all those involved.

## The Journey - Mary Oliver

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice -  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
"Mend my life!"  
each voice cried.

But you didn't stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.

It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.

But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do -  
determined to save  
the only life you could save.

### Turning Point 219

We're turning up the volume on the next Turning Point course, which starts on Friday 14th May in Enfield. We are looking to swell the numbers on this course and make it a great experience before the summer comes upon us.

If you know anybody who is interested in doing the course, there is an opportunity to bring them to our quarterly free Seminar, which takes place on Thursday 29<sup>th</sup> April in West London (Chiswick). You could also attend the regular Introductory Evenings, next one on Wednesday 5th May in the Civic Centre, Enfield. I have it on good authority that a drink can be had by all at the Café Uno, which is within walking distance of the centre! It's a good social evening out!

### Point of Choice

I came to Point of Choice wanting to discover why I repeated patterns in my life. I wanted to understand more about the ways in which I had constructed my personality. I wanted the next step and wasn't even sure what that was.

I found Point of Choice a powerful, challenging, memorable and great fun course. A brilliantly designed course, which really challenged me into putting theory into action in my life.

Are you ready for your next step?  
Could it be Point of Choice?

To book a place on this course download a booking form from the website, or contact the office and request one.

18<sup>th</sup>-20<sup>th</sup> and 25<sup>th</sup>-27<sup>th</sup> June

Warwick Day Centre, Chase Farm Hospital, Enfield, EN2 8JL

Cost £425, (reduced to £375 if full payment is received by 18<sup>th</sup> May.)

Administrator- Joan Wray-Niles - 020 8959 1301 - 07956 123667 - Gorjo10@aol.com

Service Team volunteers for this Point of Choice please contact Joan directly.

### Family Picnic

As the weather starts to warm up and flowers burst open all around us, our thoughts turn to those long-awaited lazy days of summer. And as we all know, summer just wouldn't be summer without the Soul Purpose Family Picnic. Yes folks, it's that time again! Pack the hamper, bring your family and friends and join us for a day of good food, fine wines and convivial company in the tranquil setting of Trent Park.

This is the third year of this event and it promises to be bigger and better than ever. The date - Saturday 3<sup>rd</sup> July. The time - noon onwards. The location - Trent Park, Cockfosters, (entrance just north of the Tube Station off the A111, accessible from junction 24 of the M25). Free parking. Children's farm. Duck pond. What more could you want? Go on, put it in your diary today and we'll see you there!

### Weekend Retreat

As a result of the response to this event from the last newsletter, we've booked additional spaces to cater for the demand. So it's not too late to experience the first Soul Purpose Weekend Retreat.

Join us for a period of rest and relaxation with the Carmelite Friars at Aylesford Priory. The 13<sup>th</sup> Century Priory, situated on the banks of the River Medway, provides a splendid setting for the weekend, with extensive formal gardens and fields stretching towards the North Downs. The catering is simple home cooking, with all diets catered for. Rooms in the Guesthouse are comfortable and the conference facilities offer a choice of large and small rooms for individual or group activities.

All in all, it promises to be a weekend to remember, so please let us know if you would like to join us. The date, in case you've forgotten, is 30<sup>th</sup> July to 1<sup>st</sup> August. See the January newsletter for further details, or call or e-mail the office.

## *More on Our First Residential Turning Point - Freda Lacey*

Interest in the residential course is heating up and Peter Lorenzo has already held his first service team meeting for the course, which is being held in the beautiful historic Abbey at Leiston. Although I did not attend, I have heard the buzz and excitement of the meeting was tangible. Lots of discussion was held about the content and structure of the course and ways of getting the message out to people who may be interested in this unique experience of doing Turning Point over a week, in a beautiful quiet location, where plenty of time is built in for relationship building, walking meditation(s), moonlit walks and socializing. It certainly promises to add unique dimensions to the already powerful dynamic of Turning Point.

I know of some people who are choosing to do this Turning Point instead of a week in Greece! Choosing this type of summer holiday may be just the ticket for friends who find themselves stressed at work and are looking to do something peaceful and introspective for themselves. Are you thinking of re-taking Turning Point? Then this could be a fantastic opportunity to immerse yourself in the experience.

A reminder again that Leiston Abbey is set in East Suffolk only minutes from the sea. We have reliable, first hand reports that food is delicious and all prepared on site and that accommodation is comfortable.

Dates to book are September 6<sup>th</sup> to 10<sup>th</sup>. The cost of the course, including accommodation and meals, is £650, reduced to £600 if paid in full by 6th August. If you are interested in being on the Service Team, I believe there may still be a couple of places. Please phone Peter on 01728 861192.

To obtain further information on the structure of the course and other booking information, please phone the office. We will be having several unique introductory sessions for this Turning Point. Dates and venues will be posted shortly on our website. Remember to keep checking the site for updates.

## *Mysteries of Life and Death*

Throughout the ages, the nature of death has been one of the major concerns of philosophy, art, literature, dance and religion. This should not surprise us; if there is any experience we must all face eventually, it is the experience of dying. To most of us, the death experience seems frightening, the cessation of all that is familiar and an entry into the ultimate unknown.

But there is a second and closely related concern. Almost all of us, at some time in our life, ask the questions "What is my life really about? What is the real point of it all? Is there some meaning or purpose or plan to my life beyond my daily goals and responsibilities? If so, how could I ever discover or know it?"

The purpose of the Mysteries of Life & Death course is to provide an opportunity for each individual participant to explore these issues very deeply and personally; it is to provide the opportunity for us to discover within ourselves the true nature of death and thereby to discover and experience the true nature of life. It is to provide an opportunity to discover or rediscover our own life purpose – both in a general sense of experiencing intensely within ourselves the deeper meaning and purpose of all life, and in the specific sense of becoming clearer about why we as individuals are on this planet, what we as individuals have to learn, and what we (using our own unique talents and abilities) can achieve and contribute.

Whatever your beliefs – and no participant need believe in an after life or reincarnation – during the workshop, many fears and anxieties (whether consciously acknowledged or not) will drop away. The outcome of the course is to feel lighter, more open to the joyful, spontaneous flow of life, more committed to living your life one hundred percent. Having faced and moved through issues of death and life purpose, you will be free to live with a new power, vitality and intensity of purpose.

The Mysteries of Life & Death course starts on Friday 8<sup>th</sup> October. Please contact the office to book your place or volunteer for the Service Team.

### *The Value of Groups - Alex Frangeskou*

I first took Turning Point in the autumn of '94. I learned a lot about myself and felt that the course had been of great value to me. My intention was to get more involved in the courses but other events took over and I ended up 'forgetting' about what I had learned on the course. However, I didn't completely forget about its teachings and when I found myself in crisis seven years later, I retook the course.

As I became more involved in the Turning Point courses and I supported other course participants on their journey, I began to get to know other like-minded people who had taken the course. Approximately eighteen months ago six of us formed a group – we have named ourselves Angels. The group has been the best thing that has come out of my involvement in Turning Point. We meet regularly in each other's houses and although we live quite a distance from each other, we have made a commitment to attend every meeting.

So what is the point of our group? We are there to support each other, responding to each other's needs. An example of how the group has helped me – this difficulty has recurred time and time again – it is that I have rarely finished a course, or when I have, it has been kicking and screaming. With the help of the group I realised that the reason for this is that I never felt I would be successful and so rather than complete the course and fail I always avoided completing the final assignment. Having realised this, I was able to complete the essay and although there is a problem with the final assignment, it has not had the same effect on me – I accepted that there was a little bit more work to be done in order to gain the qualification I needed. I have in fact just passed the course. It would have been very easy for me to have given up and just added to the feeling of failure that I always experience.

The group is not just about sitting around talking, we use some of the processes we have learned on the course in order to help each other work through issues we have. As a group we have been known to make up our own processes, which have helped us to work through difficult issues – these processes have been of great benefit to me. We continue to use the teachings that we have learned on Turning Point by always speaking our truth to each other. I feel that being able to do this in the safety of the group enables me to speak my truth with those people I work with and with my family as well. My relationships are much more fulfilling now that I am more the person who I really am.

### *Travel Update from New Zealand - Susan Denny*

I am doing a bit of travelling, something I have wanted to do for a very long time and for many reasons have put it off. I finally took the plunge and booked a trip to New Zealand and Australia, stopping off at Bangkok. On the plane I met a Philosopher of the mind and we spent a lot of time talking about the philosophy of Soul Purpose and the first SP business card was handed out!! At Sydney Airport I met a Neuro-Linguistic Programming practitioner and we chatted for ages in the transfer lounge and on the plane. We sat in the lounge doing some kinesiology, tapping places on our body trying to beat the jet lag – must have looked amazing to other people! I arrived in Bangkok to be hit with 34° temperature. It is an amazing place. So much traffic and so many people. I loved the food and culture. We had a guide who had been a Buddhist monk for 16 years and he was so interesting. Apparently parents of males want them to be a monk for a time as they believe they (the parents) will then go to heaven. This chap stayed there for 16 years but it also gave him an education which his parents could not afford to give him.

I am now in New Zealand and feeling lots of emotions. I am meeting people on planes, buses and hostels but they all seem to be going in a different direction to me or on the way home. Everyone is in transit (aren't we all?), nothing stands still. The feeling of loneliness was quite strong at times but writing in my journal and giving up the attachment of needing/wanting people to talk to, I found all of a sudden I was surrounded by friendly people and had a great two days. How many attachments do we all hold onto which stop us getting what is waiting for us in the Universe? I went from wondering why I had arranged 3 nights in this small place to realising that I had found the silence which I craved. It is so important for me to be able to listen to myself and it is impossible with the hubbub of life all around me. I still have 5/6 weeks of my trip left and am looking forward to staying with Natalie Chalker who introduced me to Turning Point in 1994. I think of all my family and extended family (Turning Point) a lot and realise how important everyone is to me. If anyone has had the urge to do a trip and has put it off for any reason, I would urge you to let go and see what happens, it is exhilarating and very freeing. Love to everyone reading this newsletter, I look forward to receiving mine during my travels!

## Bits 'n' Pieces

### Turning Point Leaflet

Good news, everyone. The marketing team for Soul Purpose are busy developing a Turning Point leaflet, which should be out in circulation by end May. We will be sending them out to you all, but if you require more than one, please contact the office and let us know how many you require. Of course, a soft copy will be available/viewable on our website. Keep a look out!

### Website News

We are constantly receiving positive feedback about the website.

"Had my first look at the website - really impressed, you must have all worked really hard."

"Excellent new website!"

Make sure you revisit regularly for updated information. There are now Adobe Acrobat PDF versions of information packs about Turning Point, Point of Choice and Nature of Service which can be downloaded for anyone interested. Familiarise yourself with them, we hope that they will become a useful tool for you when referring people.

Average hits on the site exceed 13000 per month.

102 people have signed up for the monthly electronic newsletter.

### Early Booking Discount

We now offer discounts for early payment on all courses. You can save as much as £50 simply by booking and paying for your course at least one month before the start date. Remember to take advantage of this concession when booking your next course.

**This newsletter was published by  
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# Dates For Your Diary

## **Evening Seminar**

"To Be Or Not To Be, That Is The Question"

Thursday 29<sup>th</sup> April - 7.30pm

Chiswick Pier Trust, The Pier House, Corney Reach Way, London, W4 2UG

## **Turning Point Introductory Talk**

Wednesday 5<sup>th</sup> May - 7.30pm

Enfield Civic Centre, Silver Street, Enfield, EN1 3ES

## **Turning Point 219**

14<sup>th</sup> to 16<sup>th</sup>, 21<sup>st</sup> to 23<sup>rd</sup> May and 5<sup>th</sup> June

Warwick Day Centre, Chase Farm Hospital

The Ridgeway, Enfield, EN2 8JL

Cost £395

## **Turning Point Introductory Talk**

Wednesday 2<sup>nd</sup> June - 7.30pm

Enfield Civic Centre, Silver Street, Enfield, EN1 3ES

## **Point of Choice**

18<sup>th</sup> to 20<sup>th</sup> and 25<sup>th</sup> to 27<sup>th</sup> June

Warwick Day Centre, Chase Farm Hospital

The Ridgeway, Enfield, EN2 8JL

Cost £425

## **Family Picnic**

3<sup>rd</sup> July

Trent Park, Cockfosters

## **Turning Point Introductory Talk**

Wednesday 7<sup>th</sup> July - 7.30pm

Enfield Civic Centre, Silver Street, Enfield, EN1 3ES

## **Retreat Weekend**

30<sup>th</sup> July to 1<sup>st</sup> August

The Friars, Aylesford, ME20 7BX

Cost £85

## **Turning Point Introductory Talks**

Wednesdays 4<sup>th</sup> August and 1<sup>st</sup> September - 7.30pm

Enfield Civic Centre, Silver Street, Enfield, EN1 3ES

## **Turning Point 220**

6<sup>th</sup> to 10<sup>th</sup> September

Residential Course

Leiston Abbey, Suffolk, IP16 4TB

Cost £650

## **Turning Point Introductory Talk**

Wednesday 6<sup>th</sup> October - 7.30pm

Enfield Civic Centre, Silver Street, Enfield, EN1 3ES

## **Mysteries of Life & Death**

8<sup>th</sup> to 10<sup>th</sup> and 12<sup>th</sup> October

Warwick Day Centre, Chase Farm Hospital

The Ridgeway, Enfield, EN2 8JL

Cost £275

## **Turning Point Introductory Talk**

Wednesday 3<sup>rd</sup> November - 7.30pm

Enfield Civic Centre, Silver Street, Enfield, EN1 3ES

## **Turning Point 221**

19<sup>th</sup> to 21<sup>st</sup> and 26<sup>th</sup> to 28<sup>th</sup> November and 11<sup>th</sup> December

Warwick Day Centre, Chase Farm Hospital

The Ridgeway, Enfield, EN2 8JL

Cost £395

**Discounts available for early payment on all courses**