AUGUST 2005

Soul Purpose

NEWSLETTER

Directors News

The Directors of Soul Purpose recently spent the weekend together on what has become an annual event where we spend an intense period of time reviewing the year and planning for the future. This weekend is an opportunity not only to do "business" but also to examine and/or reaffirm our individual roles, issues and commitment to Soul Purpose. It is an opportunity we value greatly.

Dave Gibbs has worked incredibly hard as a Director since Soul Purpose began. He has the ability to see things in a detailed, logical and objective way which has moved us forward on good foundations. We have relied upon his skills and knowledge in finance, I.T. and so much more. His gentle, loving nature and willingness to support others have made an enormous difference.

However Dave has at times worked too hard, at his own expense, and this weekend after some months reflecting on his role in Soul Purpose has taken the decision to step down from the Board as a director.

With love we support Dave in taking care of himself and extend our heartfelt thanks for his immeasurable contribution to the journey that is Soul Purpose. Of course we will miss him greatly and his departure presents us with challenges that we are prepared to meet. A sense of release and freeing up of energy comes also.
Let us move forward in realising our dreams.
Sally Frost -Director

Reconnections

Next Reconnection Day Sunday 2nd October, venue to be confirmed.

We recently started presenting Reconnection Days on the first Sunday of each month. These are opportunities to get together in an environment of safety and trust and share ourselves or simply to catch up with people you haven't seen for ages. Although few people have attended so far, each day has been highly valued by those who came along.
Following feed-back we have received, the format of these days is undergoing a change.
Each Reconnection Day will now take a similar format to a course reunion with a group meditation, time to share and informal social time. There will be a minimal charge made to cover refreshments and/or venue costs.

Would you like to host a Reconnection Day in your home or at a venue near you?
Please contact Sally in the office on 08702 405591 or sally@soulpurpose.org.uk if you are intending to come to a reconnection and/or for info re venues, or if you wish to host a session.

Health Update from Susan Denny

I am sure many of you are aware that I spent time in hospital earlier in the year – this is an update on my progress.
My illness came upon me very suddenly, without any prior warning by way of symptoms etc. After spending a week in bed believing I had a 'tummy bug', the pain became so extreme that I was whipped into hospital on 5th February 2005 and within four hours of arriving I was on the operating table having part of my bowel removed together with a malignant cancer.

There was a time when so much fluid was draining out of my body that I felt completely empty, both physically and mentally. I truly believe now that the fluids within the body represent our emotions because I felt no emotion at all for what seemed like weeks. Looking back I can see this as a form of release for me. For those of you who know me well, you will probably understand when I say maybe this was the only way I could release my emotions being someone who controls her life to the extreme sometimes. Rather a drastic way to do it you might say!! I spent hours gazing out of the window thinking of nothing at all. When I tried to read I could only manage one word at a time like a child learning to read. Things did change however as I began to feel so much anger towards doctors and nurses for not being able to tell me how long the healing process might take after quite a major setback. Taking a 'wait and see' approach rather than operating again which I was told would be dangerous. This has been an amazing lesson in patience for me!

After several setbacks, I left hospital after 7 ½ weeks and spent two weeks in a Nursing Home. Coming home to be on my own was a bit scary although I was well supported by friends and family.

It wasn't until I received the appointment to see the Oncologist at his clinic that I started to face the fact that it was cancer. Then I felt the fear, fear of the cancer returning and maybe having to suffer similar circumstances again in hospital. Fear of taking a potent oral chemotherapy drug and suffering possible side effects. I have an amazing Oncologist who, when I spoke of my anger whilst in hospital, has told me that he could feel my anger 3' round my bed when he visited me on the ward. It is truly wonderful to hear a member of the medical profession speaking of energy – not many of them about! I have now started a course of oral Chemotherapy – this was not forced on me - I was given free choice. The likelihood of side effects are smaller with this type of chemo and it means only having to visit the hospital once every three weeks.

This whole episode has been and is still being a big lesson for me in patience, acceptance of my situation, asking for and accepting help and support from others, understanding that people show love in many different ways, taking life more slowly and being kind to myself. Last and by no means least dealing with living on Incapacity Benefit and drawing on my savings – shock horror they were for my retirement! Maybe though, that is why they are there. All things which are a real challenge for me. I am sure there are more lessons which I have not mentioned and more to come.

Family and friends have been amazing, supporting me in many ways from practical help to emotional support. The relationship I now have with both my parents, my sister and my children has changed enabling us all to show our love in our individual ways and enabling me to accept them as they are.

I still get very weary at times, am getting used to the physical feelings involved with my new 'plumbing system'. Luckily I escaped without having to have a colostomy. I still suffer discomfort around the wound area which could be scar tissue. I hope to return to working a few hours per week by the end of July. What I am now realizing is that my fear is not of dying but of living, far harder in my opinion.

I still get impatient about my rate of recovery but remind myself each time I get in and out of the bath (at one stage I did not have the strength to wring the water out of a flannel I was so weak), go for a walk or drive my car, that a few weeks ago I was unable to do any of those things. It has brought home to me how important it is in life, to take time to gaze back and see how far I have travelled and what I have achieved and congratulating myself on these achievements, rather than keep looking forward and seeing what still needs to be done which at times may seem like a huge mountain which needs to be conquered.

I would like to say a big thank you to all my Soul Purpose friends who have supported me by sending flowers, cards, gifts, loving thoughts and healing – I enjoyed the attention and now have the fear that once I am fully recovered, it might not continue!!

I look forward to seeing many of you again at Soul Purpose events and especially look forward to being on a Service Team soon.

With love to all my Soul Purpose family.

My Point Of Choice Course (July 2005)
By Evelyn

I have been very fortunate to take giant strides forward through my attendance at **Point of Choice** in July 2005.

I realise that I was able to make such progress because I am presently undergoing counselling.

The seven months of this I have had so far, had readied me for surrendering to the experience.

For me this course was 400% more powerful than the Turning Point I did two and a half years ago and I know how powerful I had felt that to be.

Despite my huge strides, I know that I still have a long way to go. I am delighted though, to have made a start on a major, previously secret, issue, which I only recognised fully for the 1st time on POC – that of not feeling an ownership of my own body, and feeling a need to hide 'myself' away.

For those of you who have attended a Turning Point and not yet decided whether or not to take their journey any further, I can only say that I am already ready to take it all over again.

I can only agree with the Service Team members who told me that POC was their favourite course.... But then again, I have not taken Point of Mastery yet.....

Point of Mastery
The End Of The Trilogy Is Nigh

For those of you who have been waiting patiently, Point of Mastery, the third in our trilogy of courses will run in October. In order to take this course you must have completed Turning Point and Point of Choice. Point of Mastery is a residential course and will take place at Fawley Court, Henley on Thames.

We have arranged a couple of events prior to the course which you are invited to attend :

Saturday 20th August – Pot-Luck Picnic at Chiswick Pier Trust Hall and Deck 2.30 – 6.30pm (map & directions from the office.) This will be a free social and informal get-together, a Mastery Mix to which all past POM graduates are invited as well as course participants and those still thinking about it. **Remember, it's pot luck so bring food and drink to share**, and all the family are most welcome. CPT has a large indoor hall opening out onto decking which overlooks the river. Given the weather, it's a fab place to spend a sunny afternoon with friends.

Wednesday 7th September – Free Drinks and Intro Talk at Chiswick Pier Trust Conference Room : 6pm for drinks and talk 8 – 9pm. A slightly more formal introduction for those still undecided on signing up.

The cost of the course is £650 to be paid in full by 12th September. Please contact the office for further information or if you wish to put yourself forward for the Service Team.

Important Change of Dates for September & November Turning Point courses & Local Group Meeting

Turning Point 222 in September, 2nd - 4th, 9th - 11th, follow-up September 23rd - 24th.

Turning Point 223, November 18th - 20th, 25th - 27th and 9th -10th December.

Bucks. Local Group meeting Saturday 20th August 12.noon
(for details contact Gill Kebble on 07932 189266)

Hi everyone,
I've taken the opportunity of Administrating the next Turning Point 222 in September, and it feels very exciting to join this fast moving train. This course has had powerful locomotion since the beginning and we've a good number of course participants and Service Team signed up. We would love to have some additional Service Team members and this is an invitation to any of you out there who've been waiting for the chance to reconnect and indeed, if you've never done Service Team before, but have wanted to do so, we'd love to welcome you on-board. You do not need to have done The Nature of Service course to be on the Service Team. Please contact me on 01753 542 364 or 07941626225 if you'd like to join the team. We are in a brilliant new venue as well near Dartford, easy to get to via M25/train.
Freda Lacey/Administrator TP 222.

November Turning Point

On the recent Point of Choice we were fortunate to have, as a member of the Service Team, someone who had not been part of the courses for about 12 years. The experience was incredibly fulfilling, not only for those of us who are relatively new to the courses, but also, I believe, for the individual concerned. The re-connection after such a break was indeed very special. So if you have been thinking about jumping back in, perhaps after a long break, maybe this could be just the opportunity you have been waiting for. I am currently building the team for the November course and would love to hear from you. Of course new members are equally welcome, it would be good to have a mixture of both. Please contact me by phone 07802 737867 or email richard.kebble@btopenworld.com
Richard Kebble

Marketing News!
Soul Purpose shows itself at Yoga and Mind, Body, Soul Shows this year!
Come see us in Olympia, Stand E22 at Yoga Show.

Dates are: Yoga Show, 16-18th September
Mind, Body, Soul Show, 12-13th November.

After the great success Soul Purpose had last year at the Yoga Show, we have been offered the opportunity of having another free booth at, not only the Yoga Show, but also the Mind, Body, Soul Show in Olympia Exhibition Centre, London. This year, the shows are even bigger and Soul Purpose has negotiated bigger booth space as well! Graham Browne will also be giving a free workshop during the Mind, Body, Soul show. **Title of Workshop – Daring to Express our Spirit.**

We are looking for volunteers to join us in support of staffing the stand throughout both shows. In exchange for a free ticket to the show, we are asking for people to devote a period of 2 hours to stand staffing. Last year was very successful and good fun. If you are interested in attending the shows and would like to help out on the stand, please contact Freda Lacey who is co-ordinating these activities on freda@soulpurpose.org.uk or on telephone number (01753) 542 364.

New PR Prime, Sharon Garfinkel contracted to get the message out about Soul Purpose.

Soul Purpose has recently contracted with Sharon Garfinkel, a Journalist who has extensive experience in working with charities, to start getting the news out about Soul Purpose, who we are and what we do. Sharon has a great background in public relations activities and many good contacts in the press and magazine sectors. Sharon will come on-board with us sometime in August. We'll keep you posted on articles and other PR activities!

☺ ☺ ☺

New Year Retreat - 27th to 29th January.

By popular request we are holding another Retreat early next year at the Friars in Aylesford, Kent. The past two retreats have been an amazing way to reconnect and charge those batteries. Once again there will be no formal structure to the weekend. We will arrive on the Friday in time for supper at 7pm and spend the evening discussing what we would like from the weekend. In the past there has been an amazing synthesis to the weekend with everyone getting what they wanted from it. We will leave on Sunday around 5pm.

The cost for full board which includes bed, all meals, tea & coffee, cakes with afternoon tea and use of the conference centre, is £110. If booked and deposit paid by 30th November the price is reduced to £95. A deposit of £25 will secure your place, with the balance being due by 20th January.

For more details of the venue go to www.thefriars.org.uk. To book a place or for more details contact Sally at the office on 08702 405591.

☺ ☺ ☺

And from the pen of Robert Russell (A Course Participant on TP 220)

I love to explore.

I love to explore the world,

I enjoy travelling from place to place discovering new things I didn't know about the world I live in.

I have been to many places and discovered many things.

The Turning Point course for me was all about discovery, going to new places and experiencing new things in totally new ways.

In two weekends I had discovered more about myself than I had done in a month retreating in Thailand!

The Experience of BLIS
A Being Leadership In Service Course
has not been held for more than 10 years in the UK.
Soul Purpose is holding BLIS in the first half of 2006

Being Leadership In Service is a fantastic opportunity to immerse yourself in one of the most rigorous personal and transpersonal development courses in the world

Why?

BLIS is designed to shift the perception in our consciousness that we have tasted on Turning Point and Point Of Choice and consolidate it, so that at the end of BLIS we can be relied upon and trusted to have an **accurate self-image**, knowing all the ins and outs of our personality and its survival tactics.

How?

This dismantling of the ego's survival is created by being together with a group of twenty to twenty-five people, who are there with you for the same reason over a period of six months. Imagine a six-month Turning Point and you're somewhere near the mark!!

What is meant by an accurate self-image?

In the context of personal development, an **ACCURATE SELF-IMAGE** is what the Delphi Oracle extolled thousands of years ago in the Greek mountains overlooking the southern coastal plains, namely **KNOW THYSELF.**

Shakespeare's description is **"To thine own self be true"**

From the ancient wisdom of Middle Kingdom Egypt, the Temple of Abu-Simbel is saying the same thing in massive quarried stone carvings as a legacy for the ages **Know who you really are.**

This is not something new

BLIS is not saying anything new. The time-honoured traditions in most cultures over the ages have known and cultivated the ancient wisdom of this fundamental truth, expressed so eloquently by the Tibetan greeting

"Namaste" – I am you and you are me

or as our more contemporary Deepak Chopra puts it:-

"I honour in you the divine that I honour within myself and I know we are one."

BLIS is a monastry

Through the commitment of our truth in love with each other
And through the willingness of ourselves to remain open and listen to each other
To what might be challenging, and even threatening, to hear about ourselves
The dross of a lifetime's doubts, anxieties, disappointments and blindness
are worn away
Leaving the polished diamond that shines with brilliance.
BLIS is the monastery we enter for a period of time,
no more than the blink of an eye in the span of a lifetime, giving and receiving of ourselves with each other in an unforgettable mystery play
where you and your life are the central actor.

To discover our potential at this level or depth of intensity carries us forward into the rest of our lives, on whatever path we choose to tread, and is an invaluable treasure in being human.

What is the cost?

The course fee for BLIS is £2,200. A deposit of £350 will secure your place.
An early booking discount of £300 is available if payment is received by the beginning of December. Payment by instalments is welcome.

What is the BLIS Course Schedule ?

The BLIS Course Schedule looks like this, although there may be changes within the next month before it is finalized

	1st evening	-Tuesday 7th February
Initiation	1st weekend	-17th (Fri eve), Sat 18th and Sun 19th February
	2nd evening	-Tues 7th March
Relationships	2nd weekend	-10th (Fri Eve), 11th ,12th March
	3rd evening	-21st March
	4th evening	-4th April
Service	3rd weekend	-7th (Fri eve), 8th ,9th April
	5th evening	-25th April
Therapy Skills	4th weekend	-5th (Fri eve), 6th, 7th May
	6th evening	-16th May
	7th evening	-6th June
Owning Organisation	5th weekend	-9th (Fri eve), 10th,11th June
	8th evening	-20th June
	9th evening	-4th July
Life Plan	6th weekend	-21st (Fri eve), 22nd, 23 rd July

For prospective Course Participants

To enroll on the course, enquiries need to be made to Soul Purpose office on 08702 405 591 requesting an enrolment form, which is quite detailed. It is necessary to have done Turning Point and Point Of Choice to apply for enrolment. There will be a meeting in December for all prospective Course Participants. This will be an opportunity to meet former graduates and consider your commitment.

The Point of Choice in July 2005 created BLIS, Thank you and well done.

Our thanks from Soul Purpose and from Mark and myself for those of you who have wanted to make BLIS happen for yourself

You've done it! Well Done!

Let's make it the most amazing experience of our lives

THANK YOU FROM GRAHAM

Teacher Education Programme 2006

Those of you who are interested in developing yourself through teaching Turning Point and other Soul Purpose Courses, there is to be a Programme beginning in 2006.

This is a preliminary notice to let you know that it's happening and if you want to be there, then prepare yourself for a fantastic adventure.

Please ring the office on 08702 405 591 to let us know that that is what you want to do and Graham will ring to speak with you about it.

Graham and his family are going to live in Australia from 2007, although he will be spending periods of time back in the UK teaching Turning Point and other individual courses. It is likely that this is your last opportunity to do the Teacher Education Programme with Graham. Now's the time.

If not now – when?

If not me – who?

A minimum entry point for the Teacher Education Programme is Point Of Choice and it is anticipated that you would take the BLIS Course concurrently with Teacher Education. Please be aware of the intensity of that commitment. Act wisely. It's a rare opportunity. Respect and take care of yourself and your life in taking this step.

Graham (Soul Purpose–08702 405 591)

To be an Administrator

Administrating a course is an incredible experience in personal growth, the kind of opportunity that is rare in the world we live in.
In this role we hold a vision of the course and those people ready to take a step in their lives. We create and hold a safe place. We create a team of souls in service to the course. Each course is unique in its dynamics but fundamentally the same in exploring the nature of separation.
By administrating a course we are open to challenging and questioning many aspects of our own experience and personality. This is a deeply fulfilling experience.

Are you ready to take this step?

Why wait to be asked, put yourself forward, make your intention known.
Check your diary and choose a course.
2006 course dates available from the office.

Moving?

I'm looking to move in closer to London and ideally have a flat share with someone who is like minded and open to my working from home periodically and also studying. If anyone is looking to move into London or indeed, looking for a flat mate, could you please let me know? Many thanks, ***Freda. Lacey***
Mobile 07941 626225
Home 01753 542 364

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