

Oriah's Newsletter: November 2009

Well, it's autumn again and change is in the air, so I wanted to let you know about a few changes in my work and life. First, I have had my website overhauled (deep gratitude for the skills and patience of Judy Lea and her husband Rick at JLDigitalDesign.) The address is still the same: www.oriah.org or www.oriahmountiandreamer.com but the layout has been redesigned and my picture, which had last been taken in 1999, has been replaced with a recent photo (many thanks to Sophie Hogan who made this a painless process.) Yes, that is grey hair you see there.

Second, I am starting a blog, "The Green Bough" this week at www.oriahsinvitation.blogspot.com where I will post short weekly musings on life, spirituality, the world and things that inspire and challenge me. I will send a newsletter out to the mailing list three or four times a year and post on the blog once a week (aiming for Wednesdays) so please check there for more immediate news and reflections on the joys and struggles of being human.

Lastly, I am moving away from teaching and facilitating workshops. I've lived too long to say "never" but, I will not be doing any workshops for the foreseeable future. The August evening event in Toronto and the Sept. 11 weekend at Kripalu were experiments, ways to dip my toe back into the water of teaching to see where my energy wanted to go. The evening went well and the weekend at Kripalu was lovely- good people, fantastic food, and wonderful support from the facility and its staff and volunteers. But by the end of the weekend it became clear that returning to public speaking and workshop facilitation is not where my energy wants or needs to go. Quite frankly by 4 pm on the Saturday I felt like someone had punched a hole in my gas tank and even now, four weeks later, I have not fully recovered physically (with Chronic Fatigue recovery from anything that drains is a slow process.) I am grateful for the clarity, even though it brings with it a sense of loss and a bit of financial trepidation about the future. However, it also steers me to focus on writing (both a novel and another non-fiction book about deepening our inner lives) so that's where the majority of my time and energy will be going.

I am still enjoying alternating between being in Toronto three days a week (enjoyed a course at the university over the summer) and then back in the country for four days. The contrast allows me to enjoy both for what each place has to offer. May this season of change and transition bring the vibrant colors of autumn into both your inner and outer lives. Many blessings, Oriah

P.S. September 9th was my birthday. Since I was born at 9 am, I turned fifty-five at 09090909. Not sure what that means but it feels like it may be some kind of marker. Wanted to share the words on a birthday card I received (below) O

"Sometimes your only available transportation is a leap of faith." Margaret Shepherd

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