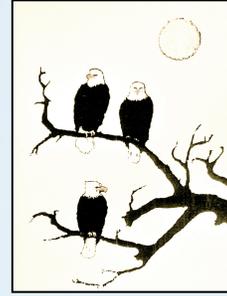


Warrior of the Heart[®] and Meadowlark Institute invite you to consider

Enough of perching... waiting for something new to happen ?



artist - Bob Wing

Enough of going to trainings... only to be talked at ?



artist - Bob Wing

Then come to the
Warrior of the Heart[®]
retreat

October 23-24, 2013

at

River Wood Conference Center
Albertville, Minnesota (near Minneapolis)

Learn to FLY !

more information on next pages →



artist - Bob Wing



Email to: Bob@WiseActions.net

Warrior of the Heart® Retreat
October 23-24, 2013

Warrior of the Heart® is a retreat seminar for experientially learning and exploring of specific skills in clear communication, right use of power, and inspired leadership.

It is inspired by Aikido and the Art of Hosting, and has been developed through many years of patient practice and sincere experience with working in many diverse situations and cultures throughout the world.

We aim at helping us all become more centered, skillful and courageous in our life and work together; claiming ourselves as compassionate and skillful warriors, meaning people who are willing to take full hearted, courageous and dynamic actions for good.

Together we will practice:

- circle awareness - our natural home
- wielding our sword - our inner strength
- finding true ground in the midst of action
- being sensitive to what happens and acting with compassion
- bringing peace to discord
- becoming an instigator for good



When: October 23-24, 2013

Where: River Wood Conference Center
Albertville, Minnesota (45 minutes drive from Minneapolis)

Cost: \$300 (includes seminar and meals)

Room reservations (\$79 per night) contact Riverwood Inn- riverwoodinn.com

Contact: Bob Wing- Bob@wiseactions.net or Kathy Jourdain- kathy@shapeshiftstrategies.com

Register at: www.meadowlark.co

About your Seminar's Leaders



Bob Wing, MA, is director of WiseActions™, an organization dedicated to cultivating compassionate and transformative actions in the world. He is founder of The Mountain Warrior Institute™ and Warrior of the Heart® seminars, each designed to enhance individuals and groups wishing to live and work in wise, skillful, and courageously leadership. Bob hosts seminars in the Art of Hosting™ and the Art of Social Innovation™. He was founder (1982) of the Aikido program at Naropa University, as well as having been a Faculty member in the Contemplative Psychology Department for many years. He also is a respected sculptor/painter, and has trained extensively in Trager Psycho-Physical Integration. He currently lives in Boulder, Colorado and leads workshops and trainings worldwide, dedicated to experiential learning.



Kathy Jourdain – Process Artist – Shape Shift Strategies Inc.

Kathy Jourdain has expertise in creating and hosting processes for social innovation, community building, strategy development, conflict resolution in organizations, communities and systems that are finding new ways to address complexity in their world, often requiring new leadership and engagement strategies. She is becoming known for her her work in cross-cultural settings, creating the space for people to see and be seen more fully. She is particularly adept at seeing the big picture and local, regional and global patterns. She is internationally recognized in the Art of Hosting network for her cross cultural work and for widely sharing what she is learning in the field through her blog at Shape Shift Strategies Inc.

She has recently published a memoir: *Embracing the Stranger in Me: A Journey to Openheartedness*, an empowering—though at times heartbreaking—work that seeks to encourage others to embrace their inner selves in the face of adversity. It is a journey that reflects the practices and grounding of Warrior of the Heart.

Some photos of Warrior of the Heart® from around the world



An Invitation to you from Bob Wing



This year, for the first time ever, I am growing corn (maize) in my garden. “Hooker’s Indian Corn” to be exact, a beautiful heirloom multi-colored variety that can be eaten fresh and sweet, or dried and ground into flour. I’m actually planting corn, squash and beans together in the traditional indigenous “Three Sisters” form of planting. It brings joy to me to do so.

You may ask what this has to do with an invitation to our Warrior of the Heart© Seminar? I’ll refer here to the old Hopi saying of, “Does it grow corn?” a traditional response when asked to make a choice about something important. Meaning, does it produce results which will feed me and others, bring sustenance to my community, and make me and my people stronger. The underlying implication here is that if it doesn’t “grow corn”, then why do it.

Warrior of the Heart© Seminar definitely does “grow corn”, and often grows it in abundance. Usually it is joyful work, but it may not always be easy work. Like all field work, which this is in essence, it includes the metaphoric breaking up of our old encrusted ground, fertilizing it with what we need to be letting go of, planting the seeds of what we want to grow, and watering it abundantly with with clear intention.

Since most of the work in our seminar is based on gentle but experiential the essences of Aikido, you may wonder if this is a martial arts seminar and so about fighting. Nothing could be further from the truth. As a matter of fact, Aikido is unique in insisting that you fail the moment you start fighting and stop responding with a loving nature. Even though you may be “throwing them on their butts” [metaphorically speaking of course]

So the challenge for all of us is to actually live and work peacefully and honorably even in the most challenging of situations, those seemingly wanting to constantly unbalance and disturb us.

So finally I would ask you,

- Could you “walk your talk” in a better way?
- Do you want to be more of a “peaceful warrior”?
- Would you like to learn to respond with more wisdom and vigor in important work and relationships?

And most important of all, would you like to be “growing more corn” in your life?

With love and respect to you all,

Bob Wing

An Invitation to you from Kathy Jourdain



"A Warrior of the Heart is someone who courageously steps up to be of skillful service to what is needed now, while actively perfecting powerful and wise actions in their community and in the world."

This can only happen when we invite ourselves into our boldness, strength and courage; when we take hold of our power as if we mean it but with a gentleness that also allows us to walk with graciousness in the world.

Imagine that your greatest strength lies in vulnerability and the journey to openheartedness. True story. Now ask yourself what wielding a sword has to do with vulnerability. You might be surprised to discover.

I remember the first time I wielded the metaphorical sword. It was May 1989 and I wielded it with uncertainty in my new role as Executive Director in a charitable organization changing the way the president of the board interacted with me, surprised at the respect that followed. I acted on my internal knowing because my intellectual knowing had me doubting myself.

I also remember the first time I dared take part in Warrior of the Heart – in August 2010 on Bowen Island in British Columbia. Embracing the form, first without the sword, then with the sword, understanding it as an extension of my power. Understanding how working with the sword had nothing to do with working with the literal sword and everything to do with discerning what needed to be cut away and what needed to be embraced in order to step more fully into my strength, allowing vulnerability to emerge in ways I could not have imagined. Vulnerability as strength, not as weakness.

It takes courage to hold the sword. It takes courage and boldness to walk our path. And it is a journey. It was two years later in January 2012, at a Warrior of the Heart training in Brazil that I finally embodied the movement of the Warrior. And now it surfaces of its own accord and I am learning to wield the sword more often, with clarity, strength, graciousness and compassion.

Come and discover what wielding the metaphorical and literal sword means to you, what is the courage and boldness you are willing to step into and how that flows out in your life in a way that allows you to more fully host yourself and be present to what is alive in any given moment.

Happy to serve with Bob Wing once again, in the journey of openhearted warriorship.

Kathy Jourdain