

## NOTICE & BACKGROUNDER

### Joseph Campbell Roundtable (Toronto)

WEDNESDAY, JANUARY 26, 2011

7 – 9 PM

#### Location:

55 St. Clair Avenue West, Suite 255 (Boardroom), Toronto, M4V 2Y7  
South side of St. Clair Avenue and West of Yonge Street  
Nearest Subway station – Yonge & St. Clair

## **FOLLOW YOUR BLISS**

### **CAMPBELL'S "UMBILICAL"**

Joseph Campbell is remembered for the phrase “Follow your bliss”, an injunction that he adapted from a Sanskrit word for rapture or joy, one of three ways to arrive at transcendence. He said that one’s bliss was a sort of umbilical or life sustaining cord.

Campbell knew what gave him joy and lived accordingly. He suggested that those who pay attention to and honour what makes them deeply happy will inevitably live the life that they “ought to be living”. Moreover, doors will open for them where doors did not previously exist, doors that would not open for anyone else.

At this Roundtable, we will look at what Campbell actually said about following one’s bliss. Then we will discuss what we understand him to mean and how we have personally followed our bliss or seen others do so.

This session involves advance homework. **Please come prepared share an example of you or someone else who has followed their bliss.** You may use the preparation form with this notice if you wish. We will not be judging or evaluating each other’s examples, but exploring the various aspects of this notion.

Session Leaders: **GENEVIEVE CHORNENKI & MARIANNE MCQUILLAN**

**Limited seating: spots available on a first come, first served basis. Please reply to [gac@chornenki.com](mailto:gac@chornenki.com) if you plan to attend.**

**Please also see our Standard Form Agenda and Guiding Principles.**