

28th Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born in 1981 with an evening lecture attended by 75 people. The purpose was to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among women and men from many spiritual and religious traditions. Since then, the

conference has grown to average approximately 800 participants with 80-120 workshops. The conference does not advocate or exclude any view and continues to foster an understanding and celebration of similarities and differences. May we continue to aid one another on our individual and communal spiritual journeys.

2009 Keynote Speaker, Dr. Vandana Shiva



Dr. Vandana Shiva

The Keynote Speaker this year will be **Dr. Vandana Shiva**, a physicist, author, and international leader in multiple interdisciplinary, environmental, and sustainability movements, including the Slow Food and Biodiversity Movements, and Intellectual Property Rights (IPRs) exploration. Dr. Shiva is challenging and exploring Biotechnology and Genetic Engineering, and engaging in activism which seeks to acknowledge women's diversity and contributions to farming and science. Dr. Shiva combines sharp intellectual enquiry with courageous activism. Originally from Dehradun, India, she obtained a doctorate in Physics from the U

of Western Ontario in Canada, later using her knowledge to help movements in Africa, Asia, Latin America, Ireland, Switzerland and Austria with their campaigns against genetic engineering. In 1991, Dr. Shiva founded *Navdanya*, a national Indian-based movement to protect the diversity and integrity of living resources, especially native seed, the promotion of organic farming, and fair trade. For the last two decades *Navdanya* has worked with local communities and organizations serving more than 200,000 men and women farmers. In 2001, Dr. Shiva started Bija Vidyapeeth, an international college for sustainable living in Doon Valley in collaboration with Schumacher College, U.K.

Dr. Shiva has contributed in fundamental ways to changing the practice and paradigms of agriculture and food. Her books, *The Violence of Green Revolution* and *Monocultures of the Mind* have become basic challenges to the domi-

nant paradigm of non-sustainable, reductionist Green Revolution Agriculture. Through her books *Biopiracy*, *Stolen Harvest*, and *Water Wars*, she has made visible the social, economic and ecological costs of corporate led globalization. Further, she has contributed significantly to gender issues, dramatically shifting the perceptions about Third World women. In 1990 she wrote a report for the FAO on Women and Agriculture entitled, "Most Farmers in India are Women." Dr. Shiva founded the gender unit at the International Centre for Mountain Development (ICIMOD) in Kathmandu and was a founding Board Member of the Women Environment and Development Organization (WEDO). She has initiated an international movement of women working on food, agriculture, patents and biotechnology called, *Diverse Women for Diversity*. The movement was launched formally in Bratislava, Slovakia in 1998, and it has carried out studies for the National Commission of Women and the Department of Science and Technology. Dr. Shiva chairs the Commission on the Future of Food set up by the Region of Tuscany in Italy, is a Board Member of the International Forum on Globalization, a member of the Steering Committee of the Indian People's Campaign against WTO, serves on Government of India Committees on Organic Farming, is an International Councilor of Slow Food, and a founding council member of the World Future Council. *Time Magazine* identified Dr. Shiva as an environmental "hero" in 2003 and *Asia Week* has called her one of the five most powerful communicators of Asia. She has received the Alternative Nobel Prize (Right Livelihood Award, 1993), Order of the Golden Ark, Global 500 Award of UN, and Earth Day International Award.

Schedule

Saturday, October 31, 2009

- 8:00 Vendor's open-new location Myers Field House
- 9:00 - 10:30 Registration-CSU 2nd Floor
- 10:30 - 11:00 Opening Celebration, Announcements/Welcome - CSU Ballroom
- 11:00 - 12:30 Keynote / Book signing-CSU Ballroom
- 12:30 - 1:30 Lunch (on your own) Vendor Browsing
- 1:30 - 3:00 Session I / Vendor Browsing
- 4:00 - 5:30 Session II / Vendor Browsing
- 5:30 - 6:00 Vendor Browsing
- 6:00 Dinner (advance reservations required)
- 7:30 Informal drumming in lower level Student Union by fireplace

Sunday, November 1, 2009

- 8:30 Vendors/Conference Site Opens
- 9:00 - 10:30 Session III / Vendor Browsing
- 11:30 - 1:00 Session IV / Vendor Browsing
- 1:15 Closing Celebration-CSU Ballroom
Vendor Browsing

The 2009 Planning Committee:

- Tomoyo Nagase, Coordinator
- Cindy Veldhuisen, Business Manager
- Maria Bevacqua, Chair of Women's Studies
- Katie Bowman, Course Instructor
- Rita McEvoy, Exhibitor Coordinator
- Malabika Shaw, Opening/Closing Ceremonies

For a list of area restaurants,
pick up list at the registration table.

PLEASE BRING THIS PROGRAM WITH YOU
TO THE CONFERENCE . . .
ADDITIONAL COPIES WILL COST \$1.00 EACH

View program at: <http://sbs.mnsu.edu/women/>

Golden Rules From Diverse Traditions

Native American: "The Universe is the Mirror of the People,' the old Teachers tell us, 'and each person is a Mirror to every other person.'" (Hyemeyohsts Storm)

Native American: "Your mind, your relationship with yourself and others are reflected in everything around you: your intentions, your actions are causes which return to you as effects. Always there is the pure stream of light of mind within you, to be actualized in right relationship and actions for the good of all." (Dhyani Ywahoo, Tsalagi-Cherokee)

Christianity: "All things whatsoever ye would have [others] do unto you, do ye even so to them: for this is the law of the Prophets." (Matthew 7:12)

Judaism: "What is hateful to you, do not to [others]. That is the entire law; all the rest is commentary." (Talmud, Shabbat, 31 a.)

Brahminism: "This is the sum of duty: Do naught unto others which would cause you pain if done unto you." (Mahabharata 5, 1517)

Buddhism: "Hurt not others in ways that you yourself would find hurtful." (Udana-Varga 5, 18)

Confucianism: "Surely it is the maxim of loving-kindness: Do not unto others that you would not have them do unto you." (Analects 15, 23)

Taoism: "Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss." (T'ai Shang Kan Ying P'ien)

Zoroastrianism: "That nature alone is good which refrains from doing unto another whatsoever is not good for itself." (Dadistan-i-dinik 64.5)

Islam: "No one of you is a believer until [you] desire for [others] that which [you] desire for [yourself]." (Sunnah)

Gnosticism: "If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you." (The Gospel of Thomas)

Wiccan Rede: "And ye harm none, do what ye will, lest in thy self defense it be, ever mind the rule of three."

Baha'i: "If thou lookest for justice, choose thou for others what thou chooses for thyself."

ECKANKAR: "The secret of all time is that we are each to be a steward of divine love."

Workshops

SESSION I

AWAKENING DREAMWORK WITH MANDALAS

285 Student Union

Experiential

Have you ever had a dream you just need to figure out? Maybe you would like greater insight or clarity about your dreams. Come learn how to access the powerful information in dreams using various techniques for exploring dream imagery. Specifically we will use the mandala, Sanskrit for sacred circle, as a personal discovery tool. If possible, come with a dream you would like to explore.

Julianne Alexander, MA, is a teacher and experienced group facilitator. She has been a lifelong student of personal growth and transformational work. Fascinated by the healing power of dreams and dream imagery, Juli has extensively studied and practiced many of the techniques shared in this workshop.

Stephanie Ross, MA, is a certified MARI practitioner and life coach with a specialization in the use of imagery (specifically mandalas) in the personal growth and transformational process. She is a co-founder of Empoword.

ANIMALS ARE SOUL TOO

(Also offered in Session II)

304 Armstrong Hall

"Until we see animals as Soul, we'll miss much of what they have to teach us, most of all we'll miss the love." -Harold Klemp, *Animals Are Soul Too!* Participants will have the opportunity to share stories about how animals have helped them in their lives and will discover ways of relating meaningfully to animals as spiritual beings. This workshop also offers a powerful ancient chant for connecting to the Divine Love that is within all creation.

Linda Anderson is a member of Eckankar's clergy, author of the popular Angel Animals series of books, and author of *35 Golden Keys to Who You Are & Why You're Here*.

Suzanne Percoskie is a psychotherapist at the University of Minnesota Medical Center, a member of the Eckankar clergy and has edited newsletters on spiritual topics. A warmhearted and skilled presenter, Suzanne has delighted in the many life-changing experiences she has enjoyed with her various pets throughout her life.

TAROT'S LADY STRENGTH – TAMING YOUR FEARS

Student Union 284C

Experiential/discussion-based/ritual/worship

BRING YOUR TAROT CARDS and your curiosity. Find ways to be fearless, resilient and ever creative during these times of great change, uncertainty and fear. Through the Strength Card, we will explore themes of going within, facing inner truths with calm compassion, rescuing important desires and releasing fearful thinking and behaviors. Honor the Lady Strength within you. Beginners welcome!

Nancy Antenucci is a seasoned reader and teacher in the Twin Cities for over 20 years. She brings hard earned wisdom, practical know-how and unending passion of the creative unknown to her clients, students and colleagues. She returns for this conference annually as she teaches various aspects of Tarot philosophy through the walk of the Major Arcana.

ATHEIST SPIRITUALITY

(Also offered in Session IV)

214 Armstrong Hall

Paper/discussion

Christian theologians distinguish the man Jesus from the mythic Jesus, and some Christians have stopped worshipping Jesus, regarding it a form of idolatry. Such religious people can find common ground with secular spirituality, even spiritual atheism, which yields to Something Larger than human reason. We will explore this common ground.

Jeanette Blonigen Clancy, MA in systematic theology, a writer and educator, author of *God Is Not Three Guys in the Sky: Cherishing Christianity without Its Exclusive Claims and an essay in The Rule of Mars: Readings on the Origins, History and Impact of Patriarchy*.

FINDING THE BALANCE OF MASCULINE AND FEMININE POWER:

ASTROLOGICAL KEYS FOR HEALING

MOTHER EARTH AND OURSELVES

(Also offered in Session IV)

308 Armstrong Hall

Powerpoint/computer-based/discussion

The balance of masculine and feminine power is essential to preserving Mother Earth. Before we can achieve this goal we need to examine ourselves and discover where we are out of balance. Astrology pro-

vides the tools to help find these imbalances. In this workshop we will study the balance of masculine and feminine power, both within ourselves as well as collectively. Bring your natal chart, if you have one.

Sally Blumenfeld has studied astrology for over 30 years. She is an astrological counselor, speaker, writer, and former president of STARS, the MN Chapter of the National Council of Geocosmic Research.

WHAT IS AN ETHICAL WILL AND WHY WOULD I WANT ONE?

316 Armstrong Hall **Experiential multi-media/sharing**

If today were your last day on earth, what would you want to say or share with your loved ones and with those most important to you? In this workshop, you will learn about the history of Ethical Wills, their value, importance and application. With the use of various reflective exercises, you will begin the process of creating your own Ethical Will.

Midge Bongard Frailich, has a BA in Human Services with a major in Social Gerontology, is a certified Ethical Will Facilitator, a member of the Association of Personal Historians and The Legacy Center, and owner of Video Ethical Wills™.

CELEBRATING EARTH'S SACRED SEASONAL HOLIDAYS

323 Armstrong Hall **Discussion-based/panel of experts/ritual**

All around our planet for millennia, people have celebrated the great seasonal holidays of equinoxes and solstices as well as the cross-quarter days of the yearly calendar. These annual moments provide us opportunities to reflect on inexhaustible and timeless lessons as we take our place in the web of life. Taking time out to appreciate the marvel of the planet can re-connect us and bring forth deep gratitude and mindfulness for the community of Earth. Join us as we explore the meaning of these high holidays of Earth as we share our experiences of creating these celebrations. We will mark the October 31st holiday of Samhain with a short ritual and reflection.

Lisa Coons, MS, Coordinator of the Center for Earth Spirituality, Minnesota State University, Mankato Women's Studies alum and former owner of the Coffee Hag in Mankato, has been living on the planet for a number of decades though only recently became enamored of Earth's Sacred Holidays.

Dorothy Olinger, SSND – an educator all her adult life. She taught in the classroom, mainly high school for about 20 years, worked with adults in parish ministry for another 20 years, and finally in the climax of work, as Director of Global Education Associates out of the St. Paul Midwest Office for another 20+ years. Before closing the GEA office, a discussion book on the unfolding Universe Story was created, now in its third printing.

MOTHERHOOD: THE SPIRITUAL JOURNEY

223B Armstrong Hall **Discussion-based**

We will explore the spiritual aspects of motherhood and mothering; presented by two generations of mothers, (mother/daughter). We find ourselves on separate, yet often intersecting journeys through mothering in different ways, times, and paradigms. We believe that our experiences echo and affirm the journeys of other mothers and parents and reflect the belief that parenting can change a person and can promote individual and spiritual growth. We are committed to affirming the worth of nurturing oneself and creating community based commitments.

Kathleen Crawford is the young mother of two sons, Elliot and Max. She is the Executive Director of Transitional Housing of Steel County, Owatonna, MN. She has a BA in Communication and Art History, a Master's degree in Speech Communication, and lives in Owatonna, MN.

Theresa Crawford, mother of Kathleen, Erin and Megan, began her mothering journey as a married, stay at home mom. She became a single mom through a divorce 15 years ago. She has a BA in English and Communication and plans to graduate in October 2009 with a Master's degree in Marriage and Family Therapy from St. Mary's University of MN. She has worked in sales and marketing, currently working in administration at St. Mary's and is an intern at The Bridge

for Youth in Minneapolis. She is also working with a literary coach on her memoir of being the mom of a teen mom, not yet published. She lives in Minneapolis, MN.

TRANCE DANCING

253 Student Union **Experiential/movement/dance activity**

Dance as a way to move into trance dates back over 40,000 years. Trance Dancing is a deep and moving altered state of consciousness; it is a method of entering the world beyond time and space where everything is possible. Participants will utilize trance dancing as a means to release and heal long-standing personal issues.

Ella Davis-Suggs is an ordained minister and practical mystic. She received training in the shamanic practices of Soul Retrieval and Illuminations, and received transmission of the nine Munay-Ki Rites of Passage.

Linda Deer Domnitz is a Shamanic practitioner, hypnotherapist, massage therapist, channel, producer of the Deer Relaxation tapes and elementary school teacher.

FENG SHUI IN THE BEDROOM...REST AND ROMANCE

321 Armstrong Hall **Story-telling/discussion-based**

Make your bedroom a sensual retreat and bring peace, balance, and harmony to your spiritual, emotional, and physical being. How does your bedroom make you feel? Do you absolutely love it? In this fun, interactive and informative workshop you will learn about the healing and transformational energy of the ancient art of Feng Shui, and why it is important to honor the bedroom and create a private sanctuary intended for rest and romance. Come discover how to release the many demands of your busy life by making practical, positive changes in the bedroom. You will take home tips on how you can nurture your body and spirit, honor your sacred space and create harmonic balance with the marvelous poser of Feng Shui.

Rev. Diana DiCristina, founder of Wind Water Harmony, is a spiritual director, intuitive, feng shui and color consultant, interior alignment practitioner and Sacred Circle of Light™ designer. In pursuit of her passion for spirituality, feng shui and color, Diana has traveled coast-to-coast studying with many masters. As a respected expert in her profession, she shares her wisdom of spirituality, feng shui and color through teaching and mentoring, as well as private consultations with individuals, businesses and organizations. Diana received her Black Sect feng shui certification from the Wind and Water School of Feng Shui, her spiritual direction certification from the Center For Spiritual Guidance, and her Interior Alignment™ feng shui certification through the International Institute of Interior Alignment.

FINDING YOUR PASSION – FIVE EASY STEPS

222 Armstrong Hall **Experiential**

The purpose of this workshop is to aid both women and men in identifying what they are passionate about and can bring more life to it in their lives today. Participants are presented a five-step process for discovering their passion. You will share what you will do from the experience to give your passion life in the two weeks after the conference is over.

Lucy Dotte is a certified Life Coach, Spiritual Response practitioner, former marketing manager in the financial industry and secondary education teacher. Through her own personal journey, she has discovered the five steps for discovering her passion that she now shares with others.

ESOTERIC HEALING: a soul centered approach to energy healing facilitation and spiritual growth

(Also offered in Session IV)

302 Armstrong Hall

This class introduces the philosophy and methods of Esoteric Healing as taught through the International Network of Esoteric Healing. We will discuss the Human Energy System and how to access and work with it to effect healing shifts and balance. It works with soul alignment and the seven major energy centers, known as Chakras, vibratory levels

and energy bodies that work together to bring about health, vitality, and a sense of higher purpose. Through teaching, meditations, energy sensing exercises and discussion, we explore approaches to support the flow of soul energy throughout the physical, emotional and physical bodies.

Patricia Enstad has a MS in Community Counseling from MNSU ('83), is a certified teacher of Esoteric Healing, has a full time private practice in energy and body-based therapies in St. Paul, and works with Partners in Healing of Minneapolis, which provides holistic, mind-body therapies and alternative medicine for patients.

Sharon Randazzo has a BA in Anthropology from Macalester, studied at the New Mexico School of Natural Therapeutics, served in the Peace Corps, has a full time private practice in energy and body-based therapies, and brings her work in Esoteric Healing to Well Within, a wellness resource center assisting those in the midst of a health challenge seeking wellness and balance.

THE NATURAL POWER OF CRYSTALS AND GEMSTONES

317 Armstrong Hall Power point/computer with experiential
The mineral kingdom and the crystals it contains are the foundation of all physical matter and of life itself. The beauty, striking colors, and forms of gemstones have always attracted attention, yet their value goes far beyond surface appearance. Using gemstone specimens from around the world, participants will learn how and why crystal structures are closely bound up with spirituality and the physical body.

Beth Fratzke is currently an assistant professor at St. Mary's University, has a passion for Chinese culture, and has lived in China.

Gary Grufman is a retired Certified Facility Manager for Hennepin County, is a world-traveler and has a lifelong interest in geology and gemstone collecting.

SPRING FOREST QIGONG ACTIVE EXERCISES AND GUIDED MEDITATION

201 Student Union Experiential
Experience the healing power of Spring Forest Qigong. Enhance the flow of energy in your body and bring balance back into your body. When energy is not in balance, it causes problems in your mind, body, and emotions. Participate in meditation, focused concentration, breathing techniques and body movements to activate and cultivate your "vital energy" as it flows through the invisible energy channel, the meridians of the body.

DeeAnn Gieseke is a Wellness coach and Qigong Practitioner. She has completed Spring Forest Qigong intensive guide program and levels 1-4 taught by Master Chunyi Lin, Normandale Community College and is a certified level 1 instructor. DeeAnn teaches classes through private and community education on a variety of topics and is available to do classes anywhere.

Melissa Gieseke

FOOD: FROM FAMILY COOKBOOK TO GLOBAL ISSUES

211 Armstrong Hall Lecture/power point/ experiential/discussion
Food rituals and family food traditions define and bind us together as peoples and communities. This interactive workshop will introduce global food issues from a personal perspective – family, ethnic and community cookbooks can convey cultural and personal values and histories. Presenters will share their family cookbook and participants will record a few of their own food memories. We will then discuss how family based values relate to local, national and international concerns regarding food production and consumption, and review food history and politics literature.

Terri Berthiaume Hawthorne, MS Women's Studies, Minnesota State University, Mankato, adjunct and community faculty at Metro and Minnesota State University. Co-author of *Stars in your Bones*, *The Many Faces of the Great Mother*. She co-produced *Through Women's Eyes: Beijing 95* and *The Feminine Face of God: Painting by Julia Barkley*

and in the process of producing *We Will Harbor You: The MN Origins of the Battered Women's Movement* with Kathleen Laughlin. Terri has been married 48 years, is a proud mother of four sons, and is a grandmother and great-grandmother.

Diane Berthiaume Brown, educator and education researcher. She is the past Director of CLEAR, Adult Education for St. Paul School district. She is co-author and illustrator of *The Many Faces of the Great Mother*. Extraordinary mother and aunt.

Jolie Berthiaume Cummins, Director of CLEAR, an Adult Education Program for Developmentally Disabled Adults in the St. Paul School District and a Paraprofessional in a developmentally disabled school classroom. She has attended most of the Women and Spirituality conferences and is the mother of five.

PADDLE YOUR OWN CANOE – A JOURNEY TO DISCOVER YOUR TRUE ESSENCE

(Also offered in Session III)

202 Student Union Experiential/story-telling/reflection/discussion
Find unknown strengths, resources, and inspiration. Discover how your core values are your guides to life, especially during uncertain times. Achieve motivation to take courageous action, navigate the winds of change, and flow through life with increased confidence. Stories from this solo canoe adventure will inspire greater meaning and significance in your life. This workshop encourages ownership of your natural abilities and strengths, empowers you to be courageous and take action, and expects you to live to your fullest potential and highest ideals.

Cheryl Hiltibran, M.Ed., has been a solo canoeist for 15 years. Through these journeys she has seen and touched the Divine. Two years ago, Cheryl received a new spiritual team that consists of 40 Master Ascended guides. Her canoe journeys were part of her "training" as an energetic healer, life coach, and business consultant. She is available for speaking events, workshops, and consultation. She lives in Wayzata, MN with her husband.

SACRED CIRCLE DANCE

(Also offered in Session III)

284A Student Union Movement/dance activity
In this workshop, you will experience non-partnered movement to beautiful music. When we join hands in a circle, we become one body sharing energy with another. You will learn easy, specific steps to specific music. The combination of music and movement helps you enter a prayerful, meditative state of mind. This is an opportunity to de-stress and gain insights through this mind-body-spirit experience through music. Wear comfortable clothing.

Janalea Hoffman is a registered music therapist and creator/owner of Rhythmic Medicine and Sounds of Comfort.

STRENGTHENING YOUR ENERGY FIELD

215 Armstrong Hall Experiential
You will learn about the human energy field (aura) and experience exercises to clear and strengthen it. We will discuss the components of the human energy field, and factors that weaken it.

Janet Hovde, MA, OTL, CHTP, is celebrating her 11th year of providing intuitive healing in Roseville, MN. She has 20 years of experience in medical settings as a licensed occupational therapist and enjoys teaching energy healing and intuition development.

A JOURNEY WITH ISIS AND NEPHTHYS

(Also offered in Session IV)

284B Student Union Experiential
This workshop is an introduction to Isis, the Embodied Manifestation of Love and her dark sister Nephthys, High Priestess of Intuition and Mystery. We will discuss these ancient Egyptian Goddesses as Archetypes that can assist us in our lives today. We will then journey into the Shamanic Mysteries of Egypt, merging with the Great Mother through guided meditation

and the activation tones of the Crystal Singing Bowls.

Deb Irestone is a Shamanic High Priestess, Priestess Process Facilitator, Shamanic Breathwork Facilitator, Ordained Shamanic Minister and Certified Hypnotherapist.

Ruth Beland is a Shamanic High Priestess, Shamanic Breathwork Facilitator, Ordained Shamanic Minister and Crystal Bowl Singing Artist.

SAVING MONEY, THE PLANET, AND YOUR SANITY

213 Armstrong Hall **Power point/computer-based**

Holly Jorgensen presented Toolbox for a Simpler Life, Greener Planet, and Freer Spirit at the 2008 conference. She has gone on to expand, refine, and re-name the program and has found audiences to be even more hungry for this information as the economy challenges them. They are amazed by her extraordinary lifestyle, using second-hand and found materials almost exclusively for building, decorating, furnishing, landscaping, and dressing. They are inspired by how she has found financial freedom and enriched her spiritual life while living lightly on the earth. The power-point tour of her woodsy home illustrates the physical, mental, and social tools she uses in creating a wonderful life, and participants leave with an outline for creating their own toolbox.

Holly Jorgensen has been a teacher, performer, and librarian, among other creative and productive pursuits. Her company, Northern Holly Creations, focuses on educational and inspirational entertainment. Productions have included: *Looking-Glass Lovesongs*, a musical funded by a COMPAS Community Arts grant and performed at the Mixed Blood and At the Foot of the Mountain theatres; *Quality Time with the Quiltots*, a proposal and preview for a family oriented television series; and, *The Diaries and Dreams of Susie Moberly*, a one-woman show based on the 1890 diary of a Minnesota woman. She has performed this over 50 times, including at a previous Women and Spirituality Conference.

THE DIVINE FEMININE AND MARIAN APPARITIONS

217 Armstrong Hall **Experiential/discussion-based**

We will explore the common theme in the appearances of Mary in Africa, Europe, and the Americas and link the idea of World Mother to environmental and social justice issues. It presents the Black Madonna image in the 20th century and its influence on patriarchal systems and feminist integration and examines the present unfoldment of the cosmic feminine in world events and fosters individual awareness and commitment to this process.

Carole Julian has a Master's degree in Psychology East West and has worked as the director of Sacred Services at Unity of Golden Valley. She has studied Marian apparitions for 40 years and traveled to Medjugorja to experience firsthand the event known as the appearance of the Queen of Peace.

ETHICS OF DIVERSITY

205 Armstrong Hall **Paper/discussion**

All along, we have been worried about cultural "isms," which have been creating wars, tensions, and conflicts and depriving us of peace. At the present time, our precious planet is in peril not only due to imbalance in natural forces, but also through human's irresponsible and destructive actions. This workshop will discuss biodiversity, and cultural diversity of "isms" in the context of time, space, and environment – both physical and socio-cultural. The paper will discuss the relationship of Human with Nature and suggest some ethical principles for transcending "isms," and preserving diversity of unified existence.

Indira Y. Junghare: Professor of Linguistics, Philosophy and Religions of India at the University of Minnesota.

INVITING FAIRIES INTO YOUR GARDEN

(Also offered in Session II)

225 Armstrong Hall **Discussion-based/slide presentation**

The workshop will discuss ways to create various size fairy gardens, ways to invite fairies to visit your garden, types of plants that can be

used, accessories that will enhance the garden and chants/prayers/offerings for the fairies.

Karen Kortuem has had 25+ years of gardening experience and has always been enchanted with fairies. She became involved with fairy gardens when a space in the garden located under a standard weeping pea cried out for "something different." Through years of experimentation, research, and many fairy gifts, this small part of her garden has evolved into an inviting space for fairies to gather.

INTERSECTING SPIRITUALITY:

HINDUISM, SHAMANISM AND BUDDHISM IN NEPAL

(Also offered in Session II)

212 Morris Hall **Experiential/story-telling/power point**

Come explore the intersection of Hinduism, Shamanism and Buddhism in Nepal. In this small Himalayan country, people live in spiritual harmony, with tremendous crossover between these three spiritual traditions. By using storytelling, video footage and slides, you will develop an understanding and appreciation for the healing and ritual practices in modern day Nepal, both in the countryside villages and in bustling Kathmandu. You will become familiar with Aama Bambo, (mother shaman), a famous Nepalese shaman who conducts daily healings for as many as 50 people each day. You will also see rare video footage of two Tibetan shamans from the Tibetan Refugee Settlement of Tashi Palkheil in Pokhara, Nepal.

Susan Langston has been studying spirituality, shamanism and healing since 1986. She first studied with the Foundation for Shamanic studies, and then began more in-depth exploration of the spiritual healing practices of Peru, Chile, and Ecuador. For the past 5 years, she has focused on Tibetan and Nepalese shamanic practices and has received initiation from Aama Bambo. She is also a Reiki Master and has a shamanic healing and psychotherapy practice in Minneapolis, MN.

THE SECRETS OF MANIFESTATION AND HOW TO GET BETTER AT IT

(Also offered in Session III)

219 Armstrong Hall **Computer-based/power point**

Images are used to help explain how universal energy functions through the patterns of our beliefs, outlooks and intentions to create life situations and objective reality. The three main concepts governing manifestation are discussed and elaborated upon. Practical applications are discussed.

Sondra Lewis is a teacher of reality creation material, and has been an energetic healer, from the Barbara Brennan tradition, for 18 years.

**WHAT WOULD YOUR FUTURE SELF SAY TO YOU?
THE FUTURE SELF AND HOLOGRAPHIC REALITY**

(Also offered in Session II)

208 Armstrong Hall **Paper/discussion/experiential**

In linear reality we experience the past, present and the future as separate moments. Decision making about what you long for comes from reflection on the past to create a perceived outcome in the present moment. In holographic reality, the Future Self is calling you to become and to be all that you long for. This workshop opens the doors to your Future Self who understands what your next step is to become and be all that you long for.

Lisa Lillemoen is an internationally known holistic healer, teacher and author. She offers Kabbalah and Soul Healing, Holistic Psychotherapy Intuitive Consulting and Classes in her offices in Apple Valley, MN and Berkeley, CA or by telephone.

LITTLE BITS OF BUDDHISM

314 Armstrong Hall **Discussion-based**

Four of the practical idea gems of Buddhism will be applied to living a more joyous life grounded in the "now." These ideas enhance any spiritual path and help us understand and enjoy life "as it is." We will discuss and apply: impermanence, equanimity, ego and attachment/craving.

Dr. Patricia Linehan teaches psychology at South Central College. She

is a Master Practitioner of Neuro Linguistic Programming and has studied Buddhism for many years.

OUR DAUGHTERS DESERVE TO HAVE SACRED AND SEXUAL EMPOWERMENT

(Also offered in Session II)

220 Armstrong Hall

Discussion/power point

Self sexual awareness, empowerment and voice can heal our soul. As women/men on this planet, we have the obligation to ensure that we and our daughters have our own voice, and the wisdom of our own personal sexual power. Throughout history, women's sexuality has been defined, controlled, and determined by the dominator society. Through intimidation, religion, tradition, force, fear, etc., women have been denied their own sexual power. This workshop will address historical explanations, as to why a dominator society exists, and how this tradition has and does affect women and girls in their attitudes toward sexual pleasure and empowerment. We will also use this safe and sacred place to respectfully, openly and candidly talk about our experiences, our relationships, and ideas that will help girls and women take back our sexual power.

Cindy Mark is a long time feminist activist. She is an instructor, women's studies scholar, researcher, artist, entrepreneur, speaker, and writer as well as having over 20 years of marketing experience. She passionately works to make women and girls aware of human rights. She holds a MS degree in Women's Studies, an undergraduate degree in Women, Culture and Art, and is currently a Doctoral student in Women's Spirituality at the CA Institute of Integral Studies in San Francisco, CA. She lives with her family, dogs, cats, chickens and ducks on a sustainable organic hobby farm in Cedar Lake Township, MN.

THE SACRED IN YOU

255 Student Union

Movement/dance/worship

We will focus on the movement and sacred connection that each person has inside of them. It is unique and will be celebrated through our creativity. Participants will choreograph a dance.

Suzi McNamara's life has always had a place in sacred dance. She has choreographed well over 200 pieces, danced in a variety of denominational churches, directed a 140-member dance ministry and continues to dance today.

YOUR OWN ECONOMY:

USING INNER WISDOM IN UNCERTAIN FINANCIAL TIMES

101 Morris Hall

Discussion-based

When it comes to money and finances, the too common response is to look outside ourselves to the "experts" for answers. Using a specially designed workbook as our framework, this workshop will take you on a journey to discover your inner wisdom for knowing what to do in these stressful financial times. Clarity and confidence come from within. Participants will spend time writing, reflecting and sharing. "Your Own Economy" is a great inner and outer conversation.

Colleen Natalie-Lees is a licensed pastor at the United Church of Christ since 1995. She is also a life coach, a community college instructor and a home school mother. She has a rich background in education, wellness and international travel.

SOUL BREATHING

(Also offered in Session II)

231 Armstrong Hall

Experiential/discussion-based/
singing/chanting

Do you ever feel stressed, frustrated or anxious . . . Want to improve your overall health and happiness? With Soul Breathing you can learn how to free your breath and heal yourself! The breath is the activity and infinite intelligence of Spirit in the body. Soul Breathing opens up your breath and allows you to release constricted breathing patterns and old emotions. Learn how to let go and bring love and joy into your heart and soul.

Terri Peterson (RPh) has studied breathwork under Judith Kravitz (Trans-

formational Breathing Foundation), and Robert Winn (Soul Breathing). Other spiritual modalities include, Reiki, Light Body, Pranic Healing and Arhatic Yoga with Master Stephen Co and Grand Master Choa Kok Sui and Mastering Alchemy with Jim Self. Terri is Co-Creator of AquaEssence ReSource and *Bridging the Water Gap*, water conference. She spends her day job as a Pharmacist.

DISCOVERING YOUR ANGEL ESSENCE- JOURNEY TO YOUR SECRET GARDEN

103 Morris Hall

Experiential

Come connect to your Guardian Angel and remember the positive qualities and traits about yourself. You will go into deep relaxation and travel to a "secret garden" where you are safe. You will do a little energy healing and meet with your Guardian Angel who will remind you of their gifts and talents and wonderful things about themselves. (Some people have reported getting in touch with loved ones who've crossed over during this journey).

Patricia "Trish" Poole, CH, EFT-CC, Reiki Master Teacher, loves teaching techniques everyone can use to live healthier, happier, fulfilled lives. She has been leading classes in metaphysics and spiritual healing since 1997 as well as providing hypnosis, energy healing and private readings.

REAL ESTATE AND AROMATHERAPY

203 Student Union

Experiential/discussion-based

A discussion on how incorporating the use of essential oils can impact you, your overall health, your home and/or the process of buying/selling a home. We will explore questions like: How can you intentionally create or change the energy within your house or other space? How does doing so impact the human(s) who live there? How do you incorporate energy, Spirit and intention when considering buying or selling real estate?

Marita Rahlenbeck is an intuitive energy worker and healer who brings that skill set to the real estate process by actively including Energy, Intention and Spirit with her clients seeking to buy and/or sell a home. She offers consultants, bodywork sessions and energy intention sessions, as well as facilitates fun, educational and experiential events throughout the Twin Cities. Her healing practice is located at the Aslan Institute in Eagan, MN, while her real estate office is in Edina, MN.

LOVE YOURSELF – LIVE YOUR PASSIONZ

233 Armstrong Hall

Experiential/child-friendly/movement/
instrumental/singing/chanting/ritual

Every day we are faced with unexpected challenges that can dislodge our sense of "self." You will be provided with tools, choices and techniques through the three artz. Embrace yourself and experience your own personal truth, harmony, health and manifestation of your highest good, as you love yourself and live your passion.

Deblyn Russell, has been the owner of Creative Connectionz for the past 18 years. Her business focuses on the three artz, Visual, Performance, and Healing Artz.

Heidi Scott (Corn Woman) has been the owner of Creative Connectionz for the past 25 years. Her business focuses on the three artz, Visual, Performance, and Healing Artz, as well as cornstalk.

RAISING CHILDREN IN A GODDESS TRADITION

254 Student Union

Ritual/worship/instrumental/
drumming/child-friendly

Come learn and share experiences of raising children in the Goddess tradition and other non-traditional spiritual paths. We'll include storytelling, singing, dancing, drumming, brief rituals, and a discussion of resources to guide you in raising your child. This is a participatory workshop!

Dawn Schuette-McKinnon is the mother of Holly, age 6, and participates in the Unitarian Universalist Congregation in Mahtomedi, MN. She is an assistant kindergarten teacher and is practicing Zen Bud-

dhism. Treewommon and Dawn first met at this conference when their daughters were babies and have been coming together ever since.

Treewommon is the mother of Shooting Star, age 7, and is a Dianic Wiccan community priestess. She circles with Spiderwimmin in St. Paul, MN. She is also an attorney practicing family law.

BODY DIPLOMACY

(Also offered in Session II)

232 Armstrong Hall Meditation/discussion/movement

Bad back, bum knee, trick ankle? As life leaves its marks on us, we often develop adversarial relationships with our aches, pains and limitations. Using meditation, visualization, discussion and physical movement, we begin the reconciliation of your relationship to pain and injury. Body Diplomacy begins the healing process, opening the pathway to recognition and reclamation of your body. This gentle workout for the spirit gives you access to untapped inner strength.

Kate Sciandra is a teacher, writer and integrative healthcare practitioner in practice for over 15 years. She is an Advanced Practitioner and Registered Instructor of Ortho-Bionomy®, holds a Diploma in Herbal Studies from the Australasian College of Herbal Studies, is the developer of Cultivating the Healing presence and regular columnist for The Edge magazine.

DISCOVER YOUR SPIRITUAL MISSION IN LIFE THROUGH PAST LIVES, DREAMS AND SOUL TRAVEL

(Also offered in Session II)

123 Armstrong Hall Experiential/discussion-based

You will have the opportunity to discover your spiritual mission by learning how dreams can become your gateway into viewing yourself and your experiences from Soul's perspective. Dreams can lead you to your past lives or into the higher worlds of God/The Divine via Soul Travel. These ideas will be discussed based upon the teachings of Eckankar.

Heidi Skarie has enjoyed doing workshops at the Women & Spirituality Conference for over twelve years. She is an Eckankar clergy member, wife and mother and has written books on her own past life experiences and kept a dream journal for 36 years.

Stella Forsberg is a teacher in Minneapolis, a spiritual seeker, workshop facilitator, and inspirations speaker who loves connecting with people and sharing her enthusiasm for spiritual topics. She has been an active member in Eckankar for eight years, and is a highly skilled, dynamic, and thoughtful presenter.

TIME: A LANGUAGE OF THE MIND AND SOUL

213 Morris Hall Discussion-based/experiential

As a language of both Mind and Soul, Time defines a large part of our personality, our spiritual vision and significantly informs our choices, big and small. Our relationship with Clock/Mind Time is, for most of us, difficult, demanding and relentlessly ongoing. We'll look at Time through the lenses of culture, biology, and history. Through meditation and other exercises, we'll explore ways to align more with Soul Time.

Kaia Svien, MS, is a mindfulness meditation instructor, spiritual mentor, author, cultural change agent and European American Elder.

Sage Passi is an environmental educator, storyteller and filmmaker who works collectively with adults and children to build more sustainable communities.

MILAGROS: A CHARMED PRAYER

(Also offered in Session III)

305 Armstrong Hall Experiential/discussion-based/ritual/worship

Milagros (miracle beads) are charms that symbolize the content of prayers. For example, a pair of eyes represents a prayer for spiritual or physical vision. In Mexico, people take Milagros to a shrine in order to pray for specific concerns. We will set an intention then make a milagro to carry with us as an anchor to remind us to pray.

Sue Swanson is an artist, teacher and Veridatas labyrinth facilitator from Woodbury, MN. She holds a BA degree in Professional Com-

munications from Metropolitan State University and a Master of Divinity degree from United Theological Seminary of the Twin Cities. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality and find Sabbath time in our busy lives. Her company, Purple Apple Arts, provides opportunities to explore traditional crafts such as beadwork, knitting, collage, textile, arts, music and labyrinth walking.

T'AI-CHI CH'UAN: MOVEMENT AND MEDITATION

102 Pennington Hall Movement activity/experiential/discussion

The first T'ai-Chi Classic says, "In every movement, the entire body should be light and agile, and all of its parts connected like a string of pearls." There will be a brief discussion to introduce T'ai-Chi and its meditative principles, followed by basic warm-up exercises and standing meditation. An introduction of the Cloud Hands posture from the 150-posture T'ai-Chi form will be used as a meditation technique so you may experience the relaxing benefits of T'ai-Chi. The wrap-up will consist of discussion and questions. Wear comfortable clothing and flat shoes with good support (athletic shoes are fine). You may also want to bring drinking water.

Karen Taylor has been a student of T'ai-Chi Chuan for nearly five years. She studies under Sifu Ray Hayward at Twin Cities T'ai-Chi Chuan in St. Paul where she assists with tutoring students with the solo and sword forms.

TAPPING INTO UNIVERSAL KNOWLEDGE

(Also offered in Session IV)

102 Morris Hall Experiential/discussion-based/child-friendly

Chris will talk about her near death experience that happened over 20 years ago, at the hands of a serial rapist. She will talk about how we can learn to let go of fear and find our way back to love. She will introduce the keepers of the heart with whom she has been working over the past two years. (These light beings will be channeled through Val Medeiros). Questions will be taken from the audience to be answered by the keepers.

Chris Tonnar has been in the metaphysical realm since her near death experience over 20 years ago. She is finishing up her Ph.D. in Metaphysics, is a teacher, writer, intuitive, Reiki healer and hypnotherapist. Chris is the founder of Light Alliance, a holistic institute for research and development.

Val Medeiros is a medium, channel and Seichem Reiki master. She comes from a long line of Portuguese healers. Val was born and raised in Hawaii and now resides in Minnesota. She is a vital part of the Light Alliance company offering her talents in all areas of the business.

LESBIANS MAKING A DIFFERENCE

234 Armstrong Hall Discussion-based

In a world that needs help in so many aspects, we lesbians are making a difference, each in her own way. We will celebrate what we and others have done in both large and small ways, empowering each other through our sharing and visioning. This is intended to be an opportunity for lesbians at the conference to connect with each other, affirm ourselves and find encouragement for doing what we believe is important as instruments of change in the world.

Eleanor Wagner, who goes by Elly, is a lesbian crone, who has led workshops for lesbians for many years, authored "Lavender Reflections: Affirmations for Lesbians and Gay Men," and two herb cookbooks, as well as being an audiologist, herb grower, crafter, photographer, singer and bread baker.

SHINING MOMENTS: AGING WITH INTENTION AND JOY

(Also offered in Session III)

202 Armstrong Hall Experiential

We will create a circle of trust where, utilizing silent reflection, journaling and sharing in small and large groups, we will undertake deep listening of ourselves and others. Using stories from our own spiritual

journeys and insights from poets, storytellers and various wisdom traditions, we will reflect on the different ages and stages of our lives, in order to envision what we want and need as we age.

Georgia Weithe, M.Ed., founder of the Reflections Educational Consulting Firm, is an author, educator and motivational speaker who has consulted on education, wellness and personal growth issues with a variety of institutions since 1988. Most recently she has enjoyed an eight-year affiliation as a facilitator with the Center for Courage and Renewal's, Courage to Teach Program, created by the Fetzer Institute. She is the author of *Shining Moments: Finding Hope in Facing Death* (Reflections Press).

PUTTING TOGETHER THE PUZZLE OF A WOMAN'S JOURNEY

(Also offered in Session III)

206 Morris Hall **Experiential/story-telling/discussion-based**

You will have an opportunity to explore the use of *The Woman's Journey Puzzle* both as an individual and in a small group. The *Puzzle* serves as a modern oracle. Like all other oracles throughout human history, it is a powerful tool that can help provide access to deep wisdom, spiritual insight, timeless truths and guidance in answering specific questions. In some unique ways, it stands apart from other such interments. In a playful but challenging way, the *Puzzle* supports mind, soul and spirit in their quest for meaning. The *Puzzle* thus is an aid in problem-solving and spiritual growth. It has the power to open insight into both the meaning of individual experiences and collective consciousness.

Jeanne Wiger is a spiritual mentor, life coach, art therapist, artist, storyteller and social ecologist. For over 30 years she has been in practice helping people of all ages and walks of life find answers to many of life's most difficult questions. She has a BA in Theology and Comparative Religion, a BS in education, fine arts and studio art, a M.Ed. in art education and fine arts and a Ph.D. in Psychology and Human Development. The *Puzzle* is the most recent tool and one of the most exciting tools she has created to help with the work she does.

EAST MEETS WEST: DOES THE SPIRIT KNOW?

(Also offered in Session IV)

209 Morris Hall

**Experiential/discussion-based/
power point/computer-based**

Explore the weaving of body, mind and spirit through an overview of the effects of intentional living on the spiritual body from the Traditional Chinese Medicine (TCM) perspective. Discover the five spirits in your body according to TCM and learn about their relationship with the five organs and how to enhance your own vital force (energy). Further experience your vital force through the gentle mindful movements and breath awareness of T'ai Chi Chih and Yoga during the final 30 minutes, which will conclude with a guided relaxation exercise. No special clothing or physical ability required.

Hua Zhu, MD (China) is a board certified, MN licensed acupuncturist. She has practiced for 10 years in the US, and in addition to having a clinical practice at Healing Hands Wellness Group (Waseca, MN) and on Wednesdays in Mankato, she is a clinical instructor at Northwestern University of Health Sciences in Bloomington, MN. Dr. Zhu practices Traditional Chinese Medicine and demonstrates that acupuncture and the use of Chinese herbs promote balance in the mind, body and most importantly, the spirit.

Sharon Fruechte, MS, was a counselor in Mankato for 11 years, is a certified Spiritual Director, and accredited T'ai Chi Chih instructor and has practiced and taught yoga for over 30 years. She currently meets with directees at Healing Hands Wellness Group in Waseca and offers classes through Waseca Community Education.

Jane Coleman, a board certified advanced practice holistic nurse, recently completed her dissertation on Spring Forest Qigong (SFQ), an ancient Chinese modality that has been widely researched in Asia. Jane shared 15 of her 25 years as a nurse educator with Gustavus, and currently provides natural health and lifestyle education (Waseca Integrative Therapy) and bodywork, at Healing Hands Wellness Group.

SESSION II

AWAKENED PARENTING

285 Student Union

Experiential

Do you wish to deepen your connection to your child? We will journey to meet your child's guides, see who shows up for your child, and look at how to deepen your relationship and best sustain and encourage growth. We will identify any obstacles you may have in working together along your shared path. We will talk about children's frequencies and address how to best support them at this time and work on co-creating a parent/child relationship that is empowering and builds self-reliance for both parent and child.

Julianne Alexander, MA, has been a Montessori teacher for 20 years helping children to be self-discoverers and independent learners. She has extensive experience in many complementary and alternative practices including mind/body skills, energy healing, vibrational remedies, whole food nutrition, and other transformative practices.

TRUST BEYOND BELIEF

(Also offered in Session IV)

321 Armstrong Hall

Discussion

What if you could trust yourself unconditionally, completely, totally? What if you could not make a mistake? What if you had what you needed whenever you needed? There is a trust waiting for you that is beyond believing, that goes deeper than anything you could believe. With this trust you can discern your authentic voice from any other that you might hear from within you. You can discern your true wisdom from beliefs your mind holds. Trust of any other person or condition first

requires complete trust in you. In this session we will explore ways to have the trust that allows all other trust. You already know what is true for you but your beliefs may keep you from seeing it.

Carol Anderson, after 30 years as an educator, left to follow the wisdom of her soul. She is an inspirational speaker, teacher, coach and facilitator.

COMMUNICATING WITH OUR GUARDIAN ANGELS

(Also offered in Session III)

325 Armstrong Hall

Experiential

Guardian Angels are God's messengers. These divine helpers nurture, protect and guide us. They help to transform our thought patterns and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with God and all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence and a greater sense of purpose and connectedness. You don't need extraordinary psychic or intuitive skills to have a dialog with your angels. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

Diane Anderson is the coordinator for academic appointments and promotions for the College of Medicine, Mayo Clinic, Rochester, MN. She is a healing arts practitioner and teacher whose practice includes Reiki, Energy Medicine, Qigong and Shamanic healing.

ANIMALS ARE SOUL TOO
(Also offered in Session I)

304 Armstrong Hall

"Until we see animals as Soul, we'll miss much of what they have to teach us, most of all we'll miss the love."-Harold Klemp, *Animals Are Soul Too!* Participants will have the opportunity to share stories about how animals have helped them in their lives and will discover ways of relating meaningfully to animals as spiritual beings. This workshop also offers a powerful ancient chant for connecting to the Divine Love that is within all creation.

Linda Anderson and Suzanne Percoskie, see page 2 for bios.

**"EATING IS AN AGRICULTURAL ACT"-Wendell Berry,
SLOW FOOD/TERRA MADRE – What does food mean to us?**

103 Morris Hall

Story telling/discussion-based/child-friendly/
power point/computer based

Slow Food/Terra Madre is a world meeting of food communities making an effort to connect issues of hunger, the preservation of small and medium farms, support for young food producers, preserving the genetic integrity of crops and biological diversity with taste education, human health, and the pleasures of the table. The presenters will share their experiences from the Slow Food/Terra Madre conference in Turin, Italy, which they attended with 7,000 people from around the world. Group discussion will include, "What is slow food and how is it linked to social justice, world hunger, fair prices/wages for farmers and farm workers, genetically modified crops, biodiversity, human health and satisfactory lives for all of us. What are some food traditions, rituals and symbolisms within families, religions and communities? What can our sense of taste teach us?"

Audrey Arner, a river friendly farmer and community organizer, has worked on agricultural, environmental and food systems issues from her farm home near Montevideo, MN since 1975. She provides consultation and facilitation for a variety of agricultural and rural organizations, as well as co-managing Moonstone Farm, a perennial polyculture on the bluffland of the Upper Minnesota River Valley. She is a mentor to beginning farmers, chair of Slow Food MN's Terra Madre committee, having attended Terra Madre (The World Meeting of Food Communities) in Turin, Italy.

LeeAnn Hanson-VanDerPol, along with three other family members, manages a diversified, direct marketing farm, Pastures A' Plenty co and farm, which is located on the prairies of western MN. She has been active in agricultural, environmental issues and the local foods movement for several years. She is a mentor to beginning farmers, a Slow Food member and attended the Terra Madre conference in Turin, Italy. LeeAnn worked 23 years as an activities organizer with the elderly, drawing from their wisdom.

CHANNELING LOVED ONES
(Also offered in Session III)

209 Morris Hall

Experiential

This workshop's purpose is to help people to heal relationships with loved ones who have passed away. You will have the opportunity to learn techniques that will help you communicate with not only loved ones, but guides and guardian angels.

Ronna Boyd has been a professional psychic and medium for 12 years. Besides offering private counseling sessions, she travels the Midwest with her workshop, "Channeling Loved Ones" which re-connects people with loved ones who have passed away. She has also developed various classes meant for personal growth and spiritual development. She lives in Rock Island, IL.

A CHAT WITH SPIRIT

202 Student Union

Experiential/discussion-based

God speaks to us in many ways. We each have that knowledge of ages hidden inside the heart and soul of any and everybody. How we commune with that knowledge, that source is something that we come to determine within the openness and understanding of our own specific spiritual connection and channeling is one way to do that. Come con-

nect as you listen, ask questions and discuss with Spirit the journey that we are on and what we can do to bring our best to the table of life. This is a channeled teaching that will be discussion based so audience members should be aware that you may indeed be called upon to respond to a direct question. Participation is encouraged, but not necessary.

Ursula Clara Christ, an ordained interfaith minister and spiritual teacher, has been channeling her spiritual guides and doing medium work for individuals and small groups for the past several years. The teachings are love based, providing initiative and insight into one's life journey...always uplifting.

**INSIGHTS INTO MANIFESTATION AND
HOW TO HEAL OUR INNER OBSTACLES**

316 Armstrong Hall

Experiential

In this workshop, participants take a more intuitive, insightful look at manifesting, and at the same time learn how to identify their own blocks, thus opening a fresh flow for their creations.

Barbara Gabriel has been working with individuals, doing readings, and leading workshops for over 25 years. She helps facilitate changes in the way one deals with everyday life by working with individuals to release their blocks, and by showing one how to open doors to new opportunities, to create a better balance, more joy, love, and peace while experiencing life here on planet Earth.

**SONGTANEOUS: CREATING & CONNECTING COMMUNITIES
THROUGH THE POWER OF SPONTANEOUS SINGING**

284C Student Union

Experiential/singing/chanting

During Songtaneous, we arrange and construct "songs" by creating repeating musical patterns and assigning them to sections of our singing circle. These parts weave together to create instant compositions in a magical process where the whole is more than the sum of the parts. We combine singing with chants, language, imagery, color and movement to inspire, access, and explore new musical terrain.

Sarah Greer is a vocalist, performer and instructor with a BSS from Cornell College and AAS from McNally Smith College of Music. She uses spontaneous singing to create communities and connect individuals.

Jayney Reuter is a Madison, WI based singer, songwriter, improviser and budding percussionist who loves to dance.

DISCOVERING AND LIVING YOUR LIFE'S PURPOSE
(Also offered in Session IV)

326 Armstrong Hall

Discussion-based, hands-on exercise

Everyone can have the life they choose; it is only a matter of definition and clarity. By expending your life energy on things that are aligned with your passions, you can create the life you want. During this workshop, the Passion Test will help you define your passions and set a clear direction for creating the life you always dreamed of. Whether you're looking to find your life's purpose or just need to clarify it further, the Passion Test will provide a life-long tool to keep you on course.

Laurel Gregory is a life coach and certified Passion Test Facilitator specializing in helping individuals live passionate lives.

THE YUEN METHOD™ ENERGETIC HEALING TECHNIQUE
(Also offered in Session III)

102 Morris Hall

Pain elimination on the spot

The reasons and sources of pain are similar for everyone, but the sequence of causes is as unique to you as your own fingerprint. The exact causes of pain are numerous but you can identify them exactly, without making assumptions or guessing. The Yuen Method works to make sure that all levels of consciousness are congruent so that pain may be eliminated immediately and goals attained. This is achieved by zeroing in on the root causes of pain or dysfunction and making energetic "corrections," thereby alleviating the condition with amazing speed.

Gus Guse is a certified practitioner/Instructor of The Yuen Method Energetic Healing Technique.

**BODY-CENTERED VITALITY FOR LIFE:
Celebrating Our Bodies, Ourselves**
(Also offered in Session IV)

215 Armstrong Hall **Experiential/discussion-based**

The purpose of this workshop is to bring a shift in the fundamental alienation between mind and body. There are three intentions for participants: to be present in your body; to connect to your body in an honoring, nurturing and powerful way; and, to celebrate who you are and the body in which you dwell.

Mari Harris, an award-winning singer/songwriter, keynote speaker and actress, has a powerful and deep commitment to provide inspiration, entertainment, empowerment, training and healing through the arts. Her presence and commitment have made a global impact in the areas of spirituality, the environment, health, youth and women's leadership.

Michele Denize Strachan, MD, whose career has been shaped by a deep desire to create a space for the human spirit in medicine. In an intensely intimate and interactive style, she invites participants to enter into a sacred relationship with the body as a best friend, and teaches several strategies for interpreting the symbolic messages of the body's conditions and challenges.

LEARN TO PLAY THE NATIVE AMERICAN FLUTE

213 Armstrong Hall **Experiential/hands-on**

In this workshop you will learn simple techniques for playing the cedar flute, Native American style. It is one of the easiest instruments to play because you do not need to read music to be successful. The class is based on the Native 5-note scale which is very easy to learn. You will have hands-on experience with a cedar flute. Each participant will have a plastic tube in the flute, for sanitary purposes. Learn how to use this instrument as a meditative tool.

Janalea Hoffman is a registered music therapist and creator/owner of Rhythmic Medicine and Sounds of Comfort.

DANCING THE TREE OF LIFE

102 Pennington Hall **Movement/dance activity**

Explore the life-giving wisdom that has been encoded by generations of women in dances from the Balkans, Greece and the near East. These simple dances for people of all ages and wide-ranging abilities are a form of prayer and source of healing not only for ourselves, but also for our community and the earth. All dances will be taught first. This approach to traditional dance as spiritual practice is based on the pioneering work of Laura Shannon.

Emily Jarrett Hughes is a dancer, dance teacher, performer, choreographer, healer, mother, and spiritual seeker.

MEDITATION OF THE HEART

319 Armstrong Hall **Experiential/discussion-based**

This workshop will teach you a very user-friendly secular method of meditation, to supply written information for each person to have for personal reference, and to personally experience the meditation process. Each person receives a small wooden heart as a daily reminder to meditate twice daily.

Margaret Klette is a writer about all things spiritual, Spiritual Companion, coach, retreat facilitator and ordained Minister of Healing. She specializes in feminist and 12-step spirituality. She is a painter of silk, mother, grandmother, sister, aunt and crone.

**FEMININE INSIGHTS INTO CELTIC SPIRITUALITY AND
THE MUSIC OF THE CELTIC HARP**
(Also offered in Session IV)

201 Student Union **Presentation/harp performance**

The continued interest in Celtic spirituality and music reflects today's overwhelmingly busy world, which is bombarded with media, technology and information. Many of us are seeking simplicity and connection with what's true and eternal. Celtic spirituality has this simplicity at its

heart, and Celtic music is a beautiful illustration of this. You will hear the story of how a Celtic harp came into Amy's life as a gift from an Irish friend, and how that gift set her on the path of fulfilling her life's purpose of bringing beautiful music to people. She will share insights from her personal research on the feminine aspects of Celtic spirituality and tradition as it relates to her music, and on the role of women in Celtic history, interspersed with performances of Celtic tunes (many written by or in honor of women) on her harp to illustrate those insights. She will also share insights gained from her recent trip to Ireland and how the trip continues to influence the music she composes and performs.

Amy Kortuem is a harpist from Mankato, MN. She has performed at countless events since receiving a Celtic harp as a gift 20 years ago, with audiences including everyone from preschool children to presidents. Amy has made four recordings and one DVD of her music, each of which explores aspects of the spiritual journey on which the harp has taken her.

INVITING FAIRIES INTO YOUR GARDEN

(Also offered in Session I)

225 Armstrong Hall **Discussion-based/slide presentation**

The workshop will discuss ways to create various size fairy gardens, ways to invite fairies to visit your garden, types of plants that can be used, accessories that will enhance the garden and chants/prayers/offering for the fairies.

Karen Kortuem, see page 5 for bio.

FEELING, SEEING AND PSYCHICALLY READING AURAS

253 Student Union **Experiential**

The first step in developing psychic skills is to pay attention, and auras are an easy and fun way to begin this endeavor. Auras are colorful electromagnetic energy fields that surround us as individuals and as groups. Paying attention to your aura can get you started on identifying your psychic skills and help you take advantage of everything the psychic realm has to offer. Individual experiences during the workshop will vary.

Paula M. Kramer is a lifelong psychic and has written a book about developing psychic skills.

CHOOSING HAPPINESS

(Also offered in Session III)

211 Armstrong Hall **Experiential**

Happiness is a state we can actively choose and promote, regardless of what is happening within or without. Receive information and experiential exercises, designed to increase awareness of habits which do not foster happiness, while learning tools that encourage peace, happiness, conscious co-creation and downright silliness. Life is too important to be taken too seriously.

Spruce Krause, M.A., A CMT, Reiki Master, Quantum Touch® Practitioner, Life Coach/Counselor, Interplay® Leader, dancer, visual artist, playful spirit and spiritual seeker. She has over 20 years of experience supporting individuals and groups to heal and transform.

**INTERSECTING SPIRITUALITY:
HINDUISM, SHAMANISM AND BUDDHISM IN NEPAL**

(Also offered in Session I)

212 Morris Hall **Experiential/story-telling/power point**

Come explore the intersection of Hinduism, Shamanism and Buddhism in Nepal. In this small Himalayan country, people live in spiritual harmony, with tremendous crossover between these three spiritual traditions. By using storytelling, video footage and slides, you will develop an understanding and appreciation for the healing and ritual practices in modern day Nepal, both in the countryside villages and in bustling Kathmandu. You will become familiar with Aama Bambo, (mother shaman), a famous Nepalese shaman who conducts daily healings for as many as 50 people each day. You will also see rare video footage of two Tibetan shamans from the Tibetan Refugee Settlement of Tashi Palkheil in Pokhara, Nepal.

Susan Langston, see page 5 for bio.

TREASURE HUNT – FIND YOUR JOY OF BEING THROUGH NATURE
(Also offered in Session IV)

254 Student Union Story-telling/discussion-based/Experiential
Do you ever feel blue, down, empty, or lonely? Do you find yourself trying to satisfy these feelings through TV, food, relationships, or other external sources? We will give you tools to find what you are truly seeking. Learn to still your mind through connection with the life force in nature. This opens you to conscious awareness, which increases your ability to be present and find your joy of being. This in turn enhances your sense of vitality and enables you to create a deeper connection to all living beings. The topic is facilitated through breath work, experiential exercises, sensory stimulation, creative self-expression, and discussion.

Louann Lanning has extensive experience facilitating workshops and cross-cultural dialogue in programs through the United Way, YWCA, and RESOURCE, Inc. and is an active member of the United Way Cultural Dynamics Committee. She works to build emotional safety and understanding for discussions of cultural differences and other sensitive topics. She has a deep passion for the sacredness of all life and is committed to help heal humans' relationship with the earth.

Lee Scholder has a lifelong drive to help people connect with animals and the environment. In this quest, she helped connect children and adults with nature working as a naturalist. In her subsequent career as a lawyer, she was instrumental in starting the Animal Law Section of the MN Bar Association and co-taught MN's first animal law courses at two Twin Cities law schools.

WHAT WOULD YOUR FUTURE SELF SAY TO YOU?
THE FUTURE SELF AND HOLOGRAPHIC REALITY
(Also offered in Session I)

208 Armstrong Hall Paper/discussion/experiential
In linear reality we experience the past, present and the future as separate moments. Decision making about what you long for comes from reflection on the past to create a perceived outcome in the present moment. In holographic reality, the Future Self is calling you to become and to be all that you long for. This workshop opens the doors to your Future Self who understands what your next step is to become and be all that you long for.

Lisa Lillemoen, see page 5 for bio.

TIMELINES AND THRESHOLDS

314 Armstrong Hall Experiential
Neuro Linguistic Programming helps us understand how our brain processes information-insight which can improve our lives. We will be learning how we process "time," which sometimes keeps us stuck in the past, unable to envision a bright future, or unable to enjoy the present. Second topic: our criteria for "thresholds." We have all "crossed a threshold" (perhaps deciding never to eat meat again) at some point in our lives and never struggle with that behavior again. We can capture our threshold processing behavior and apply it to other situations we keep "waffling" on.

Dr. Patricia Linehan teaches psychology at South Central College. She is a Master Practitioner of Neuro Linguistic Programming and has a private consulting practice.

WHERE YOU 'GONNA' LIVE WHEN YOUR BODY WEARS OUT?
SPRING FOREST QIGONG

305 Armstrong Hall Experiential/easy movement/
ages 12 and older

We will focus on breathing, meditation and simple body movements to increase the flow of healing energy you were born with. Physical, emotional and spiritual balance is achieved through increasing energy flow and maintaining energy balance. The simple techniques presented will enhance your natural ability and current health care practice to maintain skin condition, blood pressure, pulse and blood sugar at desired levels.

Char Lusher, RN, MSN, M.Ed. is a current adjunct faculty at University

of Wisconsin Stout and an annual presenter at National Rural Institute on Alcohol and Drug Abuse with primary focus on pain management for chemically dependent persons. For two years she has been specific to Spring Forest Qigong (SFQ). Other energy healing areas of instruction and practice include Reiki Master teaching, Healing Touch, Therapeutic Touch, Touch for Health, Reflexology and more. She is a certified instructor Spring Forest Qigong Level I and II. She has also completed the four levels of SFQ and the guide program taught by Master Chunyi Lin, International Qigong Master at Normandale Community College. She currently provides instruction in SFQ through private institution and community education and maintains SFQ Healing practice.

OUR DAUGHTERS DESERVE TO HAVE SACRED AND SEXUAL EMPOWERMENT
(Also offered in Session I)

220 Armstrong Hall Discussion/power point
Self sexual awareness, empowerment and voice can heal our soul. As women/men on this planet, we have the obligation to ensure that we and our daughters have our own voice, and the wisdom of our own personal sexual power. Throughout history, women's sexuality has been defined, controlled, and determined by the dominator society. Through intimidation, religion, tradition, force, fear, etc., women have been denied their own sexual power. This workshop will address historical explanations, as to why a dominator society exists, and how this tradition has and does affect women and girls in their attitudes toward sexual pleasure and empowerment. We will also use this safe and sacred place to respectfully, openly and candidly talk about our experiences, our relationships, and ideas that will help girls and women take back our sexual power.

Cindy Mark, see page 6 for bio.

REFILLING THE WELL
(Also offered in Session III)

203 Student Union Experiential/discussion-based
In the past year, we've seen Wall Street crash, and job lay-offs. Events like these affect everybody and drive increasing fear about our ability to survive. How do we refill the well and care for ourselves during these times? In this session, we will use visualization, writing and affirmations to reconnect with what we value most.

Mindy Micek has over fifteen years' experience in the field of learning and development, and is an experienced facilitator. She believes in abundance, staying connected to what we care about, and the importance of every individual to shape their own lives and our planet.

INSPIRATIONS OF COURAGE: CONTEMPORARY WOMEN MYSTICS
320 Armstrong Hall Story-telling/discussion-based

A mystic connects to the sacred presence within herself through direct experience with the Divine. Increasingly we live in a time of radical awakening – both to that deep being within ourselves as well as to an intimate connectivity with Creation all around us. Mystics live throughout the world as ordinary women with extraordinary lives. We will focus on the lives of a few of these women who may inspire us to more fully embrace the mystic within ourselves.

Kitty Nagler, after a 33 year corporate career, she obtained a MA in Culture and Spirituality from the Sophia Center in Oakland, CA with a focus on feminine spirituality and the new cosmology. Her journey has taken her on the path of unfolding discovery where she shares her passions of feminine and eco-spirituality, the Universe story, indigenous wisdom and modern science.

SWIMMING WITH THE AVALANCHE CALLED LIFE!

213 Morris Hall Experiential/story-telling/discussion-based
The phenomenon of an avalanche as a metaphor is our perfect teacher. What does it teach us and how does this stress model become a useable framework in addressing our personal challenges. Story-telling will

explore the role of energy, change, addiction, trauma and consciousness. Participants will listen to stories, play games, discuss theory and application, and yes, ultimately have fun!

Debra J Peterson, MSW, is an intuitive reader, spiritual coach, motivational speaker, writer, stand-up comedian and consultant. She has worked in human services for over 25 years and currently has her own healing practice entitled Quantum Impro Consulting in St. Cloud, MN.

SOUL BREATHING
(Also offered in Session I)

231 Armstrong Hall **Experiential/discussion-based/
singing/chanting**

Do you ever feel stressed, frustrated or anxious...Want to improve your overall health and happiness? With Soul Breathing you can learn how to free your breath and heal yourself! The breath is the activity and infinite intelligence of Spirit in the body. Soul Breathing opens up your breath and allows you to release constricted breathing patterns and old emotions. Learn how to let go and bring love and joy into your heart and soul.

Terri Peterson, see page 6 for bio.

REWRITING THE MYTH BY WHICH YOU LIVE, PART 1 – THEORY

317 Armstrong Hall **Discussion-based**

Look at how the brain works and why we can get stuck in repetitive patterns of being that may not take us where we wish to go. Learn how these patterns are structured into the myths we tell ourselves and where these myths arise from. Explore useful techniques for discovering and working with these myths so as to become the true author of your life.

Artis Salemo is a spiritual/life coach, ordained interfaith minister, educator and certified Quantum Touch Practitioner.

Steven Freund has done extensive personal work on the impact of one's narrative on life. He holds a master's degree in Marriage and Family Therapy and has a relational coaching practice in the St. Paul area.

THE SACRED "NO"

204 Student Union **Experiential/movement/ritual/presentation**

We are clearly in the midst of paradigm shifts here on planet Earth. Women are playing a crucial role in bringing forth the changes needed in the area of the Power/Empowerment Paradigms. This workshop is about raising one's consciousness, engaging our psyche, and taking significant steps toward the equality that is our birthright and destiny as women. The "Sacred No," when spoken is a "No" that says "YES" to oneself. Through ritual, help from Nature Spirits, and support of our women's circle, we will bring forth the authentic voice of our "True Self." With this voice, we will then experience the embodiment of saying "YES" to our life journey as women and the strength, freedom and empowerment of the "Sacred No."

Karen Sandberg is a teacher, shaman practitioner, artist, feminist and visionary activist. As part of her life journey, she has taken intensive training with Malidoma Patrice Some, a shaman from West Africa and with Llama Lar Short, a Westerner, who carries both Hindu and Buddhist lineages. After surviving two major life/death "crisis/initiations," she now endeavors to live true to her soul's purpose of empowering women.

BODY DIPLOMACY

(Also offered in Session I)

232 Armstrong Hall **Meditation/discussion/movement**

Bad back, bum knee, trick ankle? As life leaves its marks on us, we often develop adversarial relationships with our aches, pains and limitations. Using meditation, visualization, discussion and physical movement, we begin the reconciliation of your relationship to pain and injury. Body Diplomacy begins the healing process, opening the pathway to recognition and reclamation of your body. This gentle workout for the spirit gives you access to untapped inner strength.

Kate Sciandra, see page 7 for bio.

ENERGY ANATOMY OF RELATIONSHIPS

222 Armstrong Hall **Discussion-based**

The quality of our relationships is determined by our belief system mostly held at a deeply subconscious level. In most relationships, we react to the vibrations we receive from others more than to spoken words. Most reactions are involuntary. This workshop offers simple ways to uncover these beliefs, recognize unhealthy patterns we may have developed without realizing, and teaches a few simple tools to uplift the spirit in relationships.

Malabika Shaw is a full time practitioner and instructor of Energy Healing modalities. She has been supporting individuals through her 'Mentorship Program for Personal Empowerment' that has a spiritual mooring. She also founded Vision Wholistic in 2003.

**DISCOVER YOUR SPIRITUAL MISSION IN LIFE THROUGH
PAST LIVES, DREAMS AND SOUL TRAVEL**

(Also offered in Session I)

123 Armstrong Hall **Experiential/discussion-based**

You will have the opportunity to discover your spiritual mission by learning how dreams can become your gateway into viewing yourself and your experiences from Soul's perspective. Dreams can lead you to your past lives or into the higher worlds of God/The Divine via Soul Travel. These ideas will be discussed based upon the teachings of Eckankar.

Heidi Skarie and **Stella Forsberg**, see page 7 for bios.

UFOs AND ETs, FAIRIES/ELVES AND LIFE'S MANY OTHER MYSTERIES

211 Morris Hall **Discussion-based/round table**

This workshop is about many of the mysterious intuitive happenings in the world now, sharing experiences, and advice on how to handle all of the new energies coming in. I have been an intuitive reader all of my life, and have had many experiences with other worlds.

Karla Wessel is an intuitive reader, life coach, dream analyst, minister, Reiki master, animal communicator and teacher of many intuitive classes. She is the author of Angel Star Cat, and has created the Sedona Star Cards. She brings tours to Sedona, AZ and other mystical places.

SESSION III

COMMUNICATING WITH OUR GUARDIAN ANGELS

(Also offered in Session II)

325 Armstrong Hall**Experiential**

Guardian Angels are God's messengers. These divine helpers nurture, protect and guide us. They help to transform our thought patterns and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with God and all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence and a greater sense of purpose and connectedness. You don't need extraordinary psychic or intuitive skills to have a dialog with your angels. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

Diane Anderson, see page 8 for bio.

THE LIVING LABYRINTH SPREAD – AN INTERACTIVE TAROT EXPERIENCE**284C Student Union****Paper/discussion/experiential/ritual**

BRING YOUR TAROT CARDS and your curiosity. This organic spread designed by Corrine Kenner offers a simple yet profound exploration of going deeper and deeper within the original question. Students will become the ten positions of the spread as the workshop presenters take turns "reading" them. Not only will the student become aware of the various ways to approach a reading, they will also discover a new empathy of actually "being" Tarot. Fall in love with this new spread. Beginners welcome!

Nancy Antenucci is a seasoned reader and teacher in the Twin Cities for over 20 years. She brings hard earned wisdom, practical know-how and unending passion of the creative unknown to her clients, students and colleagues. She returns for this conference annually as she teaches various aspects of Tarot philosophy through the walk of the Major Arcana.

Julia Cuccia-Watts is the creator of three multicultural tarot decks – The Ancestral Path (1996), the Blue Moon Tarot (1998) and the Maat Tarot (2006). She is the sole proprietor of New Moon Trading Co. Her interests include all things paranormal and metaphysical which she blends with history, astrology, mythology and experimental archeology. She lives with her husband in historic Watertown, WI.

Corrine Kenner is a certified tarot master and the author of several books including *Tall Dark Stranger: Tarot for Love and Romance*; *Tarot Journaling*; *The Epicurean Tarot*; *Crystals for Beginners*; *Strange but True*; the forthcoming, *Simple Fortunetelling with Tarot Cards: Corrine's Complete Guide*, and the forthcoming *Wizards Tarot Deck and Book*.

DANCING YOUR OWN**102 Pennington Hall****Movement/dance activity**

Dancing Your Own is a unique, fun and safe way to explore dance and movement; providing an opportunity for you to discover the unique relationship that your mind, spirit, soul and body have with music. It offers a balance of structure and freedom to maximize this experience. Participants will be encouraged to consider new ideas and notions about their movement including what influences their dance. This workshop is designed to help dispel the myth that only trained dancers are dancers and offers moments of verbal and silent reflection.

Amy Leo Barankovich is found of *Inward Bound*; *Journeying Towards Compassionate Living*, of which *Dancing Your Own* is a part. She is dedicated to inspiring others to create a more peaceful, sustainable, compassionate world through self-exploration and self-expression.

CHANNELING LOVED ONES

(Also offered in Session II)

209 Morris Hall**Experiential**

This workshop's purpose is to help people to heal relationships with loved ones who have passed away. You will have the opportunity to learn techniques that will help you communicate with not only loved ones, but guides and guardian angels.

Ronna Boyd, see page 9 for bio.

SACRED WISDOM CIRCLE**Student Union 253****Ritual/worship/music/dance**

Women's circles are a tool for discovering and awakening the creative spirit and becoming a channel of love and light into this world. The speaking and listening, the ritual and the relationships combine to create a container for birthing and nurturing the divine child, bringing you closer and closer to your true Self. Come prepared to share a song, dance, prayer, reading, sacred experience, something from your spiritual practice that brings you closer to your divine essence, or come listen and be inspired. Bring instruments and a sacred object if you desire.

Eunice Collette, a Folksinger/Songwriter and Career/Transition Coach, has been making music as long as she can remember as a way of expressing her unique self, and creating and participating in Wisdom Circles as a way of birthing and nurturing her creative spirit. Her first CD titled "True North" was released in 2007 and she performs locally in the Twin Cities. Eunice lives with her teenage son and a cat in Plymouth, MN.

BANDS OF POWER, one of the Munay-Ki Rites of Initiation from the last Inkan Shamans of Peru

(Also offered in Session IV)

314 Armstrong Hall**Experiential/child-friendly**

The ancient rite of the medicine way gives each participant the energetic transmission of the Bands of Power to transmute lower vibrational energy coming to them and thus to protect them from disharmony and un-ease. They are then to give this transmission to another participant so that they may learn how to gift this to their friends and relatives who are ready for the transmissions. This rite of passage has recently been released from Peruvian Inkan master shamans in order to raise the vibration of this planet in this time of turmoil and unrest. This rite helps us to walk through the world as instruments of peace and agents for change and transformation.

Linda Deer Domnitz is a shamanic practitioner, hypnotherapist, massage therapist, channel, elementary school teacher, and student of Alberto Villoldo. She has received many of these transmissions directly from Inkan master shamans from Peru.

Ella Davis Suggs is an ordained minister, practical mystic and computer trainer. She has studied with Alberto Villoldo and has received all nine Munay-Ki Rites of Passage.

Maureen Skelly is a massage therapist, MariEl practitioner, volunteer provider at Pathways, poet, and teacher at the Loft in Minneapolis. She has received all nine Munay-Ki Rites of Passage.

CREATING SACRED SPACE: ANYWHERE AND EVERYWHERE

(Also offered in Session IV)

234 Armstrong Hall**Experiential**

Learn the basics and benefit of setting aside a small or large space at home/office/yard or other setting (or all of them!) for reflection, meditation, prayer, renewal and rejuvenation; and how this space will provide a way to balance your own energy as well as the energy of the space that has been made sacred. Bring a favorite/cherished object to share with the group.

Jane Dunn and **Linda Grant** are co-owners of Healing Hands Wellness Group in Waseca, MN. Jane has been a massage therapist for 17 years and is trained in Reiki and Healing Touch. Linda has been a massage therapist for eight years, is a Reiki Master, a life coach, and is a student of healing touch.

THE HEALER'S WORKSHOP (Also offered in Session IV)

217 Armstrong Hall **Discussional/experiential**
For Experienced Healers Only. Even though you're a gifted healer, I'll bet that you're playing small. Most healers don't have the impact or the visibility they could have. **This world needs you, now more than ever, to facilitate the global transformation.** In this workshop, learn how to stand in your power so the world can hear the message of the heart while you make the kind of income you know is possible. I'll teach you how to build a business container that Source can fill to overflowing. Working together, we'll facilitate a smooth and graceful transition for humankind ~ while creating the time, space, and money you need for yourself.

Kimberly Errigo is known as the Coach for Healers. A visionary and strategic businesswoman, Kimberly is the founder of the Healer's Workshop which is now gaining attention worldwide. Kimberly began coaching in 1997. She is also a yoga teacher, flower essence practitioner, shaman, and ceremonial leader.

UNDERSTANDING REINCARNATION AND HEALING PAST LIVES

316 Armstrong Hall **Experiential**
We, as humans, reincarnate in human form; each time we return, we choose a set of life lessons to work through. As we experience this life, it is important to understand that we are the sum total of all our lifetimes, living, breathing, now. Participants can discover their life lessons for this lifetime, and learn how to heal any past life experiences that negatively affect this current life. "Life is all about choice. Every soul born to Earth has a path, a journey, a story, a life creating. This workshop will help one to enhance that journey, and one's life experiences."

Barbara Gabriel has been working with individuals, doing readings, and leading workshops for over 25 years. She helps facilitate changes in the way one deals with everyday life by working with individuals to release their blocks, and by showing one how to open doors to new opportunities, to create a better balance, more joy, love, and peace while experiencing life here on planet Earth.

THE YUEN METHOD™ ENERGETIC HEALING TECHNIQUE (Also offered in Session II)

102 Morris Hall **Pain elimination on the spot**
The reasons and sources of pain are similar for everyone, but the sequence of causes is as unique to you as your own fingerprint. The exact causes of pain are numerous but you can identify them exactly, without making assumptions or guessing. The Yuen Method works to make sure that all levels of consciousness are congruent so that pain may be eliminated immediately and goals attained. This is achieved by zeroing in on the root causes of pain or dysfunction and making energetic "corrections," thereby alleviating the condition with amazing speed.
Gus Guse, see page 9 for bio.

PADDLE YOUR OWN CANOE – A JOURNEY TO DISCOVER YOUR TRUE ESSENCE (Also offered in Session I)

202 Student Union **Experiential/story-telling/reflection/discussion**
Find unknown strengths, resources, and inspiration. Discover how your core values are your guides to life, especially during uncertain times. Achieve motivation to take courageous action, navigate the winds of change, and flow through life with increased confidence. Stories from this solo canoe adventure will inspire greater meaning and significance in your life. This workshop encourages ownership of your natural abili-

ties and strengths, empowers you to be courageous and take action, and expects you to live to your fullest potential and highest ideals.
Cheryl Hiltibran, see page 4 for bio.

SACRED CIRCLE DANCE (Also offered in Session I)

284A Student Union **Movement/dance activity**
In this workshop, you will experience non-partnered movement to beautiful music. When we join hands in a circle, we become one body sharing energy with another. You will learn easy, specific steps to specific music. The combination of music and movement helps you enter a prayerful, meditative state of mind. This is an opportunity to de-stress and gain insights through this mind-body-spirit experience through music. Wear comfortable clothing.
Janalea Hoffman, see page 4 for bio.

CO-DEPENDENCE – IT'S TIME

319 Armstrong Hall **Experiential**
Co-dependence has been too long ignored by our culture. It is time to name it and claim it as a disease of its own. We are co-dependent whether we are involved with an alcoholic or not. It is time to address a primary, neglected dysfunction in our culture. I am planning to open the door to a new concept for healing our world.

Margaret Klette has been on her personal spiritual journey for over 35 years. She is a writer, hands-on-healer, fiber artist, and a mother, sister, aunt and crone. She specializes in 12 step spirituality.

CHOOSING HAPPINESS (Also offered in Session II)

211 Armstrong Hall **Experiential**
Happiness is a state we can actively choose and promote, regardless of what is happening within or without. Receive information and experiential exercises, designed to increase awareness of habits which do not foster happiness, while learning tools that encourage peace, happiness, conscious co-creation and downright silliness. Life is too important to be taken too seriously.
Spruce Krause, see page 10 for bio.

THE SECRETS OF MANIFESTATION AND HOW TO GET BETTER AT IT (Also offered in Session I)

219 Armstrong Hall **Computer-based/power point**
Images are used to help explain how universal energy functions through the patterns of our beliefs, outlooks and intentions to create life situations and objective reality. The three main concepts governing manifestation are discussed and elaborated upon. Practical applications are discussed.
Sondra Lewis, see page 5 for bio.

LISTENING AND CARING FOR YOUR SOUL

201 Student Union **Discussion-based/experiential**
Everyone has been caring for their soul on some level, which is how you continue to exist. But do you think you are doing this in a way that serves you the best that it can? This workshop is to help you become more conscious of listening and learning how to care for your unique soul. There will be a special focus on how the soul may be trying to speak to you when you state negative things about your personality and how to listen to the whole message that includes positive aspects. We will discuss ways to listen intuitively, intentionally, and internally to help manifest our soul's desire externally.

Lori Lindgren is currently a Holistic Family Nurse Practitioner, mother, spouse and an instructor at The College of St. Scholastica. She enjoys teaching others in ways that help promote health for the mind, body, soul and environment.

REFILLING THE WELL (Also offered in Session II)

203 Student Union **Experiential/discussion-based**
In the past year, we've seen Wall Street crash, and job lay-offs. Events like these affect everybody and drive increasing fear about our ability to survive. How do we refill the well and care for ourselves during these times? In this session, we will use visualization, writing and affirmations to reconnect with what we value most.
Mindy Micek, see page 11 for bio.

THE WILD COSMIC HEART

320 Armstrong Hall **Discussion-based/story-telling**
We will focus upon the ever-unfolding origin story of the Universe being revealed through science and inspired by Thomas Berry and Brian Swimme. We will explore the story of the 13.7 billion years of evolution, including the entry of the human species 3 million years ago. All life is inter-connected, inter-related, expanding, unique and sacred. In us, the Universe explodes into intense reflection of itself. The focus will include reflection on the specific qualities of the Universe and how humans reflect these qualities. We will experience the grandeur of this place we call home.
Kitty Nagler, after a 33 year corporate career, she obtained a MA in Culture and Spirituality from the Sophia Center in Oakland, CA with a focus on feminine spirituality and the new cosmology. The topic of her master's thesis was The Universe Story. Kitty has given workshops on this modern-day origin story to local and regional audiences for the past eight years.

DWELL IN POSSIBILITY – WRITING A NEW LIFE STORY (Also offered in Session IV)

213 Armstrong Hall **Discussion-based**
Come explore the ways in which life story (lifescape) and soul story (soulscape) reveal the presence of the Spirit within everyday events and interactions. You will map life experiences using the metaphorical image of the labyrinth as a way to consider the grace that is found in the peak and valley moments of life. Journal handout and a list of suggested readings included.
Patricia Nanoff, DMin, LICSW, Professor of Theology at the College of St. Catherine-Minneapolis Campus, has presented on the topics of shame, forgiveness, self-esteem, peace-making, and the process of story crafting. Her book *Rising From the Dead: Stories of Women's Spiritual Journeys to Sobriety* (Haworth Press 2007), focuses on the stories of long sober recovering alcoholic women.

ACCESS THE WISDOM OF YOUR DREAMS

103 Morris Hall **Experiential**
We all dream. Our dreams are messages from our subconscious and can help us decompress, sort out problems, come up with new ideas, heal and more. Participants will learn how to program their dreams to access higher wisdom for help with life's issues. We will briefly review dream interpretation so once the dreamer gets a dream they can extract the meaning from it.
Patricia "Trish" Poole, CH, EFT-CC, Reiki Master Teacher, loves teaching techniques everyone can use to live healthier, happier and fulfilled lives. She has been leading classes in metaphysics and spiritual healing since 1997 as well as providing hypnosis, energy healing and private readings.

TRY THIS AT HOME: MINDFUL MUSIC AND MOVEMENT

200N Student Union (North Ballroom) **Experiential/dance activity/instrumental/drumming/singing/chanting**
We will hold a space for whatever music and/or movement wants to happen. Not performance-based, instead, this kind of play is grounded in self-awareness: noticing thoughts and feelings that arise, taking

conscious breaths and releasing. There is an emphasis on being in the present moment, listening deeply to each other and for what wants to happen. Using voice, instruments (some provided but you're welcome to bring your own), and bodies, participants may contribute by adding silence, rhythm, melody, space, harmony, movement, words, or stillness, for example, or by joining what someone else is doing. We will end each piece in silence, sensing the remnants of sound and movement as they continue to buzz through the air.

Jayne Reuter is a Madison, WI-based singer, song-writer, improviser and budding percussionist, who loves to dance.

Sarah Greer is a vocalist, performer and instructor with a BSS from Cornell College and an AAS from McNally Smith College of Music. She uses spontaneous singing to create communities and connect individuals.

CHANTING YOUR WAY HOME TO GOD (Also offered in Session IV)

225 Armstrong Hall **Experiential/discussion-based/singing/chanting/power point**
"In all heaven and earth no name is mightier than HU. It can lift the grieving heart to a temple of solace. A companion in trouble, it is likewise a friend in times of prosperity. And is it any wonder, for HU is Soul's most precious gift from God." – Harold Klemp, *The Living Word, Book 2*. Explore the benefits of sacred sounds and chants and discover ways to open your spiritual eyes and ears to the voice of God.

Laurie Sacchet works in the field of organizational development and specializes in helping individuals and organizations reach their fullest potential through learning, career, management and leadership development. She is a member of Echanak's clergy and a gifted facilitator, team-builder and program designer. She lives in Shorewood, MN, has two grown sons and loves to travel the world.

Victoria Olender lives in Chanhassen, MN, holds a MA in integrated Arts and is a Movement Artist and Educator, choreographing, instructing and performing in the Twin Cities. She is also a certified yoga teacher and trained actress and musician having received her training in England, France, Russia, India and Greece. Her spiritual path, Eckankar, found her 15 years ago and since that day she lives in gratitude, grace and wonder as the divine sound of chanting HU connects her heart to the heart of God.

REWRITING THE MYTH BY WHICH YOU LIVE, PART 2 – PRACTICE (Also offered in Session IV)

317 Armstrong Hall **Experiential**
Carl Jung has said that the most important question we can ask is "What myth are we living?" Begin to discover your own myths and look at how they direct your life. Experience ways you can begin to restructure your myths so as to create lasting change in your life. This workshop will be an application of the theories explored in part 1 and is only open to participants of our workshop last year or those who attended part 1. Attendance will be limited to the first eight people so that we will have time to work with each person's story.

Artis Salemo is a spiritual/life coach, ordained interfaith minister, educator and certified Quantum Touch Practitioner.

Steven Freund has done extensive personal work on the impact of one's narrative on life. He holds a master's degree in Marriage and Family Therapy and has a relational coaching practice in the St. Paul area.

MILAGROS: A CHARMED PRAYER (Also offered in Session I)

305 Armstrong Hall **Experiential/discussion-based/ritual/worship**
Milagros (miracle beads) are charms that symbolize the content of prayers. For example, a pair of eyes represents a prayer for a healthy heart. In Mexico, people take Milagros to a shrine in order to pray for specific concerns. We will set an intention then make a milagro to carry with us as an anchor to remind us to pray.

Sue Swanson, see page 7 for bio.

THE INTERSPIRITUAL PERSPECTIVE

(Also offered in Session IV)

285 Student Union Experiential/discussion-based/movement/
dance/singing/chanting/ritual/worship

Interspirituality recognizes that there are many paths that lead to the One and that there is a universal commonality that underlies them all. Appreciation of the commonalities and the uniqueness of each tradition can deepen our own spiritual experience and practices. Excerpts from Wayne Teasdale's book, *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions* will provide a springboard for discussion. You will be invited into experiential activities from a variety of religious traditions to deepen your understanding of the concept of interspirituality. We will sing, dance and meditate/pray together.

Char Tarashanti has been a practitioner and instructor of holistic healing arts for over 15 years and is currently a student in the One Spirit Interfaith Seminary.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

231 Armstrong Hall

The sixth sense is a natural sense humans have, and animals share. Often the things that we write off to coincidence are really our underdeveloped sixth sense at work. We each have a natural ability to communicate using thoughts, images, feelings or words through the use of telepathy. Telepathy is the communication of feelings (pathos) over distance (tele). All living beings are wired to send and receive messages to one another in this way. When an old friend who's been on your mind calls "out of the blue," it's not just a coincidence. In reality, there's an ancient language at work, one we and our animal companions have in common.

Marilyn Tokach is a compassionate empath, healer and teacher seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. Extensive corporate experience in human resources/management in interviewing, training/development and conflict resolution combined with Bachelors and Masters studies in psychology and business administration complement her work with people and animals. She is active in rescue and animal related issues. Marilyn has trained dogs for 20 plus years and participates in obedience, conformation, agility and Schutzhund and lives with dogs, birds, fish and a cat.

NUTURING SPIRIT BY EMBRACING INNER AWARENESS IN A PUBLIC SCHOOL SETTING

(Also offered in Session IV)

213 Morris Hall Discussion-based/experiential/powerpoint/
computer-based/movement/dance activity/
instrumental/drumming/singing/chanting

Come share our experiences of opening a public charter school that bases its core curriculum on practices that cultivate inner awareness to maximize learning. You will see how students are benefitting from a consciousness-based curriculum. We will use techniques taught in our classrooms and brainstorm ideas about how to transform other settings through use of these exercises.

Sue Valdés is an educational consultant who has opened over 160 charter schools in 23 states. She holds a doctorate in education from Teachers College, Columbia University specializing in Curriculum and Instruction. Sue currently serves as the Director of Quest Academy, a consciousness-based public charter school in St. Louis Park, MN.

Patricia Lucas holds a Masters degree in somatic psychology and a doctorate in clinical psychology specializing in prenatal and perinatal psychology. With over 10 years experience in providing psychotherapy in various settings, she has worked with adults, youth, children and infants utilizing dance/movement, somatic approaches, energy psychology and trauma related therapies. Patricia is the Board Chair and Founding Board Member of Quest Academy, a consciousness-based public charter school in St. Louis Park, MN.

SHINING MOMENTS: AGING WITH INTENTION AND JOY

(Also offered in Session I)

202 Armstrong Hall Experiential

We will create a circle of trust where, utilizing silent reflection, journaling and sharing in small and large groups, we will undertake deep listening of ourselves and others. Using stories from our own spiritual journeys and insights from poets, storytellers and various wisdom traditions, we will reflect on the different ages and stages of our lives, in order to envision what we want and need as we age.

Georgia Weithe, see page 8 for bio.

PUTTING TOGETHER THE PUZZLE OF A WOMAN'S JOURNEY

(Also offered in Session I)

206 Morris Hall Experiential/story-telling/discussion-based

You will have an opportunity to explore the use of *The Woman's Journey Puzzle* both as an individual and in a small group. The *Puzzle* serves as a modern oracle. Like all other oracles throughout human history, it is a powerful tool that can help provide access to deep wisdom, spiritual insight, timeless truths and guidance in answering specific questions. In some unique ways, it stands apart from other such interments. In a playful but challenging way, the *Puzzle* supports mind, soul and spirit in their quest for meaning. The *Puzzle* thus is an aid in problem-solving and spiritual growth. It has the power to open insight into both the meaning of individual experiences and collective consciousness.

Jeanne Wiger, see page 8 for bio.

TRUST BEYOND BELIEF
(Also offered in Session II)

321 Armstrong Hall

Discussion

What if you could trust yourself unconditionally, completely, totally? What if you could not make a mistake? What if you had what you needed whenever you needed? There is a trust waiting for you that is beyond believing, that goes deeper than anything you could believe. With this trust you can discern your authentic voice from any other that you might hear from within you. You can discern your true wisdom from beliefs your mind holds. Trust of any other person or condition first requires complete trust in you. In this session we will explore ways to have the trust that allows all other trust. You already know what is true for you but your beliefs may keep you from seeing it.

Carol Anderson, see page 8 for bio.

ATHEIST SPIRITUALITY
(Also offered in Session I)

214 Armstrong Hall

Paper/discussion

Christian theologians distinguish the man Jesus from the mythic Jesus, and some Christians have stopped worshipping Jesus, regarding it a form of idolatry. Such religious people can find common ground with secular spirituality, even spiritual atheism, which yields to Something larger than human reason. We will explore this common ground.

Jeanette Blonigen Clancy, see page 2 for bio.

**FINDING THE BALANCE OF MASCULINE AND FEMININE POWER:
ASTROLOGICAL KEYS FOR HEALING
MOTHER EARTH AND OURSELVES**
(Also offered in Session I)

308 Armstrong Hall

Powerpoint/computer-based/discussion

The balance of masculine and feminine power is essential to preserving Mother Earth. Before we can achieve this goal we need to examine ourselves and discover where we are out of balance. Astrology provides the tools to help find these imbalances. In this workshop we will study the balance of masculine and feminine power, both within ourselves as well as collectively. Bring your natal chart, if you have one.

Sally Blumenfeld, see page 3 for bio.

**BANDS OF POWER, one of the Munay-Ki Rites of Initiation from
the last Inkan Shamans of Peru**
(Also offered in Session III)

314 Armstrong Hall

Experiential/child-friendly

The ancient rite of the medicine way gives each participant the energetic transmission of the Bands of Power to transmute lower vibrational energy coming to them and thus to protect them from dis-harmony and un-ease. They are then to give this transmission to another participant so that they may learn how to gift this to their friends and relatives who are ready for the transmissions. This rite of passage has recently been released from Peruvian Inkan master shamans in order to raise the vibration of this planet in this time of turmoil and unrest. This rite helps us to walk through the world as instruments of peace and agents for change and transformation.

Linda Deer Domnitz, Ella Davis Suggs & Maureen Skelly, see page 13 for bios.

CREATING SACRED SPACE: ANYWHERE AND EVERYWHERE
(Also offered in Session III)

234 Armstrong Hall

Experiential

Learn the basics and benefit of setting aside a small or large space at home/office/yard or other setting (or all of them!) for reflection, meditation, prayer, renewal and rejuvenation; and how this space will provide a way to balance your own energy as well as the energy of the

space that has been made sacred. Bring a favorite/cherished object to share with the group.

Jane Dunn and Linda Grant, see page 14 for bios.

**ESOTERIC HEALING:
a soul centered approach to energy healing facilitation and
spiritual growth**
(Also offered in Session I)

302 Armstrong Hall

This class introduces the philosophy and methods of Esoteric Healing as taught through the International Network of Esoteric Healing. We will discuss the Human Energy System and how to access and work with it to effect healing shifts and balance. It works with soul alignment and the seven major energy centers, known as Chakras, vibratory levels and energy bodies that work together to bring about health, vitality, and a sense of higher purpose. Through teaching, meditations, energy sensing exercises and discussion, we explore approaches to support the flow of soul energy throughout the physical, emotional and physical bodies.

Patricia Enstad & Sharon Randazzo, see page 4 for bios.

THE HEALER'S WORKSHOP
(Also offered in Session III)

217 Armstrong Hall

Discussional/experiential

For Experienced Healers Only. Even though you're a gifted healer, I'll bet that you're playing small. Most healers don't have the impact or the visibility they could have. **This world needs you, now more than ever, to facilitate the global transformation.** In this workshop, learn how to stand in your power so the world can hear the message of the heart while you make the kind of income you know is possible. I'll teach you how to build a business container that Source can fill to overflowing. Working together, we'll facilitate a smooth and graceful transition for humankind ~ while creating the time, space, and money you need for yourself.

Kimberly Errigo, see page 14 for bio.

DISCOVERING AND LIVING YOUR LIFE'S PURPOSE
(Also offered in Session II)

326 Armstrong Hall

Discussion-based, hands-on exercise

Everyone can have the life they choose; it is only a matter of definition and clarity. By expending your life energy on things that are aligned with your passions, you can create the life you want. During this workshop, the Passion Test will help you define your passions and set a clear direction for creating the life you always dreamed of. Whether you're looking to find your life's purpose or just need to clarify it further, the Passion Test will provide a life-long tool to keep you on course.

Laurel Gregory, see page 9 for bio.

**BODY-CENTERED VITALITY FOR LIFE:
Celebrating Our Bodies, Ourselves**
(Also offered in Session II)

215 Armstrong Hall

Experiential/discussion-based

The purpose of this workshop is to bring a shift in the fundamental alienation between mind and body. There are three intentions for participants: to be present in your body; to connect to your body in an honoring, nurturing and powerful way; and, to celebrate who you are and the body in which you dwell.

Mari Harris & Michele Denize Strachan, see page 10 for bios.

A JOURNEY WITH ISIS AND NEPHTHYS
(Also offered in Session I)

284B Student Union

Experiential

This workshop is an introduction to Isis, the Embodied Manifestion of Love and her dark sister Nephthys, High Priestess of Intuition and Mystery. We

will discuss these ancient Egyptian Goddesses as Archetypes that can assist us in our lives today. We will then journey into the Shamanic Mysteries of Egypt, merging with the Great Mother through guided meditation and the activation tones of the Crystal Singing Bowls.

Deb Irestone & Ruth Beland, see page 5 for bios.

FEMININE INSIGHTS INTO CELTIC SPIRITUALITY AND THE MUSIC OF THE CELTIC HARP

(Also offered in Session II)

201 Student Union Presentation/harp performance

The continued interest in Celtic spirituality and music reflects today's overwhelmingly busy world, which is bombarded with media, technology and information. Many of us are seeking simplicity and connection with what's true and eternal. Celtic spirituality has this simplicity at its heart, and Celtic music is a beautiful illustration of this. You will hear the story of how a Celtic harp came into Amy's life as a gift from an Irish friend, and how that gift set her on the path of fulfilling her life's purpose of bringing beautiful music to people. She will share insights from her personal research on the feminine aspects of Celtic spirituality and tradition as it relates to her music, and on the role of women in Celtic history, interspersed with performances of Celtic tunes (many written by or in honor of women) on her harp to illustrate those insights. She will also share insights gained from her recent trip to Ireland and how the trip continues to influence the music she composes and performs.

Amy Kortuem, see page 10 for bio.

THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS

211 Morris Hall Discussion

Twenty-eight religions, philosophies, and moral/ethical systems include versions of the Golden Rule in their teachings. This universal emphasis means that spirituality is an inner experience expressed through worldly relationships. Real world examples of spectacular success reveal a Golden Rule Formula: the relationship you have with yourself plus creating success for others plus passing power to others. The discussion will be based on the documentary *Renewing Energies: The Ingredients for Spectacular Success* and subsequent research.

Paula M. Kramer is a professional speaker, author, and documentary filmmaker.

TREASURE HUNT – FIND YOUR JOY OF BEING THROUGH NATURE

(Also offered in Session II)

254 Student Union Story-telling/discussion-based/Experiential

Do you ever feel blue, down, empty, or lonely? Do you find yourself trying to satisfy these feelings through TV, food, relationships, or other external sources? We will give you tools to find what you are truly seeking. Learn to still your mind through connection with the life force in nature. This opens you to conscious awareness, which increases your ability to be present and find your joy of being. This in turn enhances your sense of vitality and enables you to create a deeper connection to all living beings. The topic is facilitated through breath work, experiential exercises, sensory stimulation, creative self-expression, and discussion.

Louann Lanning & Lee Scholder, see page 11 for bios.

LOVING-KINDNESS MEDITATION: THE PRACTICE OF GENTLE FRIENDLINESS

284C Student Union Experiential

This workshop teaches a 2500-year old meditation practice that helps us overcome self-dislike and builds proper self-love and self-acceptance. The practice is called "loving-kindness practice" or the practice of "gentle friendliness." It consists of calling down blessings upon others and ourselves. As we grow in self-appreciation, we find ourselves behaving more gently and lovingly toward others. The practice makes us increasingly able to live without fear or hatred of anyone else.

Mary Jo Meadow is a professor emerita of psychology and religious studies at Minnesota State University, Mankato, where she was actively

involved with the Women and Spirituality Conference. She is the author of seven books and has published and presented papers on spiritual practice; she teaches meditation worldwide and has studied meditation techniques in India.

DWELL IN POSSIBILITY – WRITING A NEW LIFE STORY

(Also offered in Session III)

213 Armstrong Hall Discussion-based

Come explore the ways in which life story (lifescape) and soul story (soulscape) reveal the presence of the Spirit within everyday events and interactions. You will map life experiences using the metaphorical image of the labyrinth as a way to consider the grace that is found in the peak and valley moments of life. Journal handout and a list of suggested readings included.

Patricia Nanoff, see page 15 for bio.

CHANTING YOUR WAY HOME TO GOD

(Also offered in Session III)

225 Armstrong Hall Experiential/discussion-based/singing/chanting/power point

"In all heaven and earth no name is mightier than HU. It can lift the grieving heart to a temple of solace. A companion in trouble, it is likewise a friend in times of prosperity. And is it any wonder, for HU is Soul's most precious gift from God." – Harold Klemp, *The Living Word, Book 2*. Explore the benefits of sacred sounds and chants and discover ways to open your spiritual eyes and ears to the voice of God.

Laurie Sacchet & Victoria Olender, see page 15 for bios.

REWRITING THE MYTH BY WHICH YOU LIVE, PART 2 – PRACTICE

(Also offered in Session III)

317 Armstrong Hall Experiential

Carl Jung has said that the most important question we can ask is "What myth are we living?" Begin to discover your own myths and look at how they direct your life. Experience ways you can begin to restructure your myths so as to create lasting change in your life. This workshop will be an application of the theories explored in part 1 and is only open to participants of our workshop last year or those who attended part 1. Attendance will be limited to the first eight people so that we will have time to work with each person's story.

Artis Salemo & Steven Freund, see page 15 for bios.

INTRODUCTION TO SHAMANISM

284A Student Union Experiential/instrumental/drumming

Participants will learn the technique of the lower world shamanic journey and meet their power animals. What gifts does the lower world offer us? Time will be spent learning how to journey, sharing our experiences and exploring resources. There will be time and space to interpret and record our journeys. You will discover how to develop a lifelong relationship with your power animals, and find out how to continue your shamanic journeys at home.

Rhonda Steele has been studying and practicing shamanism for over 10 years, studying with Sandra Ingerman, Tom Cowan and RJ Stewart. She has also recently taken a shamanic tour of Ireland. Rhonda holds a master's degree in education.

THE INTERSPIRITUAL PERSPECTIVE

(Also offered in Session III)

285 Student Union Experiential/discussion-based/movement/dance/singing/chanting/ritual/worship

Interspirituality recognizes that there are many paths that lead to the One and that there is a universal commonality that underlies them all. Appreciation of the commonalities and the uniqueness of each tradition can deepen our own spiritual experience and practices. Excerpts from Wayne Teasdale's book, *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions* will provide a springboard for dis-

cession. You will be invited into experiential activities from a variety of religious traditions to deepen your understanding of the concept of interspirituality. We will sing, dance and meditate/pray together.
Char Tarashanti, see page 16 for bio.

ANIMAL COMMUNICATON EXPERIENCE (GUIDED VISUALIZATION)
231 Armstrong Hall

Experience your own innate ability to communicate with animals through this guided visualization. This guided visualization provides the most intimate and complete form of interspecies communication.

Marilyn Tokach is a compassionate empath, healer and teacher seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. Extensive corporate experience in human resources/management in interviewing, training/development and conflict resolution combined with Bachelors and Masters, studies in psychology and business administration complement her work with people and animals. She is active in rescue and animal related issues. Marilyn has trained dogs for 20 plus years and participates in obedience, conformation, agility and Schutzhund and lives with dogs, birds, fish and a cat.

TAPPING INTO UNIVERSAL KNOWLEDGE
(Also offered in Session I)

102 Morris Hall **Experiential/discussion-based/child-friendly**
Chris will talk about her near death experience that happened over 20 years ago, at the hands of a serial rapist. She will talk about how we can learn to let go of fear and find our way back to love. She will introduce the keepers of the heart with whom she has been working over the past two years. (These light beings will be channeled through Val Medeiros). Questions will be taken from the audience to be answered by the keepers.
Chris Tonnar & Val Medeiros, see page 7 for bios.

NUTURING SPIRIT BY EMBRACING INNER AWARENESS
IN A PUBLIC SCHOOL SETTING

(Also offered in Session III)

213 Morris Hall **Discussion-based/experiential/powerpoint/
computer-based/movement/dance activity/
instrumental/drumming/singing/chanting**

Come share our experiences of opening a public charter school that bases its core curriculum on practices that cultivate inner awareness to maximize learning. You will see how students are benefitting from a consciousness-based curriculum. We will use techniques taught in our classrooms and brainstorm ideas about how to transform other settings through use of these exercises.

Sue Valdés & Patricia Lucas, see page 16 for bios.

EAST MEETS WEST: DOES THE SPIRIT KNOW?
(Also offered in Session I)

209 Morris Hall **Experiential/discussion-based/
power point/computer-based**

Explore the weaving of body, mind and spirit through an overview of the effects of intentional living on the spiritual body from the Traditional Chinese Medicine (TCM) perspective. Discover the five spirits in your body according to TCM and learn about their relationship with the five organs and how to enhance your own vital force (energy). Further experience your vital force through the gentle mindful movements and breath awareness of T'ai Chi Chih and Yoga during the final 30 minutes, which will conclude with a guided relaxation exercise. No special clothing or physical ability required.

Hua Zhu, Sharon Fruechte & Jane Coleman, see page 8 for bios.

Access to Minnesota State University, Mankato

From the North:

Travel South on Hwy. 169 to Mankato. Take the Riverfront Drive Exit. Turn left onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

From the South:

Travel North on Hwy. 169 to Mankato. Take Riverfront Drive Exit. Turn right onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

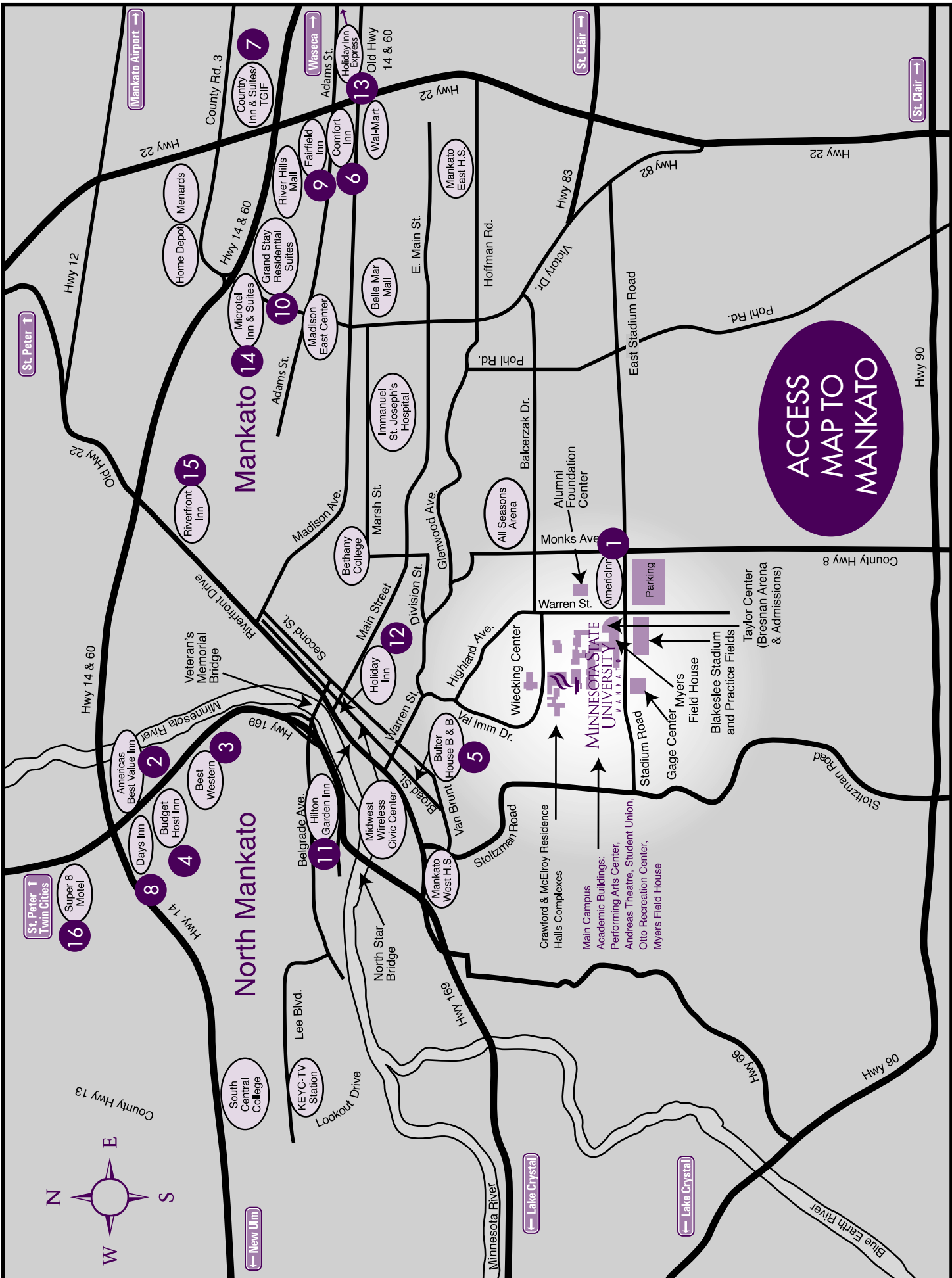
From the East:

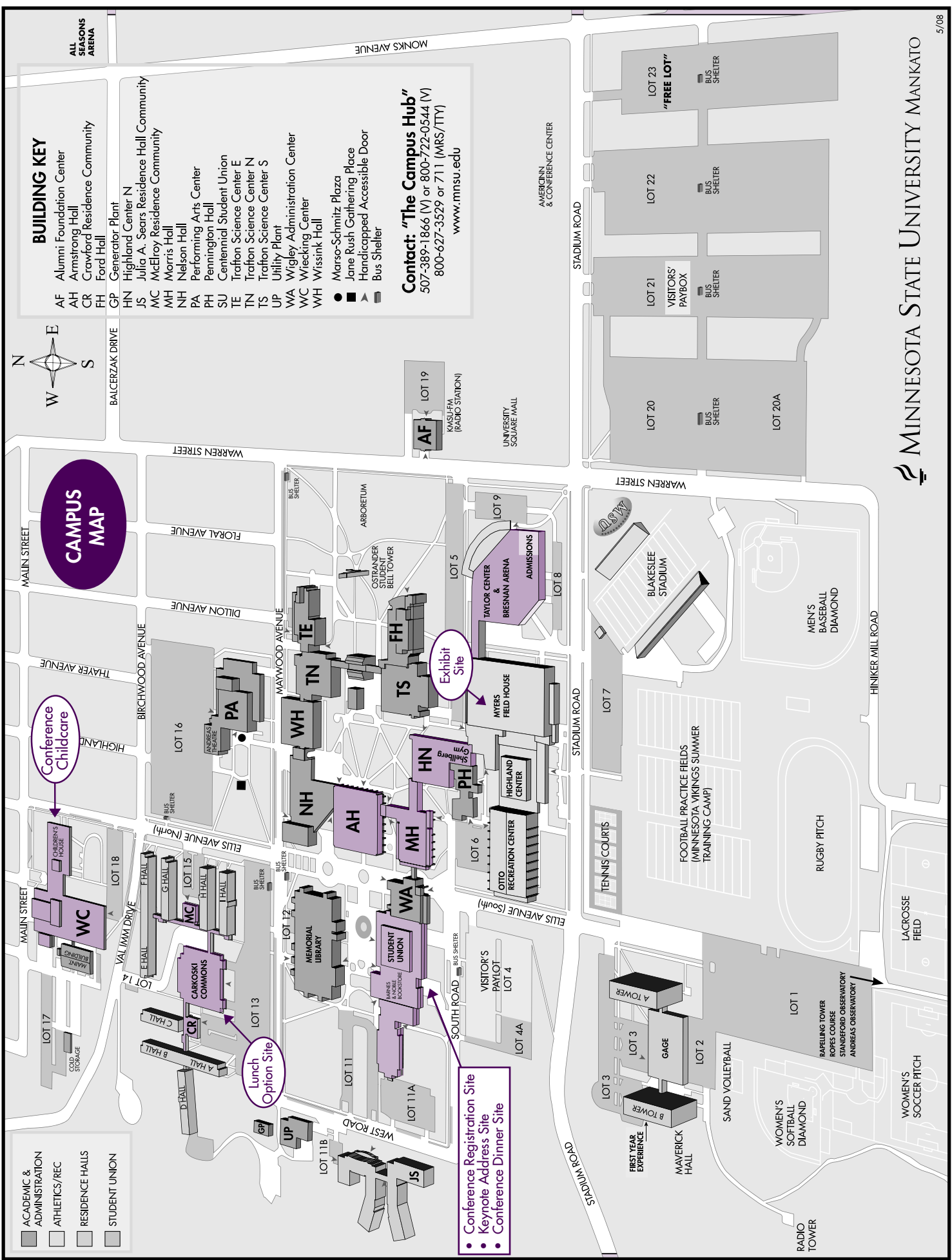
Travel West on Hwy. 14 to Mankato. Take the Hwy. 22 Exit and travel south on Hwy. 22 to Hwy. 83. Turn right at stop lights on Hwy. 83 and continue to Victory Drive. Turn left on Victory Drive and continue to Stadium Road (this will be the first road on the right). Turn right on Stadium Rd. and continue straight until you come to campus at top of Stadium Hill. Turn left and park in any legal parking area.

From the West:

Travel East on Hwy. 14 to Hwy. 169 South. Take the Riverfront Drive Exit. Turn left onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

See maps on pages 20-21





BUILDING KEY

- AF Alumni Foundation Center
- AH Armstrong Hall
- CR Crawford Residence Community
- FH Ford Hall
- GP Generator Plant
- HN Highland Center N
- JS Julia A. Sears Residence Hall Community
- MC McElroy Residence Community
- MH Morris Hall
- NH Nelson Hall
- PA Performing Arts Center
- PH Pennington Hall
- SU Centennial Student Union
- TE Traffon Science Center E
- TN Traffon Science Center N
- TS Traffon Science Center S
- UP Utility Plant
- WA Wigley Administration Center
- WC Wrecking Center
- WH Wisnink Hall

- Marso-Schmitz Plaza
- Jane Rush Gathering Place
- ▣ Handicapped Accessible Door
- ▢ Bus Shelter

Contact: "The Campus Hub"
 507-389-1866 (V) or 800-722-0544 (V)
 800-627-3529 or 711 (MRS/TTY)
 www.mnsu.edu



CAMPUS MAP

- ACADEMIC & ADMINISTRATION
- ATHLETICS/REC
- RESIDENCE HALLS
- STUDENT UNION

- Conference Registration Site
- Keynote Address Site
- Conference Dinner Site

Conference Information and Services

Past keynote speakers have included: Jeanne Audrey Powers & Alla Bozarth-Campbell; Rita Gross; Maureen Fielder; Rosemary Radford Ruether; Starhawk; Charlotte Black Elk; Valerie Russell; Judith Plaskow; Carter Heyward; Luisah Teish; Neala Schleuning, Carol Ann Russell, and Rachel Tilsen; Jean Shinoda Bolen; Karen Warren; Kate Rushin; Mary Daly; Barbara G. Walker; Sister Paula Gonzalez; Leslie Feinberg; Mary Hayes-Grieco; Winona LaDuke; Carol P. Christ; Charlene Spretnak; Vinie Burrows; Starhawk; Shakti Gawain; Marge Piercy; Riane Eisler.

MEALS: Jazzman's, in the Student Union, will be open on Saturday at 8:30 A.M., and Sunday at 8:00 A.M. Jazzman's serves coffee, muffins, bagels, scones, croissants, and turnovers. All the Coffee and tea drinks. The Grille will be open Saturday at 8:30 A.M., and Sunday at 8:00 A.M. The Grille serves Breakfast sandwiches, Breakfast Burritos, Pancakes, Sweet bread, Omelets, Burgers and fries. For the lunch break Stacks Sub sandwiches, Taco Bell, Chick-fil-a, Simple to Go Salads, Sandwiches, Fruit cups and parfaits will also be available. There will be a Saturday night buffet at a cost of **\$16.00**. Please see the Dinner Registration form. Lunch may also be purchased at the Corkoski Commons dorm cafeteria for around \$6 per person. **NO REFUND** of dinner cost after two weeks prior to the conference.

Saturday Night Evening Dinner Menu – Buffet which includes:

Pastas and sauces
Lasagna
Tossed Salad
Breadsticks
Carrot Cake
Iced Tea, Lemonade, Ice Water

Gluten Free Meals by special request only –
please indicate on your registration form.

PARKING: You may park in any lot or other legal locations on Saturday and Sunday. Lots 4, 6, or 4A will be the most convenient. Be aware you may **NOT** park in a Handicapped space without a permit.

EMERGENCY MESSAGES can be relayed during the Conference by calling Minnesota State Mankato Security 507-389-2111.

HOUSING: Those interested in housing must make their own arrangements. The following is a list of motels in the Mankato area. We advise you to make reservations, if you need them, as soon as possible. We have blocked rooms in the motels with an asterisk (*). When calling, give them the Group number **(in parenthesis)** or advise them it's for the Minnesota State Mankato Women and Spirituality Conference.

- 1) * Americinn Motel & Suites **(2 night stay required)** - 507-345-8011 / 1-800-634-3444, 240 Stadium Road **(Womana1009)** \$149.99
- 2) Americas Best Value Inn - 507-345-8800/888-315-2378, 111 W. Lind Court
- 3) * Best Western Hotel - 507-625-9333, Hwy. 169 N. **(Women and Spirituality)** \$86.99
- 4) Budget Host Inn – 507-388-1644, 1255 Range Street (Hwy. 169 N.)
- 5) Butler House Bed & Breakfast 507-387-5055, 704 S. Broad Street
- 6) Comfort Inn - 507-388-5107/1-800-221-2222, 131 Apache Place
- 7) Country Inns & Suites - 507-388-8555/1-800-456-4000, 1900 Premier Road
- 8) * Days Inn - 507-387-3332/1-800-325-2525, 1285 Range Street (Hwy. 169 N.) **(W&S Conf)** \$69.00
- 9) Fairfield Inn - 507-386-1220, 141 Apache Place
- 10) Grandstay Residential Suites - 507-388-8688, 1000 Raintree Road
- 11) * Hilton Garden Inn, 507-344-1111, 20 Civil Center Plaza, **(WSC)** \$89.00
- 12) * Holiday Inn-Civic Center- 507-345-1234/1-800-HOLIDAY, 101 E. Main Street **(Women & Spirit)** \$99.99
- 13) * Holiday Inn Express (new)- 507-388-1880 2051 Adams Street **(Women and Spirit)** \$109.99
- 14) * Microtel Inn & Suites – 507-388-2818, 200 St. Andrews Drive **(Women Spirituality Conf.)** \$45-55.00
- 15) Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- 16) * Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. **(WOME)** \$66.88

Surrounding Areas

Americinn - St. Peter 507-931-6554/1-800-634-3444
Richards Restaurant and Hotel – St. Peter 507-934-4988
St. Peter Motel - St. Peter 507-931-3100
South Side Motel - St. Peter 507-931-4100
Viking Jr. Motel - St. Peter 507-931-3081/1-800-221-6406
Park Row Bed & Breakfast - St. Peter 507-931-2495
Budget Holiday Motel - New Ulm 507-354-4145
Holiday Inn - New Ulm 507-359-2941
Super 8 Motel - New Ulm 507-359-2400/1-800-848-8888
Le Sueur Downtown Motel - Le Sueur 507-665-6246
Cosgrove House B & B – Le Sueur 507-665-2160

Campgrounds

Point Pleasant - Madison Lake 507-243-3611
Minneopa State Park 507-389-5464

SPECIAL SERVICES: Minnesota State Mankato is wheelchair accessible. Anyone who desires special arrangements during the conference, call us at **507-389-2077** at least 48 hours prior to the conference. A sign interpreter will be provided on request only for the keynote address.

CHILD CARE DEADLINE is October 2, 2009 for children up to ten years of age and will be available at the campus child-care center, Children's House, located at the Wiecking Center. Children's House will be open Saturday from 9:00 A.M. - 12:30 P.M., 1:00 - 6:00 P.M. and Sunday from 8:30 - 2:15 P.M. **(Note - children must be picked up for designated breaks.)** Costs will be \$45.00 for one day and \$60.00 for both days, per child. Please complete the Child Care Registration form and return with conference registration and payment. Children present at the conference site must be supervised by an adult. A maximum of three infants (no less than 6 weeks old to 16 months old) can be accepted for care. Child-care must be cancelled two weeks in advance to be eligible for a refund.

COURSE CREDIT: Those interested in taking the conference for one (1) credit in Women's Studies need to be aware that additional required classes will be held AFTER the conference and are required and that the conference registration fee and meal are in addition to the tuition fee for credit. You **MUST** attend the 9:00 A.M. meeting in Student Union 201 on Saturday, October 31st. To register, fill in the appropriate section on the registration form, and mail a tuition check to our address. **Failure to pay the conference registration fee will result in a grade of NC/F.**

SCHOLARSHIPS: If the sliding scale conference registration fee is still prohibitive, we offer the following options:

- Apply for a scholarship for conference registration by contacting us at 507-389-2077 no later than October 2nd. Limited funds are available and will be awarded on a first come/first served basis. We ask that only those who are truly excluded because of the registration fee apply. You must call for prior approval.
- Conference registration scholarships are being set aside for **WOMEN OF COLOR** and will be awarded on a first come/first served basis. To apply, complete and postmark the registration form no later than October 2nd. Check "Women of Color Scholarship" on your form. You must call for prior approval.
- Note: **These scholarships DO NOT include meals, childcare, or Minnesota State Mankato tuition. Please note that even if you meet the scholarship application deadline there is no guarantee that we will still have scholarships available. Apply early.**

OTHER INFORMATION:

- Minnesota State Mankato is a chemical-free space. Smoking is NOT permitted in any Minnesota State Mankato building. Burning of incense and candles violates the non-smoking policy.
- The temperature in conference rooms is not within our control. Rooms tend to be hot... or cold! You may want to dress for hot but be prepared for cold.
- We are not responsible for lost or damaged property. There will be a lost and found site at the registration table.
- **IF YOUR NAME APPEARS TO HAVE A DOUBLE LAST NAME**, we will alphabetize your folder according to the first last name unless otherwise indicated.
- Conference participants should plan to bring pens, paper, art pads, drums, and other materials that might be used in workshops.
- A refund for the dinner ticket and/or conference registration fee is available upon request and will be subject to a \$5.00 handling fee. You must provide your social security number. No refunds allowed two weeks prior to the conference.

For answers to any questions, call or write:

Women and Spirituality Conference
Minnesota State University, Mankato
109 Morris Hall
Mankato, MN 56001
507-389-2077 / Fax - 507-389-6377
e-mail - veldhc@mnsu.edu
web page <http://sbs.mnsu.edu/women/>
then go to Women & Spirituality Program

REGISTRATION FORM

DO NOT mail this form later than ONE WEEK PRIOR to conference or we may not receive it!

Pre-registrations must be postmarked by **October 2, 2009** for reduced rates. Make checks or money orders payable to: Minnesota State Mankato. Mail to: Women and Spirituality Conference, Minnesota State University, Mankato, 109 Morris Hall, Mankato, MN 56001. For more information call 507-389-2077. This form may be duplicated for multiple registrations.

(One person per registration form please. Please print neatly or type.)

Name _____
 if double last name, please circle or highlight name you want registration filed under.

Address _____

City _____ State _____ Zip _____

Day Phone # (_____) _____

E-mail address _____ @ _____

- Please check if this is a change of address.
- Please check if not on our mailing list and would like to be.

Please check one: (Confirmation of Registration sent only on request to e-mail address)

- Pre-Registration**
 - \$55 General (includes keynote)
 - \$30 Minimum Income, Student or Senior
 - \$15 Ages 9 – 17
 - \$ 5 Keynote only (name tag required)
 - \$16 Saturday night dinner
- General Scholarship **
- Women of Color Scholarship**

Postmarked after October 2

- \$60 (includes Late Fee)
- \$35 (includes Late Fee)
- \$20 (includes Late Fee)
- \$ 8 (includes Late Fee)

**** PLEASE CALL FOR PRIOR APPROVAL 507-389-2077** (limited number available)

Total enclosed: \$ _____ Registration fee (includes keynote) check # _____

\$ _____ **Keynote Only Fee**

\$ _____ Dinner Saturday

\$ _____ CEU cost

\$ _____ Child Care

\$ _____ Total amount enclosed (Checks payable to Minnesota State Mankato)

DINNER REGISTRATION (Deadline October 2, 2009)

- Saturday Night Dinner Option
- Gluten Free Option

SCHOLARSHIPS:

** The scholarships allow for women of color or various economic abilities to attend. A limited number of scholarships are available on a first come/first served basis. See the Conference Information and Services section of this program for details under the heading Scholarships.

Receipts may be picked up at the Registration Table any time during the conference.

CHILD CARE REGISTRATION

Send check with registration. Fee is \$45 for one day and \$60 for both days, per child.
 Deadline: **October 2, 2009**

Day(s) Needed: Saturday, October 31 Sunday, November 1

Children's Names and Ages: _____

Emergency Contact/Pager # _____

Parent's Name(s): _____

Special Needs: _____

Parents will assume responsibility for snacks, meals, formulas, and diapers.

FOR THOSE REGISTERING FOR CREDIT/CEU

You must pay the conference registration fee in addition to tuition fees or you must be approved for a conference scholarship. Current Minnesota State Mankato students must register on-line. If you have not been accepted to Minnesota State Mankato, you must contact the Admissions Office (507) 389-1822 for an application. This must be processed along with a university admission fee before you can receive credit. After notification of admission acceptance, register on-line.

We do offer a one credit CEU. A certificate will be given to you once the conference is completed. (We are unable to accept debit or credit cards).

CONTACT THE BUSINESS OFFICE, 507-389-5069 FOR SPECIFIC TUITION CHARGES.

USE OF SCENTS: Please note that we discourage the use of perfumes, colognes and other scents at the conference so that all who wish to participate may enjoy the weekend. For many people, this is a matter of being able to breathe.

- 2010 Tentative Conference Dates – October 23 and 24
- 2011 Tentative Conference Dates – October 22 and 23
- 2012 Tentative Conference Dates – October 13 and 14

