

22nd Annual WOMEN & SPIRITUALITY CONFERENCE

Our Logo - In 1990, Bonnie Fornier, from Minneapolis, created a powerful image, retaining the primary symbol of the feminine, the circle. It is dissected with another primary feminine essence, flowingness, water...centered between sky above and earth below, joining air and ground, spirit and matter, expressing balance, harmony, inclusiveness, and the many in one.

The Women and Spirituality Conference was born eighteen years ago 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 interested 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.

2003 Keynote Speaker

The Keynote Speaker this year will be **Charlene Spretnak**. Drawing on surprising new research in female physiology and the workings of the female body-mind, she will discuss implications for our continuing explorations of women's authentic spiritual experience. Science is now discovering that the human species is far more dimorphic regarding the two sexes than had been realized. Yet all our institutions in a patriarchal culture, including organized religion and other spiritual practices, have evolved around the notion of male psycho-physiological experience as the norm. Unless our religious and spiritual orientations, both personal and collective, honor the inherent and significant differences in the ways that female and male embodiment influence one's experience of life, we cannot arrive at a right relationship with the Ultimate Cre-



Charlene Spretnak

ativity of the universe - the Divine - and its resplendent diversity and integrity. This talk will contribute new insights to the ongoing emergence of multifaceted, multivalent, authentic female spirituality, which the Women's Spirituality movement has been pioneering for more than 25 years. Charlene Spretnak is one of the "founding mothers" of the Women's Spirituality movement. She is author of **LOST GODDESSES OF EARLY GREECE** (1978), **THE SPIRITUAL DIMENSION OF GREEN POLITICS** (1986), **STATES OF GRACE** (1991), and **THE RESURGENCE OF THE REAL** (1997). She is also editor of an anthology, **THE POLITICS OF WOMEN'S SPIRITUALITY** (1982). She is a professor in the Philosophy and Religion program at the California Institute of Integral Studies, a graduate institute in San Francisco.

Schedule

Saturday, October 11, 2003

8:30 - 10:00	Registration/Browsing
10:00 - 10:20	Opening Celebration
10:20 - 10:30	Announcements & Welcome
10:30 - 12:00	Keynote / Booksigning
12:00 - 1:30	Lunch (on your own) Browsing
1:30 - 3:00	Session I
3:30 - 5:00	Session II
5:00 - 6:00	Exhibit Browsing
6:00	Dinner (advance reservations required)

Sunday, October 12, 2003

8:30	Exhibits/Conference Site Opens
9:00 - 10:30	Session III
11:00 - 12:30	Session IV
12:45	Closing Celebration/ Exhibit Browsing

The 2003 Planning Committee:

Lana Gertsen, Coordinator
Cindy Veldhuisen, Business Manager
Maria Bevacqua, Chair of Women's Studies
Shirley Piepho, CSU Coordinator
Renee Vaughan, Course Instructor
Kay Eichler, Signing Interpreter
Pat Davis, Exhibitor Coordinator
Connie Falleaf, Ritual Ceremony

Most important, many thanks to our Friends, Mentors, and "Mothers" of the Women and Spirituality Conference.

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

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.)

Brahmanism: 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 chooseth for thyself.

States that were represented from last year's conference were: TN, MO, WA, SD, ND, WI, IA, IL, AZ, GA, OR, OH, CA, MN.

Workshops

AH - Armstrong Hall

MH - Morris Hall

CSU - Centennial Student Union

HN - Highland Center N

SATURDAY EVENING HAPPENINGS

7:30 - 9:00 P.M.

RELATIVE TO WHAT?

WHEN SUNDAY DINNER CALLS FAMILY INTO QUESTION

101 Student Union

Story-Telling/Discussion

Pots, pans and politics come full circle when race, class and gender challenge the integrity of family ties during preparations of a traditional Black American meal. The session will open with a brief discussion on the challenges women face when dealing with conflicts involving relatives, unspoken obligations and family expectations. Denise will read "False Charms & Chitlins," a piece of autobiographical fiction wherein a small southern kitchen becomes a place of resentment, renewal and hope as family relations come to a rolling boil on a hot, humid Sunday. Maren Ernst will lead a closing discussion in which participants will be asked to share experiences and perspectives on the challenges of family gatherings.

Denise Brennan Watson is a visual artist, cookbook collector and writer. She is author of "False Charms & Chitlins," a story included in *Food and Other Enemies: Stories of Consuming Desire*. Her poetry collection, *The Undertow of Hunger*, was featured in the "Food and the Goddess" issue of *SageWoman Magazine* and in *Poet's Market*, an annual volume from F&W Publications.

Maren Ernst is a fiber artist, writer and language enthusiast. She has initiated Language and Culture Exchange forums in the Twin Cities and has utilized dialogue, discussion and dinner as points of contact connecting people from various life histories. A graduate of Metropolitan State University, she holds a degree in Paralegal Studies from Hamline University.

CONCERT - ORIGINAL AND TRADITIONAL GODDESS SONGS CELEBRATING HER, HER WOMEN AND NATURE

Student Union Ostrander Auditorium

Concert



Ruth Barrett

Ruth Barrett is a Dianic Wiccan high priestess, ritualist, educator and award-winning fretted dulcimer recording artist of original Goddess songs. She has performed at Goddess, feminist, and pagan events internationally since the early 1980s. She is celebrating the release of her newest CDs, *THE YEAR IS A DANCING WOMAN*, Volumes 1 & 2. She teaches magick and ritual arts in the Dianic tradition at festivals and conferences and at national priestess training programs. Ruth was the honored recipient of the 1997 L.A.C.E. award for outstanding contributions in the area of Spirituality from the Gay and Lesbian Center in Los Angeles, where she served the women's community for twenty years. She currently lives in Wisconsin, where she co-founded Temple of Diana, with partner, Falcon River.

SESSION I

QUEENS AND PRINCESSES - PART 1

201 Student Union

Experiential/Lecture/Meditation/
Movement/Adults ONLY

Part 1 - If you are a mother, if you are a daughter, if you are a woman concerned with the rift between mothers and daughters, this class offers an opportunity to participate in actively creating a new story. We will go beyond merely healing the wounds to assert a new, balanced relationship for all women. Working with our own mothers, our own daughters and the mother/daughter archetypes, we will plant in the collective group soul a new type of relationship for the feminine lineage. Bring a photo or your mother and one of a daughter (for women who have no daughters, you can bring a photo of a young woman you have a relationship with or, if there are none, a picture of yourself as a girl). Sarongs or drape fabric. Altar items (optional). Part 2 takes this deeper on personal and archetypal levels.

Dotty Bacon has lived in intentional community for over 30 years, now including 3 generations on the family farm, where she practices *AcuRelease™* her unique healing fusion of reflexology and other body and energy techniques. Most of her life has been focused on creating community, including child care organizations and *Helios Center* in Menomonie, WI, and co-founding *Path of the Grandmothers™* which brings together practicing and potential healers to explore and learn from hands-on experience.

Gwendolyn Bray lives near Chetek, WI, where she practices bodywork, therapeutic massage and energy work and is a co-founder of *Path of the Grandmothers™*. Widely traveled, she shares her experiences, including Native connections and wisdom through storytelling, toning and chanting in workshops, camp programs and Ceremonials.

Cat Thompson is the founder of *Emotional Technologies™* and a co-presenter of the *Velvet Sword™ Women's Initiation* as well as a long-time presenter at the *Mankato Women & Spirit Conference*. She teaches workshops, offers retreats and life coaching and believes that fun is the path to enlightenment.

Diadra Decker is a body/mind healer, priestess, and business consultant, now co-presenting the *Velvet Sword™ Women's Initiation*, who plies her sandal-making craft. She and Cat created and presented the *Opening and Closing celebrations* for this conference in 2000 and 2002.

FOLLOWING THE LURE OF CREATIVITY INTO SPIRITUALITY

325 Armstrong Hall

Discussion/Experiential

Creativity is a lure. It's fun, it's playful, it's pleasurable. So we pursue it, never realizing that we are being led. Following our creativity invites (and requires) us to surrender our ego to something greater than ourselves and to take a leap of faith. Creativity lures us to take the spiritual journey of becoming who we are truly meant to be. You'll discover what

aspects of creativity are most appealing to you and how you can use those pleasures to further your spiritual development.

Rosanne Bane, MA, is a Creativity Coach and author of *Dancing in the Dragon's Den: Rekindling the Creative Fire in Your Shadow*. For over 14 years she has helped her students and clients explore their creativity, break through creative blocks, and walk through fear to embrace the gifts hidden inside themselves.

FEMINIST WITCHCRAFT IN THE DIANIC TRADITION

202 Armstrong Hall **Lecture/Discussion**
This is an introduction to the her-story, cosmology, and practice of Dianic Witchcraft which reconciles and integrates Goddess-centered religion and feminist politics. We will conclude with a lecture and some interactive discussion.

Ruth Barrett is an ordained Dianic high priestess, ritualist, educator, and pioneering Wiccan recording artist, teaches workshops in magick and women's ritual nationally, and is author of *Women's Rites, Women's Mysteries: Creating Ritual in Dianic Wiccan Tradition*.

THE HEALING POWER OF BELLY DANCE

Highland Center N Dance Studio **Movement activity (dance)**
Open to everyone who wants to move. Wear comfortable, playful dancing clothes. Bring a colorful scarf to tie around your hips. Be prepared to take off your shoes and move!! Whether you love to move your body or wish you did, come and explore the oldest and most elementary form of spiritual expression – belly dance. Dancing is the joy of life, of creation, an expression of the awakening soul that is reflected in the dancing experience and in the rhythmic movements. As we move, honor, and connect with each part of our body, new worlds and possibilities open to our own understanding. Through the movement of the body, the heart opens and a great reconciliation with oneself and others can take its course. Hold your head like a queen and feel your pelvis descend into the earth.

Bonnie Berquam has had a lifetime study of dance, including belly dance, yoga, ballet, square dance, contact improvisation, and interpretive dance, is a practitioner of the Wallace Method® of body work, a doll maker, a performer, has participated in the Women & Spirituality Conference with the Body Prayers dance troupe, is a student of the Cassandra School and a member of the Oriental Dance Guild in the Twin Cities.

TOP-DOWN POWER MADE JESUS GOD

222 Armstrong Hall **Paper/Discussion**
No background needed, but it will resonate more with Christians or former Christians. After Jesus of Nazareth died, his followers developed a variety of beliefs that would bewilder Christians of today. There were many different Christianities. The belief that Jesus is God grew slowly and was fiercely resisted for centuries. Finally the imperial power of the Roman Empire put a stop to diversity of belief and imposed the doctrine of Jesus' equality with the Ultimate Mystery of the Universe. Persecution, riots, and bloodbaths accompanied the doctrinal disputes. Questions and discussion will punctuate the presentation of this information.

Jeanette Blonigen Clancy, MA (systematic theology) is an educator and writer who places Christianity in the context of other religions and spiritualities.

SPIRITUAL FITNESS -

HONORING THE SPIRIT THROUGH FOOD AND EXERCISE

285 Student Union **Discussion/Movement Activity**
This workshop is intended to help participants think about, and act upon, the spiritual needs of their physical bodies. Through discussion and movement, we will address the spiritual aspect of this country's health/weight crisis and learn to feed ourselves, exercise and become strong in a way that honors our spirit on a daily basis. **Mia Bremer** is an accredited personal trainer specializing in strength training for women with an emphasis on spiritual/physical balance in our busy lives.

PHYSICAL EMPOWERMENT AND SPIRITUAL EMBODIMENT

253-254 Student Union **Movement activity (Ashtanga-based power yoga)**

This workshop will present the Surya Namaskara (Sun Salutations) and other strength-building asana sequences to increase strength in

muscles and build bone density, while integrating the conditioning into a spiritual view of the body. Participants may choose their level of physical participation, however in the true spirit of the mind/body connection if you don't move your body you won't "get" this workshop.

Mona Cenicerros, MS, registered yoga teacher, certified personal trainer, adjunct faculty in the department of Health Science at Minnesota State University, Mankato, owns Sun Moon Yoga & Bodywork in Mankato and St. Peter, has been practicing yoga for 25 years, and teaching for a decade.

DREAM WORK: THE SOUL'S LANGUAGE

221 Armstrong Hall **Discussion/Experiential**
Dreams are powerful tools for understanding the language of the deepest parts of who we are and why we are here. Join us in a safe, creative and non-invasive exploration into the ancient and sacred language of dreamtime. We will practice the ancient art of entering and humbly inviting dreamtime into waking time with the help of mindfulness meditations, Gestalt, dream re-entry, creativity reflective questioning to help us actively open to this direct path to spirit and higher guidance. The purpose of this workshop is to guide people in exploring the incredible resource of dreams using heart, mind and spirit. Too often dreams are dishonored by being cramped and molded to fit the language of the mundane, rather than for us to instead enter the language of the dream, the language of the divine. My philosophy of working with dreams is not to "analyze them" but to "enter them." Therefore, I hope to create an environment of curiosity and fascination where the dreamer is urged to hold a space for the dream. There are many levels of looking at the dream communication. I will begin the workshop with a short description of three dream levels: the psychological and/or emotional guidance dreams, the spiritual visitor dreams and ancestor dreams.

Becky Connor, MA, LMFT, Licensed Marriage & Family Therapist in private practice, long time student of the art & spirit of Jungian symbology & indigenous healing practices, has been recording & working with dreams since the age of 14, is a passionate student of dream work, and has been conducting & assisting transpersonal & experiential groups for 8 years.

Bonnie Mitsch, MA, a teacher of children with special needs and a professional photographer, and has held numerous photography openings throughout the Twin Cities specializing in photographic images of dream images and stories.

THIS ANCIENT LOVE

321 Armstrong Hall **Discussion/Ritual/Power Point presentation**

This Ancient Love is work rooted in the earth as Mother. The aggressive, dominating, success-oriented impulses in our world are at full-tide, ravishing our planet, terrorizing whole nations and decimating the poor. This workshop speaks of the power we have to make a difference as we allow the contemplative feminine that is compassionate, respectful and grounded in the sacredness of all things to balance the energies gone awry.

Cecilia Corcoran, FSPA holds a Ph.D. in Women's Religious Studies and is the co-director of Global Awareness Through Experience (GATE), with a background in education and pastoral ministry and has extensive experience in Latin America.

Linda Mershon, FSPA holds an MA in Spirituality and engages women in sharing and ritual combining external experiences and personal integrative processes, has a background in Administration and is a certified spiritual director and retreat director.

ACHIEVING WELLNESS WITH THE EARTH'S GIFTS: THERAPEUTIC GRADE A ESSENTIAL OILS

308 Armstrong Hall **Paper/discussion/Video**
This workshop will explore the uplifting, protective, calming, and regenerating essential oils that are a unique gift from the plant world. The ancient use of this "life force" dates back thousands of years ago for opening the subconscious mind, anointing and healing the sick and is now enveloped in renewed use and cutting edge scientific clinical research.

Lynn Cox is a nationally trained educator for the use of Therapeutic Grade A Essential Oils and has personally benefited from their contribution to personal wellness and enhancing her life experiences as a wife, mother, grandmother, author, and public school teacher.

Katherine Conrad is a nationally trained educator for the use of Therapeutic Grade A Essential Oils, a massage therapist/emotional release therapist, music teacher, singer/songwriter & workshop creator/teacher & proud mother of an 18 yr. old daughter. Combining her love of natural healing and her years of study of the Goddess and Women's Spirituality, she brings together right & left brain as she presents the science of oils as an ancient healing modality being brought back to modern life.

RECLAIMING THE SACRED SOURCE

202 Student Union

Discussion/Slide presentation/
Story-telling/Movement activity

Women have been denied access to the source of their power since their sexuality was claimed evil and the property of their fathers and then their husbands. As women have sought their authentic place in the culture, often this cause of the lack of power has been overlooked in a society that finds it very difficult to talk about sexuality. The workshop examines the historical context of celebration of the divine through energy heightened by sexual practices, the interruption of sacred sexual practices and the disbanding of the priestesses who oversaw the ceremonies, the centuries of repression and withheld information and the possibility of accessing authentic core energy and voice through ownership of sexuality.

Lynn Creighton, as a sculptor and ceremonial leader, has found her way to bringing focus to the cultural situation in which sexuality is given insufficient attention, attempting through workshops and ceremonies to unravel the distortions, abuses, inadequacy, misconceptions, trivialization, and addictions. As a Native American Medicine-man apprentice, she began to work with the pipe and lead ceremonies including vision quests, purification lodges, transformational ceremonies and prayer dances. She has provided these ceremonies for 16 years, provided retreats for teaching the sacredness of sexuality and created a body of sculpture representing this healing with ecstatic female figures in full celebration.

WOMANSONG: FEMININE SPIRIT SINGS HER OWN TRUTH

225 Armstrong Hall

Original songs/Personal story

Listen to your heart as Dody sings her original songs which honor women's authentic experience and cherish women's wisdom. Come to celebrate her/our freedom journey from traditional expectations to a new way of being fully alive. You may well hear your own story in "Coloring Outside the Lines," "Another Voice," "Mother, I'm Hurting," "Daughter Eagle," "I Ain't Gonna Die 'Until I'm Dead)," and more!

Dody Davies is a Christian feminist composer/performer/recording artist (nine cassette tapes), veteran workshop presenter and composer of several conference theme songs, and uses her music as social justice activist ministry.

THE EVOLUTION OF NATIVE AMERICAN SPIRITUALITY IN NORTH AMERICA

212 Morris Hall

Experiential/Discussion

The participants will learn the worldview of the Delaware and other indigenous peoples, and the role of women within these communities. They will experience a traditional ceremony with accompanying artifacts and elements. I will share with them some personal experiences while in the midst of these tribal peoples. They will hear a variety of Creation stories and the impact of federal actions upon the spirituality of the indigenous people of North America. They will begin to understand the development and spread of the Native American Church, and gain an increased appreciation for the 'mounds' and other sacred sites. The overall presentation will be informal and participants will be encouraged to ask questions.

Connie Falleaf, third child of a biracial Christian couple (father was a full blood Delaware, mother a blue-eyed blond of French & English descent); missionary to the Cheyenne and Arapaho tribes of western Oklahoma; local Pastor to the Cherokee tribe for the Oklahoma Indian Missionary Conference of the United Methodist Church; Spiritual Director for KAIROS at the women's maximum-security facility, Mabel Bassett Correctional Center; Native American Coordinator at Mabel Bassett Correctional Center.

LEADING FROM SOUL: AUTHENTIC LEADERSHIP

203 Student Union

Experiential

The purpose of this workshop is to awaken the participants' awareness

of spirit and values within themselves as leaders. The impact of fear and courage on authentic leadership will be explored. The participants will be more aware of the choices in leading from their place of Soul.

Diana Gabriel is a Certified Professional Co-Active Coach and is adjunct faculty in Women's Studies at Minnesota State University, Mankato.

Michelle Burns is a Certified Professional Co-Active Coach.

PRACTICAL PURIFICATION FOR THE 21ST CENTURY WOMAN

306 Armstrong Hall

Experiential

This workshop offers practical information and easily used tools that will assist participants in recognizing and reducing physical, mental, emotional and spiritual toxins. Participants will learn to locate, identify, and clear these toxins from their work, home and personal internal environments. Subjects addressed include the External Ecology (diet, water, air and commonly used commercial products), Internal Ecology (emotions, thoughts, and feelings), and Spiritual Ecology (energetic, psychic). There will be participatory demonstrations of many of the techniques discussed.

Dr. Christine Grams is a chiropractor and founder/owner of MorningStar Healing Arts, a holistic family clinic in South Minneapolis, has a long history in healthcare, has authored articles and taught classes on creating good health, understanding the body-mind connection and the basics in energetic health and psychic self defense.

TAROT GAMES

214 Armstrong Hall

Experiential

Beginners and advanced practitioners of the Tarot should be able to enjoy this simple, senses based approach to the imagery of the Major Arcana and the archetypes they represent. By playing children's games, the presenter seeks to open minds and mouths with laughter in order to support creative interaction, instigate new perspectives and perhaps mine new wisdom.

Beverly Hof-Miller has been interacting with the Tarot almost daily since 1997, she draws and journals to explore what the archetypes of the Tarot have to offer and has found laughter a requirement to learning.

OUT OF MY DREAMS

303 Armstrong Hall

Round Table/Paper/Discussion

Dreams can be very important. They can help us with transitions in our lives, show us past lives, bring healing, help us with relationships, show us adventure and learning by astral traveling, or bring new creative ideas to us. My own Dream Deck (created out of my own dreams, 107 nights in a row) is a set of cards created from dreaming, drawing these dreams, and then creating cards with which to do intuitive readings.

Carla Houle has been intuitive all her life, with Angel/Indian guide, Keeno, always helping, married, and raised 4 children, worked at a group home for handicapped, and a nursing home, and now works at a metaphysical store doing intuitive readings and giving classes. She is author of *Angel Star Cat* and creator of the Dancing Dream Deck.

FEELING THE BODY: RELEASING UNCONSCIOUS LIMITATIONS, AN INTRO TO ROSEN METHOD BODYWORK

208 Armstrong Hall

Experiential

Rosen Method Bodywork was developed by Marion Rosen, who escaped Nazi Germany to be trained by the European pioneers in breath work and the mind/body connection, and also as a physical therapist at the Mayo Clinic. It is about the connection of the body, mind, spirit and the emotions; about the relationship to the self, and the relationship of the self to the rest of the world. It addresses the tension and stress that we hold in our bodies, tension that holds us back in our lives. In the release of the muscular tension, connecting to the deep essence of the person, lives the possibility of fuller life and more aliveness, wisdom, and creativity, life without unconscious limits. Rosen Method addresses the liberation of the human being from societal and personal oppressions that are stored in the body.

Dorothea Hrossowyc, MA, member ABMP and RMPA, a certified practitioner of Rosen Method, trained by Marion Rosen, with many years experience as an educator, trainer and personal empowerment consultant, and practices in Northfield, Minneapolis and Rochester, MN.

Annie Schmidt, MS, member ABMP and RMPA, has a bodywork practice at Integrative Therapies, a holistic healing center in Rochester, MN and is completing training toward certification as a Rosen

Method Bodywork practitioner. She received massage training in 1989 and attained the level of Reiki Master in 2001.

TIME TRAVEL

205 Armstrong Hall **Discussion/Experiential**
In this workshop we will explore the nature of time. Time-related concepts include non-locality as described by quantum physics, peak experiences, time outside of Plato's Cave, synchronicity, and the shamans' dream time. Participants will engage in a variety of time travel activities to connect past, present, and future events.

Andrew Johnson is professor and chair of the Department of Educational Studies: Special Populations and is currently writing. His research is related to holistic education and the inner curriculum.

THE FEMININE FORCE

215 Armstrong Hall **Paper/Discussion**
According to the Hindu tradition, we are living in the Kali Age: the time of a resurgence of the divine feminine spirit. Although Kali is often presented as cruel and horrific, she is creator and nurturer—the essence of Mother-love and feminine energy (Shakti). This paper explores and illuminates the rich meanings of feminine divinity as we look beyond the outworn stereotypes of a patriarchal society.

Indira Y. Junghare, Professor of South Asian Languages and Cultures, who teaches Indian philosophy and religions at the University of Minnesota.

Ravi Prasad teaches South Asian Languages and Cultures at the University of Minnesota.

RECLAIM YOUR INTUITION

209 Armstrong Hall **Discussion/Experiential**
This workshop will explore past experiences where intuition may have been functioning. You will have an opportunity to practice specific skills for enhancing your own intuition. You will discover ways to remove blocks that inhibit fuller exercise of intuition in your daily living. You will learn about the potential you have to "read" your own psychic energy, including a brief reference to auras and the chakra system. You will leave with suggestions for fostering your intuition at home.

Jean Kasparbauer, FSPA, a practitioner offering Intuitive Soulwork readings, has a MS in chemistry and a MA in Pastoral Counseling, is certified as a spiritual director through the Franciscan Spirituality Center and has received psychic training from Lightbearers in St. Paul.

MEMOIR WORKSHOP: FINDING BURIED TREASURE

213 Armstrong Hall **Discussion/Story-telling/
Writing/Experiential**

Each person is a collection of stories, and we can find the full power of these stories when we discover why it is that we remember what we remember. Writing in depth about a particular memory can lead us on unexpected journeys, taking us to places that can give us answers to questions about our past and present, and preparing us for whatever future we choose or whichever future befalls us.

Margaret Kinney, writer and artist, using arts as a vehicle for spiritual growth, Director of Full Circle Arts in St. Paul, MN, and has a MA in Human Development.

UNLOCKING YOUR INTUITIVE POWERS

255A Student Union **Experiential**
All of us have intuitive abilities. This is an introduction about how to become more aware of your own intuitive dimensions for your own physical, emotional, social, and spiritual health and well-being. We will use the chakra system as a framework to provide some structure to understanding our intuitive powers.

Lori Lindgren, certified family nurse practitioner who practices holistic medicine, certified in healing touch and cranial sacral therapy and has studied intensively with a psychic teacher.

HISTORY OF WITCHCRAFT AND WOMEN'S SPIRITUALITY IN THE TWIN CITIES

217 Armstrong Hall **Discussion**
About the time Mary Richards, aka Mary Tyler Moore, was tossing her hat in the air, something very important but less well known was happening: Witchcraft came to Minneapolis! The Twin Cities has been a center of Witchcraft and Goddess Spirituality ever since. I especially welcome other women who have been involved in build-

ing our communities to join me in talking about spirituality, as well as women who are new to them.

Magenta has been a Witch for over 25 years, is a founding member of the coven Prodea, is a co-founder and a member of Board of the New Alexandria Library and her day job is working in a public library.

EMBODYING YOUR SPIRIT

323 Armstrong Hall **Experiential/Movement activity**
This is an experiential movement meditation workshop to enlighten, inspire and educate. It is meant to increase awareness of the kinesthetic sense and to use this as a vehicle of healing and integration. The body has a wisdom the conscious mind doesn't know. Accessing this wisdom brings relaxation of the body and mind and allows a wonderful communication between all levels of the self. Our bodies are alive with sensation, discovery, movement, grunts, sounds and the ability to just BE - without having to think, control or direct our experience. This is our first order of experience which allows us to feel our intimate, in-the-moment relationship with ourselves and the world. We can all learn to access this wisdom. It is the body's felt knowing of itself we used to explore the world as babies and young children. Reawakening this wisdom is allowing the physical, emotional, mental and soul bodies to interconnect with the dance of life.

Elleva Joy McDonald teaches wholeness classes and provides individual bodywork, has an M.A. in dance education, is certified as a Trager Bodywork practitioner, as a teacher of The Radiance Technique and is a licensed Avatar® Master.

HOMEOPATHY AND SPIRITUALITY - WHY DO WE GET SICK? CREATING FULLNESS OF SPIRIT IN BODILY FORM

220 Armstrong Hall **Round table/Discussion**
A presentation of the understanding of our humanity from Spirit into form. How illness arises in our process, how Creativity (uninterrupted Energy) loses its way, and how the Vital Force responds to its likeness in Nature (Homeopathy) and brings us Home. There will be numerous examples given of real-life experiences of healing, demonstrating the real life spiritual principles of Homeopathy. **Marylou Miller** is the 7th of 22 children born, raised and nurtured on a small farm in Waseca, MN. Her 55 years of life have been spent studying Spirituality, raising 4 sons and learning to love. She brings degrees in Chemistry, Psychology, Secondary Education, Gestalt Therapy, Massage Therapy and Classical Homeopathy.

WALK THE COSMIC TIME LINE:

A WALKING MEDITATION ON OUR PLACE IN THE UNIVERSE
284A/B Student Union **Experiential (including Child-friendly/
Ritual/Discussion elements.)**

The "topic" is the scientific history of the universe. The underlying premise is that if humans could come to appreciate the creation story we hold in common, it could do what the creation stories of many cultures have done, that is, underlie values and customs. This workshop simply gives participants a felt sense of the time scale that scientists are discovering. I have seen it in this ritual format give a participant an "aha, I do have a place" even though my mother and father did not want me.

Mary Moloney, a Catholic Sister of Providence of St. Mary of-the-Woods, IN, MA in Religious Studies and Spiritual Direction training from Shalem Institute, Washington, DC., currently pursuing a Master in Earth Literacy degree and currently employed as hospice chaplain in OKC, OK.

OPENING TO THE INNER RHYTHMS OF THE DIVINE FEMININE AND DIVINE MASCULINE

315 Armstrong Hall **Experiential**
A personal and universal journey into a direct experience of the divine feminine, divine masculine, deep gratitude and celebration of life through meditation, chanting and body prayers (sacred movement). We will use the Playshop Mantras II chants which have beautifully captured the true essence of ancient eastern chants. Each person will have an opportunity to have a deep transformative experience as they open to their inner resonance with universal rhythms and sounds.

Premdaya (Karen Money) and Maradene were drawn together by their mutual love of this play and its potential to open people's

hearts and minds to the reality of the divine feminine. They have a broad background in theater, business, education, spirituality and the healing arts and have been performing together in various venues in Idaho for the past year.

THE SECRET LANGUAGE OF FEELINGS: USING NEGATIVE EMOTIONS AS ACCESS TO AUTHENTIC LIVING

101 Morris Hall **Discussion/Experiential**
In our culture, we are taught to feel bad about feeling bad. We ignore our so-called "bad" feelings, distract ourselves from them with self-defeating behaviors or suppress them with drugs. But "bad" feelings are part of a built-in system designed to help us identify unmet needs and motivate us to take satisfying action. Participants will learn The Secret Language of Feelings - and how feeling "bad" can be the first step to doing what's necessary to feel "good." **Carroll Morris** is a writer, speaker, master hypnotist and master Rapid Eye Technician and has had a healing practice since 1993.

CIRCLE OF TEN

231 Armstrong Hall **Ritual/Experiential/Discussion**
Circle of Ten is a grassroots peace activism and leadership training whose intention is to create world peace. We will teach a process whereby women can create their own circles of ten to intensely love, nurture and support one another and to commit acts of "courageous peacemaking" so they can begin their own circles of ten. **Suzan Nolan** is a school counselor who works in an elementary school, doing peace work with children and peace circles with women. **Carol Merwin** is a high school English teacher who does peace work with her students and is a peace activist in her community.

WHAT IS THE NEW ALEXANDRIA LIBRARY AND RESOURCE CENTER?

233 Armstrong Hall **Discussion**
The New Alexandria Library and Resource Center is a private subscription library for students, teachers and scholars of alternative religions and spiritualities. The Library also provides space for classes, lectures, discussions and similar activities. Want to find out more? Come to our workshop! **Gretchen Riddle** has been a practicing Witch off and on since 1969, is currently a board member of Earth Conclave, a Senior Board Member of the New Alexandria Library and is a co-founder of the Twilight Tradition. **Lisa Besnett** is a Wiccan Priestess and Minister who is also on the Board of the Library, hates research and loves the library.

CALLING YOUR SPIRIT BACK

314 Armstrong Hall **Paper/Discussion/Guided Meditation**
This workshop is designed to call back those pieces of your spirit and give each participant the tools to continue recharging their spirit. You will be guided through meditation to ground you into your personal energy field, clearing away the psychic debris accumulated over the ages. Participants will be inspired to create your "energy collage" from the supplies on hand. **Mary Rivard**, a CMT and Visionary Artist, inspires a creative approach to resolving issues of well being and restoring a balance for a Whole Body Experience.

HEALING STONES 101

216 Armstrong Hall **Discussion/Experiential**
This workshop will provide a discussion about the history of stones and their use in healing, the physical energy of stones that is measured by vibration and the application of this information in healing. Actual stones will be passed around and observed. Demonstration in the use of different stones in health maintenance and balance will be presented. A healing table will be present and people will experience both giving and receiving the healing gift of stones by taking turns on the table and in chairs. **Nancy Russ** is a registered nurse and Healing Touch practitioner who uses stones on a regular basis with her clients to promote healing and balance.

LIFE BALANCE THROUGH BRAIN GYM®

284C Student Union **Experiential**
Tired of getting "bogged down", "burnt out", and non-motivated? Bring a personal goal you'd like to pursue and Paula will teach you some easy to use Brain Gym methods to help you unveil and manifest your goal. Brain Gym develops the brain's neural pathways the way nature does - through movement. **Paula Sanders** has worked in education and special ed for over 15 years, owns and operates her own tutoring company, is a licensed Brain Gym instructor and has helped hundreds of people "open the flow of energy" through their minds/bodies in order to achieve their personal and educational goals.

THE ENNEAGRAM AND YOU

234 Armstrong Hall **Panel made up of workshop participants**
The Enneagram is a powerful and dynamic personality system that describes 9 distinct and fundamentally different patterns of thinking, feeling and acting. A brief history of the Enneagram will be offered and the model will be explained. You will be given the opportunity to 1) identify your personality type; 2) gain a working knowledge of other personalities; 3) recognize the healthy and unhealthy expressions of your personality; 4) see the effects of your personality on relationships; and 5) receive suggestions for growth. **Antoinette Saunders** is a clinical psychologist, spiritual director, founder and co-director of The Institute for Psychological and Spiritual Development and has been practicing in the field of psychology for the past 31 years.

WOMEN'S BREASTS, LOVING THE REAL WOMAN INSIDE

302 Armstrong Hall **Paper/Discussion/Slide presentation**
"Women have taught me that the real issues are: what we think of ourselves, who we are, and decision making from our own personal truths." After extensively researching the subject of women's breast health, the presenter discusses the vital contemporary issue of women as nurturers, career people, students and wives, including fears of breast cancer (those scary mammogram results), feelings of self worth, the beauty of our breasts - are they too large, too small? Let's talk implants. We will look at who we are and how we think we appear, and our need to love ourselves. A talk that is shocking, fun and real, ending with an informal rap session. **Jeanine Semon**, an artist in her "wise old woman" years is known for her healing art and healing art classes, has worked with artists and non-artists, freeing art fears and emotions, has earned a BFA from the U of WI, Milwaukee in mid-life and lives with her husband in Menomonee Falls, WI.

PAST LIVES, DREAMS AND SOUL TRAVEL: YOUR SPIRITUAL JOURNEY

310 Armstrong Hall **Experiential**
The purpose of this workshop is to aid you on your spiritual journey and give you tools to help you overcome fear and expand your awareness. We will look at how past lives affect you today in your current life, how dreams help your spiritual unfoldment and how Soul Travel is used to explore your inner worlds to find more wisdom, love and understanding. **Heidi Skarie** is an ECKANKAR Clergy member, wife, mother, and fiction writer who has given talks and workshops on writing and spiritual topics. **Dr. Sharon Williams** loves rock climbing, being with her family and serving through holistic health. She has worked with her dreams since childhood and actively studied dream interpretation for over 12 years through ECKANKAR.

BASIC CORE SHAMANISM

101 Student Union **Experiential**
Shamanism is one of the oldest forms of spiritual practice in existence today. A shamanic worldview is one that sees beyond arbitrary separations of status and value and understands the sacredness and value in all life. There is a connectedness between all things of earth and a spirit in all things. the journey is a prayer; a trance state which permits communication with Spirit. **Marie Smith** is a massage therapist with 11 years experience and a working and teaching member of Pachamama Inc., a shamaic-based spiritual community in southwest Wisconsin.

EMPOWERING THE CRONE WITHIN

304 Armstrong Hall

Discussion

This workshop is intended for women over the age of 50 who are living as crones and would like to incorporate more magick in their lives with ritual. We will discuss and exchange ideas living the life of a Crone and show how to pamper yourself with ritual, finding community and realizing self worth.

Joyce Spears is a single Crone and loves it and has been on a spiritual path for about 20 years - the last 15 on the Wiccan path. A little over a year ago she started a Crones group called Women of Wisdom and they meet monthly and do ritual and Goddess studies.

TEACH MEDITATION, TEACH PEACE

206 Morris Hall

Experiential

If you've ever felt powerless to make a difference in your own life or in the world, meditation has been shown to have a healing impact, both personally and at a community level. Learn to meditate using simple techniques and, when you're ready, introduce the power of meditation to your community and the world. Past students have been led to teach friends, developmentally disabled adults and pet owners to meditate. A desire to learn to meditate is the only requirement.

Jinjer Stanton is founder of Just One Percent under the auspices of Lake Harriet Spiritual Community, which is dedicated to spreading the practice of meditation as a path to personal peace and, through individuals, to world peace.

APRONS

319 Armstrong Hall Discussion/Child friendly/Story-telling

Aprons evoke another age when women's lives and expectations were different than today. In this workshop we will explore the history of the apron and the stories that it can evoke. We will discuss the many different aspects of the apron, what it is made out of and how it is decorated, which gives us clues in unfolding the history of our mothers, grandmothers and great grandmothers.

Marcie Stoyke, musical therapist, mother and collector of aprons for over 13 years, living in rural LeSueur, MN.

RETURN TO POWER: GETTING A STUCK LIFE STARTED AGAIN

317 Armstrong Hall

Discussion

It's time to get re-acquainted with our powers of transformation. Even a life that seems to have nothing to offer can be rejuvenated, renovated and put back on track to a greater destiny. Take stock of your spiritual gifts and values, your skills and strengths, and use the energy generated by kindred spirits to start back on the journey uniquely your own. After working from a list of questions designed to unite the sacred with the mundane, group members who volunteer to share their values will create a basic action plan to get their lives moving again.

Lee Wilcox Spears is a professional life coach working in the Minneapolis area. Her organization, Inner Wilderness, exists to help people find their way through the murky wilds of personal transformation.

THE POWER OF THE QUESTION

316 Armstrong Hall

Experiential

Being curious has often been forfeited in our relationships with self, partner, children, colleagues, spirituality, and environment. This lively, experiential workshop will allow participants to understand the value and purpose of asking powerful questions, the structure of a good question, the balance between inquiry and advocacy, and how to listen from three levels. Participants will leave with a skill ready for immediate use.

Garee Zellmer is a Co-Active Coach, providing personal and organizational coaching and small group and retreat facilitation, has a degree in business and a broad range of training and experience in group and organizational process.

Robin Sydor has a very diverse and unusual background in business, personal relations, art and design and Co-Active Coaching. Her experience brings to the table a grounded, lighthearted, amusing approach to life balance.

SESSION II

SPIRIT DOLLS: DRAWING DOWN THE POWER

220 Armstrong Hall

Child friendly/Movement activity/ Experiential

As long as humans have existed they have used dolls to embody spiritual power; to represent god/desses, to represent themselves, in powerful rituals. In this workshop, participants will learn how to draw power or energy into their lives to fulfill spiritual wishes.

Vetch (Beverly Anderson), artist, pagan, wild woman.

Merri-Lee, artist, environmentalist, water aerobics instructor, wild woman.

THE MOON GODDESS'S SCROLL

202 Student Union

Paper/Discussion/Experiential

BRING A TAROT DECK TO WORKSHOP

Whether you are a novice or experienced practitioner, you will enjoy this magical mystery tour of trusting your intuitive powers thru the Tarot. Bring your moon magical self.

Nancy Antenucci is an experienced teacher and reader in the Twin Cities. With wisdom, grace and wit, she guides one through the "world between the worlds" for clarity, peace and sanity.

QUEENS AND PRINCESSES - PART 2

201 Student Union

Experiential/Meditation/Movement/ Adults ONLY

Part 1 is REQUIRED to participate in this session, which will take participants deeper into resolving and honoring their mother/daughter relationships.

We will start with an open circle and share experiences of expressing mother/daughter and how to appreciate each other.

Dotty Bacon, Gwendolyn Bray, Cat Thompson and Diadra Decker, see session I for bio.

CHAKRA YOGA

203 Student Union

Movement/Experiential

Learn a set of 8 simple exercises for healing, balance and alignment. This is a beginning yoga experience with an emphasis on balancing and aligning the body's energy centers. These are grounding and uplifting exercises that are simple to learn and remember and are suited to virtually everyone. No equipment is required, though pillows to support knees can be helpful if sitting on the floor. All movements can be done from a chair and adapted for individual needs or limitations.

Laurie Baker is an experienced yoga teacher and student of the Hatha and Kundalini styles. She seeks to help students develop a private practice and modify classroom experiences to meet individual needs and is particularly interested in yoga as a healing art for people with chronic pain challenges.

FOLLOWING THE LURE OF CREATIVITY INTO SPIRITUALITY

325 Armstrong Hall

Discussion/Experiential

Creativity is a lure. It's fun, it's playful, it's pleasurable. So we pursue it, never realizing that we are being led. Following our creativity invites (and requires) us to surrender our ego to something greater than ourselves and to take a leap of faith. Creativity lures us to take the spiritual journey of becoming who we are truly meant to be. You'll discover what aspects of creativity are most appealing to you and how you can use those pleasures to further your spiritual development.

Rosanne Bane, see session I for bio.

CHANTS FOR THE WHEEL OF THE YEAR

326 Armstrong Hall

Participatory

Women were the first singers of magick. Ancient women's music was created to do something. In this workshop women will learn Goddess-centered magickal and seasonal chants for personal and group ritual, inspiration, centering, raising power, and fun. Drums and percussion toys encouraged.

Ruth Barrett is an ordained Dianic high priestess, ritualist, pioneering Wiccan recording artist, and award winning recording artist of original Goddess songs.

Falcon River is a Dianic elder, artist, healer, clairvoyant and ordained priestess of the guardian path. She co-teaches in The Spiral Door Women's Mystery School of Magick and Ritual Arts with Ruth Barrett.

THE HEALING POWER OF BELLY DANCE

Highland North Dance Studio Movement activity (dance)

Open to everyone who wants to move. Wear comfortable, playful dancing clothes. Bring a colorful scarf to tie around your hips. Be prepared to take off your shoes and move!! Whether you love to move your body or wish you did, come and explore the oldest and most elementary form of spiritual expression—belly dance. Dancing is the joy of life, of creation, an expression of the awakening soul that is reflected in the dancing experience and in the rhythmic movements. As we move, honor, and connect with each part of our body, new worlds and possibilities open to our own understanding. Through the movement of the body, the heart opens and a great reconciliation with oneself and others can take its course. Hold your head like a queen and feel your pelvis descend into the earth.

Bonnie Berquam, see session I for bio.

SPIRITUAL FITNESS - HONORING THE SPIRIT THROUGH FOOD AND EXERCISE

285 Student Union Discussion/Movement Activity

This workshop is intended to help participants think about, and act upon, the spiritual needs of their physical bodies. Through discussion and movement, we will address the spiritual aspect of this country's health/weight crisis and learn to feed ourselves, exercise and become strong in a way that honors our spirit on a daily basis.

Mia Bremer, see session I for bio.

APPARITIONS OF THE BLESSED VIRGIN MARY

208 Armstrong Hall Lecture/Discussion/Slides/ World Wide Web Sites

For centuries, individuals have come forward with stories of apparitions of the Blessed Virgin Mary. This presentation will survey several lesser-known reports of apparitions (e.g., Clairefontaine, Luxembourg; Banneux and Beauraing, Belgium; Marpingen, Germany, tracing their roots to earlier reports of apparitions (e.g., Rue de Bac, Paris; Lourdes, France; Fatima, Portugal). The presenter does not attempt to answer the question, "Are these apparitions real?" Rather, will examine the question, "What makes Marian apparitions so powerful in the lives of ordinary human beings?" Slides and visits to selected web sites will take the audience on a virtual tour of a number of locations where the Blessed Virgin Mary is said to have appeared.

Suzanne Bunkers is a teacher and writer, who has been fascinated by legends of the Blessed Virgin Mary since her childhood in a small Iowa town populated by descendants of Catholic Luxembourg and German immigrants. She is studying the apparitions phenomenon with special interest in links between the BVM and earlier goddess traditions. Contemporary interest in the phenomenon of the labyrinth, particularly the Chartres labyrinth, is a related research interest.

PHYSICAL EMPOWERMENT AND SPIRITUAL EMBODIMENT

253-254 Student Union Movement activity (Ashtanga-based power yoga)

This workshop will present the Surya Namaskara (Sun Salutations) and other strength-building asana sequences to increase strength in muscles and build bone density, while integrating the conditioning into a spiritual view of the body. Participants may choose their level of physical participation, however in the true spirit of the mind/body connection if you don't move your body you won't "get" this workshop.

Mona Cenicerros, see session I for bio.

GENDERED SPACE: A SHORT HISTORY OF WOMEN'S SECLUSION IN THE MIDDLE EAST

234 Armstrong Hall Formal paper/Slide presentation

Archaeological excavations reveal that the gendered space we know as the harem dates back long before the rise of Islam, to the pre-history of the Middle East. Archaeology also gives clues as to how the practice developed - from holy spaces in temples. Women probably played a key role in setting this space aside for themselves as protection against the encroaching power of a male urban monolith. It is no coincidence that the word "harem" means something forbidden because of its holiness.

Ann Chamberlin is the author of 9 historical novels that focus on powerful, spiritual women throughout history. All three volumes of her trilogy set in 16th century Turkey spent over 6 concurrent months on the Turkish best seller list.

DREAM WORK: THE SOUL'S LANGUAGE

221 Armstrong Hall Discussion/Experiential

Dreams are powerful tools for understanding the language of the deepest parts of who we are and why we are here. Join us in a safe, creative and non-invasive exploration into the ancient and sacred language of dreamtime. We will practice the ancient art of entering and humbly inviting dreamtime into waking time with the help of mindfulness meditations, Gestalt, dream re-entry, creativity reflective questioning to help us actively open to this direct path to spirit and higher guidance. The purpose of this workshop is to guide people in exploring the incredible resource of dreams using heart, mind and spirit. Too often dreams are dishonored by being cramped and molded to fit the language of the mundane, rather than for us to instead enter the language of the dream, the language of the divine. My philosophy of working with dreams is not to "analyze them" but to "enter them." Therefore, I hope to create an environment of curiosity and fascination where the dreamer is urged to hold a space for the dream. There are many levels of looking at the dream communication. I will begin the workshop with a short description of three dream levels: the psychological and/or emotional guidance dreams, the spiritual visitor dreams and ancestor dreams.

Becky Connor and **Bonnie Mitsch**, see session I for bios.

"CHANGE WE MUST": EMBRACING THE DIVINE FEMININE, PATHWAY TO PERSONAL AND CULTURAL TRANSFORMATION

202 Armstrong Hall Story-telling/Song/ Experiential/Discussion

The purpose of our workshop is to provide a forum where participants can look at the issue of change in their lives in the context of a loving Feminine Power. Called by many names in many different cultures and traditions, in this workshop we will celebrate and honor the diverse aspects of the Divine Feminine. Through the blending of music, story, information, ritual and interactive process, participants will be encouraged to explore how they are being called to embrace change both on personal and collective levels.

Katherine Conrad has a love of music and years of study of the Goddess and Women's Spirituality. She spends her days as a massage therapist/emotional release therapist, music teacher, singer/songwriter, workshop creator/teacher and co-founder of Sanctuary of the Heart, a Unity Church in St. Paul.

Marie Garry is a licensed psychotherapist and life coach in private practice in the Iowa City area, is a co-founder of the musical group "AURORA" with Katherine, is a singer, flute player and songwriter, bringing a deep passion for feminine psychology and spirituality to her work.

DEEP LISTENING / EMPOWERED SPEAKING

222 Armstrong Hall Experiential/Discussion

We will create a container to explore how we communicate our vision/passion/purpose with others. We will play with how the energy used in presenting a message affects what we hear and absorb, and how we actively co-create an experience in the way we listen. We will offer skills to assist in being more present and connected with others and with ourselves as we share what is important to us.

Cynthia Crosby Rogers supports growth and transformation; her background includes training and practice in mediation, group facilitation and varied healing arts.

Tracy Jo Hamilton is a personal life coach and presenter who is committed to assisting individuals clarify their visions and ability to live empowered lives.

THE EVOLUTION OF NATIVE AMERICAN SPIRITUALITY IN NORTH AMERICA

212 Morris Hall Experiential/Discussion

The participants will learn the worldview of the Delaware and other indigenous peoples, and the role of women within these communities. They will experience a traditional ceremony with accompanying artifacts and elements. I will share with them some personal experiences while in the midst of these tribal peoples. They will hear a variety of Creation stories and the impact of federal actions upon the spirituality of the indigenous people of North America. They will begin to understand the development and spread of the Native American Church, and gain an increased appreciation for the 'mounds' and other sacred sites. The overall presentation will be informal and participants will be encouraged to ask questions.

Connie Falleaf, see session I for bio.

NEW PATHWAYS TO SPIRIT: EXPLORATION OF WEAKNESS AND ANGER AS SPIRITUAL GIFTS

204 Student Union **Experiential**

The purpose of this workshop is to explore the acceptance and celebration of our own personal weaknesses and the often-taboo emotion of anger. Choosing to embrace the "dark side" can serve as a motivating force leading to a path of self-compassion and deeper spiritual awareness. Exploring new perspectives around weakness and anger offer the possibility of energetic shifts. Come and dance in empowerment!

Diana Gabriel and **Michelle Burns**, see session I for bio.

GENERATING AND CREATING "SHIFT" ON THE JOURNEY TO ENLIGHTENMENT

101 Student Union **Experiential**

The purpose of this workshop is to enable people to gain the tools needed to shift the frequency of the body and subtle bodies. The information given will help people gain awareness and understanding of the importance of using the readily available resources in their community. Participants will also learn techniques that are simple and easy to use at home.

Mary Lovold-Hearns, BA Edu, Owner of Dragonfeather Creations, and a Reiki Master, she supports and educates to generate "Shift" in various ways, to find health and balance.

Teri Nugent, is a Certified Hypno-therapist, and Reiki Master. She teaches others how to tap into the Universal Life Force to heal self and others.

BRING JOY INTO YOUR LIFE WITH ROSEN METHOD MOVEMENT

284A/B Student Union **Movement activity**

Rosen Movement Classes are a fun way to experience our bodies in motion. We use music to help us move, feeling ourselves in the movements. The class was designed by Marion Rosen, Physical Therapist, to lubricate the joints, relax the muscles and allow more ease in breathing. By moving together in a circle we offer support and community. We also work together in pairs as a way to experience movement in relationship; here we practice listening touch - using respect when touching or being touched.

Marjorie Huebner has 20 years experience doing hand-on healing work. She brings a background in yoga, modern dance and Authentic Movement, with formal training in massage therapy, Craniosacral Therapy and Trager Psychophysical Integration in her teaching. Currently she is a Rosen Method Practitioner in private practice.

TIME TRAVEL

205 Armstrong Hall **Discussion/Experiential**

In this workshop we will explore the nature of time. Time-related concepts include non-locality as described by quantum physics, peak experiences, time outside of Plato's Cave, synchronicity, and the shamans' dream time. Participants will engage in a variety of time travel activities to connect past, present, and future events.

Andrew Johnson, see session I for bio.

MY BODY, MYSELF: IN PURSUIT OF EMBODIED SPIRITUALITY

101 Morris Hall **Paper/Discussion**

Women who desire a personal spirituality that is supported by our tradition must aim to reconstitute that tradition from a woman-centered perspective, integrating our lived, embodied experience in the context of our received tradition. In this gathering, we will explore the religious and spiritual messages we have received and internalized, in an effort to raise to consciousness the subconscious received tradition. Each woman will be encouraged to consider her own received religious tradition, (particularly in relation to her body), and the ways in which she has come to define and experience herself as spiritual. We will explore concrete ways by which a woman may integrate her total experience and construct a whole, embodied spirituality.

Sharon Kanis' work is in the area of women's spirituality, including teaching, spiritual direction/companioning and directing retreats and workshops. In 2002 her doctoral work in Religious Studies with a concentration in Feminist Spirituality was completed and she is currently an Associate Professor of Religious Studies at the College of Notre Dame of Maryland.

RECALLING MEMORIES; REFINING THE CRONE

233 Armstrong Hall **Story-telling/Discussion/Experiential**

The purpose of this workshop is to become more aware of our own life story and to find both meaning and inspiration in its telling. Looking both backward in time and deeper inside ourselves, we will refine the wisewoman within and give her voice. Using specific poems and stories, participants will be nudged into the imaginative world to recall special memories via sight, smell, touch and sound. A structured writing experience will be proposed related to these memories and time will be allotted for individuals to write from their authentic self and to share what they've written.

Tania Kowalenko is a licensed clinical social worker with over 25 years of group work experience in a variety of mental health settings, has been a member of the MN Poetry Therapy Network since 1995, is a writer, flutist and creates crone and sage images from fabrics and clay and has most recently worked with brain injured and cognitively impaired individuals undergoing chemical dependency treatment, using poetry therapy and creative writing to assist in their recovery.

THE UNIVERSE STORY

206 Morris Hall **Storytelling/Experiential/Presentation**

This workshop focuses upon the unfolding story of the Universe as told by Thomas Berry and Brian Swimme. We will explore the unique role of the human as part of the 13.7 billion years of evolution. In us, the Universe explodes into intense reflections of itself and its goodness. We will discuss how humans can live in harmony with the natural world.

Kitty Nagler is in the Culture and Spirituality Master's program at the Sophia Center, a grad institute in Oakland, CA. Her walk has taken her through a 30 year corporate career to finally delve more deeply into her passions of The Universe Story and feminine and Earth-based spirituality.

CIRCLE OF TEN

231 Armstrong Hall **Ritual/Experiential/Discussion**

Circle of Ten is a grassroots peace activism and leadership training whose intention is to create world peace. We will teach a process whereby women can create their own circles of ten to intensely love, nurture and support one another and to commit acts of "courageous peacemaking" so they can begin their own circles of ten.

Suzan Nolan and **Carol Merwin**, see session I for bio.

BUILDING SPIRITUAL COMMUNITY WITH WOMEN IN PRISON

217 Armstrong Hall **Paper/Discussion**

How can you as an outsider bring your spirit to transformative work with women in prison? We will discuss women's paths to prison, prison conditions, and the experience of exiting prison and reintegrating into the outside world. We will explore how links between prisoners and women outside can be transformative for both groups, and will also consider the concept of restorative justice. The focus will be on diverse forms of spiritual practice and community-building between women inside and outside prison.

Patricia O'Brien is an activist/social worker/scholar/Buddhist trying to understand the connection between violence/self-harm/and illegal behaviors and the subsequent societal sanctions women endure; has authored *Making It in the Free World*, to bring the voices of women who have negotiated the path out of prison to the discussion.

Michelle VanNatta is a witchy, activist, scholarly type living in Chicago researching and working against domestic violence. She has focused on battered women incarcerated for killing their abusers and is currently working on a project documenting sexual abuse of women in Illinois prisons.

HYPNOSIS FOR WOMEN: A SPIRITUAL & PRACTICAL APPROACH TO CHANGE

209 Armstrong Hall **Discussion/Experiential**

Have you ever tried affirmations to manifest your dreams, only to be disappointed? Have you wanted to make change, but find that willpower just isn't enough? Are you looking for direction in life and not quite sure where to turn? Then find out about hypnosis, a naturally occurring state of mind that allows your subconscious mind to accept positive suggestions. Find out how hypnosis and self-hypnosis help you connect spiritually to your higher self and the divine. A hypnosis demonstration will be followed by an opportunity to pleas-

antly experience hypnosis yourself.

Marya O'Malley, DC, MA, CH, is a hypnotherapist and ordained interfaith minister with an office in Newport, MN, who brings to the table 25+ years of working with women and their families in the helping professions, and is currently writing a book titled Hypnosis for Women.

Carroll Morris, MA, MRET, CH, is a writer, speaker and master Rapid Eye Technician and has had a healing practice since 1993.

INSIGHTS OF THE PRAIRIE - LISTENING TO PLANTS

216 Armstrong Hall

Experiential

Learn about the power of native wildflowers and begin to listen to the messages they have for us. Use a flower tarot deck, storytelling, guided imagery, field guides and art to become more familiar with the connections you have with prairie plants, their cultural and ecological roots, habitats and significance in your life.

Sage Passi, Watershed Restoration Specialist, and Spiderwimmin storyteller.

Kaia Svien, MS, mindfulness instructor, author, spiritual guide, in Minneapolis.

Sofia Bilkadi, a ninth grader from Mahtomedi who enjoys tae kwon do and travel.

Kira Pontiff, a Minneapolis ninth grader who likes writing, dance and piano.

THE WOMEN AND SPIRITUALITY CONFERENCE

213 Armstrong Hall

Paper/Discussion

This workshop will review the results of research that was completed on the conference during the winter of 2000. Participants will learn about the history behind the development of the conference, the barriers that have been faced through the years and how it has impacted women's lives. There will also be a list of keynote presenters and past conference brochures for participants to view. **Sharon Rohde** has a strong interest in the history of the women's spirituality movement, and has completed her MS degree in Women's Studies at Minnesota State University, Mankato; her thesis topic was the Women and Spirituality Conference.

LIFE BALANCE THROUGH BRAIN GYM®

284C Student Union

Experiential

Tired of getting "bogged down", "burnt out", and non-motivated? Bring a personal goal you'd like to pursue and Paula will teach you some easy to use Brain Gym methods to help you unveil and manifest your goal. Brain Gym develops the brain's neural pathways the way nature does - through movement.

Paula Sanders, see session I for bio.

PAST LIVES, DREAMS AND SOUL TRAVEL: YOUR SPIRITUAL JOURNEY

310 Armstrong Hall

Experiential

The purpose of this workshop is to aid you on your spiritual journey and give you tools to help you overcome fear and expand your awareness. We will look at how past lives affect you today in your current life, how dreams help your spiritual unfoldment and how Soul Travel is used to explore your inner worlds to find more wisdom, love and understanding.

Heidi Skarie and **Dr. Sharon Williams**, see session I for bio.

WISEWOMEN SING, DANCE AND PRAY

102 Student Union

Movement

This workshop will use sound and movement to explore our relationship to our body and the divine feminine. We will use music to explore our place and move us toward unity with all. Using simple sounds and songs one may be re-energized. Facilitators will bring some instruments but you are invited to bring your own instruments and drums.

Gerilyn Sorensen, MST, musician, educational speech and language pathologies, member of vocal healing sounds project, co-facilitator of "Womansong" in Twin City area and is a dancer of Universal Peace.

A SOUL PERSPECTIVE OF MENTAL ILLNESS

215 Armstrong Hall

Paper/Discussion

This workshop will explore a new approach to your relationship with someone who has a mental illness that actually promotes your own spiritual growth and healing. We will look at the gift of opportunity amidst the pain. We will find out how looking at this relationship

from a soul perspective can lead to peace and serenity in your life. **Patricia Sullivan** has a MA in Human Development with a focus on spirituality and holistic health, works as a holistic health resource consultant for her own company, Emerald Turtle, Inc. and has a daughter with a serious mental illness.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

308 Armstrong Hall

Story-telling/Discussion

Telepathic communication is the ability to feel/communicate (pathos) over distance (tele); it is mind-to-mind contact. Imagine what you can share with your furred, feathered or finned companion without the barrier of verbal constraints or social/human perceptions. We are all born with the innate ability for telepathic communication, but we learn to rely on verbal skills and body language. This works fine in human interaction, but limits our wholeness and humanness when it comes to interspecies communication. Animals have so much to share with us; when we awaken to telepathic communication we learn that they can communicate much more than just the need to eat or go outside.

Marilyn Tokach is an Animal Communicator, Certified Energy Practitioner and trainer. As Director of Human Resources, she has facilitated training for all levels of corporate learners, as a breeder of German Shepherd dogs, she has been training dogs for over 15 years and participates with her own canine companions in obedience, conformation, agility and Schutzhund. She currently shares her home with dogs, birds, fish and a cat and is active in rescue and animal related issues.

THE EMERGING POWER OF THE GODDESSES IN WOMEN

334 Armstrong Hall

Interactive/Discussion/Experiential/
Slide presentation/Paper/Child Friendly

Come and explore the Goddesses in all of us and learn how we use our power for good or bad. Within each of us we have great strength to use at our disposal. We can use it for positive advancement of ourselves and others, or we can use it to strip ourselves and others of that power. We will learn the personal Goddess Archetypes, look at what ways we use these powers and also how we abuse them. We also will take a quick look at some of history's most powerful women and how they used their power.

Kimball Whitney is a single mother, as well as a business owner in Andover, MN; has a BA degree in Management and International Studies and a minor in Interdisciplinary Studies.

RETURN TO POWER: GETTING A STUCK LIFE STARTED AGAIN

317 Armstrong Hall

Discussion

It's time to get re-acquainted with our powers of transformation. Even a life that seems to have nothing to offer can be rejuvenated, renovated and put back on track to a greater destiny. Take stock of your spiritual gifts and values, your skills and strengths, and use the energy generated by kindred spirits to start back on the journey uniquely your own. After working from a list of questions designed to unite the sacred with the mundane, group members who volunteer to share their values will create a basic action plan to get their lives moving again.

Lee Wilcox Spears, see session I for bio.

SESSION III

CHAKRA YOGA

203 Student Union

Movement/Experiential

Learn a set of 8 simple exercises for healing, balance and alignment. This is a beginning yoga experience with an emphasis on balancing and aligning the body's energy centers. These are grounding and uplifting exercises that are simple to learn and remember and are suited to virtually everyone. No equipment is required, though pillows to support knees can be helpful if sitting on the floor. All movements can be done from a chair and adapted for individual needs or limitations.

Laurie Baker, see session II for bio.

THE PERSONAL IS POLITICAL

222 Armstrong Hall

Discussion/Slide presentation

In this presentation accompanied by slides, I will present and discuss my latest artwork series which is both personal and political in

nature. This recently created series of very large collages inspired by 9/11 and subsequent events, as well as by my reflections on the death of my partner, which happened shortly thereafter this memorable date. I will also touch upon earlier political artwork and compare it with the newer pieces in form and content.

Cristina Biaggi brings to her work as an artist, writer and lecturer on the Great Goddess and Women's Studies a strong background in the classics, art, art history, archaeology, mythology, literature and languages. She has authored two books and is working on a third, lectured on the Goddess at the Beijing's Women's Conference, coordinated a Women's History Month program at the Museum of Natural History, and participated in a program at the Smithsonian Institute. Her work has been exhibited throughout Europe, Australia and the U.S.

FINDING THE REAL YOU

208 Morris Hall **Paper/Discussion/Experiential**
The purpose of this workshop is to empower the person in knowing their true self and freeing them from the blocks and beliefs that no longer fit for them. I will facilitate this by lecture on the benefits of being true to themselves and take them on a guided meditation that will connect them with their real YOU as well as bring up the blocks and beliefs that keep them from being true to themselves. We will do journaling and some discussion, then back into the guided meditation to clear the blocks that keep people from being their real selves.
Mae Clayton-Hornberg, Reiki Master, Certified by the Colorado School of Counseling and Hypnotherapy. Certified in the Baldwin method of regression therapy, and is also a Minister.

ARCHANGELIC KARMA CLEANSING AND MEDITATION

253-254 Student Union **Experiential/Ritual/Meditational/Lecture/Paper**
Experience the freedom of cutting and cleansing your karmic ties and energy blockages. This personally guided meditation/visualization clears limiting patterns from this lifetime and all previous lifetimes. Karma is the total of all one's learning experiences and can be easily removed once a person reaches a higher level of consciousness and no longer needs karma as a consciousness training tool. This Sacred Merkaba Techniques meditation put you in communication with Ascended Masters, Celestial Beings, Angels and Archangels who wish to serve you in fulfilling your highest purpose. Remove the deepest form of oppression - self-imposed energy blocks and be free to create, to heal, to feel emotionally vibrant, unlimited.

Joy Raye Cleary is a psychiatric nurse, specializing in recovery therapies and alternative healing modalities, is a published writer and speaker who uses her poetically trained voice to guide you in the meditation and is a Sacred Merkaba Techniques certified Adept Teacher.

DREAM WORK: THE SOUL'S LANGUAGE

221 Armstrong Hall **Discussion/Experiential**
Dreams are powerful tools for understanding the language of the deepest parts of who we are and why we are here. Join us in a safe, creative and non-invasive exploration into the ancient and sacred language of dreamtime. We will practice the ancient art of entering and humbly inviting dreamtime into waking time with the help of mindfulness meditations, Gestalt, dream re-entry, creativity reflective questioning to help us actively open to this direct path to spirit and higher guidance. The purpose of this workshop is to guide people in exploring the incredible resource of dreams using heart, mind and spirit. Too often dreams are dishonored by being cramped and molded to fit the language of the mundane, rather than for us to instead enter the language of the dream, the language of the divine. My philosophy of working with dreams is not to "analyze them" but to "enter them." Therefore, I hope to create an environment of curiosity and fascination where the dreamer is urged to hold a space for the dream. There are many levels of looking at the dream communication. I will begin the workshop with a short description of three dream levels: the psychological and/or emotional guidance dreams, the spiritual visitor dreams and ancestor dreams.

Becky Connor and **Bonnie Mitsch**, see session I for bios.

THIS ANCIENT LOVE

321 Armstrong Hall

**Discussion/Ritual/
Power Point presentation**

This Ancient Love is work rooted in the earth as Mother. The aggressive, dominating, success-oriented impulses in our world are at full-tide, ravishing our planet, terrorizing whole nations and decimating the poor. This workshop speaks of the power we have to make a difference as we allow the contemplative feminine that is compassionate, respectful and grounded in the sacredness of all things to balance the energies gone awry.

Cecilia Corcoran and **Linda Mershon**, see session I for bio.

ACHIEVING WELLNESS WITH THE EARTH'S GIFTS: THERAPEUTIC GRADE A ESSENTIAL OILS

308 Armstrong Hall

Paper/discussion/Video

This workshop will explore the uplifting, protective, calming, and regenerating essential oils that are a unique gift from the plant world. The ancient use of this "life force" dates back thousands of years ago for opening the subconscious mind, anointing and healing the sick and is now enveloped in renewed use and cutting edge scientific clinical research.

Lynn Cox and **Katherine Conrad**, see session I for bio.

RECLAIMING THE SACRED SOURCE

202 Student Union

**Discussion/Slide presentation/
Story-telling/Movement activity**

Women have been denied access to the source of their power since their sexuality was claimed evil and the property of their fathers and then their husbands. As women have sought their authentic place in the culture, often this cause of the lack of power has been overlooked in a society that finds it very difficult to talk about sexuality. The workshop examines the historical context of celebration of the divine through energy heightened by sexual practices, the interruption of sacred sexual practices and the disbanding of the priestesses who oversaw the ceremonies, the centuries of repression and withheld information and the possibility of accessing authentic core energy and voice through ownership of sexuality.

Lynn Creighton, see session I for bio.

WOMANSONG: FEMININE SPIRIT SINGS HER OWN TRUTH

225 Armstrong Hall

Original songs/Personal story

Listen to your heart as Dody sings her original songs which honor women's authentic experience and cherish women's wisdom. Come to celebrate her/our freedom journey from traditional expectations to a new way of being fully alive. You may well hear your own story in "Coloring Outside the Lines," "Another Voice," "Mother, I'm Hurting," "Daughter Eagle," "I Ain't Gonna Die *Until I'm Dead)," and more!

Dody Davies, see session I for bio.

WOMEN NEED WOMEN:

CELEBRATING THE WOMAN EXPERIENCE

Highland Dance Studio

**Round table/Storytelling/
Movement activity/Discussion/Experiential**

Join us in a creative collaboration of self-expression, celebrating the incredible journey through womanhood. There will be song, dance, writing, art and hopefully a lot of humor. Learn to trust your inner creative self. Participate in this unique experience of reconnecting to our fellow 'sisters' and your own creativity.

Sue Forcelle, Lynne Knutson, Rose Freid, Carol Juair, JoAnne Peters, Becky Robinson -The Sisterhood of the Round Table was formed in 2002 by a unique group of 5 natural sisters and one daughter-niece who believe women are ALL sisters. Our goal is to let women everywhere know how wonderful and unique they are through inspiration, acknowledgment and support as they take that incredible journey through womanhood.

FENG SHUI AND THE QUESTION OF CLUTTER

216 Armstrong Hall

Discussion, story-telling, Experiential

Using the basic principles of Feng Shui, participants will understand the impact clutter can have on their lives. The presenters will explore how to identify clutter, what it means to them, the benefits of de-cluttering and how to begin. You will be led through your own personal plan for de-cluttering your space.

Carole Hyder, consultant, teacher, author, trainer and president of

the Feng Shui Institute of the Midwest, internationally recognized Feng Shui professional, and has authored two books and a video. **Deb Nelson**, student of Carole Hyder's, she is a certified Feng Shui consultant, a member of the Feng Shui Institute of the Midwest and provides Feng Shui consultations with the focus of creating harmony and balance in living and working environments and has recently designed a line of Feng Shui products.

RECALLING MEMORIES: REFINING THE CRONE

223 Armstrong Hall Story-telling/Discussion/Experiential
The purpose of this workshop is to become more aware of our own life story and to find both meaning and inspiration in its telling. Looking both backward in time and deeper inside ourselves, we will refine the wisewoman within and give her voice. Using specific poems and stories, participants will be nudged into the imaginative world to recall special memories via sight, smell, touch and sound. A structured writing experience will be proposed related to these memories and time will be allotted for individuals to write from their authentic self and to share what they've written.
Tania Kowalenko, see session II for bio.

UNLOCKING YOUR INTUITIVE POWERS

255A Student Union Experiential
All of us have intuitive abilities. This is an introduction about how to become more aware of your own intuitive dimensions for your own physical, emotional, social, and spiritual health and well-being. We will use the charka system as a framework to provide some structure to understanding our intuitive powers.
Lori Lindgren, see session I for bio.

THE PASSIONATE VOICE

285 Student Union Ritual/Movement/Discussion/Experiential
Do you feel unheard in a world full of voices? Are the words you say misinterpreted or dismissed? Through breath work, chanting, visualization, and positive reinforcement, this workshop will teach techniques for passionate, positive expression, and a method to conquer fear of speaking in public or simply speaking your mind. Prepare a 1-2 minute song, poem, speech, or tirade. All participants will be asked to speak or sing out.
JoAnne Makela is a poet, performance artist and fond of expressing herself. She is working toward a master's degree in marriage and family counseling.

WOMEN OF THE EARTH RECLAIMING BIRTH

334 Armstrong Hall Slide presentation/Experiential
The purpose of this session is to introduce participants to the use of hypnosis for childbirth and how hypnosis can be used as a powerful tool to help women reclaim their natural ability and right for safe and comfortable birthing. The presenter will discuss how hypnosis is used in preparation for birth and during the actual labor and birth. In addition to discussing research supporting the use of hypnosis, the presenter will discuss the main approaches using hypnosis that are available today, including the HypnoBirthing® approach.
Kalli Matsuhashi is a hypnotherapist in private practice, has a B.A. in Japanese and worked several years in Tokyo before entering the field of therapeutic hypnosis, is certified as a hypnotherapist by the National Guild of Hypnotists and is a certified HypnoBirthing/childbirth educator. She is currently working towards a master's degree in Counseling & Psychological Services and certification as a Marriage and Family Therapist.

INTRODUCTION TO AVATAR®

314 Armstrong Hall Experiential
Avatar® is an experiential course in self empowerment. It is a set of tools that really work to create your life in alignment with your highest purpose and fulfillment. This course is based on the simple truth that your beliefs will cause you to create or attract situations and events that you experience as your life. The books, *Living Deliberately* and *Resurfacing* offer exercises to help you control your attention, become honest with yourself, increase compassion, examine beliefs, heal fixed attention and discover transparent beliefs, set goals and follow them. This intro will explore some of these tools, and give you some practical help in living your life more deliberately. Avatar® is a registered trademark of Star's Edge, Intl. All rights reserved.
Elleva Joy McDonald, see session I for bio.

LOVING-KINDNESS MEDITATION: THE PRACTICE OF GENTLE FRIENDLINESS

303 Armstrong Hall 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 ourselves and others. 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 professor emeriti of psychology and religious studies at Minnesota State University, Mankato, where she was actively involved with the Women and Spirituality Conference, is the author of six books and many published and presented papers on spiritual practice.

HOMEOPATHY AND SPIRITUALITY - WHY DO WE GET SICK? CREATING FULLNESS OF SPIRIT IN BODILY FORM

220 Armstrong Hall Round table/Discussion
A presentation of the understanding of our humanity from Spirit into form. How illness arises in our process, how Creativity (uninterrupted Energy) loses its way, and how the Vital Force responds to its likeness in Nature (Homeopathy) and brings us Home. There will be numerous examples given of real-life experiences of healing, demonstrating the real life spiritual principles of Homeopathy.
Marylou Miller, see session I for bio.

WALK THE COSMIC TIME LINE: A WALKING MEDITATION ON OUR PLACE IN THE UNIVERSE

284 A/B Student Union Experiential including Child-friendly/
Ritual/Discussion elements
The "topic" is the scientific history of the universe. The underlying premise is that if humans could come to appreciate the creation story we hold in common, it could do what the creation stories of many cultures have done, that is, underlie values and customs. This particular workshop simply gives participants a felt sense of the time scale that scientists are discovering. I have seen it in this ritual format give a participant an "aha, I do have a place" even though my mother and father did not want me.
Mary Moloney, see session I for bio.

OPENING TO THE INNER RHYTHMS OF THE DIVINE FEMININE AND DIVINE MASCULINE

315 Armstrong Hall Experiential
A personal and universal journey into a direct experience of the divine feminine, divine masculine, deep gratitude and celebration of life through meditation, chanting and body prayers (sacred movement). We will use the Playshop Mantras II chants which have beautifully captured the true essence of ancient eastern chants. Each person will have an opportunity to have a deep transformative experience as they open to their inner resonance with universal rhythms and sounds.
Premdaya (Karen Money) and Maradene, see session I for bio.

THE UNIVERSE STORY

206 Morris Hall Storytelling/Experiential/Presentation
This workshop focuses upon the unfolding story of the Universe as told by Thomas Berry and Brian Swimme. We will explore the unique role of the human as part of the 13.7 billion years of evolution. In us, the Universe explodes into intense reflections of itself and its goodness. We will discuss how humans can live in harmony with the natural world.
Kitty Nagler, see session II for bio.

MAKING THE WONDROUS REAL: MY SPIRITUAL JOURNEY THROUGH ART

231 Armstrong Hall Experiential/Slide presentation
Making the Wondrous Real is what my art does. I share my spiritual awareness by making objects that create an experience for the viewer/participant. I will show slides and discuss my journey through art making. Each participant will create a gratitude offering.
Leslee Nelson, professor of art, University of Wisconsin-Madison teaches courses on Art and Spirit and moving your art out of the studio and into the world, holds an MFA and is an Inner Focus Certified Advanced Energy Healer.

BEING IN DIALOGUE

302 Armstrong Hall

Discussion/Dialogue

The intention is to open attendees to the value to be found in simply being with one another in dialogue. It is also the intention to begin to plant the seed that being oneself in the company of another, without any agenda, without any topic to discuss, without specific "purpose: is a revolutionary and yet time-honored tradition that can be rediscovered. This discovery can then begin to open one to the recognition that "seeking" can often block the ability of "finding."

Mari Perron is the co-presenter of the book A Course of Love (New World Library), A Treatise on the Art of Thought, A Treatise on the Nature of Unity and Its Recognition, A Treatise on the Personal Self, A Treatise on the New and A Prelude to The Dialogues, (Prodigal Publ.), presenter of The Dialogues: Coming to Voice (R Stones Presentations), co-author of Love, Book I of The Grace Trilogy, and author of Peace, Book III of The Grace Trilogy (Hazelden Publishing).

Mary Love is co-author of Love, Book I of The Grace Trilogy, and author of Grace, Book II of The Grace Trilogy, Hazelden, 1997.

JUDAISM, ACTIVISM AND PEACE

219 Armstrong Hall

Discussion

Being Jewish gives me a unique perspective on oppression, prejudice, activism and peacemaking. Each person's background and ethnic, religious identity helps them to move toward action on issues of importance to her/him. Because of the Holocaust, I was moved to work for peace and justice so that I could do something to help make sure such a thing does not happen again. I welcome questions and comments from all participants that would help toward understanding and to break down prejudice.

Judi Poulson is Jewish, from a small town in MN and has worked for peace and justice for over 20 years, has a master's degree from MSU in Peace Studies/Global Interdependence and has done workshops, over 300 speeches and 5 sermons relating to Peace and Justice.

AMULET-BREASTPLATE WORKSHOP, A DISCOVERY OF THE INNER SELF

208 Armstrong Hall

Experiential/Slide presentation

This workshop teaches each individual to make a personalized amulet. An amulet or breastplate refers to the ancient practice of wearing on the body a necklace or "shield" as a symbol of protection, health, and strength. Using ritual and creativity, students will remove blocks and uncover the force deep inside. This is Art in a special form make of materials the presenter will provide. A breastplate-amulet is a genuine personal power symbol. We will follow up with a "reading" of each creation, joined by the group's commentary. The completed piece can be worn, framed, or used as a logo. **Jeanine Semon**, see session I for bio.

THE CENTER FOR HEALING: AN INTEGRATED HEALING SYSTEM

214 Armstrong Hall

Experiential/Discussion/Lecture

Invitation into an integrated system for spiritual grounding, healing, and development. Participants will be taken on a brief tour of healing by examining how the chakra system integrates with world Spiritual Traditions. Information and experience will be provided.

Germaine Smith has taught for 22 years in the fields of history and theology. She holds a teaching license from the state of MN and a Master's in theology.

Beth Hutchinson certified in Secondary Education in Science, Health and Wellness Counseling, and Holistic Therapies, and has taught in both traditional and non-traditional settings in these fields.

THE COURTSHIP OF MOTHER AND DAUGHTER

201 Student Union

Ritual/Movement/Experiential

Everywhere we look in our culture we are inundated with images of how we should look, how we should talk, what is sexy, what is valuable, etc. Because these images are no narrow and unrealistic, it is almost impossible for women to feel proud of themselves and valued. This continual assault drives many women out of their bodies, cutting them off from an enormous wealth of somatic wisdom. Using dance, we will move through the various ages of our daughter/mother archetypes and bring them all together in appreciation, harmony and power. **Cat Thompson** and **Diadra Decker**, see Session I (QUEENS AND PRINCESSES-PART 1) for bio.

HERSTORY IN THE ARTS

209 Armstrong Hall

Paper/Slide presentation

Women most likely produced the first profound visual communication - the picturesque paintings on the walls of caves painted thousands of years ago. Learn about who's who among women artists, their forms of art, and why women were not acknowledged as artists for many centuries, indeed purposely left out of recorded historiography. Discussion will be encouraged and a written bibliography will be provided.

Deborah VanderEyck, BA in social research and BS in art education, is an artist and contract art instructor. She has done research on socially diverse topics ranging from the importance of acknowledging American Indian rights to providing support for sexually abused women.

WALKING A NEW ROAD:

ALIGNING OUR FINANCIAL AND SPIRITUAL LIVES

323 Armstrong Hall

Experiential/Interactive/Discussion/ Informal presentation

Money is never neutral. It triggers powerful emotions and conflicting messages, especially for women. Money, rather than being an expression and a tool of one's spirituality, is often disconnected and compartmentalized. In this workshop women will take the first step towards integrating their spiritual and economic lives by examining their relationship with money from earliest memories to today. Interactive exercises and discussion help participants uncover the hidden role that their money messages play in their financial lives. A simple action plan for aligning spiritual and economic power will be developed.

Rosemary Williams, financial planner and former banker, is director of Women's Perspective, a nonprofit organization that provides transformational education for women seeking to understand their spiritual and economic power. Her book, A Woman's Book of Money & Spiritual Vision: Putting Your financial Values into Spiritual Perspective, written with Joanne Kabak, was published in 2001.

ORTHO-BIONOMY® - EMBODYING WHO YOU REALLY ARE

217 Armstrong Hall

Discussion/Experiential

Ortho-Bionomy® is a deeply effective, yet surprisingly subtle form of bodywork which can be performed by and on anyone. It is gentle, nurturing and fun to give and receive. This class will give information on the history, foundations and principles of this work. Participants will get a chance to receive some Ortho-Bionomy®, as well as learn some self-release techniques.

Robin Wilson has been practicing Ortho-Bionomy® for over 25 years after being trained by the founder, is an Advanced Instructor and has been teaching for 20 years.

Kate Sciandra has been practicing Ortho-Bionomy® for 10 years, has been coordinating and assisting workshops for 5 years, is a Registered Practitioner of Ortho-Bionomy® and is enrolled in the Instructor Training Program.

EXPLORING MANDALAS: CREATING PEACE

317 Armstrong Hall

Experiential/Presentation/ Discussion/Ritual

A mandala by its simplest definition is a circle. Yet, it is one of the most powerful forms that exist in our world. Experience the mandala - learn about the mandala - use the mandala to move toward peace - peace within yourself and the world.

Deborah Zavitka, fiction, creative nonfiction, journal and letter writer; teacher and student.

THE POWER OF THE QUESTION

316 Armstrong Hall

Experiential

Being curious has often been forfeited in our relationships with self, partner, children, colleagues, spirituality, and environment. This lively, experiential workshop will allow participants to understand the value and purpose of asking powerful questions, the structure of a good question, the balance between inquiry and advocacy, and how to listen from three levels. Participants will leave with a skill ready for immediate use.

Garee Zellmer and **Robin Sydor**, see session I for bio.

SESSION IV

THE MOON GODDESS'S SCROLL

202 Student Union **Paper/Discussion/Experiential**
BRING A TAROT DECK TO WORKSHOP

Whether you are a novice or experienced practitioner, you will enjoy this magical mystery tour of trusting your intuitive powers thru the Tarot. Bring your moon magical self.

Nancy Antenucci, see session II for bio.

CHANTS FOR THE WHEEL OF THE YEAR

326 Armstrong Hall **Participatory**

Women were the first singers of magick. Ancient women's music was created to do something. In this workshop women will learn Goddess-centered magickal and seasonal chants for personal and group ritual, inspiration, centering, raising power, and fun. Drums and percussion toys encouraged.

Ruth Barrett and **Falcon River**, see Session II for bio.

THE PERSONAL IS POLITICAL

222 Armstrong Hall **Discussion/Slide presentation**

In this presentation accompanied by slides, I will present and discuss my latest artwork series which is both personal and political in nature. This recently created series of very large collages inspired by 9/11 and subsequent events, as well as by my reflections on the death of my partner, which happened shortly thereafter this memorable date. I will also touch upon earlier political artwork and compare it with the newer pieces in form and content.

Cristina Biaggi, see session III for bio.

GENDERED SPACE: A SHORT HISTORY OF WOMEN'S SECLUSION IN THE MIDDLE EAST

234 Armstrong Hall **Formal paper/Slide presentation**

Archaeological excavations reveal that the gendered space we know as the harem dates back long before the rise of Islam, to the pre-history of the Middle East. Archaeology also gives clues as to how the practice developed - from holy spaces in temples. Women probably played a key role in setting this space aside for themselves as protection against the encroaching power of a male urban monolith. It is no coincidence that the word "harem" means something forbidden because of its holiness.

Ann Chamberlin, see session II for bio.

CATAL HUYUK REVISITED: THE POLITICS OF ARCHAEOLOGY AND THE ATTEMPT TO DISCREDIT THE GODDESS

225 Armstrong Hall **Paper/Discussion**

At the 1999 Women & Spirituality conference I presented the paper "The Politics of Archaeology and the Goddess Movement: Catal Huyuk and the Attempt to Discredit the Goddess," in which I discussed the newly reopened archaeological excavations at Catal Huyuk, Turkey. I concluded that Catal Huyuk had become the epicenter for the clash between the Goddess movement and those who were intent on discrediting it. In this workshop I will review the material published by the excavation team since 1999 to determine if my original assessment of the situation still holds true.

Joan Cichon, an archaeomythologist, lectures widely on the history of the Goddess, is an expert on modern and ancient Crete and enjoys introducing travelers to that sacred island.

ARCHANGELIC KARMA CLEANSING AND MEDITATION

253/254 Student Union **Experiential/Ritual/Meditational/Lecture/Paper**

Experience the freedom of cutting and cleansing your karmic ties and energy blockages. This personally guided meditation/visualization clears limiting patterns from this lifetime and all previous lifetimes. Karma is the total of all one's learning experiences and can be easily removed once a person reaches a higher level of consciousness and no longer needs karma as a consciousness training tool. This Sacred Merkaba Techniques meditation puts you in communication with Ascended Masters, Celestial Beings, Angels and Archangels who wish to serve you in fulfilling your highest purpose. Remove the deepest form of oppression - self-imposed energy blocks

and be free to create, to heal, to feel emotionally vibrant, unlimited.
Joy Raye Cleary, see session III for bio.

THE ROUND-BELLIED TEMPLE OF THE DIVINE

203 Student Union **Experiential/Round table**

Many spiritual traditions name the body as sacred, a temple. But too often we see the body more as an enemy than divine expression. In this workshop we'll celebrate the particular divinities of the female body - breasts, bellies, butts, thighs, wrinkles, menses, menopause and more. We will call upon the genius of the group to reframe negative body perceptions and instead see sacred strengths. Through sensory delights, adorning, movement, guided meditation and group interaction we will live the spirituality of our physical bodies.

Nancy Conger, CPCC is a certified professional life coach, dancer, violinist and author of the book, Sensuous Living: Expand Your Sensory Awareness and leads workshops throughout the U.S. and Canada.

DREAM WORK: THE SOUL'S LANGUAGE

221 Armstrong Hall **Discussion/Experiential**

Dreams are powerful tools for understanding the language of the deepest parts of who we are and why we are here. Join us in a safe, creative and non-invasive exploration into the ancient and sacred language of dreamtime. We will practice the ancient art of entering and humbly inviting dreamtime into waking time with the help of mindfulness meditations, Gestalt, dream re-entry, creativity reflective questioning to help us actively open to this direct path to spirit and higher guidance. The purpose of this workshop is to guide people in exploring the incredible resource of dreams using heart, mind and spirit. Too often dreams are dishonored by being cramped and molded to fit the language of the mundane, rather than for us to instead enter the language of the dream, the language of the divine. My philosophy of working with dreams is not to "analyze them" but to "enter them." Therefore, I hope to create an environment of curiosity and fascination where the dreamer is urged to hold a space for the dream. There are many levels of looking at the dream communication. I will begin the workshop with a short description of three dream levels: the psychological and/or emotional guidance dreams, the spiritual visitor dreams and ancestor dreams.

Becky Connor and **Bonnie Mitsch**, see session I for bios.

"CHANGE WE MUST": EMBRACING THE DIVINE FEMININE, PATHWAY TO PERSONAL AND CULTURAL TRANSFORMATION

202 Armstrong Hall **Story-telling/Song/Experiential/Discussion**

The purpose of our workshop is to provide a forum where participants can look at the issue of change in their lives in the context of a loving Feminine Power. Called by many names in many different cultures and traditions, in this workshop we will celebrate and honor the diverse aspects of the Divine Feminine. Through the blending of music, story, information, ritual and interactive process, participants will be encouraged to explore how they are being called to embrace change both on personal and collective levels.

Katherine Conrad and **Marie Garry**, see session II for bio.

WOMEN NEED WOMEN: CELEBRATING THE WOMAN EXPERIENCE

Highland Dance Studio **Round table/Storytelling/Movement activity/Discussion/Experiential**

Join us in a creative collaboration of self-expression, celebrating the incredible journey through womanhood. There will be song, dance, writing, art and hopefully a lot of humor. Learn to trust your inner creative self. Participate in this unique experience of reconnecting to our fellow 'sisters' and your own creativity.

Sue Forcelle, **Lynne Knutson**, **Rose Freid**, **Carol Juaire**, **JoAnne Peters**, **Becky Robinson** - **The Sisterhood of the Round Table**: session III for bio.

PRACTICAL PURIFICATION FOR THE 21ST CENTURY WOMAN

306 Armstrong Hall **Experiential**

This workshop offers practical information and easily used tools that will assist participants in recognizing and reducing physical, mental, emotional and spiritual toxins. Participants will learn to locate, identify, and clear these toxins from their work, home and personal internal environments. Subjects addressed include the

External Ecology (diet, water, air and commonly used commercial products), Internal Ecology (emotions, thoughts, and feelings), and Spiritual Ecology (energetic, psychic). There will be participatory demonstrations of many of the techniques discussed.

Dr. Christine Grams, see session I for bio.

INTRO TO ROSEN METHOD BODYWORK

208 Armstrong Hall

Experiential

Rosen Method Bodywork was developed by Marion Rosen, who escaped Nazi Germany to be trained by the European pioneers in breath work and the mind/body connection, and also as a physical therapist at the Mayo Clinic. It is about the connection of the body, mind, spirit and the emotions; about the relationship to the self, and the relationship of the self to the rest of the world; and it addresses the tension and stress that we hold in our bodies, tension that holds us back in our lives. In the release of the muscular tension, connecting to the deep essence of the person, lives the possibility of fuller life and more aliveness, wisdom, and creativity, life without limits. Rosen Method addresses the liberation of the human being from societal and personal oppressions that are stored in the body.

Dorothea Hrossowyc and **Annie Schmidt**, see session I for bio.

BRING JOY INTO YOUR LIFE WITH ROSEN METHOD MOVEMENT

284A/B Student Union

Movement activity

Rosen Movement Classes are a fun way to experience our bodies in motion. We use music to help us move, feeling ourselves in the movements. The class was designed by Marion Rosen, Physical Therapist to lubricate the joints, relax the muscles and allow more ease in breathing. By moving together in a circle we offer support and community. We also work together in pairs as a way to experience movement in relationship; here we practice listening touch – using respect when touching or being touched.

Marjorie Huebner, see session II for bio.

FENG SHUI AND THE QUESTION OF CLUTTER

216 Armstrong Hall

Discussion, story-telling, Experiential

Using the basic principles of Feng Shui, participants will understand the impact clutter can have on their lives. They will explore how to identify their clutter, what it means to them, the benefits of de-cluttering and how to begin. You will be led through your own personal plan for de-cluttering your space.

Carole Hyder and **Deb Nelson**, see session III for bio.

MY BODY, MYSELF: IN PURSUIT OF EMBODIED SPIRITUALITY

101 Morris Hall

Paper/Discussion

Women who desire a personal spirituality that is supported by our tradition must aim to reconstitute that tradition from a woman-centered perspective, integrating our lived, embodied experience in the context of our received tradition. In this gathering, we will explore the religious and spiritual messages we have received and internalized, in an effort to raise to consciousness the subconscious received tradition. Each woman will be encouraged to consider her own received religious tradition, (particularly in relation to her body), and the ways in which she has come to define and experience herself as spiritual. We will explore concrete ways by which a woman may integrate her total experience and construct a whole, embodied spirituality.

Sharon Kanis, see session II for bio.

THE PASSIONATE VOICE

285 Student Union **Ritual/Movement/Discussion/Experiential**

Do you feel unheard in a world full of voices? Are the words you say misinterpreted or dismissed? Through breath work, chanting, visualization, and positive reinforcement, this workshop will teach techniques for passionate, positive expression, and a method to conquer fear of speaking in public or simply speaking your mind. Prepare a 1-2 minute song, poem, speech, or tirade. All participants will be asked to speak or sing out.

JoAnne Makela, see session III for bio.

INTRODUCTION TO AVATAR

314 Armstrong Hall

Experiential

This is an experiential movement meditation workshop to enlighten, inspire and educate. It is meant to increase awareness of the kinesthetic sense and to use this as a vehicle of healing and integration. The body has a wisdom the conscious mind doesn't know. We will use the books *Living Deliberately* and *Resurfacing* to help you control your attention, become honest with yourself, increase compassion, examine beliefs. This workshop will help you set goals and to follow them and live more deliberately. Accessing this wisdom brings relaxation of the body and mind and allows a wonderful communication between all levels of the self. Our bodies are alive with sensation, discovery, movement, grunts, sounds and the ability to just BE - without having to think, control or direct our experience. This is our first order of experience which allows us to feel our intimate, in-the-moment relationship with ourselves and the world. We can all learn to access this wisdom. It is the body's felt knowing of itself we used to explore the world as babies and young children. Reawakening this wisdom is allowing the physical, emotional, mental and soul bodies to interconnect with the dance of life.

Elleva Joy McDonald, see session I for bio.

BEING IN DIALOGUE

302 Armstrong Hall

Discussion/Dialogue

The intention is to open attendees to the value to be found in simply being with one another in dialogue. It is also the intention to begin to plant the seed that being oneself in the company of another, without any agenda, without any topic to discuss, without specific "purpose: is a revolutionary and yet time-honored tradition that can be rediscovered. This discovery can then begin to open one to the recognition that "seeking" can often block the ability of "finding."

Mari Perron, see session III for bio.

THIS LITTLE LIGHT OF MINE I'M GOING TO LET IT SHINE: how do we develop good self-esteem in a classist, sexist, racist society

209 Armstrong Hall

**Experiential/Child friendly
(Limit 15 participants)**

In this workshop, the presenter will have the group discuss the dominant cultures of the U.S. and how these relate to our personal feelings of self worth and self esteem. After the discussion each participant will use a seven-day candle and make a collage of words on the candle describing themselves in glowing terms. These candles are for participants to take home.

Lynn Pierce is a Goddess-oriented, working class, white, feminist mother of a grown son with undergraduate degrees in Social Work and Psychology; her MS is in Women's Studies from MN State University, Mankato. She works as a Wellness counselor and presents this workshop once every 3 weeks and has presented in previous years at this conference.

JUDAISM, ACTIVISM AND PEACE

219 Armstrong Hall

Discussion

Being Jewish gives me a unique perspective on oppression, prejudice, activism and peacemaking. Each person's background and ethnic, religious identity helps them to move toward action on issues of importance to her/him. Because of the Holocaust, I was moved to work for peace and justice so that I could do something to help make sure such a thing does not happen again. I welcome questions and comments from all participants that would help toward understanding and to break down prejudice.

Judi Poulson, see session III for bio.

THE WOMEN AND SPIRITUALITY CONFERENCE

213 Armstrong Hall

Paper/Discussion

This workshop will review the results of research that was completed on the conference during the winter of 2000. Participants will learn about the history behind the development of the conference, the barriers that have been faced through the years and how it has impacted women's lives. There will also be a list of keynote presenters and past conference brochures for participants to view.

Sharon Rohde, see session II for bio.

**THE CENTER FOR HEALING:
AN INTEGRATED HEALING SYSTEM**

214 Armstrong Hall **Experiential/Discussion/Lecture**
Invitation into an integrated system for spiritual grounding, healing, and development. Participants will be taken on a brief tour of healing by examining how the chakra system integrates with world Spiritual Traditions. Information and experience will be provided.
Germaine Smith and Beth Hutchinson, see Session III for bio.

EMPOWERING THE CRONE WITHIN

304 Armstrong Hall **Discussion**
This workshop is intended for women over the age of 50 who are living as crones and would like to incorporate more magic in their lives with ritual. We will discuss and exchange ideas living the life of a Crone and show how to pamper yourself with ritual, finding community and realizing self worth.
Joyce Spears, see session I for bio.

TEACH MEDITATION, TEACH PEACE

206 Morris Hall **Experiential**
If you've ever felt powerless to make a difference, in your own life or in the world, meditation has been shown to have a healing impact, both personally and at a community level. Learn to meditate using simple techniques and, when you're ready, introduce the power of meditation to your community and the world. Past students have been led to teach friends, developmentally disabled adults and pet owners to meditate. A desire to learn to meditate is the only requirement.
Jinjer Stanton, see session I for bio.

APRONS

319 Armstrong Hall **Discussion/Child friendly/Story-telling**
Aprons evoke another age when women's lives and expectations were different than today. In this workshop we will explore the history of the apron and the stories that it can evoke. We will discuss the many different aspects of the apron, what it is made out of and how it is decorated, which gives us clues in unfolding the history of our mothers, grandmothers and great grandmothers.
Marcie Stoyke, see session I for bio.

A SOUL PERSPECTIVE OF MENTAL ILLNESS

215 Armstrong Hall **Paper/Discussion**
This workshop will explore a new approach to your relationship with someone who has a mental illness that actually promotes your own spiritual growth and healing. We will look at the gift of opportunity amidst the pain. We will find out how looking at this relationship from a soul perspective can lead to peace and serenity in your life.
Patricia Sullivan, see session II for bio.

SACRED SEX

201 Student Union **Discussion**
Advertising and pornography continually project daughter archetypes in the leading roles of power, yet our daughter energy is not mature enough to ground and hold that power without the wisdom of experience provided by the mother energy. It is time for women to reclaim the sacredness of sexuality, sensuality and loving relationship. We will explore ways to recover passion in our relationships; spiritual passion, intellectual passion, physical passion and emotional passion.
Cat Thompson and Diadra Decker, see session I (QUEENS AND PRINCESSES, PART I) FOR BIO.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

308 Armstrong Hall **Story-telling/Discussion**
Telepathic communication is the ability to feel/communicate (pathos) over distance (tele); it is mind-to-mind contact. Imagine what you can share with your furred, feathered or finned companion without the barrier of verbal constraints or social/human perceptions. We are all born with the innate ability for telepathic communication, but we learn to rely on verbal skills and body language. This works fine in human interaction, but limits our wholeness and humanness when it comes to interspecies communication. Animals have so much to share with us; when we awaken to telepathic communication we learn that they can communicate much more than just the need to eat or go outside.
Marilyn Tokach, see session II for bio.

THE EMERGING POWER OF THE GODDESSES IN WOMEN

334 Armstrong Hall **Interactive/Discussion/Experiential/Slide presentation/Paper/Child Friendly**
Come and explore the Goddesses in all of us and learn how we use our power for good or bad. Within each of us we have great strength to use at our disposal. We can use it for positive advancement of ourselves and others, or we can use it to strip ourselves and others of that power. We will learn the personal Goddess Archetypes, look at what ways we use these powers and also how we abuse them. We also will take a quick look at some of history's most powerful women and how they used their power.
Kimball Whitney, see session II for bio.

WALKING A NEW ROAD:

ALIGNING OUR FINANCIAL AND SPIRITUAL LIVES

323 Armstrong Hall **Experiential/Interactive/Discussion/Informal presentation**
Money is never neutral. It triggers powerful emotions and conflicting messages, especially for women. Money, rather than being an expression and a tool of one's spirituality, is often disconnected and compartmentalized. In this workshop women will take the first step towards integrating their spiritual and economic lives by examining their relationship with money from earliest memories to today. Interactive exercises and discussion help participants uncover the hidden role that their money messages plays in their financial lives. A simple action plan for aligning spiritual and economic power will be developed.
Rosemary Williams, see session III for bio.

ORTHO-BIONOMY® - EMBODYING WHO YOU REALLY ARE

217 Armstrong Hall **Discussion/Experiential**
Ortho-Bionomy® is a deeply effective, yet surprisingly subtle form of bodywork which can be performed by and on anyone. It is gentle, nurturing and fun to give and receive. This class will give information on the history, foundations and principles of this work. Participants will get a chance to receive some Ortho-Bionomy®, as well as learn some self-release techniques.
Robin Wilson and Kate Sciandra, see session III for bio.

EXPLORING MANDALAS: CREATING PEACE

317 Armstrong Hall **Experiential/Presentation/Discussion/Ritual**
A mandala by its simplest definition is a circle. Yet, it is one of the most powerful forms that exist in our world. Experience the mandala - learn about the mandala - use the mandala to move toward peace - peace within yourself and the world.
Deborah Zavitka, see session III for bio.

Conference Information and Services

Past keynote speakers from 1982 to 2002 have included: Jeanne Audrey Powers and Alla Bozarth-Campbell ("Women and Worship"), Rita Gross ("Women's Lives in World Religions"), Maureen Fielder ("Spirituality and Social Change"), Rosemary Radford Ruether ("Language and Imagery"), Starhawk ("Building Communities of Resistance and Renewal"), Charlotte Black Elk ("Lifepaths of Women: Celebrating Self and Community"), Valerie Russell ("Spirituality and Social Justice"), Judith Plaskow ("Body and Spirituality"), Carter Heyward ("There Are Many Paths Up The Mountain: Celebrating Our Commonalities and Differences"), Luisah Teish (no theme), and Neala Schleunig, Carol Ann Russell, Rachel Tilsen ("The Power of Words: An Honoring of Meridel LeSueur"), Jean Shinoda Bolen ("The Grail is the Goddess"), Karen Warren (Feminism, Spirituality and the Environment), Kate Rushin ("Something Within: Spirituality in African American Women's Literature"), Mary Daly (Re-Calling The Outrageous Contagious Courage of Women), Barbara G. Walker ("Feminist Spirituality: The Unguided Journey"), Sister Paula Gonzalez (Activism & Spirituality"), Leslie Feinberg ("Trans Liberation: The Basis For Unity"), Mary Hayes-Grieco ("Chaos and Opportunity at the Dawn of the Twenty-first Century"), Winona LaDuke (Indigenous Thinking in the Millennium), Carol P. Christ (She Who Changes).

2004 KEYNOTE SPEAKER-VINIE BURROWS October 2 & 3, 2004

Car Pool Coordination from the Twin Cities, call Cathie 763-529-3179.

MEALS: The main cafeteria (Stompers) in CSU, will be open on Saturday from 7:30 A.M.-2:00 P.M. and Sunday Stompers will be open from 8:00 A.M. until 11:00 A.M. with coffee, muffins, sweet bread, bagels and donuts. There will be a Saturday night buffet at a cost of **\$14.00**. Please see Dinner Registration form. Lunch may also be purchased at the dorm cafeteria for around \$6 per person.

MENU

Buffet which includes:

Red Beans and Rice; Meat or Vegetable Lasagna;
Spring salad with choice of dressings; Vegetable tray w/dip;
Fresh Green Beans; Corn bread w/honey butter; pita bread w/humus;
Dinner rolls; ice tea; lemonade; coffee; herbal tea; milk
Dessert (carrot cake, brownies)

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 MSU Security 507-389-2111. A board for posting messages to other conference participants will be available in the registration area.

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 MSU Women and Spirituality Conference.

- Country Inns & Suites - 507-388-8555 or 800-456-4000
- Comfort Inn - 507-388-5107 or 800-221-2222
- * Super 8 Motel - 507-387-4041 or 800-848-8888 (CGWome)
- Riverfront Inn - 507-388-1638
- Holiday Inn Downtown - 507-345-1234 or 800-HOLIDAY
- * Best Western Hotel - 507-625-9333 (SPIR)
- Econo Lodge - 507-345-8800
- Kato Economy Inn - 507-388-1644
- * Days Inn - 507-387-3332 or 800-325-2525 (Women & Spirituality)
- * Fairfield Inn - 507-386-1220 ("Women's Conference")
- Grandstay Residential Suites - 507-388-8688
- Americinn Motel & Suites - 507-345-8011 or 800-634-3444
- Butler House Bed & Breakfast 507-387-5055
- Americinn - St. Peter - 507-931-6554 or 800-634-3444
- St. Peter Motel - St. Peter - 507-931-3100
- South Side Motel - St. Peter - 507-931-4100
- Viking Jr. Motel - St. Peter 507-931-3081 or 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
- LeSueur Downtown Motel - LeSueur 612-665-6246

Campgrounds

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

SPECIAL SERVICES: MSU 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 for the keynote address only.

CHILD CARE DEADLINE is September 26, 2003 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 P.M.-6:00 P.M. and Sunday from 8:30 A.M.-1:30 P.M. (**Note - children must be picked up for designated breaks.**) Costs will be \$20.00 for one day and \$30.00 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 a **9:00 A.M. meeting in Centennial Student Union, Room 201** on the day of the conference is required and that the conference registration fee and meal are in addition to the tuition fee for credit. To register, fill in appropriate section on registration form, and mail tuition check to our address. **Failure to pay the conference registration fee will result in a grade of NP/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 1. Limited funds are available and will be awarded on a first come/first served basis. We ask that only those who are truly excluded by 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 registration form no later than October 1. Check "Women of Color Scholarship" on your form. You must call for prior approval.
- Note: **These scholarships DO NOT include meals, childcare, or MSU 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:

- MSU is a chemical-free space. Smoking is NOT permitted in any MSU building. Burning of incense 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 YOU 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 is available upon request, until September 25, 2003. You must provide your social security number.

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: cynthia.veldhuisen@mnsu.edu
Web site: <http://www.mnsu.edu/womenst/>
then go to Women & Spirituality Program

*A member of the Minnesota State Colleges & Universities System.
MSU is an Affirmative Action/Equal Opportunity Employer.*

*This document is available in alternative format to individuals with disabilities by calling the Department of Women's Studies at 507-389-2077 V, 800-627-3529 or 711 (MRS/TTY).
Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Department of Women's Studies at the above numbers.*

Access to Minnesota State University, Mankato

Highway 14 (coming from the West)

Exit to Highway 169 and use the following directions.

Highway 169 (coming from the North)

Take the Mankato/North Mankato exit. Turn left at the stoplight and cross the bridge into Mankato. Turn right at stoplight on Broad Street. Continue on Broad Street to third stoplight (Warren Street) and turn left onto Warren Street. Continue on Warren and take the right fork - Val Imm Drive - leading up the hill. At the top of the hill take a right and use your campus map to find designated visitor parking.

Highway 169 (coming from the South)

Take Riverfront Drive exit. Turn right at the stop sign on North Riverfront Drive. At the second stoplight (Kwik Trip) turn right on Stoltzman Road. At the three-way stop sign, continue straight ahead and go approximately one mile. Turn left at the State University sign on Stadium Road. Proceed up the hill. At the top of the hill turn left and use your campus map to find designated visitor parking.

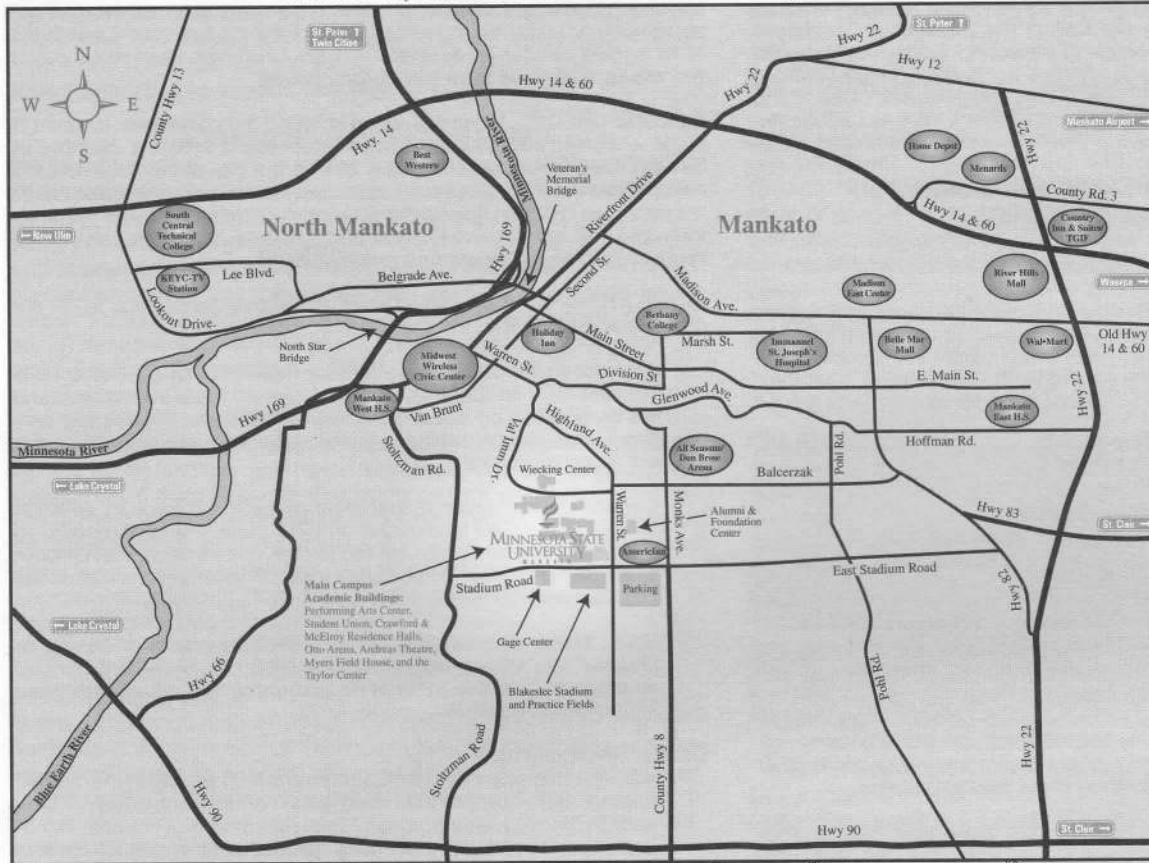
Highway 14 (coming from the East)

Continue to Highway 22 exit. Turn left (south) onto Hwy 22 and continue straight until you get to Hoffman Road. Turn right onto Hoffman Road, at stoplight turn left onto Victory Drive. Turn right onto Balcerzak and continue to Warren Street. Take left onto Warren. Turn right on Stadium and use your campus map to find designated visitor parking.

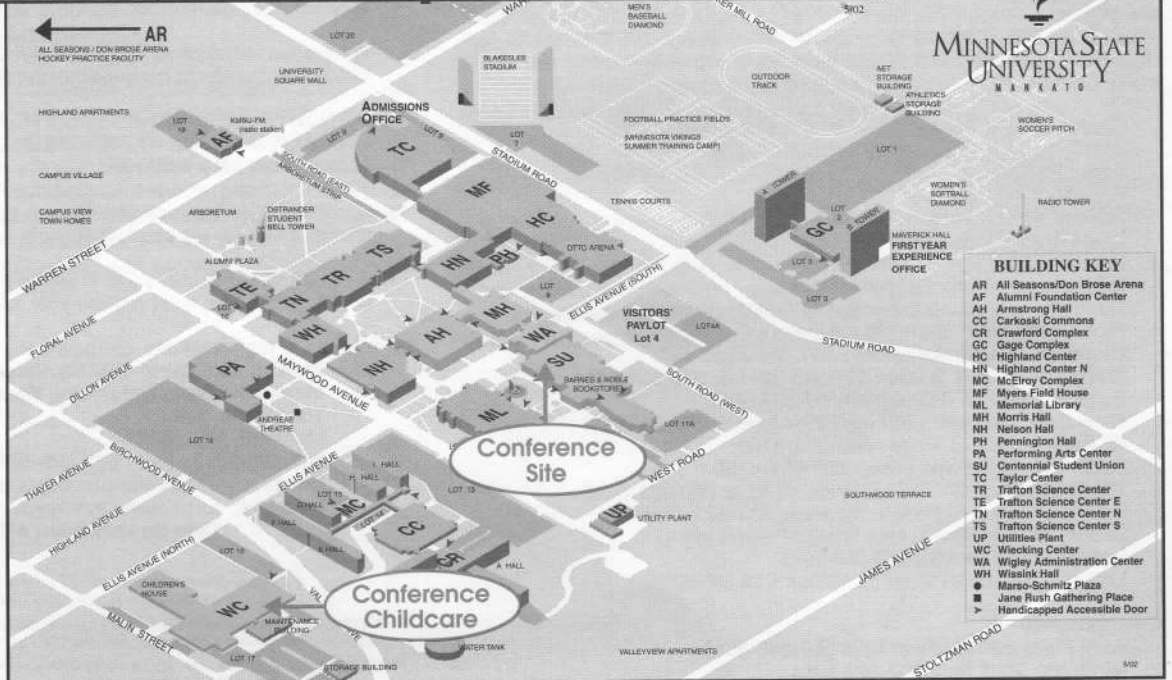
Highway 22 (coming from South)

Turn left on Hwy. 83. Turn right at stop sign onto Victory Drive. Turn left onto Balcerzak at stoplight. Continue on Balcerzak and continue to Warren Street then take a left onto Warren. Then turn right on Stadium and use your campus map to find designated visitor parking.

Main Roadways and Streets to Minnesota State University, Mankato



ACCESS MAP TO MANKATO



BUILDING KEY

- AR All Seasons/Don Brose Arena
- AF Alumni Foundation Center
- AH Armstrong Hall
- CC Carlsok Commons
- CR Crawford Complex
- GC Gage Complex
- HC Highland Center
- NH Highland Center N
- MC McElroy Complex
- MF Myers Field House
- ML Memorial Library
- MH Morris Hall
- NH Nelson Hall
- PH Pennington Hall
- PA Performing Arts Center
- SU Centennial Student Union
- TC Taylor Center
- TR Traflet Science Center
- TE Traflet Science Center E
- TN Traflet Science Center N
- TS Traflet Science Center S
- UP Utilities Plant
- WC Wrecking Center
- WA Wigley Administration Center
- WH Wisink Hall
- Marco-Schmitz Plaza
- Jane Rush Gathering Place
- Handicapped Accessible Door

REGISTRATION FORM

**(DO NOT mail this form later than October 6, 2003!)
Registrants limited to first 800 people**

Registration must be postmarked by September 22, 2003 for reduced rates. Make checks or money orders payable to: MSU or Minnesota State University. 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 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 send only on request to e-mail address)
 Pre-Registration
 \$45 General (includes keynote)
 \$25 Minimum Income OR Student
 \$15 Ages 9 - 17
 \$ 5 Keynote only (ticket required)
 General Scholarship**
 Women of Color Scholarship**

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

Total enclosed: \$ _____ Registration fee (includes keynote)
 \$ _____ **Keynote Only Fee**
 \$ _____ Dinner Saturday
 \$ _____ Tuition credit cost (Separate Check Please)
 \$ _____ Child Care
 \$ _____ Total amount enclosed (Checks payable to MSU)

DINNER REGISTRATION
 (Postmark Deadline September 27, 2003)

Dinner Ticket (Saturday night) - \$14.00
 YES VEGETARIAN MEAT

Lunch Option: Vegetarian, Vegan, and Meat options will be available.
 I am interested in the Saturday Lunch option
 (Cost will be between \$5-6 at the door)

**PLEASE, WALK-IN REGISTRATIONS WILL BE ACCEPTED,
 BUT ARE DISCOURAGED!**

** The general scholarships allow for women of various economic abilities to attend. We leave this to your discretion. 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.

** The Women of Color Scholarships allow for women of color of various economic abilities to attend. Scholarships are available on a first come/first served basis.
 If needed, receipts may be picked up at the Registration Table any time during the conference. Also during that time, conference information packets will be distributed.

CHILD CARE REGISTRATION

Send check with registration. Fee is \$20 for one day and \$30 for both days, per child.
Postmark Deadline: October 6, 2003

Day(s) Needed: Saturday, October 11 Sunday, October 12
 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
 Need only complete if NOT MSU student**

You must pay the conference registration fee in addition to tuition fees or you must be approved for a conference scholarship. Please send a separate check for tuition. As a reminder, scholarships do not cover tuition, meals, or childcare. The following information is required. (If you are a current MSU student, you must register through MARS.) If you have not been accepted to MSU, you must contact the Office of Admissions 507-389-1822 for an application. This must be processed along with a \$20 university admission fee before you can receive credit.

Social Security Number _____ Check one: Grade PN
 Check one: _____
 Credit in Women's Studies: _____
 Course # _____
 6488 WOST-290-01
 8489 WOST-490-01
 8491 WOST-590-01

Have you previously enrolled for any classes offered by MSU? yes no
 Are you a resident of the State of Minnesota? yes no
 Do you plan to work toward a degree from MSU? yes no

I am registering as: (Check one)
 Undergraduate resident
 Undergraduate non-resident
 Graduate resident
 Graduate non-resident

**CONTACT THE OFFICE OF BUSINESS AFFAIRS, 507-389-2261
 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. During the keynote presentation and opening celebration, half of the Ballroom will be designated as scent-free space. Scent-free workshops are specified in the brochure.



**WOMEN &
SPIRITUALITY**
CONFERENCE

507-389-2077

Minnesota State University, Mankato

Saturday and Sunday, October 11 and 12, 2003

Registration Check-In begins Saturday 8:30 A.M.

“FEMALE EMBODIMENT AND SPIRITUAL PRACTICE”

Keynote Speaker: Charlene Spretnak

Two days of workshops, discussions, exhibits, dialogue, discovery and celebration. Scholarships and college credit available.
Registration forms and all relevant information are included in this program.

Co-Sponsored by Women's Studies, Social & Behavioral Sciences and Women's Center

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WOMEN AND SPIRITUALITY CONFERENCE
Minnesota State University, Mankato
109 Morris Hall
Mankato, MN 56001

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