

23rd Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born in 1981 with an evening lecture attended by 75 people. The purpose was to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among women and 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.

Our Logo - In 1990, Bonnie Fournier, 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.

2004 Keynote Speaker

The Keynote Speaker this year will be VINIE BURROWS, a featured Broadway actress who has also received worldwide acclaim for her one woman shows. An international women's rights activist, Ms. Burrows holds a Master's Degree in Performance Studies from NYU's Tisch School of the Arts. She is the recipient of numerous awards including the Eugene McDermott Award from the Massachusetts Institute of Technology, the inaugural 2004 June Jordan Award from Pen and Brush, Inc., and the Susan B. Anthony Award from National Organization for Women.



Vinie Burrows

Vinie brings to the 2004 Women and Spirituality Conference the talent and creativity with which she has developed her eight highly acclaimed solo dramatic productions, among them: *Black on the Great White Way*; *The Story of Rose McClendon*; *Africa Fire!*; *Walk Together Children*; *Daughters of the Sun*; and *Sister! Sister!*, a memorable celebration of women around the world. Vinie Burrows' creative spirit and commitment to activism come together

to create a dynamic and memorable stage performance at this year's Conference.

PLEASE NOTE CHANGES DUE TO STUDENT UNION CONSTRUCTION

Schedule

Saturday, October 2, 2004

8:30 - 10:00	Registration in Morris Hall Commons area, 2nd floor Browsing in Student Union
10:00 - 10:30	Opening Celebration/ Welcome in Taylor Center
10:30 - 11:30	Keynote
11:30 - 1:30	Browse Exhibits/Lunch (on your own)
1:30 - 3:00	Session I
3:30 - 5:00	Session II
5:00	Exhibit Browsing

Sunday, October 3, 2004

8:30	Exhibits/Conference Site Opens
9:00 - 10:30	Session III
11:00 - 12:30	Session IV

(WE NOW OFFER CEU'S)

The 2004 Planning Committee:

Lana Gertsen, Coordinator
Cindy Veldhuisen, Business Manager
Maria Bevacqua, Chair of Women's Studies
Shirley Piepho, CSU Coordinator
Julie Wilbert, Course Instructor
Kay Eichler, Signing Interpreter
Pat Davis, Exhibitor Coordinator
Amy Kortuem, Opening Celebration

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

View program at: www.mnsu.edu/womenst/

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; and the rest is commentary. (Talmud, Shabbat, 31 a.)

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

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

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

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

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

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

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

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

Baha'i: If thou lookest for justice, choose thou for others what thou 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, NM.

Workshops

SESSION I

BREAKING THROUGH THE PERFECTION MYTH

202 ARMSTRONG HALL Paper/Discussion/Experiential

Breaking through the Perfection Myth is an experiential and participative workshop where an innovative model is presented by its originator, Aila Accad. It provides a simple, logical step-by-step path to identifying beliefs strongly held about yourself (and others) which keep you from realizing your true nature. In this workshop you will see how the *Perfection Myth* develops in each of us from childhood, understand how these powerful beliefs create stress by stealing your precious resources of time and energy, and experience how breaking through the *Perfection Myth* frees you to fully express and enjoy the unique Being you were born to be. You will leave with new insights and appreciation for your unique Being and possibilities!

Aila Accad is a registered nurse with a bachelor and master's degree in nursing and is a Reiki Master; her work has been primarily in the area of personal growth and development with some specialized training and practice in addictions, women's issues, energy healing and spirituality. She has owned her own business since 1979 focusing on helping herself and others break through the barriers that keep us from realizing who we really are and actualizing that personal truth in the world.

DEEP SPIRIT: RE-MEMBERING YOURSELF; RE-COGNIZING OTHERS

211 ARMSTRONG HALL Discussion/Experiential

Re-membering that we are all Spirits having physical experiences and re-cognizing that Spirit in others is the purpose of this session. The presenters will use experiential activities including playing Native American flutes, drums, and rattles as well as guided meditation and energy healing to invite participants to a fresh experience of their Spirit and the unity of Spirit we share. You will be encouraged to identify ways to bring the awareness of unity into your daily lives by continuing to use music and meditation as part of your regular spiritual practices. Come experience the vibration of Deep Spirit!

Lorry Alexander began her path of healing in 1979 and has been teaching healing since 1983. Deep Spirit Healing and Transformation has become the focus of her life work through healing with individuals, classes to awaken the healer within and music therapy with flute song.

Linda Rening, Ph.D., is a teacher, coach and spiritual guide who has done corporate training with Fortune 100 and 500 companies as well as small non-profits and coaching with individuals and groups. She is part of "Deep Spirit: Healing and Transformations" where she accompanies others on their journeys to a more profound understanding of Self, Others, the Divine, and the Unity of all.

FINDING THE EMPRESS - A TAROT JOURNEY

255 CENTENNIAL STUDENT UNION Paper/Discussion/
Experiential

The Empress represents the Queen of Life, the Great Mother Goddess and pure emotion, sensuality and nature! Learn many pleasurable insights to yourself, to life and to the Tarot cards as a divination tool. Bring Tarot cards. All levels welcomed...especially Tarot virgins! **Nancy Antenucci** returns for the 4th year to present basic and advanced skills in using the Tarot as an intuitive tool for yourself and others. She has been a teacher, mentor and reader for nearly 20 years and also creates personal and celtic ceremonies and stages theater pieces.

CONNECTION THAT FEEDS YOUR SOUL

308 ARMSTRONG HALL Discussion/Experiential

This workshop is designed to explore the hunger for authentic connection — the yearning to connect with our own lives (and the people in them) more fully, discover tools to create and sustain connection to yourself as well as to others and to explore a vision of deeper and more meaningful connection in your life.

Lynda Austin is a successful business owner and certified professional Life Coach who believes that life is not a test, it's a treat! She was formerly co-editor of "Positive Flow" newspaper and has been helping others discover their power to create their own authentic lives for over 20 years.

SINGING THE WHEEL OF THE YEAR

321 ARMSTRONG HALL Experiential

Women were the first singers of magic. Ancient women's music was created to do something. In this workshop, we will learn and share Goddess and woman — identified majickal and seasonal chants for personal and group ritual, inspiration, centering, raising power and fun. Drums and percussion toys welcome.

Ruth Barrett is a Dianic high priestess, pioneering award-winning pagan recording artist, and author of *Women's Rites, Women's Mysteries: Creating Ritual in Dianic Wiccan Tradition*. Ruth has been teaching magickal and ritual skills nationally since 1980.

AWAKENING THE POWER WITHIN TO CREATE YOUR BEST LIFE

305 ARMSTRONG HALL Paper/Discussion/Experiential

This workshop is intended for those who want to increase their consciousness of Universal laws (laws of energy that work for everyone equally) and to apply them in the highest way to create harmony and beauty in their lives. These laws are the keys by which we can make our lives and our world what we would like it to be!

Debra Betterly of Amazing Journey Life Coaching Services has been a Personal Development and Transformational Coach for 2½ years. She is a Ph.D. candidate in Metaphysics and just completed her Dissertation "Coaching to the Spirit Within".

THE PAGAN-CHRISTIAN TRADITION

210 ARMSTRONG HALL

Paper/Discussion

The Judeo-Christian tradition may be misnamed because the core doctrines of Christianity – Incarnation, Trinity, Redemption, Resurrection, and Ascension – resonated in the pagan milieu of dying and rising gods and goddesses but violated Jewish monotheism. I will present information revealing that Christian practice grew out of Pagan rituals, feast days, myths and beliefs.

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

SPIRITUALITY FOR BUSY WOMEN

204 CENTENNIAL STUDENT UNION

Discussion/Ritual/
Experiential

Partner, husband, children, family, friends, career, and volunteering... just to name a few parts of our daily lives. How can we stay connected to the Goddess? How can we fit it ALL in? We will discuss, ritualize, and experience the integration of the spiritual part of us into the daily mundane side of our lives.

Lisa Carroll is not only a mother of three and a wife; she also works full time, volunteers year round, and honors the Goddess in her daily life.

ENHANCING YOUR INTUITION

214 ARMSTRONG HALL

Discussion/Experiential

Intuition is a direct connection to our own unique essential wisdom, guidance and knowing. This workshop is an opportunity to deepen your connection with your own intuition through learning to recognize, understand and embody its language. We will explore using guided imagery, writing and experiential exercises.

Becky Connor, LMFT is a licensed therapist with a full practice in the Twin Cities. She leads regular women's and couple's transpersonal workshops and has lead and assisted such groups over the past 10 years in the Twin Cities and Bay Area. Becky specializes in Hakomi Body-Centered Psychotherapy and encourages mindfulness and energy awareness in her work.

Bonnie Mitsch, MA is a seasoned teacher of children with emotional challenges and also works as a professional photographer. Bonnie has held numerous photography openings in the Twin Cities and specializes in hand coloring black and white photographs to create dream images.

RELEASING YOUR BLOCKS AND OBSTACLES – CLAIMING YOUR PERSONAL POWER

285 CENTENNIAL STUDENT UNION

Experiential

This is a time for you to explore what blocks and obstacles are hindering you from being totally present in your life. Explore via the lens of your inner sight to reach into your physical and emotional body to release your issues. Techniques will be taught, safe space will be maintained.

Virginia Cooper is a nurse, student, teacher, mother and massage therapist with 18 years experience in the healing arts. Her path in life is to teach others to heal themselves, as true healing can only come from within.

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

317 ARMSTRONG HALL

Discussion/Video presentation

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 in diverse cultures for opening the subconscious mind, anointing and healing the sick and is now enveloped in renewed use and cutting edge scientific clinical research. Toxins in our environment (air, water, food) are compromising our health. Take action and learn about achieving wellness with these gifts from the earth.

Lynn Cox is a nationally trained educator for the use of Therapeutic Grade A Essential Oils. Her classes have been appealing to a variety of audiences, and she has been a guest speaker to college classes and conferences, special interest organizations, church, family and neighborhood groups. She has personally benefited from their contribution to personal wellness and enhancing her life experiences as a wife, mother, grandmother, author, and public school teacher.

Paula Quinlan is a locally trained educator for the use of Therapeutic Grade A Essential Oils. She has personally benefited from the therapeutic value and power of the essential oils by balancing physical, emotional, spiritual wellness and support for professional growth. She is a business consultant for the essential oil asphalt for highway construction.

RECLAIMING THE SACRED SOURCE

310 ARMSTRONG HALL

Story-telling/

Movement activity/Discussion

Women have been denied access to the source of their power since their sexuality was deemed the property of their fathers and then their husbands. As women have sought their authentic place in the culture, often this cause of their lack of power has been overlooked in a society that finds it very difficult to talk about sexuality. This 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. Participants will be asked to reveal their sexual histories.

Lynn Creighton, as an apprentice working with a Native American Medicine – man for 9 years, began to work with the pipe and to lead ceremonies including vision quests, purification lodges, transformational ceremonies, and prayer dances for the past 16 years. She was awakened to the damage that has been done to the sacred form of expressing the divine – sexuality – after abused women asked for healing ceremonies. She has studied this issue for many years, led many ceremonies for healing, provided retreats for teaching the sacredness of sexuality and created a body of sculpture representing this healing with ecstatic female figures in full celebration.

EN-LIGHT-ENED CARE FOR THE ELDERLY AND TERMINALLY ILL

233 ARMSTRONG HALL

Paper/Discussion

Being "present" for the final stage of an individual's life can be the most difficult yet rewarding experience for anyone involved. For many, it is a time perceived to be filled with pain, fear and guilt, feeding an unconscious need that society puts on us to be inadequate. Empowerment through respect for who that person is and who we are with them is, perhaps, one of the biggest gifts we can offer or receive. This class is about finding our way through to that peace that can be hard to find on a road that is full of potholes, fast curves and emergency situations.

Cindy Cutter currently assists in caring for her elderly parents, is a hospice volunteer, facilitates a women's spirituality group and co-owns and manages a construction business with her husband. Her long term interests, studies and activities have focused on sustainable lifestyles and practices as well as a broad range of metaphysical and alternative healing topics.

Julie Hildebrand recently retired early from her career in sales to assist her mother in hospice care after having battled breast cancer for over 17 years. In her current role as an educator, she draws on her years of experience with gigong, metaphysics and her studies for a degree in Natural Health.

WOMANSONG: CELEBRATING YOUR CREATIVE SPIRIT WITH MUSIC

225 ARMSTRONG HALL

Original songs/Personal story

Creativity is contagious! Catch the spirit of feminist adventure as Dody sings her original songs and tells her story of emergence into new ways of being fully alive. Feel your own creative spirit respond as you hear songs of hope, humor, ecofeminism, and passion for justice. Listen for echoes of your own experience in "Coloring Outside the Lines," "A New World Order," "Another Voice," "Raspberry Cousin," "Marchin' for Freedom," "Daughter Eagle," "I Ain't Gonna Die (Until I'm Dead)," "Spiritual Indigestion," and more.

Dody Davies, Christian feminist composer, soloist, recording artist, veteran workshop presenter and composer of several conference theme songs, social justice activist and gardener, still raising hell, consciousness and vegetables.

PSYCHIC SELF-DEFENSE: FREEING VITAL ENERGY

304 ARMSTRONG HALL

Discussion/Experiential

It is time to realize we are more than our physical selves, and with that realization comes opportunities for awareness of how we are affected by other's energy and how others are affected by ours. The unseen energies that move between us can be detected, measured, and even controlled by focusing consciously. There are many ancient and modern methods to limit the impact of negativity from others around you. Allowing it instead to be transmuted and used for your own benefit and well-being.

Glenna Rae Dietrich is an intuitive healer and ordained minister.

GIFTS OF GRACE

284 A/B CENTENNIAL STUDENT UNION

Ritual/

Experiential/Discussion

We will offer you an opportunity that will empower your journey, as you discover and strengthen your "Gifts of Grace"! This workshop is designed to provide avenues for self discovery. Through self-reflection and evaluation, participants will learn to recognize and value differing gifts, and to identify their own spirit-given gifts.

Dianne Givens, a life long Truth-Seeker and a Student of the Universe, has been a Grassroots Community Organizer since 1983. Over the years she has assisted many community partners in transforming their neighborhood(s) or program(s) into ones that are viable and sustainable. Presently the Volunteer Ministry Coordinator and Office Manager at Unity of Madison, she also owns her own business helping people organize their homes, offices, and communities.

Marj Kutsche, also a Truth Seeker and Avid Adventurer, has been an educator for 28 years, a Massage Therapist for 12 years and a Life Coach for 3. She is actively involved in Personal Empowerment for women through ritual, ceremony and coaching, and currently co-facilitates a monthly Women's Gathering. She has a rich and deep spiritual life which she lovingly shares with others in a number of ways.

THE CHOREOGRAPHIES OF OUR DAILY LIVES

284C CENTENNIAL STUDENT UNION

Movement activity

We will create an atmosphere of artistic moving intelligence for participants to create and unlock their innate expressive potential. Skeletal landmarks in relationship with lines of energy are integrated with activating and releasing images for experiential anatomy and creative interplay between form and function. Accumulating a series of images rather than steps allows the participant to generate movement vocabulary which functions as both artistic expression and efficient patterns of daily use.

Jane Hawley (MFA), a movement artist, gathers inspiration from the young to the old and from all life forms. She and her husband co-founded Black Earth Collaborative Arts Company, a non-profit company dedicated to producing original performance works of diverse art forms that employ art as a living record of human response to prevailing customs and beliefs. Jane currently is an Assistant Professor of Dance and homesteads with her husband and four boys in Iowa.

THE MIRACLE: US

208 ARMSTRONG HALL

Dialogue/Discussion/
Story-telling/Experiential

The purpose of this workshop is to help participants discover how to increase the quality of their everyday lives. You are a gift now and just as you are. Using *A Course in Miracles* principles, we will demonstrate that it is not a matter of "becoming" but rather of "being" and seeing from a new perspective, we will tell our stories. Participants will be challenged to look inside for answers to such questions as: How do I find happiness and meaning in my life? How do I make peace with my perceived duality (the inside and outside of me)? Am I a victim of the world I see? Is there life after money? Then participants will be invited to ask themselves how to be happy and find meaning in their lives.

Ruthann Herring, ACIM student since 1979, formed a *Course* group in 1980 and currently is teaching a group. Her passion for *Course* has led her to many workshops and conferences, and her networking with students and teachers in the States and abroad has brought her much joy. She is author of *A View From the Heart*, a collection of poems based on ACIM principles.

Sandra Woodard, formerly a confused Christian, became involved with Buddhist groups in 1985 and started practicing Vipassana meditation in 1992. In 1994 she was further enlightened by ACIM. She has lead a *Course* group and lectured on ACIM principles.

VILLAGE OF A THOUSAND VOICES

319 ARMSTRONG HALL

Paper/Discussion

Even when their paths are different, people can participate together in their spiritual journeys if they live according to this powerful model. Strongly based in the science of complexity and in human systems dynamics, this model of acceptance provides specific guidance that supports individuals in moving beyond words into the actions that generate and grant voice so that all may be heard and known. Through story telling and interactive dialogue, the participants are brought into the discussion and learn how to apply this model in their own lives.

Royce Holladay, after 24 years as a public school teacher, counselor, and administrator, left that field to pursue her dreams of becoming a writer and consultant. As the co-owner of The Women's Place, as a published writer, and as an active consultant and coach for the Human Systems Dynamics Institute, she feels that she is, in fact, living that dream.

DEVELOPING INTUITION USING MANY TOOLS

215 ARMSTRONG HALL

Round table/Discussion/
Experiential

This workshop is for people to learn about the many different tools for becoming more intuitive, and thus to enable them to become more empowered.

Carla Wessel Houle is a full time intuitive counselor, reader, minister, and teacher, teaching classes on Angels, Intuition, Dreams, Messages from Spirit, and Walk Ins. She is married and has raised four children, taught intuition to teenagers, worked with the handicapped and at a nursing home.

HEARTPSALMS OF THE WORLD

325 ARMSTRONG HALL

Ritual and Prayer

Participants will pray and meditate on the words of the ancient Psalms, rendered so beautifully by Nan C. Merrill in her book *PSALMS FOR PRAYING*. Mantras from the new CD *HEARTPSALMS OF THE WORLD*, written, sung, and recorded by the presenters and based on the Psalms from Nan Merrill's book, will be taught and sung. There will be time for silent meditation and sharing.

Juliana Howard is a composer, writer and ritual maker. Her children's music is published by World Library Publications.

Diane Bosl no bio available.

GOT MONEY? FENG SHUI AND WEALTH

314 ARMSTRONG HALL

Discussion/Story-telling/
Experiential

Is your home hindering your chances for financial success? With some simple, affordable adjustments, you may be able to assure a better flow of money. By using your lot, home, office, bedroom and desk you can create harmony and balance, inviting in greater prosperity. Learn how to identify what your home is saying to you about the richness in your life.

Carole Hyder, consultant, teacher, author, trainer, and president of the Feng Shui Institute of the Midwest, is an internationally recognized Feng Shui professional. She has authored two books *Wind and Water* and *Living Feng Shui* and a video *The Science of Feng Shui: How and Why it Works*.

Deb Nelson is a student of Carole Hyder's and is a certified Feng Shui consultant and member of the Feng Shui Institute of the Midwest. She provides consultations with the focus of creating harmony and balance in living and working environments and has recently designed a line of Feng Shui products.

BECOMING A MAGICIAN:

USING CONSCIOUSNESS TO CREATE YOUR REALITY

326 ARMSTRONG HALL

Discussion/Experiential

We will examine the stages of our lives using Carol S. Pearson's six archetypes: orphan, martyr, wanderer, warrior, and magician. The focus will be on the magician stage in which we create our own

reality by controlling consciousness. This discussion will include elements of quantum physics, *A Course in Miracles*, psychology, and shamanism. Participants will engage in a variety of discovery and consciousness-related activities.

Andrew Johnson is professor and chair of the Dept. of Educational Studies: Special Populations. His most recent book is *Drinking From the Empty Cup: A Reexamination of Traditional Christianity*.

YOGA: INDIA AND THE WEST

254 CENTENNIAL STUDENT UNION **Paper/Discussion**

Several Yoga systems will be discussed briefly. However, the focus will be on the Raja Yoga "King of the Yoga." Both Indian and Western forms of Yoga will be compared. Some yoga exercises will be presented.

Indira Y. Junghare, Professor of Indian Philosophy and Religion.
Ravi Prasad, Lecturer in Hindi and Indian Cultural Studies.

THE ART OF COMPASSION

334 ARMSTRONG HALL **Discussion/Partially Experiential**

The purpose of this workshop is to discuss the meaning of compassion and how to integrate a deeper sense of it into our daily lives. The workshop will touch upon the seemingly fine line difference between acting compassionate versus co-dependent or unhealthy behaviors when dealing with other's issues. A portion of this workshop is intended to focus on ways in which to show compassion to self as well as to others. The ultimate aim is to open the door to a new and deeper sense/understanding of compassion, providing a guided meditation and a few easy methods and/or exercises to expand the use of it in our daily lives. This expansion is intended to lead to improvement in the quality of our own lives and those around us.

Alison Kain is a Reiki Master and Teacher, Healing Touch Level I and E.F.T. (Emotional Freedom Technique) practitioner, Certified Hypnotherapist and is in the process of building her Spiritual and Life Coaching business. She has been doing this work, along with continuing study and research, for the past several years.

PRAYER OF THE HEART

223A ARMSTRONG HALL **Discussion/Experiential**

The Prayer of the Heart is a form of centering prayer. I teach it as a secular method of prayer. This prayer may be used by any spiritual discipline. The Prayer of the Heart is an important form of stress relief used by many people in recovery from various diseases. It is a comforting prayer process to have on hand at all times.

Fran Klette is a trained Spiritual Director and Healing Touch Provider and specializes in women's spirituality, 12-step spirituality, teaching prayer processes in particular, walking with folks on their spiritual journeys.

FEELING, SEEING, AND PSYCHICALLY READING AURAS

323 ARMSTRONG HALL **Experiential**

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

Paula M. Kramer, MA, is a life long psychic and author of a book about developing psychic skills. Kramer is also a professional speaker and former radio talk show host.

ACUPRESSURE FOR HEADACHES

205 ARMSTRONG HALL **Experiential**

The basic premise for the use of acupressure for the alleviation of headaches is the targeting and manipulation of specific energetic points. The energetic and physical manipulation of the points located on the meridians, serves to release the energy held in the body by stress and imbalance. This energy, also known as chi, is the basic life force of all living beings. The flows, or sequence of points used in this workshop are derived from oriental medical theory. Participants will be asked to work on themselves and with partners to practice these new skills.

Larry LeClaire is a Minnesota native who has studied many forms of traditional healing methods. Among them are Qi Gong, Acupressure, Jin Shin Jyutsu, Thai Massage and Indigenous Healing Methods.

GATEWAYS TO CREATIVITY

203 CENTENNIAL STUDENT UNION **Movement activity/Experiential**

Visionary artist and expressive therapist will lead participants through a series of exercises that will help remove blocks to creativity and help access higher levels of creative expression. This will include movement, breath work, meditation, biofeedback, guided imagery and art which are techniques she uses in her own creative process.

Katelyn Mariah, MA, LICSW is a visionary artist and trained art therapist with 20 years of experience and has also been trained at the Center for Mind-Body Medicine. She is the creator of "Awaken The Goddess Meditation Deck" and "Angry Animals" a therapeutic game for children.

GIVING VOICE TO WOMEN OF GOD

212 MORRIS HALL **Story-telling/Discussion**

Our stories are part of our heritage and these stories help define who we are. The Bible, the church, is a large part of our heritage. Even those growing up outside the church experience the effect of the stories; they are part of our culture. The Bible gives good history, but it is his story; the record keepers were men, and women have been deprived of their own stories. Both women and men need to understand the significant role the strong and faithful women played in the old stories. Women today (and men) should know the strength and faith of their foremothers; it is their heritage.

Maxine Moe has been married for 33 years and along with her husband, raised 3 strong and delightful daughters. She worked in the church for 17 years and studied women of the Bible for 12 of those years in an effort to discover why we, here in the Midwest, think of women as we do. For the past 5 years she has traveled the Midwest empowering women by giving portrayals of Bible women in their strength, intelligence and faith, not your typical Bible women.

Suzanne Runte, MS, licensed graduate social worker, also an Oblate with the St. Benedict Monastery.

THE UNIVERSE STORY

231 ARMSTRONG HALL **Paper/Discussion/Experiential**

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 a graduate wisdom school. 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.

HOMEOPATHY & SPIRITUALITY

222 ARMSTRONG HALL **Discussion**

The fullness of life's spiritual potential for all beings lies in the deepest understanding of the way our Body, Mind, Spirit work together in Unity. The Homeopathic medical system is the gateway to naturally integrate the mind-body-spirit unity. It is the most powerful, systematic, scientific and effective system of energy medicine that is based in deeply understanding the connectedness of the WHOLE, and healing the WHOLE. Come and join us by walking this path with us as we unfold the unique gifts of this holistic, spiritual medical system. Homeopathy follows Nature's Law of Healing practiced since the time of Hippocrates. In Homeopathic practice, a substance from nature that resonates with the essence of the imbalanced state of the individual is given in the form of a Homeopathic, dynamized remedy. One then observes how the forces of time, nature and individualized homeopathic remedy gently bring together greater consciousness and restoration of health. Vital Force Consulting Homeopathic practitioners are dedicated to creating a world of vibrant health by using their gifts through the science and art of Homeopathy.

Sujata Owens is one of the foremost homeopathic practitioners in the United States. She passionately believes in the amazing pow-

ers of homeopathic healing. She is a graduate of the Homeopathic Medical School in Pune, India, and has practiced in the United States since 1987.

MaryLu Miller Peterson steadfastly continues to study body-mind-spirit healing and believes the unity of our Being holds the truth for each of us. She is committed to patience, joy and the continuing study of homeopathy.

CONJURING YOUR INNER GODDESS

234 ARMSTRONG HALL **Experiential**

This is a playful workshop designed to reconnect you with your Higher Inner Goddess Self. The presenter will facilitate a guided meditation to set the energy for each person to reconnect, then we will discuss the process and create Goddess Art from the supplies provided.

Mary C. Rivard, 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

232 ARMSTRONG HALL **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, 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, RN, has worked in hospice care for 20 years and radiation therapy for more than 2 years. She is a breast cancer survivor and brings her personal walk through cancer along with what both Western and holistic medicine can offer on this journey.

HEALING TOUCH: WORKING WITH YOUR ENERGY SYSTEM

202 CENTENNIAL STUDENT UNION **Experiential**

This introduction to Healing Touch (HT) will explain the importance of balancing mind, body, and spirit to heal yourself and/or others. It is an integrative approach to help in a variety of settings such as hospitals, schools, homes for various reasons as post-radiation, chemotherapy, hospice, stress reduction, etc. The participant will feel what the wheel of energy or chakra is, compare the chakra system to Maslow's hierarchy and Christian-Judeo sacraments, and experience healing touch as one can balance one's own system or administer to another individual.

Jackie Scheidel, RN, BSN, CHTP, has been a nurse for over 30 years but recently started on her healing journey and became a Certified Healing Touch Practitioner in November 2003. HT emphasizes her nursing belief of treating mind, body, spirit to heal not only herself but her clients in the school setting and private practice.

PAST LIVES, DREAMS, AND SOUL TRAVEL: YOUR SPIRITUAL JOURNEY

217 ARMSTRONG HALL **Discussion/Experiential**

The purpose of this workshop (presented by ECKANKAR) is to aid you on your spiritual journey. We will 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 and mother and fiction writer who has given talks and workshops on writing and spiritual topics.

Laura Ely is a long time member of ECKANKAR. She loves to tell people about the Light and Sound of God. Laura owns Discover Your Beauty and is passionate about helping others express their spirit through their body and wardrobe.

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

253 CENTENNIAL STUDENT UNION **Experiential**

Rosen Method Bodywork addresses the liberation of the human being from societal and personal oppressions that are stored in the body, releasing unconscious limitations that block creative expres-

sion. It was developed by Marion Rosen, who escaped Nazi Germany and was trained by the European pioneers in breath work and the mind/body connection and later as a physical therapist at the Mayo Clinic. It is about the connection of the body, mind, spirit and the emotions 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 limits.

Robbin Thraikill, Rosen Method Bodywork Intern, trained at the Rosen Southwest School in New Mexico. She is currently completing an MA degree in Body Psychotherapy and Counseling at Naropa University in Boulder, CO. She teaches Kripalu Yoga, is a long time bodywork practitioner at Integrative Therapies in Rochester, MN and is a member of AMBP, USABP, and RMPA.

Marjorie Huebner, Member IMA and RMPA, and certified Rosen Method Practitioner, has over 20 years of experience doing hands-on healing work. She brings a background in yoga, modern dance and Authentic Movement to the teaching of Rosen Movement.

Louisa Castner, is a Rosen Method Bodywork Intern, currently practicing at Spiral Health Arts Collective in Minneapolis. After studying Rosen work at the Berkeley (CA) Rosen Center with Marion Rosen, Louisa is eager to share and promote this profound modality of bodywork here in the Midwest. She is a member of the Rosen Method Professional Association.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

201 CENTENNIAL STUDENT UNION **Story-telling/**

Discussion/Experiential/Child-friendly

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 in various industries she has facilitated training for all levels of corporate learners. 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.

"KILL ME AS SOON AS YOU LIKE...

BUT YOU CANNOT STOP THE EMANCIPATION OF WOMEN"

316 ARMSTRONG HALL **Discussion/Round table**

"Kill me as soon as you like, but you cannot stop the emancipation of women" were words spoken by Tahirih, a progressive woman and spiritual figure in Persia in the late 1800s who challenged the traditional Muslim roles of women. Women like Tahirih have forced existing religions and paths into a new direction and light. Religion would not be what it is today if it weren't for the bravery, sacrifice and audacity of women like Eve, Sarah and Hagar, Jael, Mary, Fatima and countless others. We, as women, can draw inspiration and strength in our own spiritual walks from those who came before us and we are challenged to be daring in our steps.

Nurianne Tomas is an author, poet, social justice activist, mother, friend and lifelong learner who continues to seek spiritual balance and purpose. She is constantly amazed by the surprises God has in store for her, especially the gifts of her two sons.

Karen Jentz has spun around the medicine wheel with her spouse and family of three near-grown daughters, all of whom have woven their own distinctive spiritual paths. She now coordinates a Family Literacy program for Mexican immigrants in the heart of Lake Wobegon.

SESSION II

BREAKING THROUGH THE PERFECTION MYTH

202 ARMSTRONG HALL Paper/Discussion/Experiential
Breaking through the Perfection Myth is an experiential and participative workshop where an innovative model is presented by its originator, Aila Accad. It provides a simple, logical step-by-step path to identifying beliefs strongly held about yourself (and others) which keep you from realizing your true nature. In this workshop you will see how the *Perfection Myth* develops in each of us from childhood, understand how these powerful beliefs create stress by stealing your precious resources of time and energy, and experience how breaking through the *Perfection Myth* frees you to fully express and enjoy the unique Being you were born to be. You will leave with new insights and appreciation for your unique Being and possibilities!
Aila Accad, see session I for bio.

DEEP SPIRIT:

RE-MEMBERING YOURSELF; RE-COGNIZING OTHERS

211 ARMSTRONG HALL Discussion/Experiential
Re-membering that we are all Spirits having physical experiences and re-cognizing that Spirit in others is the purpose of this session. The presenters will use experiential activities including playing Native American flutes, drums, and rattles as well as guided meditation and energy healing to invite participants to a fresh experience of their Spirit and the unity of Spirit we share. You will be encouraged to identify ways to bring the awareness of unity into your daily lives by continuing to use music and meditation as part of your regular spiritual practices. Come experience the vibration of Deep Spirit!
Lorry Alexander and Linda Rening, see session I for bio.

FINDING THE EMPRESS - A TAROT JOURNEY

255 CENTENNIAL STUDENT UNION Paper/Discussion/Experiential
The Empress represents the Queen of Life, the Great Mother Goddess and pure emotion, sensuality and nature! Learn many pleasurable insights to yourself, to life and to the Tarot cards as a divination tool. Bring Tarot cards. All levels welcomed...especially Tarot virgins!
Nancy Antenucci, see session I for bio.

CONNECTION THAT FEEDS YOUR SOUL

308 ARMSTRONG HALL Discussion/Experiential
This workshop is designed to explore the hunger for authentic connection — the yearning to connect with our own lives (and the people in them) more fully, discover tools to create and sustain connection to yourself as well as to others and to explore a vision of deeper and more meaningful connection in your life.
Lynda Austin, see session I for bio.

PERSONAL RITUAL-MAKING FOR WOMEN

321 ARMSTRONG HALL Lecture/Discussion/Experiential
Ritual practices are at the heart of the Women's Spirituality Movement, bringing value to our life's passages, whether they be physical crossroads or emotional transitions. This workshop will focus on teaching women how to think like ritualists to create powerful and meaningful personal rituals for themselves. In a clearly developed step-by-step method, women will learn components of effective ritual including developing the purpose, theme, energetics, and structure.
Ruth Barrett, see session I for bio.

ENHANCING YOUR INTUITION

214 ARMSTRONG HALL Discussion/Experiential
Intuition is a direct connection to our own unique essential wisdom, guidance and knowing. This workshop is an opportunity to deepen your connection with your own intuition through learning to recognize, understand and embody its language. We will explore using guided imagery, writing and experiential exercises.
Becky Connor and Bonnie Mitsch, see session I for bio.

EN-LIGHT-ENED CARE FOR THE ELDERLY AND TERMINALLY ILL

233 ARMSTRONG HALL Paper/Discussion
Being "present" for the final stage of an individual's life can be the most difficult yet rewarding experience for anyone involved. For many, it is a time perceived to be filled with pain, fear and guilt, feeding an unconscious need that society puts on us to be inadequate. Empowerment through respect for who that person is and who we are with them is, perhaps, one of the biggest gifts we can offer or receive. This class is about finding our way through to that peace that can be hard to find on a road that is full of potholes, fast curves and emergency situations.
Cindy Cutter and Julie Hildebrand, see session I for bio.

ASHES TO ASHES; PEN TO PAPER: MAKING SENSE OF LOSS WITH MEMOIR

219 ARMSTRONG HALL Paper/Discussion
Loss and grief are woven into the texture of our lives, sometimes without our awareness. Maren will draw on her experience administering her mother's estate to facilitate discussion of working one's way through loss and grief with writing. In addition, she will read from her memoir-in-progress *Remind Me*. Participants are invited to share their own writing (all genres).
Maren Terry Ernst is an artist/writer whose current passion is Irish immigrant history. She is employed at a law firm.

LIVING DELIBERATELY: HOW DREAMS COME TRUE!

210 ARMSTRONG HALL Experiential/Discussion
"True Wealth Through Physical and Emotional Health". What does Overwhelm look and feel like for each of us individually? Can you recognize it? What happens to our bodies, minds, and our attention when in Overwhelm? This is an opportunity to deliberately explore some new possibilities about the ease of "How Dreams Come True".
Barbara Fedors has been in the healthcare field for over 25 years. She has studied in depth the relationships of physical and emotional health and is an International master teacher in the field of self development and human potential. She has a CranioSacral Therapy Practice and has extensively traveled and experienced mission work abroad in the medical role. As a nurse, she pioneered the kidney transplants and then later the first heart transplant programs here in MN. The families that were connected and supportive truly demonstrated "True Wealth Through Physical and Emotional Health".

DEVELOPING YOUR PERSONAL CHAKRA ESSENTIAL OIL BLEND

253 CENTENNIAL STUDENT UNION Paper/Discussion/Experiential
Chakras are centers of activity for the reception, assimilation and transmission of life energies. The full expression of each of these centers depends upon many things and differs among individuals. By tuning in to each Chakra and assessing the energy of each one, imbalances can be identified and thus corrected. There are many associations attributed to each energy center, i.e. color, sound, vibration, gland and corresponding hormone, emotion and even smell. Through learning, meditation and guidance, we can prepare a personalized Chakra blend to help us bring balance to our lives or to help us through a life challenge.
Dina Ferrero is an acupuncturist, botanist, herbalist and aromatherapist. She imports therapeutic grade essential oils from Europe and uses them personally and in her practice.
Brittney Cloutier is an herbalist and manager at Equinox Natural Health Center.

UNLEASHING AND RELEASING THE PSYCHIC POWER OF RACISM IN OUR LIVES - STORIES OF BLACKS AND BUDDHISM

225 ARMSTRONG HALL Discussion/Experiential/Story-telling
African Americans confront racism in its variant forms daily. It is a virulent social disease that causes self-hatred, unhappiness, and illness. While evil and negativity can never be totally eradicated, their devastating effects in our lives can be. This workshop will explore the inherent nature of Buddhist practice as a method of lib-

eration and will explore the fundamental Buddhist philosophy of self empowerment, contrasting it with notions of salvation and atonement. Participants will have an opportunity to experience the rhythm, resonance, and power of the practice as well as hear the stories of several African Americans who have progressed toward freedom from racism through their Buddhist practice.

Valerie Geather, a.k.a. Thambi, is an African American woman who strongly believes that one's spirituality cannot be divorced from one's public life. She is a professor of family studies and has been engaged in the practice of Buddhism for 20+ years as a mother, educator, and activist.

GIFTS OF GRACE

284 A/B CENTENNIAL STUDENT UNION Ritual/
Experiential/Discussion

We will offer you an opportunity that will empower your journey, as you discover and strengthen your "Gifts of Grace"! This workshop is designed to provide avenues for self discovery. Through self-reflection and evaluation, participants will learn to recognize and value differing gifts, and to identify their own spirit-given gifts.

Dianne Givens and Marj Kutsche, see session I for bio.

THIS RADIANT PLACE: EXPLORING OUR INNATELY SPIRITUAL AND RESILIENT HUMAN NATURE BY RECALLING MEMORIES THROUGH MOVEMENT PATTERNS
284C CENTENNIAL STUDENT UNION Movement activity

This partner-based workshop is designed to guide participants through the transition of releasing a painful or harmful memory. Within the transition a new response to the memory of the event is created and experienced which is satisfying and healing. This embodied process of consciousness establishes movement patterns supporting our innately spiritual and resilient human nature.

Jane Hawley, see session I for bio.

WOMEN AND THE ORIGINS OF WAR

215 ARMSTRONG HALL Power point/Lecture/Discussion

We live in a world that holds and supports war culture values that began developing in the Western world about 6,000 years ago in dominant, hierarchal warrior societies. More egalitarian hunting and gathering societies became patriarchies, an anthropological term, meaning rule of the fathers. City and nation states began to form, based on military might. Kingship emerged; systems of hierarchy, were enforced by intimidation, violence and fear. This formal slide lecture examines history through multi-disciplines, including ancient and contemporary art history, archaeology, anthropology, and mythology.

Terry Berthiaume Hawthorne, MS Women's Studies, Minnesota State University is an adjunct and community faculty at Metropolitan and MSU. She is co-author of *Stars In Your Bones: The Many Faces of the Great Mother*. She co-produced *Through Women's Eyes: Beijing 95 and The Feminine Face of God: Paintings by Julia Barkley*. Her current project is: *A Video, The MN Origins of the Battered Women's Movement*. She is a proud mother and grandmother.

Diane Brown, educator, director of CLEAR, adult education for the St. Paul School District, co-authored and illustrated *Many Faces of the Great Mother*. She is an extraordinary mother and aunt.

EVE AND THE ART OF DESIRING

208 ARMSTRONG HALL Discussion/Experiential

As women, we embody the desiring spirit of the First Woman, yet we often see this as a problem rather than a blessing. Our views of Eve — as the original sinner, the evil temptress, spoiler — directly impact how we view ourselves and our desires. In this workshop, Dr. Helgoe challenges these internalized views and offers back to us what has been banished: The desiring spirit of the Creator, revealed in the form of Eve. Participants begin to see the story of Eve in a whole new light, to reconnect with the mother of humanity, and to liberate her power within each of us. The seminar provides a lush "garden" of images to help participants identify and begin to fulfill their unique hungers.

Laurie Helgoe, Ph.D., is a clinical psychologist and author of the *Boomer's Guide to Dating (Again)*, published by Alpha Books (2004). As a pastor's daughter, she has long wrestled with the tensions between desire and spirituality, and is currently working on her second book, *Eve's Journal: Food for Hungry Women*.

YOUR ANGELS AND GUIDES ARE WITH YOU

222 ARMSTRONG HALL Discussion/Experiential/
Story-telling

In this day and age many people are more aware of their Divine Guidance but are not quite sure how to access and feel comfortable with the information they are receiving from their guardian angels and spirit guides. This workshop will help participants connect with their positive guides and identify the difference between mind chatter and actual guidance.

Jeyn Hofacker is a Celtic, Shamanic Practitioner, Channeler, Flower Essence Consultant, Rune and Tarot Card Reader who has worked with her Angels and Guides for the past 20 years.

THE CRANE AND THE ANCIENT BIRD GODDESS

232 ARMSTRONG HALL Experiential/Discussion/Movement

The U.S. hosts one of the most unique wildlife migration experiences in the world with the spring migration of 500-600,000 lesser sand hill cranes to the Platte River in Nebraska for several weeks as they fatten up before continuing north. Cranes have been following this migration route since the time of dinosaurs. Exploring this bird's impact on ancient art and myth from Europe to North America expose one to the mysteries and paradoxes of life that our ancestors faced. **Beverly Hof-Miller** has been studying women's spirituality since the late 80s and she is a student of the Women's Theological Institute of the Reformed Congregation of the Goddess. She has witnessed the Spring Migration on the Platte River for 6 years, volunteering the last 3 at the Lillian Rowe Audubon.

VILLAGE OF A THOUSAND VOICES

319 ARMSTRONG HALL Paper/Discussion

Even when their paths are different, people can participate together in their spiritual journeys if they live according to this powerful model. Strongly based in the science of complexity and in human systems dynamics, this model of acceptance provides specific guidance that supports individuals in moving beyond words into the actions that generate and grant voice so that all may be heard and known. Through story telling and interactive dialogue, the participants are brought into the discussion and learn how to apply this model in their own lives.

Royce Holladay, see session I for bio.

HEARTPSALMS OF THE WORLD

325 ARMSTRONG HALL Ritual and Prayer

Participants will pray and meditate on the words of the ancient Psalms, rendered so beautifully by Nan C. Merrill in her book *PSALMS FOR PRAYING*. Mantras from the new CD *HEARTPSALMS OF THE WORLD*, written, sung, and recorded by the presenters and based on the Psalms from Nan Merrill's book, will be taught and sung. There will be time for silent meditation and sharing.

Juliana Howard and Diane Bosl, see session I for bio.

EXPERIENCE YOUR ANATOMY: FIND JOY, EASE AND SUPPORT WITH ROSEN METHOD MOVEMENT (wear comfortable clothing)

254 CENTENNIAL STUDENT UNION Experiential

Our bodies are where we live. Moving our bodies brings liveliness and more access to ourselves as we move through any holdings that may be held in them. Rosen Movement, using music of different rhythms and moods, is designed to move all the joints and muscles of the body and allow more ease in breathing. And it is fun! Moving and paying attention to internal movement experiences are how we get feedback about our embodied experience. Our bodies express our unconscious, our emotions, and our sensing, so we can find inspiration in ways we would have never imagined when we tap into the body's knowledge and creativity.

Marjorie Huebner, Rosen Method Practitioner, has over 20 years of experience doing hands-on healing work. She brings a background in yoga, modern dance and Authentic Movement to the teaching of Rosen Movement. She is a member of IMA and RMPA (Rosen Method Professional Association).

Louisa Castner, member of RMPA, is a Rosen Method Bodywork intern currently practicing in Minneapolis. After studying Rosen work at the Berkeley Rosen Center with Marion Rosen, she is eager to share and promote this profound modality of bodywork here in the Midwest.

GOT MONEY? FENG SHUI AND WEALTH
314 ARMSTRONG HALL Discussion/Story-telling/
Experiential

Is your home hindering your chances for financial success? With some simple, affordable adjustments, you may be able to assure a better flow of money. By using your lot, home, office, bedroom and desk you can create harmony and balance, inviting in greater prosperity. Learn how to identify what your home is saying to you about the richness in your life.

Carole Hyder and Deb Nelson, see session I for bio.

BECOMING A MAGICIAN:
USING CONSCIOUSNESS TO CREATE YOUR REALITY
326 ARMSTRONG HALL Discussion/Experiential

We will examine the stages of our lives using Carol S. Pearson's six archetypes: orphan, martyr, wanderer, warrior, and magician. The focus will be on the magician stage in which we create our own reality by controlling consciousness. This discussion will include elements of quantum physics, *A Course in Miracles*, psychology, and shamanism. Participants will engage in a variety of discovery and consciousness-related activities.

Andrew Johnson, see session I for bio.

SOURCES OF STRENGTH, ART, RITUAL AND PLAY
234 ARMSTRONG HALL Experiential

This experiential workshop will utilize art and ritual from the Native American tradition, Buddhist and Hindu traditions and the Western wisdom tradition. The intention is to identify common symbols and themes within diverse spiritualities. The focus is on creative expression, reflection, and sharing of personal insights for the creation of a healthy community and empowerment of individuals. **Carole Julian** has a graduate degree in Asian studies, a certificate in spiritual direction, and writes on spirituality and nonviolence.

UNDERSTANDING YOUR CHAKRAS
317 ARMSTRONG HALL Formal paper/Slide presentation

This workshop will focus on the tantra yogic description of the basic energy system of the Spiritual body, the chakras. This is a science, long perceived and taught by the yogis from the Himalayas, both in India, Nepal, Tibet and recently around the world. It is designed to help beginners understand the concepts, correct the usual misunderstandings, and begin work on personal practice for growth.

Theresa King has been a student and teacher of spirituality for more than 35 years. She has taught yoga since 1978, designed and run two spiritual publishing houses, authored two collections of women's spirituality, a yoga journal, and is co-director of the Institute of the Himalayan Tradition.

PRAYER OF THE HEART
223A ARMSTRONG HALL Discussion/Experiential

The Prayer of the Heart is a form of centering prayer. I teach it as a secular method of prayer. This prayer may be used by any spiritual discipline. The Prayer of the Heart is an important form of stress relief used by many people in recovery from various diseases. It is a comforting prayer process to have on hand at all times.

Fran Klette, see session I for bio.

FINDING YOURSELF WITHIN YOURSELF:
ALTERNATIVE PATH AND PAST LIFE REGRESSION
285 CENTENNIAL STUDENT UNION Experiential

Participants will be guided gently into a meditative state to explore the path they have walked since birth, examine the forks they have taken, and continue on the path as far as it will allow them to see, including beyond this current incarnation into future lives. We will then reverse the process, tapping into the collective unconscious, and regress into past incarnations. Alternative path regression allows the seeker to follow his or her life's progression through guided imagery, taking the path not taken at critical decisive moments, to see where alternate decisions might have led. This careful process reveals motivations behind choices and allows the seeker to wholly own the chosen path. For those interested in past-life regression, this method also makes that possible. Participants should wear loose and comfortable clothing, and they need to bring writing utensils and paper.

JoAnne Makela serves as a guide or muse using intuitive tools such as the Tarot, centering exercises, breath work, guided imaging, and alternative path regression. She has been a student and reader of Tarot since childhood and comes from a long line of intuitive women. She searches archetypes and consults the thoughtful voices of her own muses to inspire, counsel, and train clients in releasing their inner voices and is available for individual counseling, regressions, and Tarot readings.

MIND BODY SPIRIT MEDICINE
203 CENTENNIAL STUDENT UNION Movement/Experiential

This workshop will teach the MindBodySpirit skills for self-regulation and healing. These techniques are simple yet effective and can be used to help your body heal from disease, help you learn to relax and move through crisis. Anyone can benefit from these skills. The techniques include: biofeedback, meditation, movement, breath work, guided imagery, relaxation and art.

Katelyn Mariah, see session I for bio.

CRAFTING THE SOUL: A WRITER'S JOURNEY
256 CENTENNIAL STUDENT UNION Experiential

This workshop will introduce participants to the works of several contemporary women writers while it explores particular aspects of the craft of writing. When we understand that writing is as much an act of creating the self as it is an act of creating art, we can pursue both with a heightened consciousness. The workshop is offered in two sessions, which can be taken consecutively or independently, investigating the writings of Mary Oliver, Naomi Shihab Nye, Louise Erdrich, others and ourselves. There will be plenty of time for writing, as well as time for sharing what we've written. Perfect for those who want to deepen their writing skills, as well as their appreciation of contemporary writers.

Tara Moghadam, MFA, has been published in such journals as *The Southern Poetry Review*, *Kalliope*, and *Phantasmagoria*. She is a recent recipient of a PLRAC Artists Grant and the Edda Poetry Prize for Women. She has taught creative writing and journaling to high school and college students. With a Masters in Jungian Psychology, her background in dream work and years of instructing yoga have been a steady influence in her writing and teaching.

HEARTSONGS: THE HEALING SPIRIT OF
NATIVE AMERICAN FLUTE, LOVE AND LORE
213 ARMSTRONG HALL Experiential/Demonstration/
Story telling/Slide presentation

Breath is life force, our emotions made manifest. Few instruments give voice to that breath with the clarity, simplicity and beauty of the Native American flute. Playing is much more than technique; it is coming to know the spirit of the flute and its power to connect you to your passions and your inner healer. In this workshop you will experience the sound and spirit of the Native American flute, hear the stories of its origin and connect with the basic principles of the Native American Medicine Wheel. The workshop comes in five distinct segments, four of which correspond with the four directions of the Medicine Wheel. The final segment reveals the healing power of sound using the flute, the voice, the drum and the rattle. Learn to connect with life and your inner healer through nature, sound and the power of breath.

Judith Olson, born and raised on the plains of South Dakota always had an affinity for the Native American way of life. She played her first Native American flute three short years ago and was drawn powerfully to its loving, healing spirit and now desires to share its beauty and healing energy with all who are open to it. She is a long-time teacher of language arts and communications, has a Master's degree with emphasis in human relations and dynamics. Judy is a Reiki Master teacher/healer with an interest in how music, art and personal relations affect healing and the human energy system and writes poetry, and essays. She is the author of several published books.

**MAKE WAY FOR THE CHANGING - SACRED MOVEMENT AS
TRANSFORMATIVE SPIRITUAL PRACTICE AND
EXPRESSION OF WOMEN'S SPIRITUALITY**

**204 CENTENNIAL STUDENT UNION Paper/Experiential/
Discussion**

Sacred Movement is a new form of process-oriented, integrative, self-transformative spiritual practice. It uses conscious free-form movement, breath, sound, and words as the basic media of experience and expression. Using these tools, the practitioner unfolds transformation and healing from the inside out and experiences increased vitality and aliveness. New research in women's spirituality describes how seasoned women practitioners of these movement forms bring forth new images of the Sacred Feminine as they incarnate their spiritual power, heal wounds of sexuality and sensuality, employ multi-level body mind knowing, free themselves from the oppression of internalized misogyny in their moving bodies, and bring increased creativity to their relationships and work within their communities through their practice. This workshop includes lecture, individual, dyadic and small group experiential exercises and discussion.

Louise M. Paré, Ph.D., dynamic international women's spirituality and movement educator who earned her doctorate in Women's Spirituality and brings extensive experience in the fields of adult and women's spirituality, social justice, the arts as well as yoga philosophy, psychology and science. She is published in *Goddessing Regenerated*, *The Spiral Path*, *Keys to the Open Gate*, and the forthcoming *She is Everywhere! A Sampler of Feminist Spiritual Writings*.

**MASKING/UNMASKING OURSELVES -
RECLAIMING OUR HIDDEN SELVES**

**206 MORRIS HALL Teen/Child friendly/Experiential/
Movement activity/Art activity**

Come experiment by joining us in mask-making and dance. We'll bring to life sides of ourselves that don't usually show up in the world and get to know ourselves better. Create a mask to uncover a reclaimed part of yourself. Then, wearing the mask, use dance to find out how this part of you wants to move and show itself to others. Learn what it has to teach you about your deeper self.

Sage Passi, performance artist, teacher, and Spiderwimmin storyteller; **Kaia Svien**, Mindfulness Instructor, **Kira Pontiff**, Minneapolis ninth grader who enjoys acting, writing and watching movies; **Gabrielle Robinson-Bajuscik**, South Minneapolis freshman who has been doing puppets and masks for five years.

COURAGE TO BE MY SELF

304 ARMSTRONG HALL Paper/Discussion

Oriah Mountain Dreamer asks: "What if the question is not why am I so infrequently the person I really want to be, but why do I so infrequently want to be the person I really am?" Underlying her question is the awareness that we all have some degree of self-loathing, that we see ourselves as less than whole, as somehow undesirable. If we can just change or eliminate those undesirable qualities in ourselves, we think, then we will be happy. But what if the way to becoming whole and happy is to EMBRACE those parts of ourselves which we have disowned and imprisoned in the unconscious? Insights from Jungian depth psychology intertwine seamlessly with New Age wisdom in showing that it is not only possible, but essential, for human beings to undertake the courageous task of becoming whole.

Pamela Peterson, MA Theology, lifelong learner, dedicated to discovering and embracing her deepest wisdom, passion, courage and freedom. Past workshop offerings include *Beyond Christianity to Consciousness* and *Jesus and the Goddess*, among others.

WHY REPARATIONS? A PERSONAL STORY

302 ARMSTRONG HALL Story-telling/Discussion

The purpose of this workshop is to provide a supportive, non-judgmental space for attendees to share their views on productive ways to overcome racism in US society. The presenter will share some of her life experiences as an African-American woman born in Atlanta now living in Minneapolis. Her story in poetry and prose will be accompanied by music and hand puppets created and operated by the Arts Committee of the MN Metro branch of the Women's International League for Peace and Freedom (WILPF). The ensuing dis-

ussion will explore issues related to reparations as a possible means to heal the wounds of past history and present frustrations. **Naima Richmond** is a poet, teacher, community leader, activist, volunteer, matriarch.

**CREATING AN INNER COMPASS FOR
PARENTING AND GRANDPARENTING**

323 ARMSTRONG HALL Discussion/Experiential

This workshop will give participants the opportunity to explore parenting/grandparenting as a means of deepening their spirituality while improving the quality of their parenting/grandparenting. Participants will engage in discussion and written exercises, and learn tools to help identify their spiritual beliefs and how to put these into action in their daily life with children. A model of spiritual parenting based on love, connection and relationship will be presented as the foundation for developing an inner compass.

Holli Rietmulder, MA, LPE, has been in the field of child psychology and parent education for 22 years. She is a licensed parent educator and worked in the Early Childhood Family Education program for 16 years.

**PAST LIVES, DREAMS, AND SOUL TRAVEL:
YOUR SPIRITUAL JOURNEY**

217 ARMSTRONG HALL Discussion/Experiential

The purpose of this workshop (presented by ECKANKAR) is to aid you on your spiritual journey. We will 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 Laura Ely, see session I for bio.

THE SPIRIT OF INTUITION

205 ARMSTRONG HALL Paper/Discussion/Experiential

The Spirit of Intuition is a unique, interactive and informative workshop designed to assist participants in discovering their pattern of accessing their personal intuition in a three-step process. First, we define how each person brings their intuition into their system. Next, we explore how to interpret the symbolic language of their intuition. The final step is experiential exercises to provide reinforcement of what each has learned.

Roi Solberg assists clients throughout the country in achieving their life dreams through intuitive consultations and classes. Her experience and training encompasses a wide variety of modalities including Medical Intuition, Hypnotherapy, Reiki, and Archetypes.

Barbara Bjorklund is known for her Intuitive Readings, *Spirit of Being* classes and Energy work. Her studies with Ethyl Lombardi and Medical Intuition provided the foundation for her energetic work. She continually draws on her experience as a licensed teacher for the state of Minnesota for over 25 years.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

**201 CENTENNIAL STUDENT UNION Story-telling/
Discussion/Experiential/Child-friendly**

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 I for bio.

"KILL ME AS SOON AS YOU LIKE...

BUT YOU CANNOT STOP THE EMANCIPATION OF WOMEN"

316 ARMSTRONG HALL Discussion/Round table

"Kill me as soon as you like, but you cannot stop the emancipation of women" were words spoken by Tahiri, a progressive woman and spiritual figure in Persia in the late 1800s who challenged the traditional Muslim roles of women. Women like Tahiri have forced existing religions and paths into a new direction and light. Religion

would not be what it is today if it weren't for the bravery, sacrifice and audacity of women like Eve, Sarah and Hagar, Jael, Mary, Fatima and countless others. We, as women, can draw inspiration and strength in our own spiritual walks from those who came before us and we are challenged to be daring in our steps.

Nurianne Tomas and Karen Jentz, see session I for bio.

IN THE BODY: BODY IMAGE, SELF-ESTEEM AND BREAKING FREE OF THE TYRANNY OF SIZE

305 ARMSTRONG HALL **Discussion**

A frank and open discussion of body image issues, how they impact self-esteem, and how we can begin to move beyond our cultural preoccupation with weight and size. We will talk about the body as sacred space, examine its place in our spiritual journey, and focus on how to reclaim respect for ourselves against an ever-changing and typically ridiculous physical ideal.

Lee Wilcox Spears is the founder of Inner Wilderness, a private coaching practice in St. Paul.

SEVEN STEPS TO MEDITATION

202 CENTENNIAL STUDENT UNION **Experiential**

This class is a practice of the seven steps of meditation that comes from Himalayan tradition at least 3000 years old. This method allows students to experience meditation derived from their own natures. Writing down the steps, along with the practice and repetition provided in class, will give students the proficiency and positive reinforcement to continue the practice of meditation on their own.

Mary Zeise is a yoga teacher who has owned a health food store/cheese shop since 1982, and presented "Yard Tea" in 2001.

Julia Zeise is Mary's daughter, driver, guide to the right room, and class assistant. She is accompanied by her son who is less than one year old.

SESSION III

BREAKING THROUGH THE PERFECTION MYTH

202 ARMSTRONG HALL **Paper/Discussion/Experiential**

Breaking through the Perfection Myth is an experiential and participative workshop where an innovative model is presented by its originator, Aila Accad. It provides a simple, logical step-by-step path to identifying beliefs strongly held about yourself (and others) which keep you from realizing your true nature. In this workshop you will see how the *Perfection Myth* develops in each of us from childhood, understand how these powerful beliefs create stress by stealing your precious resources of time and energy, and experience how breaking through the *Perfection Myth* frees you to fully express and enjoy the unique Being you were born to be. You will leave with new insights and appreciation for your unique Being and possibilities!

Aila Accad, see session I for bio.

SINGING THE WHEEL OF THE YEAR

321 ARMSTRONG HALL **Experiential**

Women were the first singers of magic. Ancient women's music was created to do something. In this workshop, we will learn and share Goddess and woman-identified majickal and seasonal chants for personal and group ritual, inspiration, centering, raising power and fun. Drums and percussion toys welcome.

Ruth Barrett, see session I for bio.

AWAKENING THE POWER WITHIN TO CREATE YOUR BEST LIFE

305 ARMSTRONG HALL **Paper/Discussion/Experiential**

This workshop is intended for those who want to increase their consciousness of Universal laws (laws of energy that work for everyone equally) and to apply them in the highest way to create harmony and beauty in their life. These laws are the keys by which we can make our lives and our world what we would like it to be!

Debra Betterly, see session I for bio.

DANCING WITH THE DIVINE: MOVEMENT AS SPIRITUAL PRACTICE

HIGHLAND NORTH DANCE STUDIO **Movement activity/
Dance**

Dancing with the Divine invites exploration of one's own unique form of ecstatic dance, deepening one's spiritual connection through sensation and movement. There are no particular steps to follow — only the calling of your soul. Entering fully into breath and beat, inner rhythm and energy flow, intention and vibration allows an opportunity to touch the essence of who you are and to express that essence authentically and joyfully. From quietly subtle to wildly transformative, *Dancing with the Divine* is dancing into the raw, primal bones of your existence, into the heart and belly of Spirit.

Dianne Cates Brakarsh's extensive exploration of movement includes background as a dancer, choreographer, movement therapist and educator. Her passion is to fully include the body in the energetic experience of the Divine and to use dance as a tool for celebrating spirituality and community in a grounded and joyful way.

RETURN TO YOUR INNER SELF THROUGH DOLL-MAKING

201 CENTENNIAL STUDENT UNION **Experiential
ADULTS ONLY, limit 20**

We will begin with a simple meditation to quiet our brains and center our spirits. We'll then pursue a simple meditation that begins looking at our inner selves using a mirror and simple exercises. Afterwards, we'll create a tangible object, a small doll that represents our inner child/essence/spirit. We will then wrap this doll with fabric and thread, spinning her in a "cocoon" of warmth to represent nurturing and our future growth. You may bring special beads, stones, or other small objects to include in your cocoon if desired. All basic materials will be provided.

Amy Chester is an RN who has been creating spiritual dolls for about 6 years, finding them to be a perfect medium for expressing the inner self and aiding in healing inner and outer wounds.

RELEASING YOUR BLOCKS & OBSTACLES - CLAIMING YOUR PERSONAL POWER

285 CENTENNIAL STUDENT UNION **Experiential**

This is a time for you to explore what blocks and obstacles are hindering you from being totally present in your life. Explore via the lens of your inner sight to reach into your physical and emotional body to release your issues. Techniques will be taught, safe space will be maintained.

Virginia Cooper, see session I for bio.

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

317 ARMSTRONG HALL **Discussion/Video presentation**

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 in diverse cultures for opening the subconscious mind, anointing and healing the sick and is now enveloped in renewed use and cutting edge scientific clinical research. Toxins in our environment (air, water, food) are compromising our health. Take action and learn about achieving wellness with these gifts from the earth.

Lynn Cox and Paula Quinlan, see session I for bio.

RECLAIMING THE SACRED SOURCE

310 ARMSTRONG HALL **Story-telling/Movement activity/
Discussion**

Women have been denied access to the source of their power since their sexuality was deemed the property of their fathers and then their husbands. As women have sought their authentic place in the culture, often this cause of their lack of power has been overlooked in a society that finds it very difficult to talk about sexuality. This 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. Participants will be asked to reveal their sexual histories.

Lynn Creighton, see session I for bio.

**DIVINATION PRACTICE, INTENTIONAL INTUITION AND
CREATIVITY IN THE FEMINIST SPIRITUALITY MOVEMENT:
A SOCIO-CULTURAL HISTORY OF FEAR AND
A FUTURE OF HOPE**

211 ARMSTRONG HALL Paper/Discussion

We will examine how divination (intentional intuition) as a source of women's inspiration, creativity, and spirituality, has been subject to social and political control in the past and present through marginalization. Research findings linking intentional intuition to creativity, to certain personality traits, to personal narrative, to empathy, to self knowledge, and to women's epistemological development will be discussed. Lastly, we will look at how present socio-cultural factors are changing in ways that offer new hope for the future. ("Divination" includes practices from many religions and spiritual traditions, including Judaism, Christianity, and indigenous groups. This is not a "how to do divination" program; it is a "why do divination" program.)

Ruth Crocker, Ph.D., is a creativity expert, artist, teacher, interdisciplinary thinker, public speaker, author, and coach. Her doctoral studies focused on creativity, intuition, and women's cognitive development. Her dissertation examined the practice of divination within the feminist spirituality movement and its relationship to creativity.

WOMANSONG:

CELEBRATING YOUR CREATIVE SPIRIT WITH MUSIC

225 ARMSTRONG HALL Original songs/Personal story

Creativity is contagious! Catch the spirit of feminist adventure as Dody sings her original songs and tells her story of emergence into new ways of being fully alive. Feel your own creative spirit respond as you hear songs of hope, humor, ecofeminism, and passion for justice. Listen for echoes of your own experience in "Coloring Outside the Lines," "A New World Order," "Another Voice," "Raspberry Cousin," "Marchin' for Freedom," "Daughter Eagle," "I Ain't Gonna Die (Until I'm Dead)," "Spiritual Indigestion," and more.

Dody Davies, see session I for bio.

**FENG SHUI IN THE BEDROOM...
YOUR PRIVATE SANCTUARY**

311 ARMSTRONG HALL Discussion/Story-telling

Bring peace, balance, and harmony to your spiritual, emotional, and physical being. In this informative workshop, you will learn about the healing powers of Feng Shui in the bedroom, and why it is important to honor the bedroom...the most important room in your home. We will discuss color, patterns, what to do with clutter, design tips, and much more. Explore how to release the many demands of your busy life by making practical, positive changes in the bedroom. You will take home with you tips on how you can nurture your body and your spirit...heal...with the tremendous healing power of Feng Shui in the Bedroom...your private sanctuary.

Diane DiCristina is a Color and Feng Shui Consultant, spiritual director, teacher, speaker and founder of Wind Water Harmony, a Feng Shui consulting business and teaches these principles and concepts to small and large groups, consulting with individuals, businesses and organizations. She received her Certification from the Wind and Water School of Feng Shui and her Spiritual Direction Certification from the Center for Spiritual Guidance and is a member of the Feng Shui Institute of the Midwest and Spiritual Directors International.

PSYCHIC SELF-DEFENSE: FREEING VITAL ENERGY

304 ARMSTRONG HALL Discussion/Experiential

It is time to realize we are more than our physical selves, and with that realization comes opportunities for awareness of how we are affected by other's energy and how others are affected by ours. The unseen energies that move between us can be detected, measured, and even controlled by focusing consciously. There are many ancient and modern methods to limit the impact of negativity from others around you. Allowing it instead to be transmuted and used for your own benefit and well-being.

Glenna Rae Dietrich, see session I for bio.

LIVING DELIBERATELY-HOW DREAMS COME TRUE!

210 ARMSTRONG HALL Experiential/Discussion

"True Wealth Through Physical and Emotional Health". What does Overwhelm look and feel like for each of us individually? Can you

recognize it? What happens to our bodies, minds, and our attention when in Overwhelm? This is an opportunity to deliberately explore some new possibilities about the ease of "How Dreams Come True". **Barbara Fedors**, see session II for bio.

**DEVELOPING YOUR PERSONAL
CHAKRA ESSENTIAL OIL BLEND**

203 CENTENNIAL STUDENT UNION Paper/Discussion/
Experiential

Chakras are centers of activity for the reception, assimilation and transmission of life energies. The full expression of each of these centers depends upon many things and differs among individuals. By tuning in to each Chakra and assessing the energy of each one, imbalances can be identified and thus corrected. There are many associations attributed to each energy center, i.e. color, sound, vibration, gland and corresponding hormone, emotion and even smell. Through learning, meditation and guidance, we can prepare a personalized Chakra blend to help us bring balance to our lives or to help us through a life challenge.

Dina Ferrero and Brittny Cloutier, see session II for bio.

YOUR ANGELS AND GUIDES ARE WITH YOU

222 ARMSTRONG HALL Discussion/Experiential/
Story-telling

In this day and age many people are more aware of their Divine Guidance but are not quite sure how to access and feel comfortable with the information they are receiving from their guardian angels and spirit guides. This workshop will help participants connect with their positive guides and identify the difference between mind chatter and actual guidance.

Jeyn Hofacker, see session II for bio.

**EXPERIENCE YOUR ANATOMY:
FIND JOY, EASE AND SUPPORT WITH
ROSEN METHOD MOVEMENT
(wear comfortable clothing)**

254 CENTENNIAL STUDENT UNION Experiential

Our bodies are where we live. Moving our bodies brings liveliness and more access to ourselves as we move through any holdings that may be held in them. Rosen Movement, using music of different rhythms and moods, is designed to move all the joints and muscles of the body and allow more ease in breathing. And it is fun! Moving and paying attention to internal movement experiences are how we get feedback about our embodied experience. Our bodies express our unconscious, our emotions, and our sensing, so we can find inspiration in ways we would have never imagined when we tap into the body's knowledge and creativity.

Marjorie Huebner, and Louisa Castner, see session II for bio.

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

206 MORRIS HALL Presentation/Harp performance

It's no wonder there's been a resurgence of interest in Celtic spirituality and music. Today's world is dominated by media and technology and we are bombarded with information — and many of us are seeking simplicity and connection with what's true and eternal. Celtic spirituality has this simplicity at its heart and Celtic music is a beautiful illustration of this. During this workshop the presenter will tell the story of how a Celtic harp came into her life as a gift from Irish friends, and how that gift set her on the path of fulfilling her life's purpose of bringing beautiful music to people. She will share insights from her research on the feminine aspects of Celtic spirituality and tradition as it relates to her music, interspersed with performances of Celtic tunes (many written by or in honor of women) on her harp to illustrate those insights.

Amy Kortuem is a harpist and has performed at countless events since receiving a Celtic harp as a gift 15 years ago, with audiences including everyone from preschool children to presidents. She has made two recordings of her music, each of which explores aspects of the spiritual journey on which the harp has taken her.

FEELING, SEEING, AND PSYCHICALLY READING AURAS

323 ARMSTRONG HALL Experiential

The first step in developing psychic skills is to pay attention and auras are an easy way to begin paying attention. Auras are colorful

electromagnetic energy fields that surround us as individuals and as groups. We experience the world, our relationships, and the psychic realm through our auras. Paying attention to your aura can get you started on identifying your premonitions and help you take advantage of everything the psychic realm has to offer. Individual experience during the workshop will vary.

Paula M. Kramer, see session I for bio.

ACUPRESSURE FOR HEADACHES

205 ARMSTRONG HALL **Experiential**

The basic premise for the use of acupressure for the alleviation of headaches is the targeting and manipulation of specific energetic points. The energetic and physical manipulation of the points located on the meridians, serves to release the energy held in the body by stress and imbalance. This energy, also known as chi, is the basic life force of all living beings. The flows, or sequence of points used in this workshop are derived from oriental medical theory. Participants will be asked to work on themselves and with partners to practice these new skills.

Larry LeClaire, see session I for bio.

AN APPRECIATIVE CHAKRAS JOURNEY

319 ARMSTRONG HALL **Experiential/Story-telling/ Discussion**

"Chakras" is a Sanskrit word that means "wheels of light." Most traditions refer to seven major chakras, the main energy centers within the body. Each chakra has a particular purpose in our lives. Exploring and nurturing those aspects of our lives related to the seven chakras can promote a greater sense of well-being and wholeness. This thought-provoking, interactive journey through the chakras includes a one-on-one questioning approach based on Appreciative Inquiry that identifies and celebrates previously-used strengths related to each of the chakras by remembering and sharing relevant success stories.

Cindy Lukas, MA, is a life-long explorer, management consultant, Reiki II practitioner, and co-owner of The Women's Place, who became familiar with chakras during her own healing journey that began in 1997. Over the past 46 years, she has learned the value of taking an appreciative view of life that pays attention to symbolism and emphasizes building on one's strengths.

GIVING VOICE TO WOMEN OF GOD

212 MORRIS HALL **Story-telling/Discussion**

Our stories are part of our heritage and these stories help define who we are. The Bible, the church, is a large part of our heritage. Even those growing up outside the church experience the effect of the stories; they are part of our culture. The Bible gives good history, but the record keepers were men, and women have been deprived of their own stories. Both women and men need to understand the significant role the strong and faithful women played in the old stories. Women today (and men) should know the strength and faith of their foremothers; it is their heritage.

Maxine Moe and Suzanne Runte, see session I for bio.

SHOOTING STARS AND FIREFLIES

314 ARMSTRONG HALL **Experiential**

This workshop is designed to access our creative spirit, mainly our creative writing. We will explore intentions for artistic work, write our soul stories, draw and write about the landscape of our soil and explore journey work for writing and painting. We will explore and connect with our true passions, find our soul purpose and develop ways to connect with joy and laughter. We will also work with journaling as "homework", work that brings us home to our soul.

Judy Monk has a BA in Psychology and Art. She has worked with both children and adults for 15 years in art therapy programs.

THE UNIVERSE STORY

231 ARMSTRONG HALL **Paper/Discussion/Experiential**

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 I for bio.

MAKE WAY FOR THE CHANGING - SACRED MOVEMENT AS TRANSFORMATIVE SPIRITUAL PRACTICE AND EXPRESSION OF WOMEN'S SPIRITUALITY 204 CENTENNIAL STUDENT UNION **Paper/Experiential/ Discussion**

Sacred Movement is a new form of process-oriented, integrative, self-transformative spiritual practice. It uses conscious free-form movement, breath, sound, and words as the basic media of experience and expression. Using these tools, the practitioner unfolds transformation and healing from the inside out and experiences increased vitality and aliveness. New research in women's spirituality describes how seasoned women practitioners of these movement forms bring forth new images of the Sacred Feminine as they incarnate their spiritual power, heal wounds of sexuality and sensuality, employ multi-level body mind knowing, free themselves from the oppression of internalized misogyny in their moving bodies, and bring increased creativity to their relationships and work within their communities through their practice. This workshop includes lecture, individual, dyadic and small group experiential exercises and discussion.

Louise M. Paré, see session II for bio.

REGIME CHANGE

214 ARMSTRONG HALL **Discussion**

The purpose of this workshop is to encourage participants to become active for the 2004 National US election and to elect people who are PRO women's issues and for peace. Emphasis will be on how to be a political activist, to be sure to vote, and to encourage people to vote for those who are pro-choice, pro-peace, pro-all women's issues.

Judi Poulson graduated from MSU in 1983 with a master's in peace studies/global interdependence and has taught in three states and at all levels: K through post graduate, on peace, justice, women's issues. She has given sermons on peace issues and has been a presenter at the Women and Spirituality conference for 22 years.

ME, CEO OF MY LIFE:

5 PILLARS TO LIVING AN EMPOWERED LIFE

309 ARMSTRONG HALL **Experiential**

If you looked at your life as a business with many stakeholders, how successful would your life be? Are you nurturing your health to increase longevity? Do you have the career and cash flow to create a profit? Are you growing and building strong relations? At the end of the session you will be empowered to spend your time and money more productively.

Deborah Rogers is an enthusiastic speaker and life coach. She has worked with Pepperidge Farm, Best Buy and Target helping them market themselves. She is originally from Sacramento, and has lived in Minneapolis for 5 years. She treasures the change of seasons most and the freshness each season brings.

DEMYSTIFYING BREAST CANCER

232 ARMSTRONG HALL **Discussion**

A discussion of breast cancer from testing, type of breast cancer, treatments available and care during the journey. This workshop will provide information about a type of cancer that is almost an epidemic among women and we will talk candidly about it. There will be time for questions and informal feedback along with guided meditation at the beginning to bring in the sacredness of the group.

Nancy Russ, see session I for bio.

HEALING TOUCH: WORKING WITH YOUR ENERGY SYSTEM 202 CENTENNIAL STUDENT UNION **Experiential**

This introduction to Healing Touch (HT) will explain the importance of balancing mind, body, and spirit to heal yourself and/or others. It is an integrative approach to help in a variety of settings such as hospitals, schools, homes for various reasons as post-radiation, chemotherapy, hospice, stress reduction, etc. The participant will feel what the wheel of energy or chakra is, compare the chakra system to Maslow's hierarchy and Christian-Judeo sacraments, and experience healing touch as one can balance their own system or administer to another individual.

Jackie Scheidel, see session I for bio.

**SYMBOLS OF THE DIVINE FEMININE:
DO THEY EXIST IN OUR CHURCHES TODAY?**

233 ARMSTRONG HALL Slide presentation/Discussion
Journey with us as we search for symbols of the Divine Feminine in MN churches and see what we have discovered. We will travel back to the time of the Goddess and learn the origin of many of the symbols found in our churches today.

Jan Uhlenkamp, mother, grandmother, gardener, Reiki healer and spiritual seeker.

Bonnie Draeger, feminist, mother, grandmother, lifelong student, fascinated by Mystery.

WHICH WAYS ARE WITCH WAYS?

316 ARMSTRONG HALL Discussion/Round table/Ritual
For ages, the historical connection of pagan traditions has been misrepresented and expunged from the very religious faiths that now integrate them as their own. The presenters will introduce many ancient Pagan practices and identify their presence in more "mainstream" religions today. They will create a safe and sacred space in which to explore the many misconceptions and correct falsehoods about the Pagan faith. Many rituals in modern religions will be revealed as having come from ancient Pagan beliefs and practices. By the end of the session, it is hoped that Paganism will be demystified and participants will understand a foundational similarity among all religious practices rather than division.

Jayne Wickman (Lady Sherrell) is a Celtic Pagan High Priestess who returned to her MN roots after living in South Dakota and works to infuse her devotion to the Lord and Lady in everything she does from guiding her religious household to serving the community in many diverse ways. Her three children are a driving source of joy in her life.

Nurianne Tomas, a Baha'i who converted from Judaism, is an author, poet, social justice activist, mother, friend and lifelong learner who continues to seek spiritual balance and purpose. She is constantly amazed by the surprises God has in store for her, especially the gifts of her two sons.

SEVEN STEPS TO MEDITATION

284 A/B CENTENNIAL STUDENT UNION Experiential
This class is a practice of the seven steps of meditation that comes from Himalayan tradition at least 3000 years old. This method allows students to experience meditation derived from their own natures. Writing down the steps, along with the practice and repetition provided in class, will give students the proficiency and positive reinforcement to continue the practice of meditation on their own.

Mary Zeise and Julia Zeise, see session II for bio.

SESSION IV

BREAKING THROUGH THE PERFECTION MYTH

202 ARMSTRONG HALL Paper/Discussion/Experiential
Breaking through the Perfection Myth is an experiential and participative workshop where an innovative model is presented by its originator, Aila Accad. It provides a simple, logical step-by-step path to identifying beliefs strongly held about yourself (and others) which keep you from realizing your true nature. In this workshop you will see how the *Perfection Myth* develops in each of us from childhood, understand how these powerful beliefs create stress by stealing your precious resources of time and energy, and experience how breaking through the *Perfection Myth* frees you to fully express and enjoy the unique Being you were born to be. You will leave with new insights and appreciation for your unique Being and possibilities!

Aila Accad, see session I for bio.

CONNECTION THAT FEEDS YOUR SOUL

308 ARMSTRONG HALL Discussion/Experiential
This workshop is designed to explore the hunger for authentic connection - the yearning to connect with our own lives (and the people in them) more fully, discover tools to create and sustain connection to yourself as well as to others and to explore a vision of deeper and more meaningful connection in your life.

Lynda Austin, see session I for bio.

THE WALLACE METHOD™:

255 CENTENNIAL STUDENT UNION Movement activity
The Wallace Method™, an innovative form of bodywork, enhances our ability to move freely in our bodies. The movements used to create this freedom are gentle stretches that originate in, and are supported from, within the body framework — the bones. In this workshop we will introduce several movements designed to deepen our understanding of and relationship to our own unique structures. We often say that getting older means reduced flexibility and range of movement. Our pains increase and we say it is aging. This work allows you the confidence to follow your own inner path and free your internal restrictions so you can increase flexibility, regardless of your age. Each time you practice, you discover new ways to move and delight in how remarkable your body really is.

Bonnie Berquam is an artist and a certified Wallace Method™ Practitioner, a Middle-Eastern dancer and writer; she loves to play and is committed to the possibility of joy and creative self-expression for everyone.

Catherine Mora Cleary is a certified Wallace Method™ Practitioner. Her work is informed by her training as a yoga instructor and Reiki healing; and she has world peace NOW.

THE PAGAN-CHRISTIAN TRADITION

210 ARMSTRONG HALL Paper/Discussion
The Judeo-Christian tradition may be misnamed because the core doctrines of Christianity — Incarnation, Trinity, Redemption, Resurrection, and Ascension — resonated in the pagan milieu of dying and rising gods and goddesses but violated Jewish monotheism. I will present information revealing that Christian practice grew out of Pagan rituals, feast days, myths and beliefs.

Jeanette Blonigen Clancy, see session I for bio.

**DANCING WITH THE DIVINE:
MOVEMENT AS SPIRITUAL PRACTICE**

HIGHLAND NORTH DANCE STUDIO Movement activity/
Dance

Dancing with the Divine invites exploration of one's own unique form of ecstatic dance, deepening one's spiritual connection through sensation and movement. There are no particular steps to follow — only the calling of your soul. Entering fully into breath and beat, inner rhythm and energy flow, intention and vibration allows an opportunity to touch the essence of who you are and to express that essence authentically and joyfully. From quietly subtle to wildly transformative, *Dancing with the Divine* is dancing into the raw, primal bones of your existence, into the heart and belly of Spirit.

Dianne Cates Brakarsh, see session III for bio.

**DIVINATION PRACTICE, INTENTIONAL INTUITION AND
CREATIVITY IN THE FEMINIST SPIRITUALITY MOVEMENT:
A SOCIO-CULTURAL HISTORY OF FEAR AND
A FUTURE OF HOPE**

211 ARMSTRONG HALL Paper/Discussion
We will examine how divination (intentional intuition) as a source of women's inspiration, creativity, and spirituality, has been subject to social and political control in the past and present through marginalization. Research findings linking intentional intuition to creativity, to certain personality traits, to personal narrative, to empathy, to self knowledge, and to women's epistemological development will be discussed. Lastly, we will look at how present sociocultural factors are changing in ways that offer new hope for the future. ("Divination" includes practices from many religions and spiritual traditions, including Judaism, Christianity, and indigenous groups. This is not a "how to do divination" program; it is a "why do divination" program.)

Ruth Crocker, see session III for bio.

FEELING THE BODY:

**RELEASING UNCONSCIOUS LIMITATIONS:
AN INTRODUCTION TO ROSEN METHOD BODYWORK**
253 CENTENNIAL STUDENT UNION Experiential
Rosen Method Bodywork addresses the liberation of the human being from societal and personal oppressions that are stored in the body, releasing unconscious limitations that block creative expression. It was developed by Marion Rosen, who escaped Nazi Ger-

many and was trained by the European pioneers in breath work and the mind/body connection and later as a physical therapist at the Mayo Clinic. It is about the connection of the body, mind, spirit and the emotions 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 limits.

Robbin Thrailkill, Marjorie Huebner and Louisa Castner, see session I for bio.

SOURCES OF STRENGTH, ART, RITUAL AND PLAY

234 ARMSTRONG HALL **Experiential**

This experiential workshop will utilize art and ritual from the Native American tradition, Buddhist and Hindu traditions and the Western wisdom tradition. The intention is to identify common symbols and themes within diverse spiritualities. The focus is on creative expression, reflection, and sharing of personal insights for the creation of a healthy community and empowerment of individuals.

Carole Julian, see session II for bio.

THE ART OF COMPASSION

334 ARMSTRONG HALL **Discussion/Partially Experiential**

The purpose of this workshop is to discuss the meaning of compassion and how to integrate a deeper sense of it into our daily lives. The workshop will touch upon the seemingly fine line difference between acting compassionate versus co-dependent or unhealthful behaviors when dealing with other's issues. A portion of this workshop is intended to focus on ways in which to show compassion to self as well as to others. The ultimate aim is to open the door to a new and deeper sense/understanding of compassion, providing a guided meditation and a few easy methods and/or exercises to expand the use of it in our daily lives. This expansion is intended to lead to improvement in the quality of our own lives and those around us.

Alison Kain, see session I for bio.

UNDERSTANDING YOUR CHAKRAS

317 ARMSTRONG HALL **Formal paper/Slide presentation**

This workshop will focus on the tantra yogic description of the basic energy system of the Spiritual body, the chakras. This is a science, long perceived and taught by the yogis from the Himalayas, both in India, Nepal, Tibet and recently around the world. It is designed to help beginners understand the concepts, correct the usual misunderstandings, and begin work on personal practice for growth.

Theresa King, see session II for bio.

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

206 MORRIS HALL **Presentation/Harp performance**

It's no wonder there's been a resurgence of interest in Celtic spirituality and music. Today's world is dominated by media and technology and we are bombarded with information — and many of us are seeking simplicity and connection with what's true and eternal. Celtic spirituality has this simplicity at its heart and Celtic music is a beautiful illustration of this. During this workshop the presenter will tell the story of how a Celtic harp came into her life as a gift from Irish friends, and how that gift set her on the path of fulfilling her life's purpose of bringing beautiful music to people. She will share insights from her research on the feminine aspects of Celtic spirituality and tradition as it relates to her music, interspersed with performances of Celtic tunes (many written by or in honor of women) on her harp to illustrate those insights.

Amy Kortuem, see session III for bio.

AN APPRECIATIVE CHAKRAS JOURNEY

319 ARMSTRONG HALL **Experiential/Story-telling/Discussion**

"Chakras" is a Sanskrit word that means "wheels of light." Most traditions refer to seven major chakras, the main energy centers within the body. Each chakra has a particular purpose in our lives. Exploring and nurturing those aspects of our lives related to the seven chakras can promote a greater sense of well-being and wholeness. This thought-provoking, interactive journey through the chakras

includes a one-on-one questioning approach based on Appreciative Inquiry that identifies and celebrates previously-used strengths related to each of the chakras by remembering and sharing relevant success stories.

Cindy Lukas, see session III for bio.

LOVING-KINDNESS MEDITATION: THE PRACTICE OF GENTLE FRIENDLINESS

213 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 others and ourselves. As we grow in self-appreciation, we find ourselves behaving more gently and lovingly toward others. The practice makes us increasingly able to live without fear or hatred of anyone else.

Mary Jo Meadow is professor emerita of psychology and religious studies at MSU where she was actively involved with the Women and Spirituality Conference. She is the author of six books and many published and presented papers on spiritual practice; she teaches meditation worldwide and has studied meditation techniques in India.

CRAFTING THE SOUL: A WRITER'S JOURNEY

256 CENTENNIAL STUDENT UNION **Experiential**

This workshop will introduce participants to the works of several contemporary women writers while it explores particular aspects of the craft of writing. When we understand that writing is as much an act of creating the self as it is an act of creating art, we can pursue both with a heightened consciousness. The workshop is offered in two sessions, which can be taken consecutively or independently, investigating the writings of Mary Oliver, Naomi Shihab Nye, Louise Erdrich, others and ourselves. There will be plenty of time for writing, as well as time for sharing what we've written. Perfect for those who want to deepen their writing skills, as well as their appreciation of contemporary writers.

Tara Moghadam, see session II for bio.

HOMEOPATHY AND SPIRITUALITY

222 ARMSTRONG HALL **Discussion**

The fullness of life's spiritual potential for all beings lies in the deepest understanding of the way our Body, Mind, Spirit work together in Unity. The Homeopathic medical system is the gateway to naturally integrate the mind-body-spirit unity. It is the most powerful, systematic, scientific and effective system of energy medicine that is based in deeply understanding the connectedness of the WHOLE, and healing the WHOLE. Come and join us by walking this path with us as we unfold the unique gifts of this holistic, spiritual medical system. Homeopathy follows Nature's Law of Healing practiced since the time of Hippocrates. In Homeopathic practice, a substance from nature that resonates with the essence of the imbalanced state of the individual is given in the form of a Homeopathic, dynamized remedy. One then observes how the forces of time, nature and individualized homeopathic remedy gently bring together greater consciousness and restoration of health.

Vital Force Consulting Homeopathic practitioners are dedicated to creating a world of vibrant health by using their gifts through the science and art of Homeopathy.

Sujata Owens and MaryLu Miller Peterson, see session I for bio.

WHEN YOUR SECURITY BLANKET BECOMES YOUR STRAIT JACKET

321 ARMSTRONG HALL **Paper/Discussion**

Noted Jungian analyst Marion Woodman declares that allowing your authentic Self to emerge may cost you your marriage, your job, your church and who knows what else. Those things that once provided security are no longer satisfying or fulfilling; in fact, they may begin to feel like intolerable constraints, choking off your very life. When your deepest Self is calling to you, how do you create time, energy and psychic space for the incredible work of soul-making? Join us as we explore how we can free ourselves from our self-imposed "gilded cages."

Pamela Peterson, see session II for bio.

THE LIGHT OF SELF-ESTEEM

225 ARMSTRONG HALL **Experiential/Child friendly**

We will have a group discussion of the dominant cultures of the US 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 the participants to take home.

Lynn Pierce is a Goddess oriented feminist with undergraduate degrees in Social Work and Psychology and a MS degree in Women's Studies. She works as a Wellness Counselor and presents this workshop frequently. She is also a past presenter at this conference and at Stout College in Menomonie, WI.

REGIME CHANGE

214 ARMSTRONG HALL **Discussion**

The purpose of this workshop is to encourage participants to become active for the 2004 National US election and to elect people who are PRO women's issues and for peace. Emphasis will be on how to be a political activist, to be sure to vote, and to encourage people to vote for those who are pro-choice, pro-peace, pro-all women's issues.

Judi Poulson, see session III for bio.

CREATING AN INNER COMPASS FOR PARENTING AND GRANDPARENTING

323 ARMSTRONG HALL **Discussion/Experiential**

This workshop will give participants the opportunity to explore parenting/grandparenting as a means of deepening their spirituality while improving the quality of their parenting/grandparenting. Participants will engage in discussion and written exercises, and learn tools to help identify their spiritual beliefs and how to put these into action in their daily life with children. A model of spiritual parenting based on love, connection and relationship will be presented as the foundation for developing an inner compass.

Holli Rietmulder, see session II for bio.

ME, CEO OF MY LIFE:

5 PILLARS TO LIVING AN EMPOWERED LIFE

309 ARMSTRONG HALL **Experiential**

If you looked at your life as a business with many stakeholders, how successful would your life be? Are you nurturing your health to increase longevity? Do you have the career and cash flow to create a profit? Are you growing and building strong relations? At the end of the session you will be empowered to spend your time and money more productively.

Deborah Rogers, see session III for bio.

THE SPIRIT OF INTUITION

205 ARMSTRONG HALL **Paper/Discussion/Experiential**

The Spirit of Intuition is a unique, interactive and informative workshop designed to assist participants in discovering their pattern of accessing their personal intuition in a three-step process. First, we define how each person brings their intuition into their system. Next, we explore how to interpret the symbolic language of their intuition. The final step is experiential exercises to provide reinforcement of what each has learned.

Roi Solberg and Barbara Bjorklund, see session II for bio.

WHICH WAYS ARE WITCH WAYS?

316 ARMSTRONG HALL **Discussion/Round table/Ritual**

For ages, the historical connection of pagan traditions has been misrepresented and expunged from the very religious faiths that now integrate them as their own. The presenters will introduce many ancient Pagan practices and identify their presence in more "mainstream" religions today. They will create a safe and sacred space in which to explore the many misconceptions and correct falsehoods about the Pagan faith. Many rituals in modern religions will be revealed as having come from ancient Pagan beliefs and practices. By the end of the session, it is hoped that Paganism will be demystified and participants will understand a foundational similarity among all religious practices rather than division.

Jayme Wickman (Lady Sherrell) and Nurianna Tomas, see session III for bio.

IN THE BODY: BODY IMAGE, SELF-ESTEEM AND BREAKING FREE OF THE TYRANNY OF SIZE

305 ARMSTRONG HALL **Discussion**

A frank and open discussion of body image issues, how they impact self-esteem, and how we can begin to move beyond our cultural preoccupation with weight and size. We will talk about the body as sacred space, examine its place in our spiritual journey, and focus on how to reclaim respect for ourselves against an ever-changing and typically ridiculous physical ideal.

Lee Wilcox Spears, see session II for bio.

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)

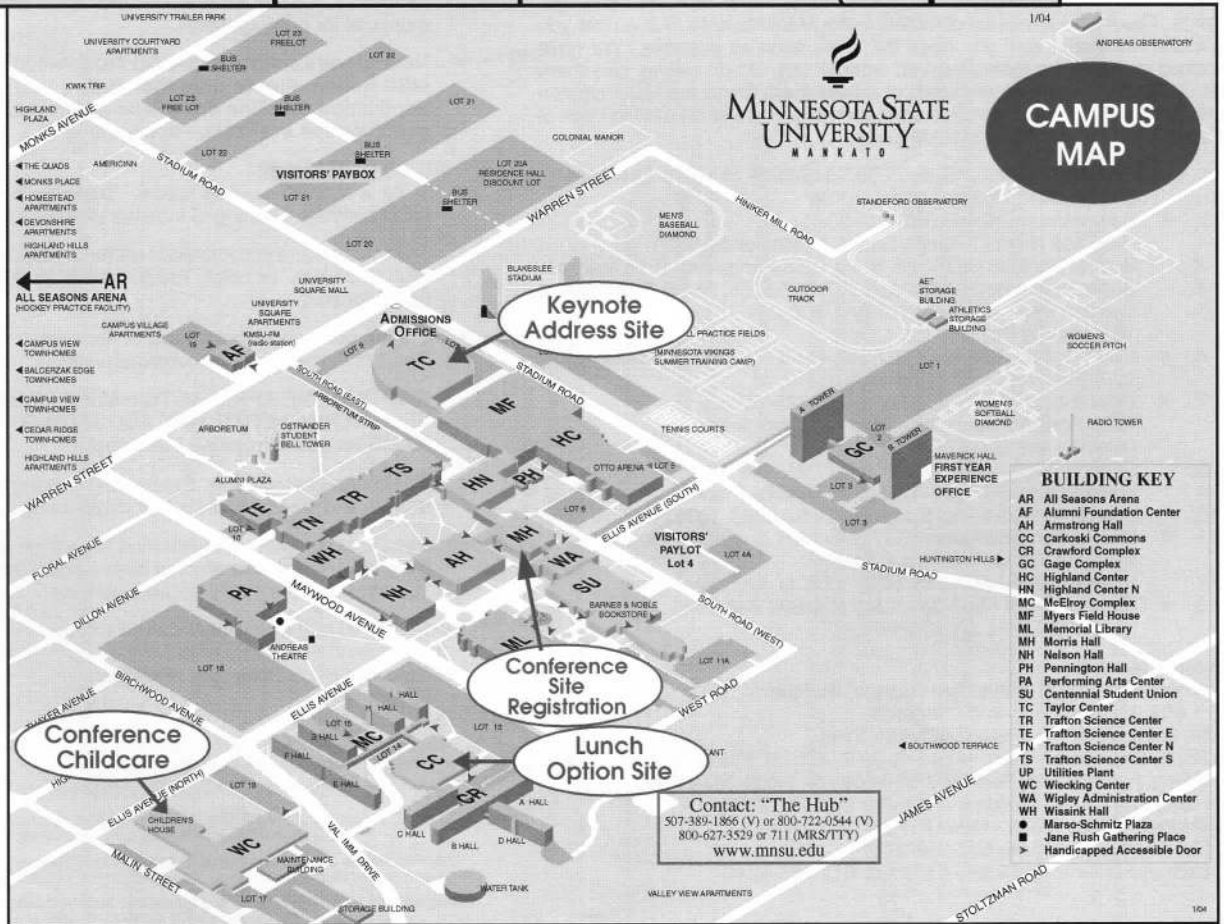
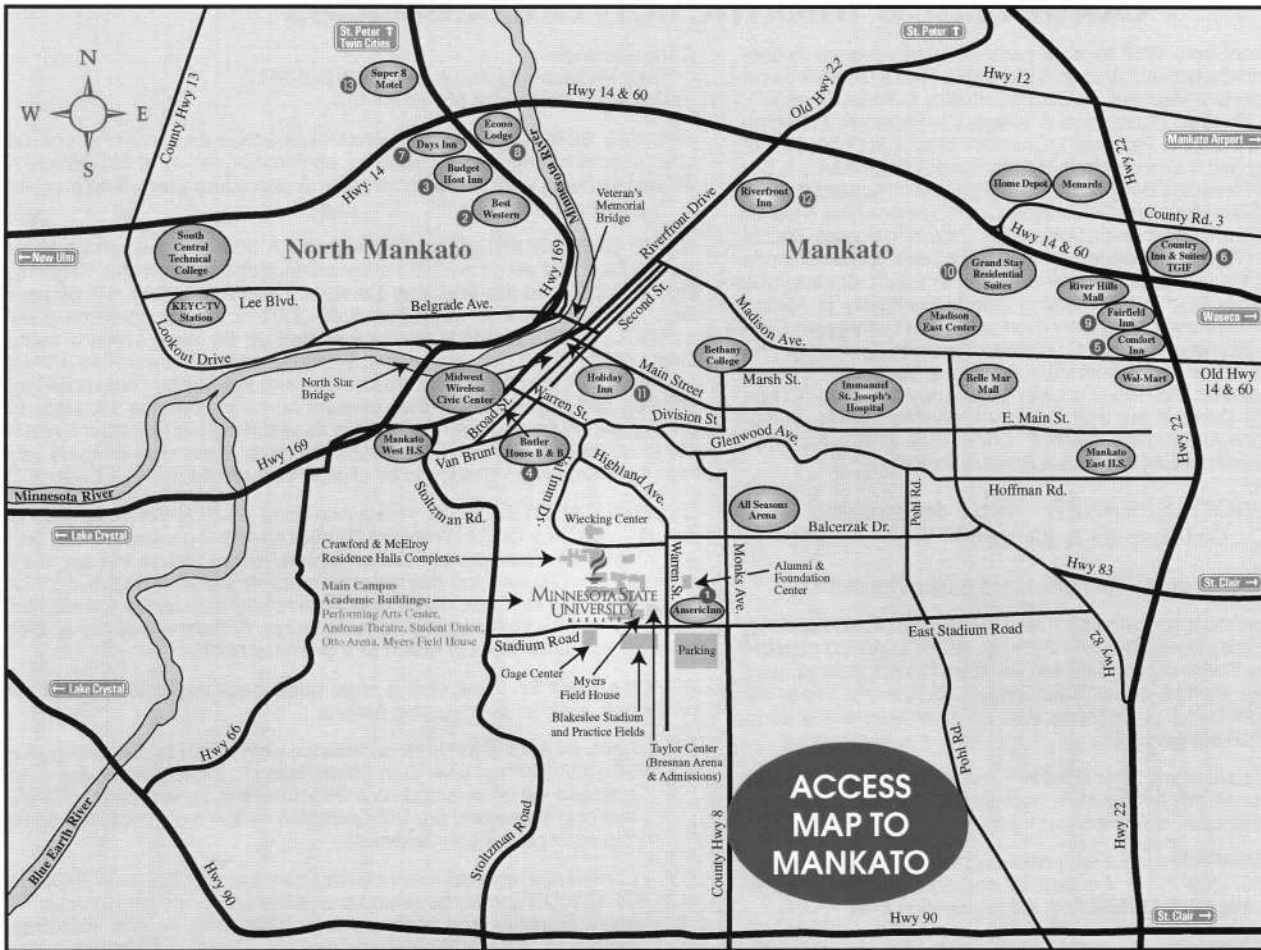
Take Riverfront Drive exit. Turn right at the stop sign on North Riverfront Drive. At the second stoplight (Kwik Trip) turn right on Stoltzman Road. At the three-way stop sign, continue straight ahead and go approximately one mile. Turn left at the State University sign on Stadium Road. Proceed up the 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.



Conference Information and Services

Past keynote speakers from 1982 to 2003 have included: Jeanne Audrey Powers & Alla Bozarth-Campbell ("Women & Worship"), Rita Gross ("Women's Lives in World Religions"), Maureen Fielder ("Spirituality & Social Change"), Rosemary Radford Ruether ("Language & Imagery"), Starhawk ("Building Communities of Resistance & Renewal"), Charlotte Black Elk ("Lifepaths of Women: Celebrating Self & Community"), Valerie Russell ("Spirituality & Social Justice"), Judith Plaskow ("Body & Spirituality"), Carter Heyward ("There Are Many Paths Up The Mountain: Celebrating Our Commonalities & Differences"), Luisah Teish (no theme), Neala Schleuning, 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 & 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 & Opportunity at the Dawn of the 21st Century"), Winona LaDuke (Indigenous Thinking in the Millennium), Carol P. Christ (She Who Changed), Charlene Spretnak (Female Embodiment & Spiritual Practice).

2005 KEYNOTE SPEAKER - to be determined October 22 & 23, 2005

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

MEALS: The main cafeteria (Construction Cafe) in CSU (SECOND FLOOR), will be open on Saturday from 8:00 A.M. - 2:00 P.M. **WITH LIMITED LUNCH ITEMS** and Sunday Construction Cafe will be open from 8:00 a.m. until 11:00 A.M. with coffee, muffins, sweet bread, bagels and donuts. There will be **NO** Saturday night buffet. Lunch may also be purchased at the dorm cafeteria for around \$6 per person.

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. See corresponding number on map in back of program for location in the Mankato area.

1. Americinn Motel & Suites - 507-345-8011 or 1-800-634-3444
240 Stadium Road
2. * Best Western Hotel - 507-625-9333
Hwy. 169 N./1111 Range Street, N. Mankato (WSP)
3. Budget Host Inn - 507-388-1644, 1255 Range Street, N. Mankato
4. Butler House Bed & Breakfast 507-387-5055, 704 S. Broad Street
5. Comfort Inn - 507-388-5107 or 1-800-221-2222
131 Apache Place
6. * Country Inns & Suites - 507-388-8555 or 1-800-456-4000
1900 Premier Road (Women & Spirit)
7. * Days Inn - 507-387-3332 or 1-800-325-2525
1285 Range Street (Hwy. 169 N.), N. Mankato
(Women and Spirit Conf. block)
8. Econo Lodge - 507-345-8800, 111 W. Lind Court
9. Fairfield Inn - 507-386-1220, 141 Apache Place
10. Grandstay Residential Suites - 507-388-8688, 1000 Raintree Road
11. * Holiday Inn Downtown - 507-345-1234 or 1-800-HOLIDAY
101 Main Street (Women & Spirit)
12. Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
13. * Super 8 Motel - 507-387-4041 or 1-800-848-8888
Hwy. 169N & 14 Jct. (CG WNCS)

Outside Mankato

Americinn - 700 N. Minnesota Avenue, St. Peter -
507-931-6554 or 1-800-634-3444
St. Peter Motel - St. Peter - 507-931-3100
South Side Motel - Hwy. 1679 N & 22 S. Jct., St. Peter - 507-931-4100
Viking Jr. Motel - St. Peter 507-931-3081 or 1-800-221-6406
Park Row Bed & Breakfast - St. Peter 507-931-2495
Budget Holiday Motel - New Ulm 507-354-4145
Holiday Inn - New Ulm 507-359-2941
LeSueur Downtown Motel - Le Sueur 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 17, 2004 for children up to ten years of age and will be available at the campus child-care center, Children's House, located at the Wiecking Center. Children's House will be open Saturday from 9:00 A.M. - 12:30 P.M., 1:00 - 6:00 P.M. and Sunday from 8:30 - 1:30 P.M. (**Note - children must be picked up for designated breaks.**) Costs will be \$30.00 for one day and \$45.00 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 & CEU's: Those interested in taking the conference for one (1) credit or a CEU in Women's Studies need to be aware that an **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 is 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 September 17. 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 September 17. 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.
- Refund of conference registration fee will be subject to a \$5.00 handling fee. No refunds allowed after 1 week prior to conference date. You must provide 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: www.mnsu.edu/womenst then go to Women & Spirituality Program

*A member of the Minnesota State Colleges and 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.

REGISTRATION FORM

(DO NOT mail this form later than September 27, 2003!)

Registration must be postmarked by September 17, 2004 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. 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 10 - 17
 - \$ 5 Keynote only (ticket required)
 - General Scholarship **** must be pre-approved**
 - Women of Color Scholarship **** must be pre-approved**

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

Total enclosed: \$ _____ Registration fee (includes keynote) check # _____
 \$ _____ **Keynote Only Fee**
 \$ _____ Tuition credit cost **(Separate Check Please)**
 \$ _____ CEU cost of \$50 **(Separate Check Please)**
 \$ _____ Child Care
 \$ _____ Total amount enclosed **(Checks payable to MSU)**

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).

SCHOLARSHIPS:

- ** 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 \$30 for one day and \$45 for both days, per child.
Postmark Deadline: September 17, 2004

Day(s) Needed: Saturday, October 2 Sunday, October 3

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/CEU fees or you must be approved for a conference scholarship. Please send a **separate check for tuition only**. 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 #
<input type="checkbox"/> 8929	WOST-265-60
<input type="checkbox"/> 8930	WOST-465-60
<input type="checkbox"/> 8931	WOST-565-60

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)

- CEU
- 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 **scents-free space**. Scent-free workshops are specified in the brochure.

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(DO NOT mail this form later than September 27, 2003!)

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

Name _____
If double last name, please circle or highlight name you want registration filed under.
 Address _____
 City _____ State _____ Zip _____
 Day Phone # (____) _____ E-mail address _____

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

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

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 - \$45 General (includes keynote) Postmarked after September 17:
 - \$50 (includes \$5.00 Late Fee)
 - \$25 Minimum Income OR Student
 - \$30 (includes \$5.00 Late Fee)
 - \$15 Ages 10 - 17
 - \$20 (includes \$5.00 Late Fee)
 - \$ 5 Keynote only (ticket required)
 - \$ 8 (includes \$3.00 Late Fee)
- General Scholarship **** must be pre-approved**
- Women of Color Scholarship **** must be pre-approved**

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

Total enclosed: \$ _____ Registration fee (includes keynote) check # _____
 \$ _____ **Keynote Only Fee**
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Credit in Women's Studies: _____
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- 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)

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- Undergraduate resident
- Undergraduate non-resident
- Graduate resident
- Graduate non-resident

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**WOMEN &
SPIRITUALITY**
CONFERENCE

507-389-2077

Minnesota State University, Mankato

Saturday and Sunday, October 2 and 3, 2004

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

“CELEBRATING YOUR CREATIVE SPIRIT”

Keynote Speaker: VINIE BURROWS

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



WOMEN AND SPIRITUALITY CONFERENCE

Minnesota State University, Mankato

109 Morris Hall

Mankato, MN 56001

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