

25th Annual WOMEN & SPIRITUALITY CONFERENCE

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

The Women and Spirituality Conference was born 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.

2006 Keynote Speaker



Shakti Gawain

The Keynote Speaker this year will be **Shakti Gawain**. She is a pioneer in the field of personal growth and consciousness whose workshops, retreats, books, and CD's focus on personal healing, the expression of creativity, and envisioning the future to nurture change in oneself and in the world. Her many best-selling books, including *Creative Visualization*, *Living In The Light*, and *The Path of Transformation*,

have sold more than six million copies in thirty languages worldwide. For over twenty years, Shakti has led workshops

internationally, and has facilitated thousands of individuals in developing greater awareness, balance, and wholeness in their lives. She and her husband, Jim Burns, live in Mill Valley, California, and on the island of Kauai in Hawaii.

At this year's conference, Shakti Gawain will discuss the importance of working toward greater consciousness, awareness, balance, and wholeness. She also will share personal stories of her own journey and her experiences with activism. For more information about Shakti Gawain, please visit her Web site at www.shaktigawain.com.

Schedule

Saturday, October 7, 2006

- 8:30 - 10:00 Registration, CSU 2nd Floor
- 10:00 - 10:30 Opening Celebration, CSU Ballroom
- 10:30 - 11:00 Announcements/Welcomes, CSU Ballroom
- 11:00 - 12:30 Keynote/Booksigning, CSU Ballroom
- 1:30 - 3:00 Session I
- 3:30 - 5:00 Session II
- 5:00 - 6:00 Exhibit Browsing
- 6:00 Dinner (advance reservations required)
- 7:30 Evening Performances

Sunday, October 8, 2006

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

The 2006 Planning Committee:

Lana Gertsen, Coordinator
Kelly Holland, Intern Coordinator
Cindy Veldhuisen, Business Manager
Maria Bevacqua, Chair of Women's Studies
Shirley Piepho, CSU Coordinator
Lisa Coons, Course Instructor
Colleen Gerds, Signing Interpreter
Margie Larson, Exhibitor Coordinator
Sarah LaRose-Holland, Ritual Ceremony
Rev. Dawn Carder, Blessing

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

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

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

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

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

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

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

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

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

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

SATURDAY EVENING PERFORMANCES

MOTHERS OF THE CONFERENCE SPEAK - 7:30 P.M.

ARMSTRONG HALL 101

Discussion

In this workshop five women who were involved in the earliest days of the Women and Spirituality Conference will share memories and anecdotes. They will offer a history of the beginning and early times of the conference. There will be time allotted for audience discussion and questions.

Mary Jo Meadow is Professor Emerita of Psychology and Religious Studies at Minnesota State Mankato. She began the Women and Spirituality Conference and organized the first three years.

Barbara Keating is Professor of Sociology at Minnesota State University, Mankato and has been faculty here for 26 years. She served on the planning committee for ten years and as a liaison between the planning committee and the university administration.

Nancy Bushnell is a certified massage therapist and owner of Life Time Massage in Mankato. She coordinated the conference for three years and was subsequently involved in the ritual planning and as an exhibitor.

Terri Hawthorne has attended almost every conference. She is a frequent presenter and ritualist and has served in planning and arts exhibition committees; and she was conference co-chair in 1989. She is co-author of *Stars in Your Bones: Emerging Signposts on Our Spiritual Journey* with artist Julia Barkley and Alla Bozarth (Campbell) who was one of the keynoters at the first Mankato conference.

Margaret Preska was past president of Mankato State University from 1979 until 1992. During that time she was a strong supporter of the conference and managed public relations for it.

AURORA - MUSICAL CONCERT - 8:00 P.M.

Student Union Ostrander Auditorium

\$5.00 admission at the door, general seating

Crystal clear vocals accompanied by flute, violin, guitar, and keyboards are the essence of AURORA, a musical partnership between performers Marie Garry and Katherine Conrad. Since the birth of AURORA in the 1980's, Marie and Katherine have been featured artists at conferences, retreats, and peace and justice events throughout the U.S. This year they bring to the conference a message of inspiration, calling all women to put their own dreams into action in their communities. Please join us for this celebration through song, which honors the reemerging Sacred Feminine.

BELLY DANCING - 9:00 PM

Student Union Ballroom

\$5.00 admission at the door,

Join us for an interactive performance by RakStar Fusion Bellydance! The RakStar Fusion Bellydancers are a troupe who perform an eclectic style of dance based on, but not limited to, oriental dance. RakStar Fusion's mission is to provide a positive outlet for people of all ages and body images to express and celebrate music and movement. For more information about the troupe, visit www.rakstarfusion.com. General admission \$5 at the door. All proceeds support RakStar Fusion Bellydance.

SESSION I

TAROT STRATEGIES

(Also offered in Session II)

STUDENT UNION 255A

Paper/discussion/experiential

Tarot is a vital tool in helping one think outside the box, see a bigger picture, and make vision a reality. Using the Emperor archetype as our guide, we will explore perceptions of reading the cards intuitively. Previous experience is not necessary, but your own deck of cards are.

Nancy Antenucci is a seasoned reader and teacher in the Twin Cities for over 20 years. She returns for this conference annually as she teaches various aspects of the system of Tarot cards through the walk of the Major Arcana.

CREATING A BLUEPRINT FOR WELL BEING

(Also offered in Session II)

ARMSTRONG HALL 233

Experiential

Given the fact that we all are able to tap into our inner wisdom using appropriate tools, this experiential workshop will assist the beginning to intermediate explorer to connect with that innate ability for self discovery and well being. Using the tools of ceremony, imagery and energy healing the participant will create a beginning personal blueprint for wellness. This blueprint will be the starting point for creating a life of joy, harmony, balance and well being.

Judith Auenthie, RN, MA, CHTP, CTC, CHMSI, is currently a nurse in the Complementary and Internal Medicine Program at Mayo Clinic in Rochester. She has studied with James Gordon at the Center for MindBody Medicine, is a Certified Holistic Stress Management Instructor, Certified Therapeutic Coach as well as a Certified Healing Touch Practitioner. She has also written a relaxation and meditation manual for use with adolescents, developed and recorded a MindBody Approach to Stress Management CD in collaboration with the Mayo Clinic Section of Patient Education.

Rev. Diane Anderson, RMTF, Coordinator for Academic Appointment and promotions at Mayo Clinic College of Medicine in Rochester, and is a certified Reiki Master/Teacher and Practitioner. She is certified in Ancient Rainbow Conscious Healing and is a practitioner of Shamanic Healing Techniques and facilitates workshops on meditation techniques, spiritual awareness and mind/body/spirit wellness. In her Native American tradition, she conducts a variety of sacred ceremonies including earth blessings and pipe ceremonies.

CHRIST, A SYMBOL OF THE SELF

(Also offered in Session IV)

ARMSTRONG HALL 321

Paper/discussion

Christians have diverse understandings of Jesus because the God-image Jesus Christ is a symbol of the Self in each individual and the passion of Christ symbolizes every person's painful struggle toward perfection. This center of divinity in each of us nudges us toward wholeness. In Hinduism the symbol of the Self is Krishna. More such symbols are depicted in other spiritual traditions and even in the Judaeo-Christian tradition. Insisting that Jesus is an external, exclusive savior misinterprets the sacred texts.

Jeanette Blonigan Clancy, MA in systematic theology, is an educator and writer who has studied mythology, Jungian psychology, scripture, women's spirituality, and comparative religion.

DIVINE WARRIOR TRAINING: RECLAIMING YOUR INNATE HEALING POWER

(Also offered in Sessions II, III, IV)

ARMSTRONG HALL 305

Experiential

Divine warriors recognize the divinity of all persons and all creation and work for the highest and best good of all. This workshop will introduce the concept of divine warrior—one who lives out of their divine essence, discovers their life's purpose, hones the skills they bring into the world and transcends the challenges they face. Sacred space will be created for each participant to work with self-reflective experiential exercises that help participants uncover belief patterns that limit their ability to heal. A closing circle allows opportunity to share insights with other participants.

Thomas Capshew is a former attorney and professor. He is a writer and motivational speaker, working on a book entitled *Divine Warrior Training*. He is on faculty at Windemere Institute of Healing Arts.

T'AI-CHI CH'UAN FOR RELAXATION, HEALTH AND MEDITATION

HIGHLAND NORTH DANCE STUDIO

**Movement activity/
experiential/discussion**

The *Tao te Ching* says, "The Journey of a thousand miles begins beneath your feet." This workshop will be an introduction to some basics of T'ai-Chi Ch'uan and Chi Kung that you can use in your daily life to promote relaxation, to support good health, and to practice meditation.

The workshop will include a warm-up set, standing meditation, cloud hands posture from the Yang style, 150-posture T'ai-Chi form, wrap-up and some discussion. Participants should wear loose, comfortable clothing and flat shoes (athletic) with good structural support. Bring some drinking water!

Julie Cisler is a seventh generation disciple of Yang style T'ai-Chi Ch'uan. She studies with Situ Ray Hayward and Situ Paul Abdella at the Twin Cities T'ai-Chi Ch'uan studio where they practice the 150-posture

solo form. She previously studied a different short Yang-style form for a number of years and considers T'ai-Chi a practice that combines spiritual, mental as well as physical training.

LETTING GO OF UNHEALTHY PATTERNS

(Also offered in Session IV)

ARMSTRONG HALL 326

Experiential

This workshop (limited to 20 participants) is intended to teach participants an ancient Siberian folk healing technique. Passed on for generations, this is a shamanic healing tool for release or extraction of old negative patterning in the energy field. It is safe and can be easily learned.

Virginia Cooper has been practicing the healing arts for over 20 years; as an intuitive healer she started with laying on stones and energy work. Later she became a certified massage therapist and now is a registered nurse who is continually seeking ways to integrate all levels of life into her work.

CELESTIAL COFFEE CLATSCH

(Also offered in Sessions II)

MORRIS HALL 211

Discussion

Literally thousands of people around the world, just like you, have learned to talk with their angels and the spiritual realm. This workshop will teach you how to access your angels and guides to request assistance in solving problems, receiving and interpreting inspirational messages, and providing love and support to you in your everyday life.

Lori Daniel Falk is owner and founder of The Crystalline Institute, an organization designed to assist individuals and organizations in bringing spirituality into their everyday lives. She is also Director of the Midwest Division of The Int'l. Teaching Alliance, hosting cutting-edge metaphysical speakers throughout the region. In addition, she is a writer, author, professional speaker and level III Reiki practitioner.

PRAYING WITH MYSTICS AND POETS

ARMSTRONG HALL 202

Paper/discussion

Mystics often perceive the presence of God throughout the world of nature and in all that is alive, leading to a transfiguration of the ordinary all around them. And to arrive at a deeper appreciation of what Thich Nhat Hanh speaks of:

I am the mayfly that flits on the river's watery surface.

And I am also the bird that dashes down to catch it.

I am the frog that happily swims in the pond's clear water.

And I am the grass snake that devours the frog in the stillness.

As part of this workshop, the poetry of Mary Oliver will be offered. Her poetry is in touch with Earth and Nature around us.

Lucy Edelbeck, OP, is a Racine Dominican who has long directed retreats on Feminist Spirituality, Sacred Earth, Sophia-Wisdom, and on Praying with Mystics. She is the artist who designs Lucy's Cards.

EMOTIONAL CLEANSING: THE BEST HEALTH YOU HAVE EVER HAD - TRUE WEALTH THROUGH PHYSICAL AND EMOTIONAL HEALTH

(Also offered in Session II)

STUDENT UNION 202

Discussion/experiential/movement

There is a systematic approach to emotional cleansing. Learn how the Divine connection we have with animals and nature teaches and supports us to create the best health we have ever had. Our body's health is directly related to our emotional health. Know yourself and create your health. I have a systematic way to emotionally cleanse. The value of this is peace of mind, more fulfilling relationships with friends, family, and freedom of expression to have a whole lot more fun in life.

Barbara Fedors' unique global experiences in the health care field for over 30 years have provided core research that the health of the physical body is directly related to our emotional health. She is a teacher in the field of self development and human potential, a CranioSacral therapist, and practices in Stillwater and Minneapolis, MN.

DEVELOPING YOUR PERSONAL CHAKRA ESSENTIAL OIL BLEND

(Also offered in Session III)

STUDENT UNION 204 Paper/discussion/ritual/experiential

Chakras are centers of activity in the body where the reception, assimilation and transmission of life energies occur. The full expression of each of these centers depends upon many things and differs among individuals. By tuning in to each Chakra and assessing its energy, imbalances can be identified and thus corrected. Through visualization, assessment and guidance, we will prepare a personalized Chakra blend that we can use to bring balance into our lives and perhaps help us through a life challenge.

Dina Goodwill is an acupuncturist, herbalist and aromatherapist. She imports therapeutic grade essential oils from around the globe and uses them personally as well as in her practice at The Medicine Tree in St. Croix Falls, WI, and Minneapolis, MN.

SOMETHING FROM NOTHING: HOW TO HARNESS THE CREATIVE POWER OF THOUGHT TO TRANSFORM YOUR LIFE

(Also offered in Session IV)

ARMSTRONG HALL 215 Formal paper/lecture

Thought. It is our primary creative force. Everything in our lives, from shoes to relationships, exists because someone first thought of it. Yet this magnificent, fundamental process goes underdeveloped. Harnessing the power of thought is the first step in creating goals that succeed, dreams that become reality and a life that matters. We will explore the potential for transformation through mastery of Thought.

Jackie Jeffery is a fully trained Life Coach and graduate of Coach U, an International Coach Federation-accredited institute. She is a Minnesota native, writer, speaker and spiritual being having a human experience.

THE INNER GOSPEL EXPERIENCE

(Also offered in Session II)

ARMSTRONG HALL 304 Discussion/experiential

While the historical Christian gospels are stuck in time; the inner gospels are beyond time. The Christian gospels provide an excellent guide for our exploration of consciousness and at the same time, enable us to have a direct encounter with the Divine within. Here we are invited to interact with and come to know our Christ consciousness. We can also experience the shadow, the desert, the sacred mountain, crucifixion and rebirth, and experience the sacred marriage all on the level of the psyche. Participants in this workshop will engage in a variety of activities in order to explore the inner gospels as they related to their lives.

Andrew Johnson is professor of Holistic Education in the Department of Educational Studies: Special Populations. His most recent books are, *Making Connections With Elementary and Middle School Social Studies* and *Drinking From the Empty Cup: A Reexamination of Traditional Christianity*.

PSYCHIC PROTECTION

(Also offered in Session IV)

ARMSTRONG HALL 221 Paper/discussion

In this workshop we will be discussing tangible and meditative ways for those that are energetically sensitive and psychically sensitive to clear and protect themselves from negative and damaging energies. This, along with a discussion, will be a hands on, show and tell of techniques as well.

Tiffany Johnson is a Twin Cities psychic, author, radio personality, healer, speaker and Board Certified Hypnotherapist. Reading since she was 14 years old, she has experienced and studied many things in the Metaphysical realm.

WHAT MATTERS IS MATTER

ARMSTRONG HALL 219

Paper/discussion

In this age of globalization, it has become difficult to live in peace when every one is intolerant of others due to differences. Hence in this workshop, the philosophy of diversity and its relationship to universal ethics and global peace will be discussed.

Indira Junghare is a professor of Linguistics, Literature, Philosophy, and Religions of India at the University of Minnesota.

WALKING THE CAMINO FRANCES, THE ANCIENT PILGRIM PATH TO SANTIAGO DE COMPOSTELA

(Also offered in Session IV)

ARMSTRONG HALL 208

Paper/discussion

This workshop will begin with a discussion of pilgrimage as a spiritual practice. There will be a brief historical presentation on the *Camino de Santiago*. We will then virtually experience walking parts of the *Camino Frances* with the use of slides and narration. We will close with practical guidance in preparation for such a journey.

Christine Kile traveled by herself to France in the summer of 2005 after responding to a spiritual calling. She walked the pilgrimage route to Santiago de Compostela and the *Camino Fisterra* from Santiago de Compostela to Finisterre on the coast of Spain.

THE REALM OF FAERY, THEN AND NOW

(Also offered in Session III)

ARMSTRONG HALL 306

Power point/discussion

This workshop will explore faeries from the earliest mythical appearance, including an examination of the forms and varieties of faeries throughout different cultures. We will explore the work of various folklorists from the 19th and 20th centuries who researched and recorded the living faery faith as they found it among the people of the British Isles. We will then examine faery as presented in both literature and visual art. Finally, we will discuss the beginning of a healing interplay between the devic and human realms that connects the varied spiritual paths of the Faery Faith, Green Spirituality and Paganism.

Dawn Killen-Courtney has a decades' long curiosity about the realm of faery which has led her to examine that realm through many of its elusive facets. She is the author of the *Trollton Chronicles* fantasy series and resides in St. Louis Park, MN.

MEDITATION OF THE HEART

(Also offered in Session II)

MORRIS HALL 101

Discussion/experiential

In this workshop we will teach a very user-friendly secular method of meditation and supply written information for each person to have for personal reference. You will personally experience each day.

Margaret Klette is a spiritual companion and energy healer. She specializes in feminist and 12 step spiritualities. She is a writer, painter of silk, a feminist mother, grandmother, sister, aunt and crone.

PSYCHIC, INTUITIVE, AND ENERGETIC HEALING SKILLS IN THE WORKPLACE:

MAKING BETTER DECISIONS AND MANAGING STRESS

(Also offered in Session III)

ARMSTRONG HALL 308

Experiential

Participants will learn what psychic, intuitive, and energetic healing skills are; how they may be used in the workplace to enhance productivity and efficiency; and how they can induce healing by lowering stress and improving the mind/body/spirit connection. There will be a meditation to help you get in touch with your intuitive center. You will learn specific things you can start doing immediately to develop your psychic, intuitive and energetic healing skills.

Trish Lapid is a development coach and owner of Messinger, Messinger and Lapid - Transformative Consultations and Conversations. She helps

individual clients, teams, and organizations uncover and achieve their goals. Her foundation as a business leader and a practicing psychic intuitive allow her to work deeply with clients who choose to create better lives for themselves.

SOUL TALK

(Also offered in Session IV)

ARMSTRONG HALL 108

Discussion/experiential

This workshop is designed to acquaint participants with their spiritual self (soul) by finding its voice and practicing listening for it. Blocks to trusting one's soul will be discussed. Then demonstrations and practice will be done in using one's spiritual connection for healing.

Janet Latchaw retired special education teacher, is also a Reiki Master Practitioner; certified in Quantum Touch; has done healing in the Spiritualist Church; and is a non-denomination licensed lay minister.

WHEN IT MAKES YOU SAD: HEAL THE HURT (in minutes)

(Also offered in Session IV)

ARMSTRONG HALL 317

Experiential

Memories and thoughts can continue to hurt, even years after an event. When feelings are attached, the healing process may also become blocked. Emotional Freedom Techniques (EFT), a simple method involving gentle fingertip taps on the face and body, allows stressful feelings to become detached. In this workshop, sadness associated with a specific memory or event is eliminated, leading the way to heal the hurt.

Valerie Lis speaks, writes and teaches in the area of self-improvement. Through their company Courses for L.I.F.E., she and her sister provide seminars and expos in the field. She is an advanced trainer and practitioner in Emotional Freedom Techniques (EFT), a method proven to eliminate stress due to memories, phobia, trauma or abuse.

LET'S TALK ABOUT GHOSTS

MORRIS HALL 102

Child-friendly/discussion/
storytelling/photographs

Come share personal experiences (you may bring your own ghost photos). The presenter will share her personal stories of her conversations with ghosts. We will have an open discussion, answering questions and sharing thoughts you may have about ghosts. Ghosts have many different reasons for remaining here on earth. Who are they? Why are they here? How do we help them? I will share photos of ghosts.

Carol Lowell has been studying and working in the fields of psychic development, hands on healing and ghost and spirit help for over 15 years. As a recognized expert in the field, Carol has been featured in various newspaper articles, magazines and radio shows. She has also shared her psychic experiences as a guest speaker with numerous groups and organizations throughout the Midwest.

A SACRED ACT - CARING FOR OUR OWN AT THE TIME OF DEATH

(Also offered in Session IV)

ARMSTRONG HALL 323

Discussion/story-telling

Death, like birth, comes in its own time, in its own way and provides a profound spiritual portal for all lives involved. To be present at the time of death and to shepherd the body and spirit through the first hours and days following death are sacred acts. Through dialogue and the sharing of practical information, it is the intention in this workshop to empower participants who want to consider being present and actively involved in this witnessing tradition. Story-telling of recent home funeral experiences. Dialogue about death, care of the body, legal rights and restrictions. Handouts and resources will be made available.

Jean Madsen works as a hospice nurse and educator of end of life issues. She has a BS in education; Certified in Thanatology; Certified Spiritual Counseling Facilitator; trained as Home Funeral Guide through *Final Passages: Home Funeral Ministry*; Co-proprietor of *Portages: Alternative Funeral Advocacy*.

Mary Kateada is proprietor of *Simple Wisdom Sanctuary, LLC*, where

she assists people to hear, to trust and to give creative voice to their values and principles through personal and family rites of passage. She has a BA in Liberal Arts; trained as Home Funeral Guide through *Final Passages: Home Funeral Ministry*.

MESSAGE FOR THE ELDERLY, ILL AND DISABLED

(Also offered in Session III)

STUDENT UNION 201

Discussion/experiential

In this workshop participants will experience their energetic healing capabilities. We will explore the need for touch and its healing powers. Massage strokes that provide comfort to those in need will be demonstrated. There will be opportunity to give and receive a massage using the newly learned techniques.

Linda Maher, CMT, is a certified massage therapist, Reiki Master and owns Avalon Massage. She teaches at Sister Rosalind Gefre School and Clinic of Massage with a focus on geriatrics and sports. She has witnessed the difference touch made in the lives of some disabled clients.

HONORING THE ANIMALS

ARMSTRONG HALL 302

Ritual/discussion

This workshop is to honor the animals that have made a difference in our lives. Please bring a story to share or come to listen about the animals that love, comfort and inspire us. We will close with a ceremony to acknowledge our gratitude for our animal healers and teachers.

Candace Mainville has been interested in issues of justice for animals, women and marginalized groups her entire life. She works as a social worker and practices coaching and spiritual tion. She lives in Edina.

MaryAnn Field lives with her husband and two canine angels and four feline ones in south Minneapolis. She has a healing practice that incorporates craniosacral therapy, energy healing and shamanic practices for animals and people. She also does canine massage and animal communications. In her spare time she makes healing stonewear for dogs, cats (and soon for horses) and people, too.

ALTERNATIVE PATH AND PAST LIFE REGRESSION

STUDENT UNION 284 A/B

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 should bring pens and paper.

JoAnne Makela serves as a guide using intuitive tools such as the Tarot, centering exercises, breath work, guided imaging, and 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.

LIVING THE GODDESS LIFE

(Also offered in Session II)

ARMSTRONG HALL 314

Discussion/exercises

In this workshop we will determine how we can design our lives to bring the Goddess into all aspects of our lives. We look to our internal selves and identify those areas that are Goddess given, confidence, strength, power, etc. Further we examine our external selves, and find those areas that give us the energy and joy to live the "Goddess Life."

Mary Malins, Ph.D., has been studying women's spirituality for over the past 10 years, and wants to introduce women to the Goddess and Her aspects that can bring each of us Her power, and strength today. She is an educator, writer, presenter, and college/university instructor and presents workshops/seminars on Women's Issues.

ACHIEVING WELLNESS WITH THERAPEUTIC ESSENTIAL GRADE OILS

(Also offered in Session III)

ARMSTRONG HALL 325 Video presentation/power point
For thousands of years essential oils have been held in high esteem by persons of diverse spiritual and religious traditions for opening the subconscious mind and anointing and healing the sick. Renewed interest in therapeutic grade essential oils has led them to be on the cutting edge of scientific research for confronting situations in our toxic world that compromise our health. Take action now and learn about achieving wellness with these gifts from nature and about how they may empower the ability to focus on our passions and purpose to facilitate change in our lives and in the world.

Carol Metcalfe, RN, is a nationally trained educator for the use of therapeutic grade essential oils. She has seen personally the therapeutic effects of the oils for herself and others as they choose to take control of their lives with complimentary alternative wellness tools.

Janet Wassman, BS, RN, is a nationally trained educator for the use of therapeutic grade essential oils. She provides training for individuals who are interested in using therapeutic grade essential oils as part of their personal wellness. She has benefited from the use of these oils contributing to personal wellness and enhancing her life experiences as a mother, grandmother, advocate and RN. These oils have also contributed a return to health for her disabled daughter.

LIGHT OF WHOLE HEALTH AND HEALING THROUGH HOMEOPATHY

ARMSTRONG HALL 303

Discussion

This workshop will be an interactive discussion on NATURAL HOMEOPATHIC SOLUTIONS to women's health and well-being throughout the timeline from puberty to menopause and beyond. We will share with you a deeper understanding of how to use homeopathic medicines in the hormonal imbalances of our times. You will have the knowledge of simple homeopathic remedies to assist you through pregnancy, child birth and breastfeeding. We will discuss weight issues and how to FEEL YOUNG FOREVER.

Sujata Owens is one of the foremost homeopathic practitioners in the United States. She passionately believes in the amazing powers of homeopathic healing. She is a systematic, scientific and intuitive homeopathic practitioner committed to a partnership toward health. She has over 18 years of experience as a homeopathic practitioner in the United States and India. She graduated from the Homeopathic Medical School in Pune, India, in 1982 with outstanding honors. She has practiced homeopathy in Northfield, Minnesota, since 1987. She has been certified by leading homeopathic organizations in the United States, including North American Society of Homeopaths and Council for Homeopathic Certification. She holds a diploma in Advanced Clinical Homeopathy from Louis Klein's Master Clinician course. She has made presentations, facilitated many conferences, lecture and study groups, has written a variety of articles, and published cured cases in leading homeopathic journals. She is a founding member and current president of the Minnesota Homeopathic Association (MHA), one of the first state-wide homeopathic organizations in the United States.

THE SPIRITUAL KEY TO HEALTH AND FITNESS

(Also offered in Session IV)

ARMSTRONG HALL 217 Paper/discussion/story-telling

During the last decade there have been 1,500 medical research projects and papers that support the conclusion that spirituality has a positive role in sustained health results. The National Institute of Health Mind/Body indicates that thoughts, emotions, attitudes, belief systems,

coping skills and support systems can provide a positive impact on health. We will use stories, interactive exercises and group activity to empower individuals of any background to maintain the kind of thinking and attitudes that liberate vital, life-enhancing energy.

Sunny Scott-Luther, has been a member of an international speaker's bureau for eight years, has been a police chaplain and has 15 years of experience in spiritual healing and counseling practice. She is a former executive director of the Licensed Vocational Nurses Association of Texas.

PAST LIVES, DREAMS AND SOUL TRAVEL - YOUR SPIRITUAL JOURNEY

(Also offered in Session II)

ARMSTRONG HALL 319

Discussion/experiential

This workshop is to aid you on your spiritual journey, presented by ECKANKAR. It 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 your spiritual unfoldment and how Soul Travel is used to explore your inner worlds to find more wisdom, love and understanding.

Heidi Skarie is an ECKANKAR Clergy member, wife, mother, and fiction writer who has given talks and workshops on writing and spiritual topics.

Laura Ely is a long time member of ECKANKAR and loves to tell people about the Light and Sound of God. She owns Discover Your Beauty, an image consulting firm that teaches people how to express their inner beauty through their body and wardrobe.

Christina Andrews has been a member of ECKANKAR for 16 years and has given workshops and talks around the Twin Cities. She is a flight attendant and has traveled around the world.

JOURNEYING WITH THE SPIRIT OF THE WOLF

STUDENT UNION 253/254

Experiential

The purpose of this workshop is to journey to the spirit of the Wolf in order to experience what healing the wolf holds for you. We will be asking Wolf how to call the presence of Wolf into our lives in order to support ourselves in living from our core essence. We will share these two journeys in council circle with each other so you will be able to experience not only your own connection to Wolf but to witness how each person's connection to Wolf is as unique and powerful as they are. Please bring something to cover your eyes and a journal if you want to record your journeys.

Marie Smith is a massage therapist with 14 years of experience in osteopathic and meridian-based bodywork. She has studied Core Shamanism with Pachamama for 11 years and with Herb Stevenson for 5 years. She teaches Basic Shamanism and co-leads monthly drumming circles for Pachamama Inc., a shamanic-based spiritual community in southwest Wisconsin.

Kathy O'Brien is an elementary school teacher who has studied Core Shamanism with Pachamama for 5 years.

PRAYING WITH BEADS - A FRESH LOOK AT AN ANCIENT SPIRITUAL PRACTICE

(Also offered in Session III)

ARMSTRONG HALL 123

Child-friendly/ritual/
discussion/experiential

Prayercraft is the act of combining artistic media with meditation practices in order to deepen our conversation with the Divine. The word bead comes from the middle English word *bede*, which means to pray. Participants will use three types of beads—Breath prayer beads for repeated, memorized, counted prayers; Circle of Love Meditation Bracelet for intercessory prayer; and, Gratitude beads for counting blessings, affirmations, hopes and dreams. We will explore the concepts of meditation, patience, perseverance, and creativity in making and using prayer beads. We will discuss the history and use of prayer beads in world religions and cultures. Many types of beads

from around the world, both new and antique will be used to illustrate discussion of the history and use of prayer beads.

Sue Swanson, MDiv, is a teacher, writer and visual artist who helps people find Sabbath time in their busy lives by teaching them how to practice spiritual patterns together. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality. Her company, Purple Apple Arts, provides opportunities to explore traditional crafts such as beadwork, textile arts, music and labyrinth walking.

QIGONG FOR INNER PEACE

STUDENT UNION 284C

Discussion/experiential

Qigong is an ancient method of healing and it has been practiced in China for thousands of years. Each of us has energy flowing through our bodies. When energy gets out of balance or stuck, blockages can occur. Learning about energy and practicing the simple meditation that will be taught in this class will help balance internal energy and help build a healthy body—physically, emotionally and spiritually.

Lois Weber began taking Spring Forest Qigong classes over six years ago to help with pain management and to heal a non-union fracture in her leg. She has taken the four levels of these classes from Master Chunyi Lin. She retired from Minnesota State University, Mankato in 2001 where she supervised and coordinated the operation of Office Support Services and Postal Services.

RAISING INTUITIVE CHILDREN

ARMSTRONG HALL 310

Discussion

This workshop is to help people understand the difficulties and challenges of raising intuitive children. It can be very difficult sometimes to try to blend in with society when you are intuitive. I lived this story and my four children are intuitive also. It is difficult to be different and try to fit in.

Karla Wessel has been an intuitive reader for 30 years and also does classes and personal coaching at Metaphysical Emporium in N. St. Paul, where she has worked for the last nine years. She is the author of *Angel Star Cat* and has created her own animal cards with which to do readings. She is now working on her second book and recreating her cards to produce to the public.

RECLAIMING AND EMBRACING THE GREEN FACED WITCH

(Also offered in Session III)

ARMSTRONG HALL 211

Story-telling/discussion/power point

This workshop will be an in-depth look at the familiar Halloween icon, the Green Faced Witch. It will address the possible origins for this image and why it is actually more of a factual than non-factual depiction of those women they labeled "Witch" in the "Burning Times." It will discuss how an image created long ago still has an impact on our prejudices and belief systems. It will open up new ways of thinking about this holiday figure and allow an embracing bond to be built between us and those women who have courageously gone before. After this workshop, you will never look at a Green Faced Witch image the same way again.

Lady Sherrell (Jayme Wickman) has served as a Celtic High Priestess for the past five years, is an Ordained Minister, and is a wife and mother of three. She founded and incorporated a Celtic Church called Sacred Celtic Order of Balance Church, serves as co-chair on the Board of Directors for an Interfaith, Interracial Education Togetherness and Understanding Non-Profit group called UNITE and serves the community in any capacity whenever there is a need.

DREAMING YOUR WAY TO ABUNDANCE

(Also offered in Session III)

STUDENT UNION 203

Experiential

Discover the rich resources of dreams, learn about your dream symbols and the messages they can provide for living a more abundant life. If you have been dreamless, come to find the dreamer inside.

Jeanne Wiger and Cheryl Hiltbran have had their dreams be an integral part of their lives. Jeanne's dreams come to life in her art work, coaching, counseling and teaching. Cheryl's dreams have been a source of communication, revealing her desires and leading along her path of speaking, teaching, writing, coaching and healing.

SESSION II

TAROT STRATEGIES

(Also offered in Session I)

STUDENT UNION 255A

Paper/discussion/experiential

Tarot is a vital tool in helping one think outside the box, see a bigger picture, and make vision a reality. Using the Emperor archetype as our guide, we will explore perceptions of reading the cards intuitively. Previous experience is not necessary, but your own deck of cards is.

Nancy Antenucci has been a seasoned reader and teacher in the Twin Cities for over 20 years. She returns for this conference annually as she teaches various aspects of the system of Tarot cards through the walk of the Major Arcana.

CREATING A BLUEPRINT FOR WELL BEING

(Also offered in Session I)

ARMSTRONG HALL 233

Experiential

Given the fact that we all are able to tap into our inner wisdom using appropriate tools, this experiential workshop will assist the beginning to intermediate explorer to connect with that innate ability for self discovery and well being. Using the tools of ceremony, imagery and energy healing, the participant will create a beginning personal blueprint for wellness. This blueprint will be the starting point for creating a life of joy, harmony, balance and well being.

Judith Aufenthie, RN, MA, CHTP, CTC, CHMSI, is currently a nurse in the Complementary and Internal Medicine Program at Mayo Clinic in Rochester. She has studied with James Gordon at the Center for

MindBody Medicine, is a Certified Holistic Stress Management Instructor, Certified Therapeutic Coach as well as a Certified Healing Touch Practitioner. She has also written a relaxation and meditation manual for use with adolescents, developed and recorded a MindBody Approach to Stress Management CD in collaboration with the Mayo Clinic Section of Patient Education.

Rev. Diane Anderson, RMT-P, coordinator for Academic Appointment and promotions at Mayo Clinic College of Medicine in Rochester, and is a certified Reiki Master/Teacher and Practitioner. She is certified in Ancient Rainbow Conscious Healing and is a practitioner of Shamanic Healing Techniques and facilitates workshops on meditation techniques, spiritual awareness and mind/body/spirit wellness. In her Native American tradition, she conducts a variety of sacred ceremonies including earth blessings and pipe ceremonies.

DANCING YOUR OWN

HIGHLAND NORTH DANCE STUDIO

Experiential

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

Amy Leo Barankovich is founder of *Inward Bound: Journeying Towards Compassionate Living*. She is dedicated to inspiring others to create a more peaceful, sustainable, compassionate world through self-exploration and self-expression.

**SOUNDS OF HEALING:
USING THERAPEUTIC MUSIC ON YOUR SPIRITUAL JOURNEY**

(Also offered in Session IV)

MORRIS HALL 209 Story-telling with live harp examples/experiential Healing music can play a unique role in our life's journey. This workshop will explore how music, especially the harp, nurtures you—physically, emotionally, mentally, and spiritually. The harp, as a healing instrument, has been called "the perfect instrument" for relaxation, self-care and helping create wellness in our everyday lives. It is paradoxical—incidentally gentle, yet very powerful at the same time. The presenter weaves together practical tips, powerful stories and plays musical examples, demonstrating music's role in our spiritual journeys.

Tami Briggs, founding principal of *Musical Reflections, Inc.*, is a therapeutic harpist, composer, recording artist, and national speaker.

**DIVINE WARRIOR TRAINING:
RECLAIMING YOUR INNATE HEALING POWER**

(Also offered in Sessions I, III, IV)

ARMSTRONG HALL 305 Experiential

Divine warriors recognize the divinity of all persons and all creation and work for the highest and best good of all. This workshop will introduce the concept of divine warrior—one who lives out of their divine essence, discovers their life's purpose, hones the skills they bring into the world and transcends the challenges they face. Sacred space will be created for each participant to work with self-reflective experiential exercises that help participants uncover belief patterns that limit their ability to heal. A closing circle allows opportunity to share insights with other participants.

Thomas Capshew is a former attorney and professor. He is a writer and motivational speaker, working on a book entitled *Divine Warrior Training*. He is on faculty at Windemere Institute of Healing Arts.

SHAMANIC SOUND-HEALING

STUDENT UNION 253 AND 254 Experiential/lecture/meditation/
movement/child-friendly

Sacred sounds evoke an ancient remembering, they connect us with our vital life force and they are powerful tools for relaxation and meditation. In this workshop of sound healing, we will play different instruments like drums, Tibetan bowls, crystal bowls, chimes, Peruvian whistles and many other shamanic instruments. We will also learn how to use our voices with prayer and intent, as sacred instruments for our own healing as well as others.

LuzClara is a Chilean medicine woman, ceremonial leader, shamanic practitioner, and sound healer who dedicates her life to the healing of herself, Mother Earth, and all of her beings. She has been working for the last 20 years in awakening the sacred feminine energies in the planet, using ancient methods of ritual, magic, and sound healing.

Jaes Marguerite Seis teaches and practices Shamanism with more than 28 years of experience. She is President and co-founder of Pachamama Inc., a non-profit Shamanic Community Service organization based in southwest Wisconsin.

CELESTIAL COFFEE CLATSCH

(Also offered in Session I)

MORRIS HALL 211 Discussion

Literally thousands of people around the world, just like you, have learned to talk with their angels and the spiritual realm. This workshop will teach you how to access your angels and guides to request assistance in

solving problems, receiving and interpreting inspirational messages, and providing love and support to you in your everyday life.

Lori Daniel Falk is owner and founder of The Crystalline Institute, an organization designed to assist individuals and organizations in bringing spirituality into their everyday lives. She is also Director of the Midwest Division of The Int'l. Teaching Alliance, hosting cutting-edge metaphysical speakers throughout the region. In addition, she is a writer, author, professional speaker and level III Reiki practitioner.

FENG SHUI IN THE BEDROOM...YOUR PRIVATE SANCTUARY

ARMSTRONG HALL 303

Discussion/story-telling

Creating harmonic balance. 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. Come discover how to release the many demands of your busy life by making practical, positive changes in your 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.

Diana DiCristina is a spiritual mentor, feng shui and color consultant, teacher, speaker, tutor, Divinely guided jewelry designer and founder of Wind Water Harmony. From nurturing your Soul to honoring your Sacred Space, her down to earth approach is educational and easy to apply. She teaches feng shui principles and concepts to groups and consults with individuals, businesses and organizations. Diana is a member of the Feng Shui Institute of the Midwest, Spiritual Directors International and Director of the Midwest Chapter of the International Feng Shui Guild.

**MARY OF MAGDALA, LEADER IN THE EARLY CHURCH! AN
ALTERNATE VIEW TO THE DA VINCI CODE**

ARMSTRONG HALL 202

Paper/discussion

With Mary Magdalen, we are limited in the factual information we have. The writings have come to us through Patriarchal editing. So we seek as sources the images which have come down to us through the centuries since early Christianity. Mary's prompt and total acceptance marks the start of a journey and a presence of women, of which traces are to be found in Acts, and which in often obscure and silent ways have determined so much of the history of the early Christian community.

Lucy Edelbeck, OP, is a Racine Dominican who has long directed retreats on Feminist Spirituality, Sacred Earth, Sophia-Wisdom, and on Praying with Mystics. She is the artist who designs Lucy's Cards.

TRANSFORMING THE WORLD ONE DREAM AT A TIME

(Also offered in Session IV)

ARMSTRONG HALL 306

Paper/discussion/experiential/ritual

You can create the change you dream of creating, live the life you dream of living, and help people in the ways you have imagined! Through life coaching, creative exploration, sacred play, and ritual we will bring your visions and dreams a few steps closer to reality. We will quiet the inner critic, uncover the inner and outer action steps that are on the path in front of you, and strengthen your belief that you can accomplish what you choose. You will leave this workshop feeling empowered, motivated, and inspired ~ with a plan in your pocket for bringing your dreams to life.

Kimberly Errigo (TOUCHES THE SKY) is a Certified Personal Coach, Healing Touch Practitioner, Flower Essence Therapist, and Ceremonial Leader. She is known as "a dreamcatcher" for her gift in helping people find and live their dreams.

**EMOTIONAL CLEANSING:
THE BEST HEALTH YOU HAVE EVER HAD -
TRUE WEALTH THROUGH PHYSICAL AND EMOTIONAL HEALTH**
(Also offered in Session I)

STUDENT UNION 202 Discussion/experiential/movement

There is a systematic approach to emotional cleansing. Learn how the Divine connection we have with animals and nature teaches and supports us to create the best health we have ever had. Our body's health is directly related to our emotional health. Know yourself and create your health. I have a systematic way to emotionally cleanse. The value of this is peace of mind, more fulfilling relationships with friends, family, and freedom of expression to have a whole lot more fun in life.

Barbara Fedors' unique global experiences in the health care field for over 30 years have provided core research that the health of the physical body is directly related to our emotional health. She is a teacher in the field of self development and human potential, a CranioSacral therapist, and practices in Stillwater and Minneapolis, MN.

QIGONG FOR HARMONY HEALING HEALTH

(Also offered in Session IV)

STUDENT UNION 284 Discussion/experiential

Qigong is simple and powerful. It is a combination of meditation and active exercises that help people increase self awareness, build internal energy and promote holistic health, body, spirit and mind. The purpose of this workshop is to introduce this ancient form of Chinese energy healing. Qigong is a spiritual practice—in that we are all spiritual beings. We have an eternal soul and the power of Qigong flows from love, kindness and forgiveness. The Qigong masters teach that the power of Qigong comes from love, kindness, forgiveness, but is not a religion. It is the study of the human body. It is a science that has nothing to do with religion. The mission of Spring Forest Qigong is a healer in every family and world without pain.

DeeAnn Gieseke is a Spring Forest practitioner and a member of the SFQ International Guild. She has completed the four levels and the intensive guide program taught by Master Chunyi Lin, International Qigong Master, Anoka-Ramsey Community College. DeeAnn teaches classes through private and community educational programs and has a Qigong Healing practice.

WE WILL HARBOR YOU:

A HISTORY OF THE MN BATTERED WOMEN'S MOVEMENT

ARMSTRONG HALL 219 Video/discussion

This workshop will present the regional history and systems-changing repercussions of the battered women's movement, a phenomenon that occurred in St. Paul in the early 1970's. We will preview excerpts from our new documentary video with this title and discuss the filmmaking process. The video traces the 30 years of the movement's social change work to the present, drawing on Minnesota's women leaders, current battered women's programs, and providing role models of activists whose work created almost unbelievable systems of change—in law enforcement, in the courts and criminal justice system, in hospitals and in families. Our goal is to educate and inspire participants to become agents of change as well.

Terri Berthiaume Hawthorne, MS Women's Studies, Minnesota State University, Mankato is an educator and scholar who has taught Women's Studies as adjunct graduate faculty at the University of Minnesota and for the Minnesota State University System, currently at Metro State University. She is a long time community activist, and co-author of *Stars In Your Bones*, and *The Many Faces of the Great Mother*. With Kathleen Laughlin she co-produced the videos *Through Women's Eyes: Beijing 95* and *The Feminine Face of God: Paintings by Julia Barkley*. Terri has been married 45 years and is a proud mother of four sons, a grandmother and great-grandmother.

Kathleen Laughlin is an independent film/video artist/producer and editor with 30 years of experience ranging from early experimental, animated, and narrative work, to the mainly documentary and educational videos she has focused on the last 18 years. Kathleen most recently produced, edited and helped distribute *The Children Remember: Life at the Minnesota State Public School for Dependent and Neglected Children, 1886-1945*, a 90 minute video about the Owatonna, MN orphanage which has been shown throughout Minnesota. Her more personal *Women On Fire: Menopause Stories* (©1996, 98) has toured the country and has helped to change women's perspectives on the 3rd phase of their lives.

REPORT FOR QUEST FOR GLOBAL HEALING CONFERENCE II

(Also offered in Session III)

ARMSTRONG HALL 317 Paper/discussion/slide presentation

This workshop will be a presentation of the highlights of the international Quest for Global Healing Conference held in Bali, Indonesia, in May 2006. Key conference presentations and insights will be summarized. We will share insights and information gleaned from this international conference of people committed to global healing, peace and justice. What are the steps that people are taking to promote global healing and peace? What actions can each of us take to promote healing, whether locally or globally?

Linda Heen is a Reiki Master and owner of Serenity Acres and Heen Century Farms and Museum.

THE INNER GOSPEL EXPERIENCE

(Also offered in Session I)

ARMSTRONG HALL 304 Discussion/experiential

While the historical Christian gospels are stuck in time, the inner gospels are beyond time. The Christian gospels provide an excellent guide for our exploration of consciousness and at the same time, enable us to have a direct encounter with the Divine within. Here we are invited to interact with and come to know our Christ consciousness. We can also experience the shadow, the desert, the sacred mountain, crucifixion and rebirth, and experience the sacred marriage all on the level of the psyche. Participants in this workshop will engage in a variety of activities in order to explore the inner gospels as they related to their lives.

Andrew Johnson is professor of Holistic Education in the Department of Educational Studies: Special Populations. His most recent books are, *Making Connections With Elementary and Middle School Social Studies* and *Drinking From the Empty Cup: A Reexamination of Traditional Christianity*.

MEDITATION OF THE HEART

(Also offered in Session I)

MORRIS HALL 101 Discussion/experiential

In this workshop we will teach a very user-friendly secular method of meditation and supply written information for each person to have for personal reference. You will personally experience each day.

Margaret Klette is a spiritual companion and energy healer. She specializes in feminist and 12 step spiritualities. She is a writer, painter of silk, a feminist mother, grandmother, sister, aunt and crone.

THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS

ARMSTRONG HALL 323 Discussion

Competition and a "me first" attitude can create success, but spectacular success comes from tapping into spiritual ideals. A variety of real world examples will illustrate the spirituality behind spectacular success. Based on the documentary, *Renewing Energies: The Ingredients for Spectacular Success*.

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

THE POWER OF INSIGHT: THE 6TH CHAKRA

ARMSTRONG HALL 208

Experiential/guided imagery/
child-friendly

Most traditions refer to seven major chakras, the main energy centers or "wheels of light" within our bodies. Each chakra has a particular purpose. As girls and women, we often learn to ignore or diminish the gifts of the sixth chakra (sometimes known as the "third eye")—knowledge, imagination, intuition, discernment, and wisdom. This experiential workshop begins with a guided imagery that emphasizes the six chakra's gifts and continues by exploring muscle-testing, pendulums, rune stones, and other creative approaches for accessing one's own intuitive wisdom. Books, tarot, wisdom, angel cards and other intuitive tools will be available for review before, during and after class. Limited to 30 participants.

Cindy Lukas, MA, Human Development, is an explorer, Advanced Reiki practitioner, consultant, teacher, symbolic artist, and owner of Touchstones, LLC, a company dedicated to honoring and celebrating women's wisdom in creative ways. She became familiar with chakras during her own healing journey that began in 1997. Over the past 48 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.

LIVING THE GODDESS LIFE

(Also offered in Session I)

ARMSTRONG HALL 314

Discussion/exercises

In this workshop we will determine how we can design our lives to bring the Goddess into all aspects of our lives. We look to our internal selves and identify those areas that are Goddess given-confidence, strength, power, etc. Further we examine our external selves and find those areas that give us the energy and joy to live the "Goddess Life."

Mary Malins, Ph.D., has been studying women's spirituality for over the past 10 years, and wants to introduce women to the Goddess and Her aspects that can bring each of us Her power, and strength today. She is an educator, writer, presenter, and college/university instructor and presents workshops/seminars on Women's Issues.

KRIPALU YOGA

(Also offered in Session III)

STUDENT UNION 285

Movement activity

This workshop (all levels) will teach breathing techniques to calm the mind and open your "prana" energy flow. It will include centering, warm ups, postures, and a relaxation. You will leave with an open heart, very relaxed and energized. You will receive handouts so you can continue this at home on your own.

Sharee Marcus has been dabbling with yoga since the 1970's, but after a traumatic accident she has been committed to doing yoga on a daily basis since 1986. She is a certified Kripalu yoga teacher and is also working toward an Anusara Yoga certification as well.

COMPASSION AND LIFE PURPOSE THROUGH REGRESSION

STUDENT UNION 201

Ritual/experiential

We use sacred space, dancing, storytelling and regression to make a clear and strong connection with Mother Goddess. We then look at our lives through the eyes of Mother Goddess, reviewing earlier times in this life, and perhaps in times before. The compassionate and nurturing view of our own life path leads us to a clearer grasp of our purpose and acceptance and joy in our lives and relationships. If you would like to lie on the floor for the regression, you might wish to bring a pillow, towel or blanket for increased comfort.

Carol McCormick has been a professional storyteller for 25 years.

Jerome Buchmeier has been a certified hypnotherapist for 11 years and is completing a Ph.D. in therapeutic counseling.

LIVING DELIBERATELY

(Also offered in Session IV)

ARMSTRONG HALL 308

Experiential

Avatar® is a nine day self empowerment training led by a team of experienced and licensed masters. The tools are a synergy of exercises, drills and procedures that will increase your ability to live deliberately. This workshop will explore some of these tools to help you experience strengthening the will, controlling attention and learning how your beliefs create your experience. This workshop will empower participants to be self determined and live as creative source. Avatar® is a registered trademark of Star's Edge. All rights reserved.

Elleva Joy Mc Donald, MA, has been a guide for personal and spiritual growth for over 30 years. She is an experienced and licensed Avatar® Master.

Margaret Mitchell, DC, is a chiropractor, assisting people's healing journeys for 20 years. She is a licensed and trained Avatar® Master.

THE WILD COSMIC HEART

(Also offered in Session III)

ARMSTRONG HALL 217

Storytelling/discussion

We will focus upon the ever-unfolding origin story of the Universe revealed through science and inspired by Thomas Berry and Brian Swimme. We will explore the story of the 13.7 billion years of evolution, including the human species entry some 4 to 6 million years ago. In us, the Universe explodes into intense reflection of itself. The focus will then move to reflect on the specific qualities of the Universe and how humans reflect these qualities. All life is inter-connected, inter-related, expanding and unique. We will experience the grandeur of this place we call home.

Kitty Nagler, MA in Culture and Spirituality, is passionately in love with The Universe Story and the miracle of life. Her journey has taken her through a 35-year corporate career to this path of unfolding discovery where she shares these passions of the story, earth-based and feminine spirituality, indigenous wisdom and science.

MAKING A DIFFERENCE GLOBALLY AND LOCALLY

(Also offered in Session IV)

ARMSTRONG HALL 325

Experiential

This workshop will help you begin to articulate what you have learned about yourself and about what is needed in the world today. We will build from sharing stories from you experience to identifying skills illustrated by these stories and brainstorming ideas for next steps along your path leading to meaningful life/career options.

Christine Oatis-Skinner is certified by the National Career Development Association as a Master Career Counselor. She is also certified as a job and transition coach. She brings 30 years of experience from the corporate and nonprofit sectors, including colleges and universities.

EXPERIENCE THE HEALING POWER OF FORGIVENESS

STUDENT UNION 204

Experiential

Learn to engage the healing power of forgiveness for yourself and others without re-hashing the old story. Briefly we will review the chakras and how they support our health when balanced. Then in detail we will cover psychic cords of unforgiveness. With that foundation laid we will do a guided meditation for removing and healing cords to help audience members feel stronger and pull their energy into the NOW.

Patricia Poole has been leading classes in metaphysics and spiritual healing since 1997. She is certified in Reiki, Hypnosis, HypnoBirthing, Reconnective healing, Acupuncture, Angel Therapy and has spoken at many conferences in the past.

PAST LIVES, DREAMS AND SOUL TRAVEL—YOUR SPIRITUAL JOURNEY

(Also offered in Session I)

ARMSTRONG HALL 319

Discussion/experiential

This workshop is to aid you on your spiritual journey, presented by

ECKANKAR. It 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 your spiritual unfoldment and how Soul Travel is used to explore your inner worlds to find more wisdom, love and understanding.

Heidi Skarie is an ECKANKAR Clergy member, wife, mother, and fiction writer who has given talks and workshops on writing and spiritual topics.

Laura Ely is a long time member of ECKANKAR and loves to tell people about the Light and Sound of God. She owns Discover Your Beauty, an image consulting firm that teaches people how to express their inner beauty through their body and wardrobe.

Christina Andrews has been a member of ECKANKAR for 16 years and has given workshops and talks around the Twin Cities. She is a flight attendant and has traveled around the world.

DISCOVERING THE HEALER WITHIN; JOURNEYING WITH INTERACTIVE GUIDED IMAGERY

(Also offered in Session III)

ARMSTRONG HALL 108

Experiential

We each have an inherent ability to heal ourselves. Interactive Guided Imagery (IGI) utilizes imagery—the natural language of the unconscious mind—to assist in connecting with the deeper resources available to each of us at the affective and somatic levels. Unlike a guided imagery process that offers external and supposedly "better" images for the seeker, the IGI guide works in a manner that allows each individual to become aware of their own unique unconscious imagery. Because it uses the symbolic language of the right brain, Interactive Guided Imagery allows each person to communicate with his or her unconscious mind. This process opens the door to their own inner language and allows them to move toward their own expression of wholeness and healing. The IGI process is capable of bringing about profound psychological and physiological change. This workshop is intended to experientially introduce the concepts of IGI. Supplemental information is available to assist the participants in their individual journeys of exploration and healing.

Meg Stump, MA, Licensed Marriage and Family Therapist, is certified in the practice of Interactive Guided Imagery (IGI). Meg works with individuals and families through Counseling Services of Southern MN, and St. Peter, MN.

SOUL STEPS - THE ART OF CONSCIOUS-AEROBIC EXERCISE

(Also offered in Session IV)

ARMSTRONG HALL 310

Discussion/experiential/
power point/presentation

Aerobic activity offers a magical vehicle for the transformation and re-invention of self. The body releases endorphins. An invisible boundary dissolves. Conscious aerobic exercise illuminates this magic with intention, infuses it with the essence of the Masters, Teachers, Angels, Guides and Loved Ones. With body in motion, heart open, and mind alert - assistance descends. Adversity is transformed. Goals are attained. This is not a workout routine.

Cathryn Taylor is a Personal Life Coach, published author and licensed counselor and embodies the essence of "conscious aerobic exercise." At age 54, while training for her first marathon, she literally stumbled onto this life-altering method for attaining success—not only in the gym—but in every area of one's life. She is now dedicated to assisting others in doing the same.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

MORRIS HALL 212

Discussion/child-friendly

The sixth sense is a natural sense humans have and animals share. Often the things we write off to coincidence are really our underdeveloped sixth sense at work. We each have a natural ability to communicate

using thoughts, images, feelings or words through the use of telepathy. Telepathy is the communication of feelings (pathos) over distance (tele). All living beings are wired to send and receive messages to one another in this way. When an old friend who's been on your mind calls "out of the blue", it's not just a coincidence. In reality, there's an ancient language at work. One we and our animal companions have in common.

Marilyn Tokach is a compassionate empath, healer and teacher, seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. She has extensive corporate experience in human resources/management with Bachelors and Masters studies in psychology and business administration which complements her work with people and animals. Active in rescue and animal related issues, she has trained dogs for 20+ years and participates in obedience, conformation, agility and Schutzhund while living with dogs, birds, fish and a cat.

LOSING THE FEAR OF DEATH BY EXAMINING NEAR DEATH EXPERIENCES

(Also offered in Session III)

ARMSTRONG HALL 221

Paper/discussion

Elizabeth Kubler-Ross's groundbreaking studies of near-death experiences have opened the doors of conversation, for this once veiled topic. Skeptics discount near death reports as sensory overdrive. Therefore, the most powerful evidence rests with people blind-from-birth, who have a near death experience. Their accounts are untainted by any previous visual perceptions.

Cathy Weber-Zunker is the author of *Creating a Eulogy* and *Travels on the Yellow Brick Road*, has been a keynote speaker for 15 years, a freelance speech writer and coach and owner of Munchkin Wonderland Child Care Center.

PEACE TRAIN TO BEIJING: RELIVING AND REVIVING THE SPIRIT OF ACTIVIST WOMEN

ARMSTRONG HALL 215

Video/discussion

Eleven years after the 4th UN Conference on Women in Beijing, the moving spirit, the interchange of ideas, the mingling of cultures, the excitement of change are still alive and feeding the actions of the MN women who experienced that life-changing event. Now they offer to those who did not attend the opportunity to share in the earnest debates, the difficulty of forming a peaceful community among peace activists, the struggles of women in every corner of the globe to break out of the oppressive conditions under which they live. The video, *Peace Train to Beijing*, educates and inspires. The "hot" topics of 1995 are just as "hot" today. In the discussion period, we will review the progress made and the work still to be done by the next generation of determined and spirited women.

The WILPF Arts Committee was organized and continues to function as an action-oriented group of women artists dedicated to advancing the 12 areas of concern spelled out in the Platform for Action of the UN 4th World Conference on Women. The committee includes writers, poets, puppeteers, visual artists, videographers, photographers, performance artists, musicians and academics devoted to the arts.

KALI AND ME

(Also offered in Session IV)

ARMSTRONG HALL 211

Story-telling/discussion

Can the ancient story of a wild-haired, blue-skinned goddess of chaos and creation from another part of the world help a perfectly reasonable, middle-aged Midwesterner figure out her life? You betcha - and she may be able to help you with yours.

Lee Wilcox Spears is the human behind the blog "In the Spirit of Being" and the author of "No Such Thing" and "Letters to Hannah". She is a speaker and therapist working in Minneapolis.

SESSION III

THE RULE OF MARS: THE HISTORY AND IMPACT OF PATRIARCHY

(Also offered in Session IV)

ARMSTRONG HALL 314

Paper/discussion

This workshop will be a discussion of the presenter's book, *The Rule of Mars: The History and Impact of Patriarchy*. This is an anthology of the best work by leading scholars on the subject of patriarchy—how it came to be the dominant social system, how it has been maintained and its impact on contemporary life.

Cristina Biaggi, Ph.D., is an artist, teacher, fourth degree black belt in Tae Kwon Do, mountain climber and political and environmental activist. She is the author of *Habitations of the Great Goddess* and editor of *In The Footsteps of the Goddess*.

MANIFESTING ABUNDANCE THROUGH RITUAL, MEDITATION, KUNDALINI YOGA AND COLLAGE

(Also offered in Session IV)

STUDENT UNION 255A

Movement/activity

As humans living in this world moving at exponential speed, we must choose to take time for us. The time we take for us will ensure we are creating the life of love and abundance that our souls long to achieve in this lifetime. Begin to honor this process now and take time for yourself. Attend this session that will introduce you to practices including ritual, meditation, kundalini yoga and collage that will allow you to create what you want in your life.

Shannon Bonkrude, MS, LAMFT, is a Professional Life Coach, Marriage and Family Therapist and Certified Kundalini Yoga teacher. Currently, she enjoys a full coaching practice that includes life and corporate coaching and children and families of divorce.

CREATIVE PROBLEM SOLVING

(Also offered in Session IV)

ARMSTRONG HALL 304

Discussion/experiential

Get creative with thought. Positive and negative issues flavor our human experience. Explore different avenues of perception and change your life situation. Bring your own "issue" that you would like to change and see if there is a new way to view what can be learned from it and redefine it. Maybe even let "it" go.

Donna Cain-Eichers has a background in sociology and has been a massage therapist and energy worker for 13 years. She has always worked with people and her greatest goal is to assist others to reach their highest potential.

DIVINE WARRIOR TRAINING: RECLAIMING YOUR INNATE HEALING POWER

(Also offered in Sessions I, II, IV)

ARMSTRONG HALL 305

Experiential

Divine warriors recognize the divinity of all persons and all creation and work for the highest and best good of all. This workshop will introduce the concept of divine warrior—one who lives out of their divine essence, discovers their life's purpose, hones the skills they bring into the world and transcends the challenges they face. Sacred space will be created for each participant to work with self-reflective experiential exercises that help participants uncover belief patterns that limit their ability to heal. A closing circle allows opportunity to share insights with other participants.

Thomas Capshew is a former attorney and professor. He is a writer and motivational speaker, working on a book entitled *Divine Warrior Training*. He is on faculty at Windemere Institute of Healing Arts.

WORKING WITH NATURE SPIRITS AND OTHER SUBTLE LIFE FORMS

ARMSTRONG HALL 319

Powerpoint

Through personal stories of my work in land and personal interdimensional energy work, accompanied by photographs of rocks, trees, fairies, orbs, ectoplasm and thoughtforms, the audience leaves knowing there are more worlds than the physical, and these worlds do exist...we are meant to work with them for the good of all.

Atala Dorothy Toy, AM, PP, is a co-founder of ISIC — The Institute for the Study of Interdimensional Cooperation and a consultant for land and personal energy issues. She is the president of Crystal Life Technology, Inc., an Illinois company that handcrafts and provides subtle energy tools, product and information on the web, at shows and at its store. She is the author of *Explorations in Consciousness*, a dowser, practicing yogi, Usui Reiki Master and Melchizedek minister.

CREATE A SHRINE OR ALTAR PIECE

ARMSTRONG HALL 208

Experiential

Through the process of creating a shrine or altar piece we find a spiritual connection. It also gives us a visual reminder of that connection. This is a class for anyone wishing to express themselves creatively. Participants should bring items that have spiritual significance for them (small statues, pictures, feathers, rocks, etc.) to add to their shrine.

Colleen Gilgenbach has been creating artwork in various media for her entire life. She pursued a fine arts degree at University of Wisconsin-Oshkosh and currently teaches art classes at Youth Initiative High School and at VIVA gallery.

DEVELOPING YOUR PERSONAL CHAKRA ESSENTIAL OIL BLEND

(Also offered in Session I)

STUDENT UNION 204

Paper/discussion/ritual/experiential

Chakras are centers of activity in the body where the reception, assimilation and transmission of life energies occur. The full expression of each of these centers depends upon many things and differs among individuals. By tuning in to each Chakra and assessing its energy, imbalances can be identified and thus corrected. Through visualization, assessment and guidance, we will prepare a personalized Chakra blend that we can use to bring balance into our lives and perhaps help us through a life challenge.

Dina Goodwill is an acupuncturist, herbalist and aromatherapist. She imports therapeutic grade essential oils from around the globe and uses them personally as well as in her practice at The Medicine Tree in St. Croix Falls, WI, and Minneapolis, MN.

YOGA MEANS UNION

(Also offered in Session IV)

STUDENT UNION 284C

Movement activity/experiential

Please bring a yoga mat and be prepared to practice on an empty stomach. Wear loose fitting clothing and expect to move, sweat, and be transformed by the power of breath and body work! This workshop will bring the group into a meditative and body-aware state with deep breathing techniques, postural alignment in a seated position and an ancient yoga call and response chant. An explanation of what the Sanskrit words translate into. You will continue with different yoga moves and get ideas for beginning or continuing a yoga practice.

Claire Hanlon is an enthusiastic student of yoga who recently earned her certification as a registered yoga teacher at the 200-hour level. She has been interested in yoga since the age of six when she saw her father practicing a sun salutation, dabbling since the age of twelve, and immersed in practice for the past two years. She believes that the ancient art and science of yoga is both medicine and magic.

SPIRITUAL POLITICS AND THE CURRENT STATE OF AFFAIRS

ARMSTRONG HALL 219

Lecture/power point/discussion

This workshop offers a dual approach. One, an overview of the Christian fundamentalist and neo conservative coalition reveals an anti-women and women's rights agenda. Two, the power and successes of the current women's spirituality movement have strengthened resistance in our communities. After presentation on the results of the Bush administration gender politics and a power point presentation, "Women's Spirituality and Liberal Politics," presenters will lead a discussion and address strategies for resisting and confronting gender politics in our own communities.

Terri Berthiaume Hawthorne, MS Women's Studies, Minnesota State University, Mankato, is an educator and scholar who has taught women's studies as adjunct graduate faculty at the University of Minnesota and for the Minnesota State University System, currently at Metro State University. She is a long time community activist, and co-author of *Stars In Your Bones*, and *The Many Faces of the Great Mother*. With Kathleen Laughlin she co-produced the videos *Through Women's Eyes: Beijing 95* and *The Feminine Face of God: Paintings by Julia Barkley*. Terri has been married 45 years and is a proud mother of four sons, a grandmother and great-grandmother.

Pat Darling, Ph.D. in American and Religious Studies. She is a faculty member at St. Paul College and Metro State University and teaches courses in writing, religious studies, and women's Studies. She was one of the founders of the Minnesota Waldorf School and was a director of the Minnesota Peace and Justice Coalition. She raised three sons with her partner of 30 years and has traveled to India, China, and Japan. She practices Buddhism and women's spirituality and is a supporter of the annual A.I.M. Sun Dance. She has attended this conference since 1988 and National Women's Studies since 1993.

REPORT FOR QUEST FOR GLOBAL HEALING CONFERENCE II

(Also offered in Session II)

ARMSTRONG HALL 317

Paper/discussion/slide presentation

This workshop will be a presentation of the highlights of the international Quest for Global Healing Conference held in Bali, Indonesia, in May 2006. Key conference presentations and insights will be summarized. We will share insights and information gleaned from this international conference of people committed to global healing, peace, and justice. What are the steps that people are taking to promote global healing and peace? What actions can each of us take to promote healing, whether locally or globally?

Linda Heen is a Reiki Master and owner of Serenity Acres and Heen Century Farms and Museum.

FROM AGE-ING TO SAGE-ING™

(Also offered in Session IV)

ARMSTRONG HALL 233

Experiential

Sage-ing™ is the process of approaching the second half of life as a journey filled with new possibilities, enriched with wisdom and learning gleaned from life experience. The process of approaching life in this positive way affirms not only the importance of contemplative practice through meditation, journaling, and prayer, but also provides an opportunity to reflect upon personal intentions, values, interpersonal relationships and legacy. This workshop is based on the Sage-ing Concepts™ created by Rabbi Zalman Schacter-Salomi. Participants will learn to differentiate between spirituality and religion, identify the components of *Spiritual Eldering*®, and chart their life experiences and its influences on them.

Rebecca J. Hostetter is a 1984 graduate of Luther Theological Seminary, St. Paul, MN specializing in pastoral care and has served as an Intentional Interim Pastor in the Evangelical Lutheran Church of America, small town librarian and social activist for the GLBT and aging communities. She is an advocate of trans-denominational collaboration, a crucial component in the effort to enable persons to walk their journey concerning aging and spirituality issues.

THE REALM OF FAERY, THEN AND NOW

(Also offered in Session I)

ARMSTRONG HALL 306

Power point/discussion

This workshop will explore faeries from the earliest mythical appearance, including an examination of the forms and varieties of faeries throughout different cultures. We will explore the work of various folklorists from the 19th and 20th centuries who researched and recorded the living faery faith as they found it among the people of the British Isles. We will then examine faery as presented in both literature and visual art. Finally, we will discuss the beginning of a healing interplay between the devic and human realms that connects the varied spiritual paths of the Faery Faith, Green Spirituality and Paganism.

Dawn Killen-Courtney has a decades' long curiosity about the realm of faery which has led her to examine that realm through many of its elusive facets. She is the author of the *Trollton Chronicles* fantasy series and resides in St. Louis Park, MN.

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

(Also offered in Session I)

STUDENT UNION 253/254

Presentation/harp performance

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

Amy Kortuem is a harpist from Mankato, MN. She has performed at countless events since receiving a Celtic harp as a gift 17-years ago, with audiences including everyone from preschool children to presidents. She has made three 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

ARMSTRONG HALL 323

Experiential

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

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

PSYCHIC, INTUITIVE, AND ENERGETIC HEALING SKILLS IN THE WORKPLACE:

MAKING BETTER DECISIONS AND MANAGING STRESS

(Also offered in Session I)

ARMSTRONG HALL 308

Experiential

Participants will learn what psychic, intuitive, and energetic healing skills are; how they may be used in the workplace to enhance productivity and efficiency; and how they can induce healing by lowering stress and improving the mind/body/spirit connection. There will be a meditation to help you get in touch with your intuitive center. You will learn specific things you can start doing immediately to develop your psychic, intuitive and energetic healing skills.

Trish Lapid is a development coach and owner of Messinger, Messinger

and Lapid—Transformative Consultations and Conversations. She helps individual clients, teams, and organizations uncover and achieve their goals. Her foundation as a business leader and a practicing psychic intuitive allow her to work deeply with clients who choose to create better lives for themselves.

WHAT IS AN AURA AND HOW DO WE CLEAR IT?

MORRIS HALL 102

Child-friendly/discussion

The presenter will talk about and describe what an aura is and the meaning of aura color. Our aura can have very bright, vibrant colors or darker muddy colors and can hold pockets of energy. These pockets of energy are located within the different layers of the aura and sometimes on the outside of the aura. Participants will experience what an aura feels like and how to clear it.

Carol Lowell has been studying and working in the fields of psychic development, hands on healing and ghost and spirit help for over 15 years. As a recognized expert in the field, Carol has been featured in various newspaper articles, magazines and radio shows. She has also shared her psychic experiences as a guest speaker with numerous groups and organizations throughout the Midwest.

MESSAGE FOR THE ELDERLY, ILL AND DISABLED

(Also offered in Session I)

STUDENT UNION 201

Discussion/experiential

In this workshop participants will experience their energetic healing capabilities. We will explore the need for touch and its healing powers. Massage strokes that provide comfort to those in need will be demonstrated. There will be opportunity to give and receive a massage using the newly learned techniques.

Linda Maher, CMT, is a certified massage therapist, Reiki Master and owns Avalon Massage. She teaches at Sister Rosalind Gefre School and Clinic of Massage with a focus on geriatrics and sports. She has witnessed the difference touch made in the lives of some disabled clients.

KRIPALU YOGA

(Also offered in Session II)

STUDENT UNION 285

Movement activity

This workshop (all levels) will teach breathing techniques to calm the mind and open your "prana" energy flow. It will include centering, warm ups, postures, and a relaxation. You will leave with an open heart, very relaxed and energized. You will receive handouts so you can continue this at home on your own.

Sharee Marcus has been dabbling with yoga since the 1970's, but after a traumatic accident she has been committed to doing yoga on a daily basis since 1986. She is a certified Kripalu yoga teacher and is also working toward an Anusara Yoga certification as well.

ACHIEVING WELLNESS WITH THERAPEUTIC ESSENTIAL GRADE OILS

(Also offered in Session I)

ARMSTRONG HALL 325

Video presentation/power point

For thousands of years essential oils have been held in high esteem by persons of diverse spiritual and religious traditions for opening the subconscious mind and anointing and healing the sick. Renewed interest in therapeutic grade essential oils has led them to be on the cutting edge of scientific research for confronting situations in our toxic world that compromise our health. Take action now and learn about achieving wellness with these gifts from nature and about how they may empower the ability to focus on our passions and purpose to facilitate change in our lives and in the world.

Carol Metcalfe, RN, is a nationally trained educator for the use of therapeutic grade essential oils. She has seen personally the therapeutic effects of the oils for herself and others as they choose to take control of their life with complimentary alternative wellness tools.

Janet Wassman, BS, RN, is a nationally trained educator for the use of therapeutic grade essential oils. She provides training for individuals

who are interested in using therapeutic grade essential oils as part of their personal wellness. She has benefited from the use of these oils contributing to personal wellness and enhancing her life experiences as a mother, grandmother, advocate and RN. These oils have also contributed a return to health for her disabled daughter.

THE WILD COSMIC HEART

(Also offered in Session II)

ARMSTRONG HALL 217

Storytelling/discussion

We will focus upon the ever-unfolding origin story of the Universe revealed through science and inspired by Thomas Berry and Brian Swimme. We will explore the story of the 13.7 billion years of evolution, including the human species entry some 4 to 6 million years ago. In us, the Universe explodes into intense reflection of itself. The focus will then move to reflect on the specific qualities of the Universe and how humans reflect these qualities. All life is inter-connected, inter-related, expanding and unique. We will experience the grandeur of this place we call home.

Kitty Nagler, MA in Culture and Spirituality, is passionately in love with The Universe Story and the miracle of life. Her journey has taken her through a 35-year corporate career to this path of unfolding discovery where she shares these passions of the story, earth-based and feminine spirituality, indigenous wisdom and science.

DISCOVERING THE HEALER WITHIN; JOURNEYING WITH INTERACTIVE GUIDED IMAGERY

(Also offered in Session II)

ARMSTRONG HALL 108

Experiential

We each have an inherent ability to heal ourselves. Interactive Guided Imagery (IGI) utilizes imagery—the natural language of the unconscious mind—to assist in connecting with the deeper resources available to each of us at the affective and somatic levels. Unlike a guided imagery process that offers external and supposedly "better" images for the seeker, the IGI guide works in a manner that allows each individual to become aware of their own unique unconscious imagery. Because it uses the symbolic language of the right brain, Interactive Guided Imagery allows each person to communicate with his or her unconscious mind. This process opens the door to their own inner language and allows them to move toward their own expression of wholeness and healing. The IGI process is capable of bringing about profound psychological and physiological change. This workshop is intended to experientially introduce the concepts of IGI. Supplemental information is available to assist the participants in their individual journeys of exploration and healing.

Meg Stump, MA, Licensed Marriage and Family Therapist, is certified in the practice of Interactive Guided Imagery (IGI). Meg works with individuals and families through Counseling Services of Southern MN, and St. Peter, MN.

PRAYING WITH BEADS - A FRESH LOOK AT AN ANCIENT SPIRITUAL PRACTICE

(Also offered in Session I)

ARMSTRONG HALL 123

Child-friendly/ritual/
discussion/experiential

Prayercraft is the act of combining artistic media with meditation practices in order to deepen our conversation with the Divine. The word bead comes from the middle English word *bede*, which means to pray. Participants will use three types of beads—Breath prayer beads for repeated, memorized, counted prayers; Circle of Love Meditation Bracelet for intercessory prayer; and, Gratitude beads for counting blessings, affirmations, hopes and dreams. We will explore the concepts of meditation, patience, perseverance, and creativity in making and using prayer beads. We will discuss the history and use of prayer beads in world religions and cultures. Many types of beads from around the world, both new and antique will be used to illustrate discussion of the history and use of prayer beads.

Sue Swanson, MDiv, is a teacher, writer and visual artist who helps people find Sabbath time in their busy lives by teaching them how to practice spiritual patterns together. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality. Her company, Purple Apple Arts, provides opportunities to explore traditional crafts such as beadwork, textile arts, music and labyrinth walking.

THE TRANSFORMATIVE ENERGY OF THE DARK GODDESS

ARMSTRONG HALL 310 Ritual/discussion/slide presentation
Come experience the Cosmic Dance of death and life through the mystery of the holy darkness, the Eternal Feminine. We will focus on getting out of our heads and into the ground of our being, where we release fear and embrace the power of regeneration and rebirth. We will share our discoveries of the many aspects of the Dark Goddess and honor Her wisdom in our lives.

Jan Uhlenkamp is a mother, grandmother, Reiki healer, spiritual seeker and guide.

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

HONORING OUR BODIES THROUGH MEDITATION, MASSAGE AND MOVEMENT

(Also offered in Session IV)

HIGHLAND NORTH DANCE STUDIO Child-friendly/
movement activity/experiential

This workshop will empower attendants to love themselves and their bodies. Meditation, massage and breath work, combined with hula hoop dancing allow new and exciting ways to experience the body in rest and at play. Techniques learned in this workshop will provide attendants with a foundation to grow upon long after the conference has ended.

Koren Walsh has been a certified massage therapist and energy worker for 19 years. Her healing path has given her a love of hoop dance and a desire to share its power with as many people as possible.

THE MEDICINE WHEEL

(Also offered in Session IV)

Verbal presentation/construction of a wheel of stones,
positioning on the wheel, experiential

STUDENT UNION 202 Discussion

Some familiarity with meditation or shamanic journey techniques will be helpful.

In this workshop we will learn about medicine wheels in general and the role they play in community. We will construct a wheel of stones and find our places on the wheel. We will deepen into these places in meditative/trance state to light drumming and then people will be able to ask questions of each other, learning from that place on the wheel. We will have time for questions and reflection.

Ann Marie Waterhouse has a Master's Degree in Human Development from St. Mary's University of Minnesota. She studied the Wheel as part of her Master's Program and uses it as a way to deepen her own spiritual journey. She teaches regularly through the Reformed Congregation of the Goddess-International and Mimosa Bookstore, based in Madison, WI.

LOSING THE FEAR OF DEATH BY EXAMINING NEAR DEATH EXPERIENCES

(Also offered in Session II)

ARMSTRONG HALL 221 Paper/discussion

Elizabeth Kubler-Ross's groundbreaking studies of near-death experiences have opened the doors of conversation, for this once veiled topic. Skeptics discount near death reports as sensory overdrive. Therefore, the most powerful evidence rests with people blind-from-

birth, who have a near death experience. Their accounts are untainted by any previous visual perceptions.

Cathy Weber-Zunker is the author of *Creating a Eulogy and Travels on the Yellow Brick Road*, has been a keynote speaker for 15 years, a freelance speech writer and coach and owner of Munchkin Wonderland Child Care Center.

RECLAIMING AND EMBRACING THE GREEN FACED WITCH

(Also offered in Session I)

ARMSTRONG HALL 211 Story-telling/discussion/power point

This workshop will be an in-depth look at the familiar Halloween icon, the Green Faced Witch. It will address the possible origins for this image and why it is actually more of a factual than non-factual depiction of those women they labeled "Witch" in the "Burning Times". It will discuss how an image created long ago still has an impact in our prejudices and belief systems. It will open up new ways of thinking about this holiday figure and allow an embracing bond to be built between us and those women who have courageously gone before. After this workshop, you will never look at a Green Faced Witch image the same way again.

Lady Sherrell (Jayme Wickman) has served as a Celtic High Priestess for the past five years, is an Ordained Minister, and is a wife and mother of three. She founded and incorporated a Celtic Church called Sacred Celtic Order of Balance Church, serves as co-chair on the Board of Directors for an Interfaith, Interracial Education Togetherness and Understanding Non-Profit group called UNITE and serves the community in any capacity whenever there is a need.

DREAMING YOUR WAY TO ABUNDANCE

(Also offered in Session I)

STUDENT UNION 203 Experiential

Discover the rich resources of dreams, learn about your dream symbols and the messages they can provide for living a more abundant life. If you have been dreamless, come to find the dreamer inside.

Jeanne Wiger and Cheryl Hiltibran have had their dreams be an integral part of their lives. Jeanne's dreams come to life in her art work, coaching, counseling and teaching. Cheryl's dreams have been a source of communication, revealing her desires and leading along her path of speaking, teaching, writing, coaching and healing.

BUILDING FROM WITHIN: CONNECTING WITH SPIRIT

(Also offered in Session IV)

ARMSTRONG HALL 302 Experiential/presentation

Connecting with the Divine Spirit that lives within each of us is one of the most powerful tools we have to help us become our true selves. We will explore labyrinths and mandalas and learn various techniques that will allow us to connect in every day life with Spirit.

Deborah Zavitka is a writer, teacher, and life traveler. Her interests are in ritual, myth, and storytelling. She has a master's degree in education and is currently studying Level 3 Healing Touch.

LEARN TO PLAY THE NATIVE AMERICAN FLUTE

(Also offered in Session IV)

MORRIS HALL 211 Child friendly/movement activity/experiential

Once we blow and play a scale, we can't help but create a tune. The hardest part is practicing so our fingers will cover the holes. Experience with all your senses how music makes our world go around. Flutes will be supplied with which to practice.

Mary Zeise is a teacher of yoga and herbs. She owns Down Home Foods in Wadena, MN. Her daughter **Julie Zeise** is a massage therapist and the mother of two-year old Daniel who plays flute. Daniel's great grandmother is 80 and just learned to play this year.

SESSION IV

THE RULE OF MARS: THE HISTORY AND IMPACT OF PATRIARCHY

(Also offered in Session III)

ARMSTRONG HALL 314

Paper/discussion

This workshop will be a discussion of the presenter's book, *The Rule of Mars: The History and Impact of Patriarchy*. This is an anthology of the best work by leading scholars on the subject of patriarchy - how it came to be the dominant social system, how it has been maintained and its impact on contemporary life.

Cristina Biaggi, Ph.D., is an artist, teacher, fourth degree black belt in Tae Kwon Do, mountain climber and political and environmental activist. She is the author of *Habitations of the Great Goddess* and editor of *In The Footsteps of the Goddess*.

CHRIST, A SYMBOL OF THE SELF

(Also offered in Session I)

ARMSTRONG HALL 321

Paper/discussion

Christians have diverse understandings of Jesus because the God-image, Jesus Christ, is a symbol of the Self in each individual and the passion of Christ symbolizes every person's painful struggle toward perfection. This center of divinity in each of us nudges us toward wholeness. In Hinduism the symbol of the Self is Krishna. More such symbols are depicted in other spiritual traditions and even in the Judaeo-Christian tradition. Insisting that Jesus is an external, exclusive savior misinterprets the sacred texts.

Jeanette Blonigan Clancy, MA in systematic theology, is an educator and writer who has studied mythology, Jungian psychology, scripture, women's spirituality, and comparative religion.

MANIFESTING ABUNDANCE THROUGH RITUAL, MEDITATION, KUNDALINI YOGA AND COLLAGE

(Also offered in Session III)

STUDENT UNION 255A

Movement/activity

As humans living in this world moving at exponential speed, we must choose to take time for us. The time we take for us will ensure we are creating the life of love and abundance that our souls long to achieve in this lifetime. Begin to honor this process now and take time for yourself. Attend this session that will introduce you to practices including ritual, meditation, kundalini yoga and collage that will allow you to create what you want in your life.

Shannon Bonkrude, MS, LAMFT, is a Professional Life Coach, Marriage and Family Therapist and Certified Kundalini Yoga teacher. Currently, she enjoys a full coaching practice that includes life and corporate coaching and children and families of divorce.

SOUNDS OF HEALING:

USING THERAPEUTIC MUSIC ON YOUR SPIRITUAL JOURNEY

(Also offered in Session II)

MORRIS HALL 209

Story-telling with live harp examples/experiential

Healing music can play a unique role in our life's journey. This workshop will explore how music, especially the harp, nurtures you—physically, emotionally, mentally, and spiritually. The harp, as a healing instrument, has been called "the perfect instrument" for relaxation, self-care and helping create wellness in our everyday lives. It is paradoxical—incidentally gentle, yet very powerful at the same time. The presenter weaves together practical tips, powerful stories and plays musical examples, demonstrating music's role in our spiritual journeys.

Tami Briggs, founding principal of Musical Reflections, Inc., is a therapeutic harpist, composer, recording artist, and national speaker.

CREATIVE PROBLEM SOLVING

(Also offered in Session III)

ARMSTRONG HALL 304

Discussion/experiential

Get creative with thought. Positive and negative issues flavor our human experience. Explore different avenues of perception and change your life situation. Bring your own "issue" that you would like to change and see if there is a new way to view what can be learned from it and redefine it. Maybe even let "it" go.

Donna Cain-Eichers has a background in sociology and has been a massage therapist and energy worker for 13 years. She has always worked with people and her greatest goal is to assist others to reach their highest potential.

DIVINE WARRIOR TRAINING:

RECLAIMING YOUR INNATE HEALING POWER

(Also offered in Sessions I, II, III)

ARMSTRONG HALL 305

Experiential

Divine warriors recognize the divinity of all persons and all creation and work for the highest and best good of all. This workshop will introduce the concept of divine warrior—one who lives out of their divine essence, discovers their life's purpose, hones the skills they bring into the world and transcends the challenges they face. Sacred space will be created for each participant to work with self-reflective experiential exercises that help participants uncover belief patterns that limit their ability to heal. A closing circle allows opportunity to share insights with other participants.

Thomas Capshew is a former attorney and professor. He is a writer and motivational speaker, working on a book entitled *Divine Warrior Training*. He is on faculty at Windemere Institute of Healing Arts.

LETTING GO OF UNHEALTHY PATTERNS

(Also offered in Session I)

ARMSTRONG HALL 326

Experiential

This workshop (limited to 20 participants) is intended to teach participants an ancient Siberian folk healing technique. Passed on for generations, this is a shamanic healing tool for release or extraction of old negative patterning in the energy field. It is safe and can be easily learned.

Virginia Cooper has been practicing the healing arts for over 20 years; as an intuitive healer she started with laying on stones and energy work; later became a certified massage therapist and now is a registered nurse who is continually seeking ways to integrate all levels of life into her work.

TRANSFORMING THE WORLD ONE DREAM AT A TIME

(Also offered in Session II)

ARMSTRONG HALL 306

Paper/discussion/experiential/ritual

You can create the change you dream of creating, live the life you dream of living, and help people in the ways you have imagined! Through life coaching, creative exploration, sacred play, and ritual we will bring your visions and dreams a few steps closer to reality. We will quiet the inner critic, uncover the inner and outer action steps that are on the path in front of you, and strengthen your belief that you can accomplish what you choose. You will leave this workshop feeling empowered, motivated, and inspired ~ with a plan in your pocket for bringing your dreams to life.

Kimberly Errigo (TOUCHES THE SKY) is a Certified Personal Coach, Healing Touch Practitioner, Flower Essence Therapist, and Ceremonial Leader. She is known as "a dreamcatcher" for her gift in helping people find and live their dreams.

QIGONG FOR HARMONY HEALING HEALTH

(Also offered in Session II)

STUDENT UNION 284

Discussion/experiential

Qigong is simple and powerful. It is a combination of meditation and active exercises that help people increase self awareness, build internal energy and promote holistic health, body, spirit and mind. The purpose of this workshop is to introduce this ancient form of Chinese energy healing. Qigong is a spiritual practice—in that we are all spiritual beings. We have an eternal soul and the power of Qigong flows from love, kindness and forgiveness. The Qigong masters teach that the power of Qigong comes from love, kindness, forgiveness, but is not a religion. It is the study of the human body. It is a science that has nothing to do with religion. The mission of Spring Forest Qigong is a healer in every family and world without pain.

DeeAnn Gieseke is a Spring Forest practitioner and a member of the SFQ International Guild. She has completed the four levels and the intensive guide program taught by Master Chunyi Lin, International Qigong Master, Anoka-Ramsey Community College. DeeAnn teaches classes through private and community educational programs and has a Qigong Healing practice.

YOGA MEANS UNION

(Also offered in Session III)

STUDENT UNION 284C

Movement activity/experiential

Please bring a yoga mat and be prepared to practice on an empty stomach. Wear loose fitting clothing and expect to move, sweat, and be transformed by the power of breath and body work! This workshop will bring the group into a meditative and body-aware state with deep breathing techniques, postural alignment in a seated position and an ancient yoga call and response chant. In explanation of what the Sanskrit words translate into. You will continue with different yoga moves and get ideas for beginning or continuing a yoga practice.

Claire Hanlon is an enthusiastic student of yoga who recently earned her certification as a registered yoga teacher at the 200-hour level. She has been interested in yoga since the age of six when she saw her father practicing a sun salutation, dabbling since the age of twelve, and immersed in practice for the past two years. She believes that the ancient art and science of yoga is both medicine and magic.

FROM AGE-ING TO SAGE-ING™

(Also offered in Session III)

ARMSTRONG HALL 233

Experiential

Sage-ing™ is the process of approaching the second half of life as a journey filled with new possibilities, enriched with wisdom and learning gleaned from life experience. The process of approaching life in this positive way affirms not only the importance of contemplative practice through meditation, journaling, and prayer, but also provides an opportunity to reflect upon personal intentions, values, interpersonal relationships and legacy. This workshop is based on the Sage-ing Concepts™ created by Rabbi Zalman Schacter-Salomi. Participants will learn to differentiate between spirituality and religion, identify the components of *Spiritual Eldering*®, and chart their life experiences and its influences on them.

Rebecca J. Hostetler is a 1984 graduate of Luther Theological Seminary, St. Paul, MN, specializing in pastoral care and has served as an Intentional Interim Pastor in the Evangelical Lutheran Church of America, small town librarian and social activist for the GLBT and aging communities. She is an advocate of trans-denominational collaboration, a crucial component in the effort to enable persons to walk their journey concerning aging and spirituality issues.

SOMETHING FROM NOTHING: HOW TO HARNESS THE CREATIVE POWER OF THOUGHT TO TRANSFORM YOUR LIFE

(Also offered in Session I)

ARMSTRONG HALL 215

Formal paper/lecture

Thought. It is our primary creative force. Everything in our lives, from shoes to relationships, exists because someone first thought of it. Yet this magnificent, fundamental process goes underdeveloped. Harnessing the power of thought is the first step in creating goals that succeed, dreams that become reality and a life that matters. We will explore the potential for transformation through mastery of Thought.

Jackie Jeffery is a fully trained Life Coach and graduate of Coach U, an International Coach Federation-accredited institute. She is a Minnesota native, writer, speaker and spiritual being having a human experience.

PSYCHIC PROTECTION

(Also offered in Session I)

ARMSTRONG HALL 221

Paper/discussion

In this workshop we will be discussing tangible and meditative ways for those who are energetically sensitive and psychically sensitive to clear and protect themselves from negative and damaging energies. This, along with a discussion, will be a hands on, show and tell of techniques as well.

Tiffany Johnson is a Twin Cities psychic, author, radio personality, healer, speaker and Board Certified Hypnotherapist. Reading since she was 14 years old, she has experienced and studied many things in the Metaphysical realm.

WALKING THE CAMINO FRANCES, THE ANCIENT PILGRIM PATH TO SANTIAGO DE COMPOSTELA

(Also offered in Session I)

ARMSTRONG HALL 208

Paper/discussion

This workshop will begin with a discussion of pilgrimage as a spiritual practice. There will be a brief historical presentation on the *Camino de Santiago*. We will then virtually experience walking parts of the *Camino Frances* with the use of slides and narration. We will close with practical guidance in preparation for such a journey.

Christine Kile traveled by herself to France in the summer of 2005 after responding to a spiritual calling. She walked the pilgrimage route to Santiago de Compostela and the *Camino Fisterra* from Santiago de Compostela to Finisterre on the coast of Spain.

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

(Also offered in Session III)

STUDENT UNION 253/254

Presentation/harp performance

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

Amy Kortuem is a harpist from Mankato, MN. She has performed at countless events since receiving a Celtic harp as a gift 17 years ago, with audiences including everyone from preschool children to presidents. She has made three recordings of her music, each of which explores aspects of the spiritual journey on which the harp has taken her.

SOUL TALK

(Also offered in Session I)

ARMSTRONG HALL 108

Discussion/experiential

This workshop is designed to acquaint participants with their spiritual self (soul) by finding its voice and practicing listening for it. Blocks to trusting one's soul will be discussed. Then demonstrations and practice will be done in using one's spiritual connection for healing.

Janet Latchaw, retired special education teacher, is also a Reiki Master Practitioner; certified in Quantum Touch; has done healing in the Spiritualist Church; and is a non-denomination licensed lay minister.

WHEN IT MAKES YOU SAD: HEAL THE HURT (in minutes)

(Also offered in Session I)

ARMSTRONG HALL 317

Experiential

Memories and thoughts can continue to hurt, even years after an event. When feelings are attached, the healing process may also become blocked. Emotional Freedom Techniques (EFT), a simple method involving gentle fingertip taps on the face and body, allows stressful feelings to become detached. In this workshop, sadness associated with a specific memory or event is eliminated, leading the way to heal the hurt.

Valerie Lis speaks, writes and teaches in the area of self-improvement. Through their company Courses for L.I.F.E., she and her sister provide seminars and expos in the field. She is an advanced trainer and practitioner in Emotional Freedom Techniques (EFT), a method proven to eliminate stress due to memories, phobia, trauma or abuse.

A SACRED ACT - CARING FOR OUR OWN AT THE TIME OF DEATH

(Also offered in Session I)

ARMSTRONG HALL 323

Discussion/story-telling

Death, like birth, comes in its own time, in its own way and provides a profound spiritual portal for all lives involved. To be present at the time of death and to shepherd the body and spirit through the first hours and days following death are sacred acts. Through dialogue and the sharing of practical information, it is the intention in this workshop to empower participants who want to consider being present and actively involved in this witnessing tradition. Story-telling of recent home funeral experiences. Dialogue about death, care of the body, legal rights and restrictions. Handouts and resources will be made available.

Jean Madsen works as a hospice nurse and educator of end of life issues. She has a BS in education; Certified in Thanatology; Certified Spiritual Counseling Facilitator; trained as Home Funeral Guide through *Final Passages: Home Funeral Ministry*; Co-proprietor of *Portages: Alternative Funeral Advocacy*.

Mary Kateada is proprietor of *Simple Wisdom Sanctuary, LLC*, where she assists people to hear, to trust and to give creative voice to their values and principles through personal and family rites of passage. She has a BA in Liberal Arts; trained as Home Funeral Guide through *Final Passages: Home Funeral Ministry*.

LIVING DELIBERATELY

(Also offered in Session II)

ARMSTRONG HALL 308

Experiential

Avatar® is a nine day self empowerment training led by a team of experienced and licensed masters. The tools are a synergy of exercises, drills and procedures that will increase your ability to live deliberately. This workshop will explore some of these tools to help you experience strengthening the will, controlling attention and learning how your beliefs create your experience. This workshop will empower participants to be self determined and live as creative source. Avatar® is a registered trademark of Star's Edge. All rights reserved.

Elleva Joy Mc Donald, MA, has been a guide for personal and spiritual growth for over 30 years. She is an experienced and licensed Avatar® Master.

Margaret Mitchell, D.C., is a chiropractor, assisting people's healing journeys for 20 years. She is a licensed and trained Avatar Master.

INSIGHT MEDITATION:

FOR SELF-KNOWLEDGE AND SELF-MANAGEMENT

STUDENT UNION 203

Experiential/discussion

This workshop teaches about a 2500-year old meditation practice that helps us better understand ourselves. In this careful attention to our experiences of body and mind, we learn to manage problem emotions and thoughts, control unwelcome impulses, and better handle pain and stress.

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

MAKING A DIFFERENCE GLOBALLY AND LOCALLY

(Also offered in Session II)

ARMSTRONG HALL 325

Experiential

This workshop will help you begin to articulate what you have learned about yourself and about what is needed in the world today. We will build from sharing stories from your experience to identifying skills illustrated by these stories and brainstorming ideas for next steps along your path leading to meaningful life/career options.

Christine Oatis-Skinner is certified by the National Career Development Association as a Master Career Counselor. She is also certified as a job and transition coach. She brings 30 years experience from the corporate and nonprofit sectors, including colleges and universities.

YOUR GOD-GIVEN GIFT FROM BIRTH UNTIL DEATH...

THE SUBCONSCIOUS MIND

STUDENT UNION 204

Experiential

A person can turn around a negative self-concept that has been planted in the subconscious mind by a family member, friend, co-worker, bad experience, etc. You will be shown how to turn it around and get back on a positive track. The subconscious mind is the part of us that causes permanent change while the conscious mind reasons, manages input and analyzes thus causing only temporary change. Techniques will be shared about how to be the driver behind the wheel of one's subconscious mind and removing all the other would-be drivers—McDonalds, Marlboro, TV, etc., to drive this valuable God-given gift of our subconscious mind.

Patricia Poole has been leading classes in metaphysics and spiritual healing since 1997. She is certified in Reiki, Hypnosis, HypnoBirthing, Reconnective healing, Acutuning, Angel Therapy and has spoken at many conferences in the past.

THE SPIRITUAL KEY TO HEALTH AND FITNESS

(Also offered in Session I)

ARMSTRONG HALL 217

Paper/discussion/story-telling

During the last decade there have been 1,500 medical research projects and papers that support the conclusion that spirituality has a positive role in sustained health results. The National Institute of Health Mind/Body indicates that thoughts, emotions, attitudes, belief systems, coping skills and support systems can provide a positive impact on health. We will use stories, interactive exercises and group activity to empower individuals of any background to maintain the kind of thinking and attitudes that liberate vital, life-enhancing energy.

Sunny Scott-Luther has been a member of an international speaker's bureau for eight years, has been a police chaplain and has 15 years of experience in spiritual healing and counseling practice. She is a former executive director of the Licensed Vocational Nurses Association of Texas.

SOUL STEPS - THE ART OF CONSCIOUS-AEROBIC EXERCISE

(Also offered in Session II)

ARMSTRONG HALL 310

Discussion/experiential/
power point/presentation

Aerobic activity offers a magical vehicle for the transformation and re-invention of self. The body releases endorphins. An invisible boundary dissolves. Conscious aerobic exercise illuminates this magic with intention, infuses it with the essence of the Masters, Teachers, Angels, Guides and Loved Ones. With body in motion, heart open, and mind alert—assistance descends. Adversity is transformed. Goals are attained. This is not a workout routine.

Cathryn Taylor is a Personal Life Coach, published author and licensed counselor and embodies the essence of "conscious aerobic exercise." At age 54, while training for her first marathon, she literally stumbled onto this life-altering method for attaining success—not only in the gym—but in every area of one's life. She is now dedicated to assisting others in doing the same.

EXPERIENCE ANIMAL COMMUNICATION THROUGH GUIDED VISUALIZATION

MORRIS HALL 212

Discussion/experiential/child-friendly

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

Marilyn Tokach is a compassionate empathy healer, and teacher, seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. She has extensive corporate experience in human resources/management with Bachelors and Masters studies in psychology and business administration which complements her work with people and animals. Active in rescue and animal related issues, she has trained dogs for 20+ years and participates in obedience, conformation, agility and Schutzhund while living with dogs, birds, fish and a cat.

HONORING OUR BODIES THROUGH MEDITATION, MASSAGE AND MOVEMENT

(Also offered in Session III)

HIGHLAND NORTH DANCE STUDIO

Child-friendly/
movement activity/experiential

This workshop will empower attendants to love themselves and their bodies. Meditation, massage and breath work, combined with hula hoop dancing allow new and exciting ways to experience the body in rest and at play. Techniques learned in this workshop will provide attendants with a foundation to grow upon long after the conference has ended.

Koren Walsh has been a certified massage therapist and energy worker for 19 years. Her healing path has given her a love of hoop dance and a desire to share its power with as many people as possible.

THE MEDICINE WHEEL

(Also offered in Session III)

Verbal presentation/construction of a wheel of stones,
positioning on the wheel, experiential,

STUDENT UNION 202

Discussion

Some familiarity with meditation or shamanic journey techniques will be helpful.

In this workshop we will learn about medicine wheels in general and the role they play in community. We will construct a wheel of stones

and find our places on the wheel. We will deepen into these places in meditative/trance state to light drumming and then people will be able to ask questions of each other, learning from that place on the wheel. We will have time for questions and reflection.

Ann Marie Waterhouse has a Master's Degree in Human Development from St. Mary's University of Minnesota. She studied the Wheel as part of her Master's Program and uses it as a way to deepen her own spiritual journey. She teaches regularly through the Reformed Congregation of the Goddess-International and Mimosa Bookstore, based in Madison, WI.

MEDITATION FOR WORLD PEACE

STUDENT UNION 285

Experiential

One of the traditional ways to pray is to ask for something. In this workshop, you will learn to experience a different kind of prayer, a feeling-based prayer. This Qigong meditation will assist you in feeling and envisioning a world of peace and love.

Lois Weber began taking Spring Forest Qigong classes over six years ago to help with pain management and to heal a non-union fracture in her leg. She has taken the four levels of these classes from Master Chunyi Lin. She retired from Minnesota State University, Mankato, in 2001 where she supervised and coordinated the operation of Office Support Services and Postal Services.

KALI AND ME

(Also offered in Session II)

ARMSTRONG HALL 211

Story-telling/discussion

Can the ancient story of a wild-haired, blue-skinned goddess of chaos and creation from another part of the world help a perfectly reasonable, middle-aged Midwesterner figure out her life? You betcha - and she may be able to help you with yours.

Lee Wilcox Spears is the human behind the blog "In the Spirit of Being" and the author of "No Such Thing" and "Letters to Hannah". She is a speaker and therapist working in Minneapolis.

BUILDING FROM WITHIN: CONNECTING WITH SPIRIT

(Also offered in Session III)

ARMSTRONG HALL 302

Experiential/presentation

Connecting with the Divine Spirit that lives within each of us is one of the most powerful tools we have to help us become our true selves. We will explore labyrinths and mandalas and learn various techniques that will allow us to connect in every day life with Spirit.

Deborah Zavitka is a writer, teacher, and life traveler. Her interests are in ritual, myth, and storytelling. She has a master's degree in education and is currently studying Level 3 Healing Touch.

LEARN TO PLAY THE NATIVE AMERICAN FLUTE

(Also offered in Session III)

MORRIS HALL 211

Child friendly/movement activity/experiential

Once we blow and play a scale, we can't help but create a tune. The hardest part is practicing so our fingers will cover the holes. Experience with all your senses how music makes our world go around. Flutes will be supplied with which to practice.

Mary Zeise is a teacher of yoga and herbs. She owns Down Home Foods in Wadena, MN. Her daughter **Julie Zeise** is a massage therapist and the mother of two-year old Daniel who plays flute. Daniel's great grandmother is 80 and just learned to play this year.

A member of the Minnesota State Colleges and Universities System.

Minnesota State Minnesota, Mankato is an Affirmative Action/Equal Opportunity Employer.

Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Department of Women's Studies at 507-389-2077 (V), 800-627-3529 or 711 (MRS/TTY) at least five days prior to the event.

This document is available in alternative format to individuals with disabilities by calling the above numbers.

Access to Minnesota State University, Mankato

From the North:

Travel South on Hwy. 169 to Mankato. Take the Riverfront Drive Exit. Turn left (north) onto Riverfront Drive and continue to Stoltzman Road. Turn right (east) on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill to Warren St. Turn left on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.

From the South:

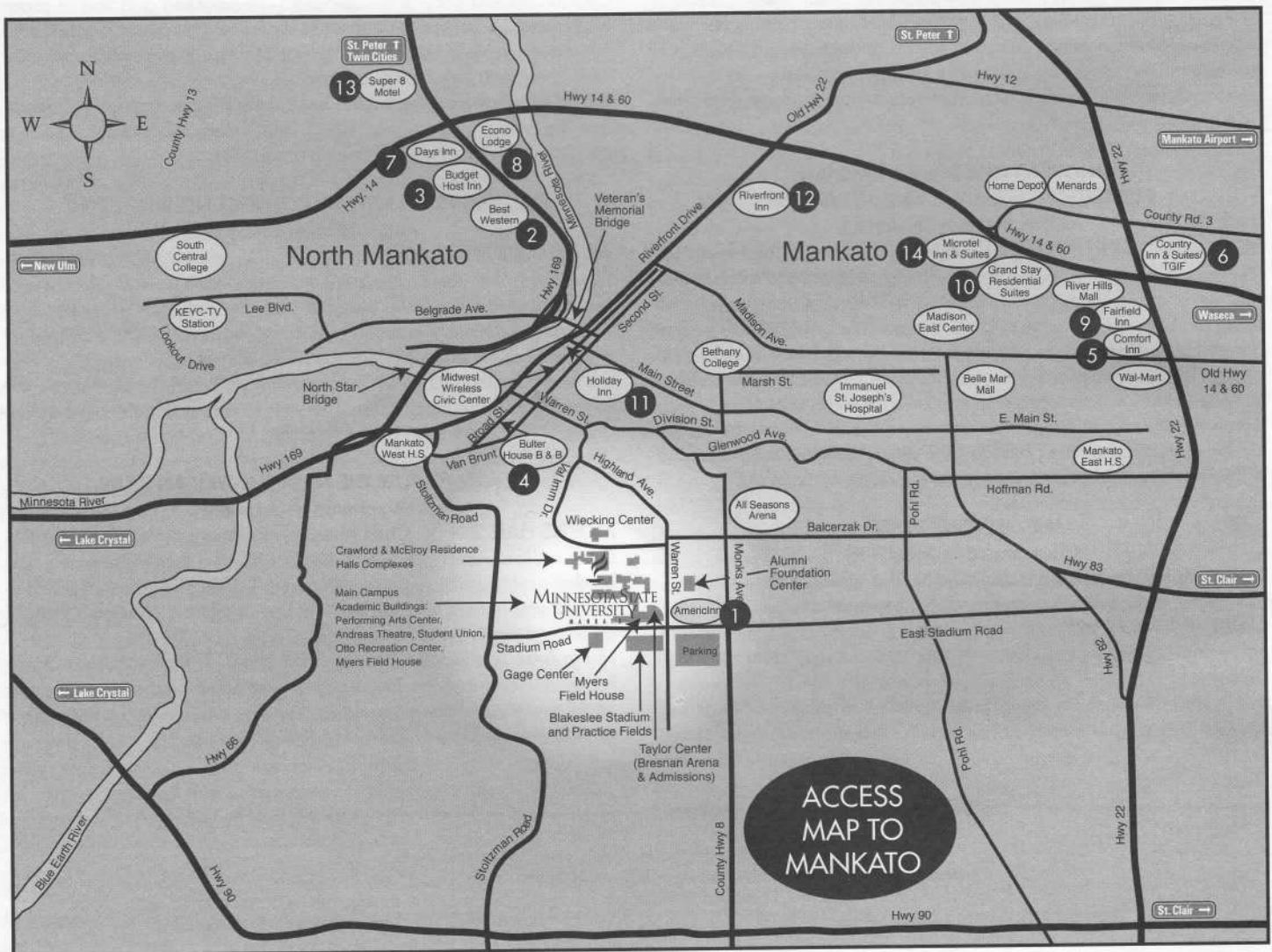
Travel North on Hwy. 169 to Mankato. Take Riverfront Drive Exit. Turn right (north) onto Riverfront Drive and continue to Stoltzman Road. Turn right (east) on Stoltzman road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill to Warren St. Turn left on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.

From the East:

Travel West on Hwy. 14 to Mankato. Take the Hwy. 22 Exit and travel south on Hwy. 22 to Hwy. 83. Turn right (west) on Hwy. 83 and continue to Victory Drive. Turn left (south) on Victory Drive and continue to Stadium Road (this will be the first road on the right). Turn right on Stadium Rd. and continue to Warren St. Turn right on Warren St. Turn right on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.

From the West:

Travel East on Hwy. 14 to Hwy. 169 South. Take the Riverfront Drive Exit. Turn left (north) onto Riverfront Drive and continue to Stoltzman Road. Turn right (east) on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill to Warren St. Turn left on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.



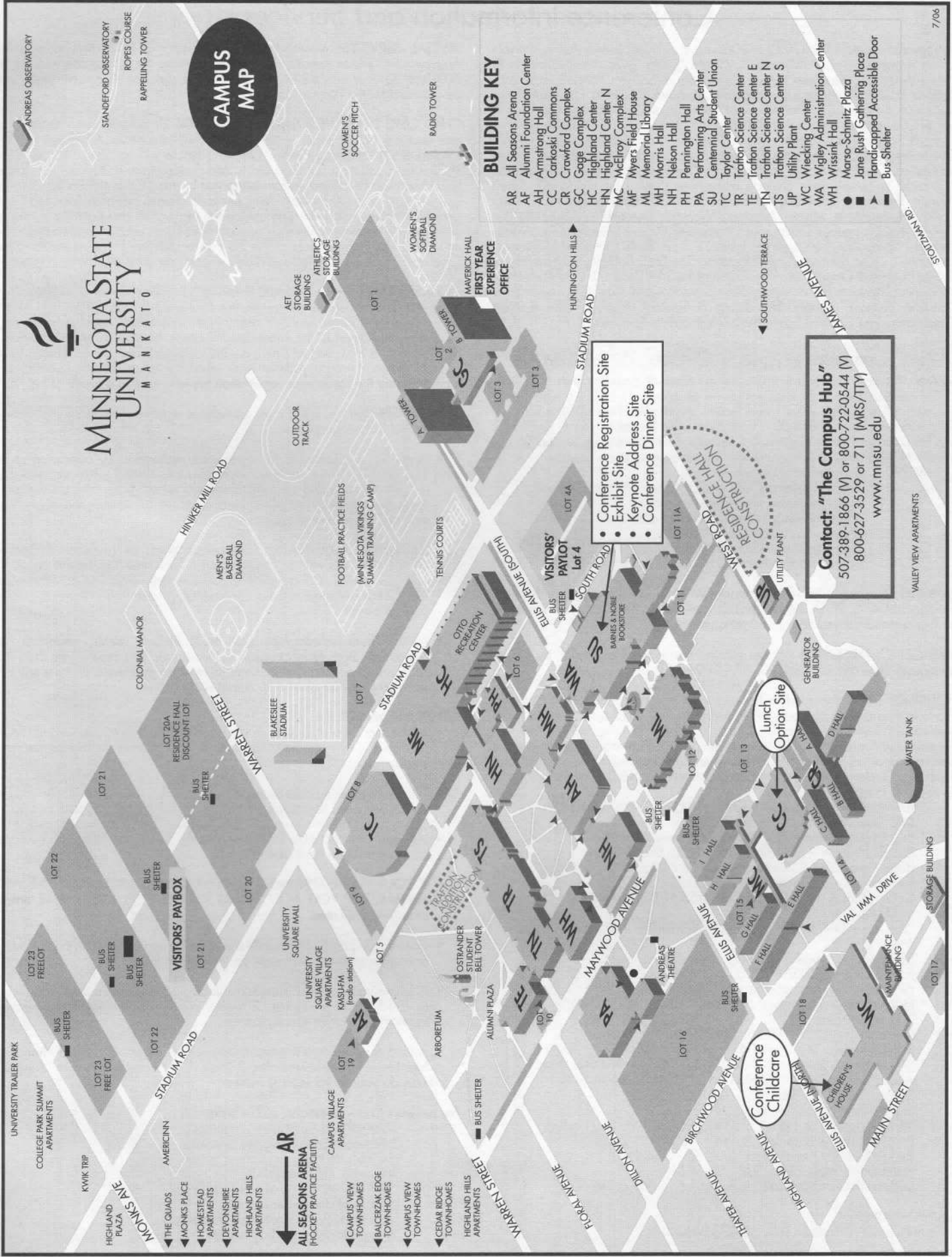
CAMPUS MAP

BUILDING KEY

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

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

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



Conference Information and Services

Past keynote speakers from 1982 to 2005 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 Le Sueur"), 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), Vinie Burrows (Celebrating Your Creative Spirit), Starhawk (Frontline Spirituality).

2007 Conference Dates – October 13 & 14, 2007

MEALS: The main cafeteria in CSU, will be open on Saturday from 8:00 A.M. - 2:30 P.M. and Sunday, the food service will be open from 8:00 A.M. until 12:00 A.M. with coffee, muffins, sweet bread, bagels and donuts. There will be a Saturday night buffet at a cost of \$16.00. Please see Dinner Registration form. Lunch may also be purchased at the Carkowski Commons dorm cafeteria for around \$6 per person. **NO REFUND** of dinner cost after two weeks prior to conference.

MENU - Buffet which includes:
Roasted rosemary and garlic chicken with red potatoes;
Eggplant stuffed with vegetable risotto;
Mixed green salad with choice of dressings;
Mixed vegetables; Dinner rolls;
Iced tea; lemonade; coffee; herbal tea;
Dessert (chef's choice)

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

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

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

- 1) * Americinn Motel & Suites – 507-345-8011/1-800-634-3444, 240 Stadium Road
- 2) * Best Western Hotel – 507-625-9333, Hwy. 169 N.
- 3) Budget Host Inn – 507-388-1644, 1255 Range Street
- 4) Butler House Bed & Breakfast – 507-387-5055, 704 S. Broad Street
- 5) * Comfort Inn – 507-388-5107/1-800-221-2222, 131 Apache Place
- 6) * Country Inns & Suites – 507-388-8555/1-800-456-4000, 1900 Premier Road
- 7) Days Inn – 507-387-3332/1-800-325-2525, 1285 Range Street (Hwy. 169 N.)
- 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-Civic Center – 507-345-1234/1-800-HOLIDAY, 101 Main Street (WOS)
- 12) Riverfront Inn – 507-388-1638, 1727 N. Riverfront Drive
- 13) Super 8 Motel – 507-387-4041/1-800-848-8888, Hwy. 169N & 14.Jct.
- 14) * Microtel Inn & Suites – 507-388-2818, 200 St. Andrews Drive
Americinn, St. Peter – 507-931-6554/1-800-634-3444
St. Peter Motel, St. Peter – 507-931-3100
South Side Motel, St. Peter – 507-931-4100
Viking Jr. Motel, St. Peter – 507-931-3081/1-800-221-6406
Park Row Bed & Breakfast, St. Peter – 507-931-2495
Budget Holiday Motel, New Ulm – 507-354-4145
Holiday Inn, New Ulm – 507-359-2941
Le Sueur Downtown Motel, Le Sueur – 612-665-6246

CAMPGROUNDS

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

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

CHILD CARE DEADLINE is September 15, 2006 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 \$40.00 for one day and \$55.00 for both days, per child. Please complete the Child Care Registration form and return with conference registration and payment. Children present at the conference site must be supervised by an adult. A maximum of three infants (no less than 6 weeks old to 16 months old) can be accepted for care. Child-care must be cancelled two weeks in advance to be eligible for a refund.

COURSE CREDIT: Those interested in taking the conference for one (1) credit in Women's Studies need to be aware that additional classes will be held AFTER the conference and are required and that the conference registration fee and meal are in addition to the tuition fee for credit. You **MUST** attend the 9:00 A.M. meeting in 201 Student Union on Saturday, October 7th. 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 NC/F.**

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

- Apply for a scholarship for conference registration by contacting us at 507-389-2077 no later than September 8th. Limited funds are available and will be awarded on a first come/first served basis. We ask that only those who are truly excluded because of the registration fee apply. You must call for prior approval.
- Conference registration scholarships are being set aside for **WOMEN OF COLOR** and will be awarded on a first come/first served basis. To apply, complete and postmark registration form no later than September 8th. Check "Women of Color Scholarship" on your form. You must call for prior approval.
- Note: *These scholarships DO NOT include meals, childcare, or Minnesota State Mankato tuition. Please note that even if you meet the scholarship application deadline there is no guarantee that we will still have scholarships available. Apply early.*

OTHER INFORMATION:

- Minnesota State Mankato is a chemical-free space. Smoking is NOT permitted in any university building. Burning of incense violates the non-smoking policy.
- The temperature in conference rooms is not within our control. Rooms tend to be hot...or cold! You may want to dress for hot but be prepared for cold.
- We are not responsible for lost or damaged property. There will be a lost and found site at the registration table.
- **IF YOUR NAME APPEARS TO HAVE A DOUBLE LAST NAME, WE WILL ALPHABETIZE YOU ACCORDING TO THE FIRST LAST NAME unless otherwise indicated.**
- Conference participants should plan to bring pens, paper, art pads, drums, and other materials that might be used in workshops.
- A refund for the dinner ticket is available upon request and will be subject to a \$5.00 handling fee, 2 weeks prior to the conference. You must provide your social security number.
- 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 your social security number.

For answers to any questions, call or write:

Women and Spirituality Conference
Minnesota State University, Mankato
109 Morris Hall
Mankato, MN 56001
507-389-2077 / Fax - 507-389-6377
cynthia.veldhuisen@mnsu.edu
web page www.mnsu.edu/womenst/
then go to Women & Spirituality Program



WOMEN & SPIRITUALITY CONFERENCE

507-389-2077

Minnesota State University, Mankato
Saturday and Sunday, October 7 and 8, 2006
Registration Check-In begins Saturday 8:30 A.M.

"Personal Journeys"
Keynote Speaker: Shakti Gawain

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, Institutional Diversity and Women's Center



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

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