

26th Annual WOMEN & SPIRITUALITY CONFERENCE

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

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

2007 Keynote Speaker

The Keynote Speaker this year will be Marge Piercy. She will discuss why it is important that we claim a past that leads to us and a future that issues from our lives and work in order to create a spiritual life that is truly ours. What would this mean? Immanence vs. transcendence. She will also explore her own religion, Judaism and the attempt to make it one that speaks to an embodies the hopes, dreams, fears, spiritual aspirations and experiences of women.



Marge Piercy

Ms. Piercy is the author of seventeen novels including The New York Times Bestseller *Gone To Soldiers*; the National Bestseller *The Longings of Women* and the classic *Woman on the Edge of Time*; seventeen volumes of poetry, and a critically acclaimed memoir *Sleeping with Cats*. Born in center city Detroit, educated at the University of Michigan,

the recipient of four honorary doctorates, she has been a key player in many of the major progressive political battles of our time, including the anti-Vietnam war and the women's movement, and most recently an active participant in the resistance to the war in Iraq. A popular speaker on college campuses, she has been a featured writer on Bill Moyers' PBS Specials, Garrison Keillor's *Prairie Home Companion*, Terri Gross' *Fresh Air*, the *Today Show*, and many radio programs nationwide. Praised as one of the few American writers who are accomplished poets as well as novelists - Piercy is one of Alfred A. Knopf's best selling poets - she is also the master of many genres: historical novels, science fiction (for which she won the Arthur C. Clarke Award for Best Science Fiction in the United Kingdom), novels of social comment and contemporary entertainments. She has taught, lectured and/or performed her work at well over 400 universities around the world.

Schedule

Saturday, October 13, 2007

- 8:30 - 10:00 Registration, CSU 2nd Floor
- 10:00 - 10:30 Opening Celebration, CSU Ballroom
- 10:30 - 11:00 Announcements/Welcome, CSU Ballroom
- 11:00 - 12:30 Keynote/Booksigning, CSU Ballroom
- 12:30 - 1:30 Lunch (on your own) Browsing
- 1:30 - 3:00 Session I
- 4:00 - 5:30 Session II
- 5:30 - 6:00 Exhibit Browsing
- 6:00 Dinner (advance reservations required)
- 7:30 Evening Performances

Sunday, October 14, 2007

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

All exhibitors will be located in Shellberg Gym - see map in your folder for location.

The 2007 Planning Committee:

Kelly Holland, Coordinator
Cindy Veldhuisen, Business Manager
Maria Bevacqua, Chair of Women's Studies
Lisa Coons, Course Instructor
Rita McEvoy, Exhibitor Coordinator
Rebecca Aadland & friends, Opening Ceremony
Luzclara, Closing Ceremony

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

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

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



MINNESOTA STATE UNIVERSITY MANKATO

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)

Gnostic: 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.

Workshops

SATURDAY EVENING PERFORMANCES

CELEBRATING WOMEN THROUGH SONG - 8:00 P.M.

Student Union Ostrander Auditorium

\$5.00 admission at the door

Come to listen, meditate, laugh, reflect, awaken, or heal. Rebecca Aadland, singer-songwriter, writes about a wide range of female struggles. In her music making and work as a psychotherapist, her passion is lifting people up to discover their best selves. Don Rollins, provides accompaniment on guitar and harmonica, including Lynne Weber on cello, Julie Meyer back-up vocals and Luke Schoper on keyboards.

Rebecca Aadland-Schoper, MS, LMFT, provides psychotherapy at Aadland Counseling Services in New Ulm, MN. She is an experienced workshop presenter, public speaker & consultant. For 14 years, Rebecca taught high school choral music. Her album of original songs, entitled, *Rebecca: Foreign Soul* was recently released. **Don Rollins**, MA, is a minister at the Nora Unitarian Universalist Church in Hanska, MN.

BELLY DANCING AND GOOD COOKS DANCE COMPANY - 7:00

P.M.

Student Union Ballroom, 2nd floor

\$5.00 admission at the door

RakStar Fusion Belly Dancers are dedicated to learning, teaching and performing an eclectic style of dance based on, but not limited to, oriental dance and specializes in Middle Eastern dance forms, but also draws influence from Bollywood, Indian, African, and contemporary Tribal Fusion stylizations. They provide a positive outlet for people of all ages and body images to express and celebrate movement and music. RakStar Fusion Belly Dancers are based in Markato, MN and offer dynamic, energetic performances, which include group choreographies, improvisation, solos, duets, and audience participation.

DRUM CIRCLE - 8:00 PM

Student Union, Room TBA

Come drum with Ann Marie Waterhouse - informal fun.

Workshops are on a first come, first serve basis.

SESSION I

INTUITIVE PERSONAL RITUAL MAKING FOR WOMEN

(Also offered in Session II)

STUDENT UNION 202

Lecture/discussion/experiential

In this workshop, participants will learn how to begin designing personal rituals for themselves and others through a unique guided intuitive process that includes how to develop the purpose, theme, energetics, and appropriate structure. Participants will learn how to design a ritual to initiate a life change or attitude, facilitate a change already in process, or name and claim a change or transformation that has already occurred.

Ruth Barrett is a Dianic high priestess, pioneering award-winning pagan recording artist, and author of *WOMEN'S RITE*, *WOMEN'S MYSTERIES: Intuitive Ritual Creation* (Llewellyn, 2007). Ruth has been teaching magical and ritual skills nationally since 1980.

HONORING SELF AS GODDESS

(Also offered in Session II)

ARMSTRONG HALL 215

Experiential

The Sun's presence is known each day with its rising and setting. The moon energy goes in cycles and has a rhythm of its own that affects all of life. Now the moon energy is waxing in the consciousness of all the world so feminine energy rises. Let us call upon great female deities from diverse cultures and recognize ourselves as channels of positive female energy so that we may heal ourselves and the world.

Renita Beckius is a Master Reiki Healer, a registered nurse, holds a bachelors degree in psychology, and currently is a 2nd year apprentice in the Lynn Andrews Center for Sacred Arts and Training. She is committed firmly to standing in the physical and channeling spiritual energy to the earth as a modern shaman.

Kasey Kester's early years were with the Blackfeet and, as a result, she has always had a close affinity with Mother Earth. She has studied energy work, tarot, astrology, runes and mythology for the past 20 years and has done earth-healing and feminine spirituality rituals for the past 15 years.

GOD IS NOT THREE GUYS IN THE SKY

(Also offered in Session IV)

ARMSTRONG HALL 217

Paper/discussion

This will be a presentation of ideas in *God Is Not Three Guys in the Sky: Cherishing Christianity without Its Exclusive Claims*, the presenter's book. It declares that Christianity mistakes its myth for history and its symbol for fact. Its exclusive claims unnecessarily alienate it from the other religions and spiritualities of the world. Buddhists, Hindus, Muslims, Native Americans, Jews, atheists, and pagans can throw light on Christian ideas.

Jeanette Blonigen Clancy, M.A. in systematic theology, is an educator and writer who has studied mythology, Jungian psychology, women's spirituality, the historical Jesus, and comparative religion.

CHANNELING LOVED ONES

(Also offered in Sessions III)

ARMSTRONG HALL 101

Discussion

Channeling Loved Ones is a workshop in which I channel people who have passed away and wish to communicate with their loved ones in the audience (or vice versa!). The workshop offers them a chance for healing, comfort and closure. This is a John Edwards-style of workshop in which I describe the spirit who is here and then connect with the person with whom they wish to speak to. I will start out by introducing myself, describe what I do and what goes on from my end of things (how it feels for me, how the information comes through, etc). We will spend time going around from person to person, moving randomly according to whoever comes through. If time, the session will be open to requests, where they may ask to speak to someone.

Ronna Boyd has been a professional psychic and medium for 13 years. Besides the Channeling workshop, she offers private counseling sessions and a class that she developed called "Basic Tools for Spiritual Growth", in which she teaches people how to meditate and develop their own psychic abilities, to help them learn to be their own healer and teacher, allowing them the freedom to follow their path.

BEYOND BELIEF

(Also offered in Sessions III)

STUDENT UNION 201

Experiential

This workshop will expand your mind and nourish your soul. Being free of limiting beliefs connects you to Source - your inner spiritual light. We were created to enjoy peace of mind, happiness and a sense of adventure. You will discover how your health and happiness is based on past conditioning and on what you believe. Your perception of reality may be causing you unhappiness. We'll take a look and find out. Once we dissolve the limiting beliefs, we can more easily fulfill our passions and desires. You will begin to use a self-inquiry system of questions so you can truly be connected to your Source. The result is more inner peace, emotional freedom, success and happiness.

Lenora Boyle has been a Transformational Coach and workshop leader in the US and abroad for the past 16 years, helping people to be happier by overcoming their limiting beliefs. She is the author of the upcoming book, "the Happiness Zone: How to Get There, Live There and Flourish There".

WOMEN OF DIVERSITY WORKING TOGETHER IN AFRICA

ARMSTRONG HALL 316

Power point

This workshop is a powerpoint of diversity of faith and beliefs, cultures working and touring together for the greater good of Africa - working in clinics, farms, teaching classes, schools and tribes in Kenya and Uganda. The focus will be on the experience and working not only with different tribes, but also traveling with a diversified group of volunteers from Minnesota and South Dakota. This information is empowering for those who have always wanted to travel to Africa, while encouraging activists and volunteers to get involved helping empower third world countries.

Rev. Kathleen Buffalo, CCDC, MS of Religion, Certified Spiritual Counselor, Healing Touch Practitioner, Herbalist, Reiki/Master/Teacher, CranioSacral Practitioner. She is co-owner and operator of Aberdeen Natural health Clinic in Aberdeen, SD and has been in private practice for 13 years and active in CISM communities and hospital base teams. She balances work with her 23 grand children and activism in women's right and laws.

CREATING CEREMONIES FOR SPIRITUAL GROWTH

(Also offered in Session III)

MORRIS HALL 231

Ritual/discussion/experiential

This hands-on workshop is intended to assist participants to understand the concept of co-creation - how personal actions and events of the universe attune and synchronize. A discussion of both the energetic foundations of ceremonies and the symbolism inherent within them will be offered, as well as experiential activities whereby participants will learn how to create their own unique ceremonies. The workshop will also include a sample ritual demonstrating how a simple ceremonial action can assist in focusing energy.

Becky Burns is the author of *Soothe the spirit: Blessings and Rituals for Energy Enhancement*, in print June, 2007. She leads spiritual ceremonies and workshops in the Midwest and in the Denver area. She is an energy healer who has studied alternative methodology for the past decade; her certifications include Karuna(r) Reiki and Quantum healing Energetics(r). She works professionally as an autism specialist and educational diagnostician in Elgin, IL.

DIVINE WARRIOR TRAINING: DISCERNING DIVINE WILL

(Also offered in Session IV)

ARMSTRONG HALL 323

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 discern divine will for their lives. A closing circle allows opportunity to share insights with other participants.

Dr. Thomas Capshew is a writer and motivational speaker and author of "Divine Warrior Training: Living out our Legacy". He is on faculty at Windemere Institute of Healing Arts.

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

(Also offered in Session II)

STUDENT UNION 254

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. We 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. Wear loose, comfortable clothing and flat shoes with good support. Participants may also want to bring water.

Julie Cisler is a seventh generation disciple of Yang style T'ai-Chi Ch'uan and has studied with Situ Ray Hayward and Situ Paul Abdella at the Twin Cities T'ai-Chi Ch'uan studio. Before that she studied a different short Yang-style form for a number of years. She feels T'ai Chi is a practice that combines spiritual, mental as well as physical training.

TOXIC WASTE ... GOT SOME?

(Also offered in Session II)

ARMSTRONG HALL 303

Discussion/Power point

It has been stated that we can "fake it" through our first couple of decades. We eat and drink what we want, often treat our bodies as if they will run on

matter how we attend to them. Then we enter the next couple of decades and may begin to notice some subtle changes (if we are paying attention) or perhaps we are broadsided by the diagnosis of a chronic illness. Often we chalk this up to aging, something to be expected. Consider exploring what it is that we can do to alleviate, or perhaps even reverse some of these symptoms...it just might be a whole lot easier than you think!

Jane Coleman, RN, PHN, MS, retired from a 25 year career as a nurse educator and has directed her focus to a specialty that has become her passion: Integrative Therapies. She is a Naturopath and also a PhD student of Clayton College of Natural Health. She co-owns Healing Hands Wellness Group in Waseca, MN where she provides natural health education and energy modalities by appointment.

MY STORY, MY POETRY, MY SONG: MY SOUL LOOKS BACK AND WONDERS

(Also offered in Session III)

ARMSTRONG HALL 211 Storytelling/movement/poetry/experiential
Using the concept of The African Diaspora, the presenter will share songs and movement while telling her story of how I got from "there to here." The audience will be taught some basic refrains of songs, as well as simple movement.

Sister Marilyn Cowser, OSF, MA Theology, MFA Dance, with an Advanced Degree in Franciscan Spirituality. She is on the faculty at Sacred Heart School of theology as Associate Director of Spiritual/Human Formation and Director of Pre-theology undergraduate formation program.

THE SPIRITUALITY OF ANIMAL RIGHTS: THE FEMININE CONNECTION

(Also offered in Session III)

ARMSTRONG HALL 310 Paper/discussion
The animal world is a part of spirituality that can be expressed in various ways, including philosophy, activism, and vicarious perception. One may legitimately formulate ideas about animals and their needs and feelings that the rhetoric of exploitation seeks to discredit. One may proffer a counter rhetoric of animal and spiritual liberation.

Karen Davis is President and founder of United Poultry Concerns, a nonprofit animal advocacy organization and the author of several books.

THE ART OF SPIRITUAL DREAMING

(Also offered in Session II)

ARMSTRONG HALL 213 Discussion/experiential/power point
Your dreams are real. Learn how dreams can help you gain insights from the past and future, grow in confidence, heal yourself spiritually, make decisions about your career and finances. Do this from a unique point of view: recognize the spiritual nature of your dreams. Workshop presented by Eckankar.

Patricia Davis is a member of the Eckankar clergy, and has enjoyed many years of expanded spiritual growth through the dream teachings of Eckankar. She is a seasoned speaker and performer, event planner, a dental professional of 36 years and mother of three amazing children.

Pamela Cole is Patricia's 34 year old daughter, and having grown up in the teachings of Eckankar, she relies on her dreams as a source for answers in her life. Pam holds a Maser's degree in physical therapy from Boston U and is a board certified Clinical Wound Specialist in the Twin Cities, an adjunct professor at the U of MN and a national wound care consultant for both medical and rehabilitation facilities and the wound care industry. These experiences developed Pam as a highly skilled, dynamic and thoughtful presenter.

HIDDEN WHOLENESS: COMING HOME TO YOURSELF

(Also offered in Session II)

ARMSTRONG HALL 304 Experiential
The blizzard of the world
Has crossed the threshold
And it has overturned

The order of the soul

Leonard Cohen, The Future, 1993

In the blizzard of the world, how do you stay connected to what is good, true and beautiful? What sustains and guides you? Join us to explore what keeps you connected to what has heart and meaning and how you can renew your spirit through the seasons.

Joyce Eckes mentors and supports new staff at Intermediate District 287 along with serving as coordinator of staff development

Lisa Rowe currently serves as a mentor coach in the Eden Prairie School district.

These facilitators partner to create and guide transformative processes with Heart's Wisdom, an organization dedicated to creating open and trustworthy space to nurture the heart and spirit.

GREAT WOMEN BECKON US!

(Also offered in Session II)

ARMSTRONG HALL 216 Power point/paper/discussion
Throughout the history of humankind, women have been movers and shakers. We are unearthing the stories of great women who exercised a significant role in human history and are doing so today. Dorothy Day understood the Incarnation to mean that we could not know God without also turning to our neighbors in love and sharing bread with the hungry. Hildegard gives us a new vision of the Divine Presence all around us in Nature and Olympia was a pioneer in the struggle for equality in church and society.

Lucy Edelbeck, O.P. has journeyed with women, past and present. From a long history of empowering women, she brings stories and images to inspire women to follow paths of self-empowerment and joy. She has directed retreats on Feminist Spirituality, including Sacred Earth, Sophia-Wisdom and Praying With Mystics.

NEEDLEFELT SPIRIT ANIMALS

(Also offered in Session III)

ARMSTRONG HALL 314 Experiential/creative
Learn the super-easy and super-fun way to make soft sculpture creatures out of wool with special needlefelting tools. Anyone can learn - it is that simple! Animals can go from basic forms to very detailed with these techniques, while remaining feather-light. Use brightly colored wool roving, processed by North Dakota women, to design and create our favorite animals, spirit critters, and amulets. Technique can also be used for decorating and embellishing. Some wool roving provided, tools and foam felting pad available for purchase.

Linae Enockson, no bio provided.

INTERNAL EMOTIONAL PHARMACOLOGY: HORMONE AND IMMUNE SYSTEM VITALITY

(Also offered in Session II)

MORRIS HALL 206 Lecture/discussion/experiential
A refined approach to understanding, accepting and healing ourselves that will bring forth our vital unique energies to enhance our relationships, attract resources needed to achieve optimum health, and to create an empowering destiny of health care for ourselves and others.

Barbara Fedors provides a holistic service of complementary health care in Stillwater and Minneapolis, MN. She pioneered the kidney and heart transplant programs at the U of MN. In her unique global experience in the health care field, she has worked alongside doctors doing mission work in third world settings. She is trained in Advanced CranioSacral Therapy including allergies and the immune system and treating stresses of the adrenal/brain connection for hormonal balance. Her passion is in the power of emotional presence for healing.

JOURNEY WITH YOUR SPIRIT GUIDE/TOTEM ANIMAL

(Also offered in Session III)

ARMSTRONG HALL 219

Experiential/meditation

This workshop, which is part of a series of Journey workshops, will assist each participant in meeting either a Spirit Guide or Totem Animal. We start with a guided "Balancing & Grounding" meditation, then move into "Meeting Your Spirit Guide/Totem Animal" guided meditation. Once each person has had an opportunity to have this experience, we will discuss various ways to communicate effectively with this entity. Upon completion of this workshop, each participant should know which Guide or Animal they are working with at present, how to communicate and utilize the information they receive as from this encounter.

Rev. Aislinn Firehawk, LMT, has been working with her own Guides and Totems for more than 30 years, and has been assisting others towards this goal for approximately 15 years.

LIGHTING THE FIRE - AND HAVING NO FLAME

(Also offered in Session III)

MORRIS HALL 211

Movement activity/discussion/
experiential/Meditational

You've been to the fire of life that was lit, but you have/had no source or power to maintain its ongoing fuel for the flame to burn. How can you keep your fire burning in a consumer driven society on your own accord without the consumerism driving you crazy? This workshop will center on simplicity in life, becoming attuned with the world and not by the world and finding the core of your center within yourself to keep the light and life alive. The presenters will help you discover what it means to be of the essence in which you were created and how you will be able to keep your flame it - forever.

Kristi Franken, MA-EM, is a Shared Ministry Coordinator/Diaconal Minister in Luverne, MN. She has 10 years experience in workshop settings and public speaking, leading small groups and 20 years of involvement with the behavioral health field.

Rev. Judi Wiley, is an Episcopal Priest in Luverne, MN for 35 years with retreats, conferences and seminars. She has written books/articles on living the life in a woman's body and Christian counselor with her own practice.

T'AI CHI CHIH

STUDENT UNION 255

Discussion/movement/experiential

T'ai Chi Chih is a series of 19 gentle movements and one resting pose. They can be done by almost everyone while either standing or sitting. These slow, easy to learn movements can improve balance, increase circulation and energy and bring about a sense of relaxation. T'ai Chi Chih is not a martial art, more like a moving meditation and is also called "joy through movement."

Sharon Fruechte is primarily a homemaker - a wife, mother and grandmother. She was a counselor for 11 years, has taught yoga for 30 years, T'ai Chi Chih for 5 years, and is a spiritual director through healing Hands Wellness Group in Waseca.

QIGONG FOR HARMONY - HEALTH - HEALING

(Also offered in Session II)

ARMSTRONG HALL 223B

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. The mission of Spring Forest Qigong is a healer in every family and world without pain.

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

CELEBRATING 30 YEARS OF FEMINIST ART AND THE PERMANENT HOME OF THE JUDY CHICAGO DINNER PARTY

(Also offered in Session II)

MORRIS HALL 213

Lecture/power point/discussion

This workshop will focus on the spiritual aspects of the Judy Chicago Dinner Party and will include images of the opening celebration of the Dinner Party's permanent exhibition space at the Brooklyn Art Museum in New York. We will introduce the Feminist Art Project, a collaborative national initiative celebrating 30-35 years of contemporary Feminist Art Movement. We will discuss a few of the major feminist art exhibitions being held in 2007, including global Feminisms at the Brooklyn Museum and WHACK! Art and the Feminist Revolution.

Terri Berthiaume Hawthorne, educator and scholar, M.S. Women's Studies from MN State Mankato, has taught women's studies as adjunct graduate faculty at the U of MN and for MN State U system, currently teaching at Metropolitan 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. They are co-producing a video, We Will Harbor You: A History of the MN Battered Women's Movement. Terri has been married 45 years and is a proud mother of four sons, a grandmother and great-grandmother.

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

LIVING IN THE MOMENT

(Also offered in Session III)

ARMSTRONG HALL 317

Experiential

Living in the moment is living life in an ideal state of being. It is giving full consciousness to the activity at hand. Participants will experience the moment and learn how to maintain this state of consciousness.

Mary Mackey Faulkner is a master intuitive, seminar leader and life coach who has studied under Kathryn Harwig, Tony Robbins and Echo Bodine. She is completing a master's degree in adult education at the University of Minnesota.

Diane Hosker is an intuitive master who has studied with well known psychics, Echo Bodine and Kathryn Harwig. "Living in the Moment" is her mantra and her spirit is enlightened through her artistic creativity.

CONNECT WITH YOUR BRILLIANCE AND PAY IT FORWARD

(Also offered in Session III)

ARMSTRONG HALL 208

Discussion/power point

Brilliance is another word for spirit, wisdom or higher self. Join us to learn three keys to brilliance that shift the focus from "outside chatter" to "inner wisdom" and move us from confusion to understanding and personal power. Come experience practical strategies and tools that unlock creative brilliance. Own your power to live from your brilliance, so you can create the life you dream of and change the world one person at a time.

Vivian Hildebrandt, MA, LADC, is an author and partner in Back to Brilliance. She brings together the art and science of working effectively with others and the practices of empowerment to assist clients to grow personally and professionally.

**THE HEART OF THE MATTER:
ENERGY SELF CARE FOR EASING TRANSITIONS**
(Also offered in Session II)

MORRIS HALL 212

Experiential

During life transitions, changes and losses may cause disruptions in the natural flow of one's energy system. These disruptions include blockages and/or depletions in energy flow. Based on an innovative blend of grief and energy theory, you will be guided through the use of techniques to release blocked energy, replenish heart energy and experience reintegration. This workshop will be beneficial to those who identify themselves as stuck, for those who want to grow, and for helping professionals.

Janet Hovde, OTL, CHTP, has a private healing practice in Roseville, MN in which clients benefit from Healing touch and other forms of energy healing. She has 20 years of experience in medical settings as a licensed occupational therapist and enjoys teaching energy healing and intuition development.

Dee Bailey, MA, CPCC, is a grief specialist, life coach, speaker and workshop leader. In her private practice with individuals and groups she integrates alternative ways to learn, heal and grow and has developed a unique process of literally and figuratively walking her clients through transition, loss and what's next.

**ACCESSING THE UNCONSCIOUS THROUGH TOUCH: THE
IMPORTANCE OF HUMAN CONNECTION AS A HEALING TOOL**
ARMSTRONG HALL 306

Experiential

The explosion of research in neuroscience confirms the importance of touch and contact for human development and well being...for regulating our emotions and our physiology. Besides fight/flight and freeze, there is a whole physiological system in the body which facilitates human connection, bonding, calm, nourishment, restoration, peace and healing and taps the hormones of love, peace and connection hard wired into human beings. In this experiential workshop we will present some of the research confirming the importance of human connection, and of understanding human connection as a biological system in the body.

Dorothea Hrossowyc, MA, member ABMP and RMPA, is a certified practitioner of Rosen Method, trained by Marion Rosen, with many years experience as an educator, trainer and personal empowerment consultant. She is a student of Hakomi Experiential Psychotherapy and Sensorimotor Psychotherapy for Trauma. She practices in Northfield, Apple Valley and in Rochester, MN at Integrated Wellness Center.

Sheri Krall, member ABMP and RMPA is a certified practitioner of Rosen Method, trained at the Rosen Method Center Southwest, and with Marion Rosen. She is a student of Sensorimotor Psychotherapy for Trauma. She currently works with Hospice clients through the Mayo Clinic in Rochester and is in private practice at Integrated Wellness Center in Rochester.

**CHANGE YOUR MIND, CHANGE YOUR LIFE: HOW TO HARNESS
THE CREATIVE POWER OF THOUGHT TO TRANSFORM YOUR LIFE**
ARMSTRONG HALL 123

Discussion

Thought. It is our primary creative force. Everything in our lives, from ipods 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 have a human experience.

THE ULTIMATE REALITY AND THE UNIVERSE: DIVERSE PERCEPTIONS
ARMSTRONG HALL 214

Paper/discussion

In light of the present debate between creationism and evolution, this workshop examines and compares the concepts of the Ultimate

Reality—the God, and the Universe of objects (created or evolved) in various religious traditions—Hinduism, Buddhism, Jainism, Islam, and Christianity. On the basis of a scholastic analysis, the paper shows that they are simply different perceptions of the same fundamental course - Energy.

Indira Junghare, professor of South Asian Languages and Cultures, who teaches Philosophy and Religion at the University of Minnesota.

PAST LIVES, LIFE-BETWEEN-LIVES AND PRE-BIRTH PLANNING
(Also offered in Session III)

ARMSTRONG HALL 220

Paper/discussion

Frequently asked questions relating to Past Life Regression, Life-Between-Lives Spiritual Regression, and Pre-Birth Planning will be answered. Fascinating case studies relating to what happens when the earth body dies will be shared and will pique your interest in this ground-breaking work. When you begin to realize who you REALLY are, life becomes an adventure instead of a struggle. A workshop with inspiring stories, lots of information, and some laughter, that will motivate you to remember your divine Self. WE ARE ALL ONE!

MaDonna Kettler, BA, MHT, LBL—hypnotherapy trainer, master hypnotherapist, author of *Becoming Multisensory: A Guide to Discovering and Trusting your Inner Spirit*, reiki master, ordained minister, spiritual motivator and founding president of Golden Visions Center. MaDonna conducts acclaimed workshops and transpersonal hypnotherapy trainings around the country and maintains an office in Minneapolis, MN and Silver City, NM.

THE REALM OF FAERY, THEN AND NOW
(Also offered in Session III)

ARMSTRONG HALL 221

Power point/discussion

This workshop will explore faery from its 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 the realm through many of its elusive facts. She is the author of the *Trollton Chronicles* fantasy series and resides in St. Louis Park, MN.

THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS
(Also offered in Session III)

MORRIS HALL 103

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*. I will help people understand how they can use their spirituality to create spectacular success for their spiritual ideals.

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

**GREEN WISDOM - LISTEN TO NATURE AND
RECEIVE INNER GUIDANCE**

(Also offered in Session IV)

STUDENT UNION 284

Story-telling/movement activity/
dance/discussion/experiential

Participants learn to listen to the innate wisdom available in the natural world and receive guidance for the questions of their lives. They increase their ability to be present, enhance their sense of vitality, and create a deeper connection

to themselves, others and Nature. The topic is facilitated through movement, experiential exercises, sensory stimulation, writing, and discussion. Please bring an object from Nature.

Louann Lanning manages Women Achieving New Directions and has 15 years experience leading and facilitating career planning, personal effectiveness/self-esteem and job search classes at Twin Cities' non-profits and women's programs. She has extensive experience facilitating cross-cultural dialogue in programs through the United Way, YWCA, and RESOURCE, Inc. and is an active member of the United Way Cultural Dynamics Committee. She works to build emotional safety and understanding for discussions of cultural differences and other sensitive topics. She has a deep passion for the sacredness of all life and is committed to help heal humans' relationship with the earth.

Lee Scholder also has a lifelong drive to help people connect with animals and the environment. In this quest, she helped connect children and adults with nature working as a naturalist. In her subsequent career as a lawyer, she was instrumental in starting the Animal Law Section of the MN Bar Association and co-taught Minnesota's first animal law course at two Twin Cities law schools. She is currently the Executive Director of the Women's Drum Center and is a course developer at Capella University. She is completing a Master's degree at the U of MN in Scientific and Technical Communication.

CARE FOR THE EARTH AS SPIRITUAL PRACTICE

(Also offered in Session III)

ARMSTRONG HALL 225 Discussion/experiential/Power point

Using the Gaia Hypothesis, which suggests the Earth is a living organism, as a backdrop to the workshop, participants will have opportunities to explore ways to increase their connection to the Earth. Participants will also be able to identify personal, family and community actions they can take as well as develop footprint reduction plans to help improve the plight of Gaia.

Samantha Laskowski has a background in family therapy and prevention education training and has been actively exploring what guides others to feel more connected to the Earth for the past five years. She and her partner have engaged in footprint reduction practices for over ten years.

YOUR AURA AND LET'S TALK ABOUT GHOSTS

(Also offered in Session III)

ARMSTRONG HALL 232 Movement activity (aura)/child friendly

The presenter will talk about and describe what an aura is and the meaning of aura color. 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, she has been featured in various newspaper articles, magazines and radio shows. Carol has also shared her psychic experiences as a guest speaker with numerous groups and organizations throughout the Midwest.

YOGA CHAKRA HEALTH

(Also offered in Session IV)

STUDENT UNION 284B Movement activity/discussion

In this workshop we will start by learning what the chakras are, where they are located and details about how they relate to our health - mentally, physically and spiritually. We will then journey through physical yoga postures (asanas) that directly affect each of the seven main chakras. At the conclusion of the workshop we will do a brief meditation to focus energy on each chakra to better balance and center ourselves. Handouts will be provided for further reflection on what was learned. BRING YOUR YOGA MAT.

Dr. Alane Lucht has been a chiropractor since 2001, a certified massage therapist since 1992 and a yoga instructor since 1994. Through the years she has studied many different types of healing modalities that allow her to integrate eastern and western medicine and thought into her chakra yoga practice.

MESSAGE FOR EVERYBODY

(Also offered in Session III)

ARMSTRONG HALL 234

Discussion/experiential

The effects of stress are cumulative. In other words, a string of small upsets, or constant little stresses, can add up and eventually produce greater health problems. Massage disrupts this cycle. Regular massage alters the stress process and contributes to overall wellness. In this workshop participants will experience their own energetic healing capabilities. We will explore the need for touch and its healing powers. Participants are shown massage strokes that can be used to provide comfort to anyone in need of touch, and they will have the opportunity to give and receive a massage using the newly learned techniques.

Linda Maher, CMT, is a certified massage therapist, Reiki Master, trained in Comfort Touch and business owner. She teaches at Sister Rosalind Gefre School and Clinic of Massage with a focus on geriatrics and sports. She is a witness to the difference loving touch makes in a life.

DIVING DEEPER: CREATING MEANING THROUGH OUT INTERACTIONS, CONVERSATIONS AND RELATIONSHIPS WITH OTHERS

ARMSTRONG HALL 233

Story-telling/discussion/experiential

The purpose of this workshop is to discuss what is the catalyst for us to create and sustain meaningful connections with others. We will explore how to create connections that hold meaning for us and ways to deepen the connections that we have.

Candace Mainville has been interested in issues of justice for animals, women and marginalized groups her entire life. She is a spiritual director and craniosacral therapist and also works as a Hennepin County social works and lives in Minneapolis.

Cynthia Erdei was a classroom teacher for 37 years. Recently ordained, she is beginning her second career. She is more of a teacher than a "preacher" and is particularly interested in performing marriages, blessing ceremonies, and funerals. She lives near Dallas, TX.

THREE THINGS WE FORGET ALONG THE WAY

STUDENT UNION 256

Discussion/experiential

How awesome are you? How much power do you have? Do you make a difference? If you are not sure how to answer these questions, come on in! We'll talk. This workshop is designed to help you become more conscious of the miracle that you are, the power that you have and the impact that you can make in the universe.

Melody Martin, author, *Lessons on the Journey*, motivational speaker, MA in Theology, alumni of Nine Gates Mystery School.

SACRED SPACE AND PLACE: PART I

(Also offered in Session III)

ARMSTRONG HALL 102

Power point/discussion/
guided journaling

Sacred Space and Place is a thesis project conceived for a master's degree in Architecture. The thesis proposes to create an experiential landscape, with earthworks and built structures, whereby men and women might seek and encounter the divine feminine. Part I examines the tripartite structure of ritual, the experiential journey of walking the Chartres labyrinth, and archetypal maiden-mother-crone mythologies from across cultures, as the ordering and inspirational basis for the thesis. Part II introduces the site of the thesis project, a landscape discovered in Chanhassen, MN which contains unique geological and ecological features, as well as having a varied history of use as a farm, a spa, a seminary, and now abandoned. The thesis proposes re-purposing the site to include a walking mythological journey and a feminist art gallery. It is not necessary to attend both Parts I and II.

Julia McFadden has a passion for place-making which incorporates our spiritual dimension. She founded a residential design firm, *theartofplace*, in 2003. She holds a Master's of Architecture and a Bachelor's of Arts in Theatre Arts from the U of MN, and attended the Institute of Public

Art & Design at the Minneapolis College of Art and Design. Julia lives in Minneapolis, MN with her husband and their cat Bubba.

**CREATIVE WISDOM:
SELF-EMPOWERMENT THROUGH INTUITIVE EXPRESSION**

(Also offered in Session II & III)

STUDENT UNION 123

Experiential

Increase your ability to retrieve your authentic wisdom through simple, playful activities and easy-to-use techniques designed to trigger use of your brain's right hemisphere. Guided meditation, image-making, journaling, guidance card and group storytelling techniques are shared as well as practical applications to empower the expression of your spirit in daily life. The facilitator honors and supports the unique expression of your wisdom with light-hearted expertise. You will also be gifted a "Creative Wisdom Card" to reinforce your ongoing Higher Self-awareness.

Roselyn Elena McGrath of Intuitive Learning Creations is an artist, healer and teacher, and the author, illustrator and narrator of "Creative Wisdom Cards and Meditation set." With clear, gentle, and open-hearted creativity, she is an intuitive guide into greater self-awareness, self-empowerment and joy.

GIRL-CHILD GHANA

ARMSTRONG HALL 222

Experiential/child friendly/story-telling/
discussion/slide presentation/power point

This workshop will begin with a pictorial presentation about the girl-child and her community. Some Ghanaian traditional cultural forms will be looked into through women's role in society (i.e. Queen Mother), storytelling, artifacts and traditional art activities.

Annie Mohler wrote the girl-child agenda concerns for the twin cities Goddess group Spiderwommin for the Women's International Beijing Conference in 2000. This agenda led her in part to Ghana where she has taught Art in a girl's school from 2004 until 2007.

Cynthia Heinicke worked as a teacher's aide and companion in Annie's Art classroom for 10 months between 2005 and 2007.

BREATHWORK: A TOOL

(Also offered in Session III)

MORRIS HALL 209

Experiential

Learn what breathwork is, how it can be a tool to help people be in their bodies. Breathwork is an ancient Qigong exercise, using the breath to move "stuck" energy or qi (chee) in the body. It can decrease pain in the body, diminish symptoms of many diseases and connect to the Divine. Many times breathwork will access old memories and emotions around an important decision made earlier in life, to assist participants with finding their next steps.

Jennifer Myhre is a certified breathwork practitioner and licensed social worker. She has been working with clients in groups and one on one sessions for eight years.

Donna Peterson is a Licensed Acupuncturist and certified breathwork practitioner with experience leading groups for nine years.

**DEALING WITH LIFE AND WORK CHALLENGES
BEFORE THEY DEAL WITH YOU**

ARMSTRONG HALL 202

Experiential

Because we cannot meet all the demands coming our way, we get exhausted from both the "doing" and the "trying". This workshop will introduce tools to identify sources of exhaustion and tools to become energized by reclaiming or claiming, for the first time, your life. We will help you become more self-aware. With this self-awareness, you will learn and practice ways to become clearer on priorities and more assertive about healthy choices.

Diane Norland has many years of experience training and educating people in business, industry, medical centers, social services and schools

and believes that both education and coaching change lives. She has a master's degree in Speech communications, as well as a certification in Human Resource Development. A member of the International Coach Federation, MN Coaches Association and Coach Ville, she is trained and certified by the coaches Training Institute, San Rafael, CA.

Sharon Taylor brings to Life Coaching the historical pattern of helping others become empowered. After training with The Coaches Training Institute, San Rafael, CA, she entered and is currently in the certification process. Her eclectic educational background contributes to her leadership skills, facilitation of others' growth, and business acumen. Sharon is also a Level II Healing Touch Practitioner and an energy systems teacher. She acts from a place of generosity and abundance and believes it is her right, duty and privilege to contribute to the world through the transformation of others.

"THE BUTTERFLY WOMAN"

SELF PUBLISHING FROM CONCEPT TO THE PAGE

(Also offered in Session IV)

ARMSTRONG HALL 302

Story-telling/power point

A reading of "The butterfly woman" by the author, supported with a power point presentation of the illustrations. This will be followed by a hands-on workshop of how to self-publish. Discussion with questions and answers and supported with handouts of publishing information.

Colleen O'Hara-Jackson is a graduate of Eastern Michigan University with a B.S. degree in Theatre and a minor in art. An award-winning actress, as well as an accomplished writer, director and theatre producer, she is now a self-published author of *The Butterfly Woman*. She created and owns www.butterflutters.com which specializes in original art and spiritual poetry for note cards, t-shirts and other products.

Stacey Willey is a graduate of Northern Michigan University with a degree in Graphic Design. She owns and operates Globe Printing in Ishpeming, MI where she specializes in helping people with layout design and print coordination for self-published authors.

WOMYN RYTHM

(Also offered in Session III)

PENNINGTON DANCE STUDIO

Movement activity/experiential

Drawing from our voice, our body movement and percussive instruments, we will learn to express musically and rhythmically together. As we all express differently, our emphasis will be on performing together with our differences. We can march to the beat of a different drummer while playing the same song! Along with our bodies, voice and instruments we will include the great importance of silence and dynamics in any piece, and the need to listen to each other.

(Jen Pickard, et.al.) Barefoot n' Muklukked has sung, danced, drummed and mama'd together for ten years. As a group we have performed for various drum workshops in our community, including Hiawatha Music Festival, and performed at Art on the Rocks, the Renaissance Festival, Hiawatha Children's Area, the Vagina Monologues on NMU's campus, various Belly Cast openings and at many Blessingway ceremonies in our community.

SWEET FORGIVENESS

STUDENT UNION 284C

Experiential

"Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for the future." Beverly Flanigan, *Forgiving The Unforgivable: Overcoming the Legacy of Intimate Wounds*. In this workshop we will start the work of forgiving others and ourselves. The practice of forgiveness is the start of peace. As Mahatma Gandhi said, "If we practice an eye for an eye and a tooth for a tooth, soon the whole world will be blind and toothless."

Lynn Pierce has BA degrees in Psychology and Social work. Her MS

in Women's Studies came from Minnesota State University, Mankato. She is a certified wellness counselor and is a fan of forgiveness and knows its sweetness.

MARY MAGDALENE, THE BLACK MADONNA AND EMPOWERMENT
(Also offered in Session IV)

ARMSTRONG HALL 308 Paper/discussion
Mary Magdalene and the Black Madonna, though distinct archetypes, can also be equated as one and the same. Both represent hidden-aspects alluded to, but often overlooked, in mainstream religion - sexuality; partnership and equality; active compassion for the disenfranchised, the forgotten, the marginalized, the poor and suffering; the wisdom and power of the Goddess; and the honoring of one's own spiritual knowing. There are those who think that we are in a time of "Kairos" - the right time for a changing of the gods. Mary Magdalene and the Black Madonna represent aspects of this time of change that invites humanity to a more empowered and integrated spirituality.

Christina Potyondy has been a spiritual guide, consultant, and diviner for over 25 years. She has a MA degree in Religious Studies, is an ordained minister, and was associate pastor at an inter-faith church in Minneapolis.

FIND THE COURAGE TO ACT
(Also offered in Session II)

ARMSTRONG HALL 311 Discussion
Learn how to "Be the Change." Think global, act local. What issues do you care about? The War? Health Care? Education? Women's Issues? This workshop is to help you become more effective in lobbying and making change in our society. You can make a difference! We will talk about courage and confidence building and believing in yourself. Participants will share things they have done to make a difference.

Judi Poulson is a peacemaker by profession, has give many talks, taught at all levels on peace issues, give five sermons. She was on a feature on NPR and Wisconsin Public Radio on "Department of Peace, What happened in Fairmont, MN."

NURTURING THE BODY, NURTURING THE SPIRIT
(Also offered in Session III)

STUDENT UNION 253 Movement/experiential
Movement is a powerful tool for gaining deeper awareness of the self. When we nurture the body, we nurture the spirit. In this workshop, we will take time to nurture ourselves and learn ways to bring self-nurturance more fully into our lives. We will mix authentic movement, breathwork, body awareness activities, journaling and artwork.

Lynn Rozen, MA, is a registered Dance/Movement therapist and a Nationally Certified Counselor. She has used the arts in experiential learning with people of all ages since 1990 and has practiced yoga for 25 years. She currently teaches prenatal yoga at Sun Moon Studios and "Come Dance With Me," music and movement classes for young children.

**MARY, GODDESS OF THE PEOPLE
AND TRICKSTER GODDESS EXTRAORDINAIRE**
(Also offered in Session II)

ARMSTRONG HALL 305 Story-telling/journaling/ritual
This workshop is led by a non-Catholic who has come to recognize Mary, Goddess of the People as a Trickster Goddess Extraordinaire. Hear a story of how She came to keep the Divine Feminine alive in the hearts and spirits of the people for more than 2000 years and why She is a Trickster. There will be a simple ritual to Honor Mary, Goddess of the people.

Dona Rushford has been exploring women's spirituality for more than 20 years. She has organized women's spirituality conferences, led workshops, been a member of a moon lodge, new moon women's circle and several covens. Her sister likes to introduce her as a lesbian, feminist, witch.

**HOW TO USE THE DRUM AS A TOOL AND BRIDGE TO...
DRUMMING 101**

ARMSTRONG HALL 223A Discussion/experiential
In this workshop, people can experience the vision, structure, and subtleties of the drum in a spiritual practice. It will give you valuable insight into the power and medicine of the drum. The history of the drum will be briefly explained and you can experience it as we sit in a sacred circle the rhythm of self in unison with it. Bring your drum if you have one.

Monica Ruth is an intuitive spiritual life coach, vibration energy practitioner, public speaker based on spiritual principles, and facilitates drum circles.

EXPLORING PAST LIVES TO HEAL THE PRESENT
(Also offered in Session III)

MORRIS HALL 101 Discussion/experiential/power point
We are soul and eternal. We exist because of God's love and are here to learn to express that love. We will explore our past lives and what might be holding us back spiritually in this lifetime. Learn tools to leading a better and happier life. The information given is based on the teachings of Eckankar.

Heidi Skarie is an artist/writer and Eckankar clergy member. She has studied her own past lives and written a book about one of them. She has given talks and workshops on writing and spiritual topics around the country.

Sue Vald s is an educational consultant and long time student of the Eckankar teachings. She leads the team that brings the teachings of Eckankar to the MN community through expos, fairs and conferences and has presented at spiritual conferences and retreats from California to NY.

JOURNEY TO STONES AND CRYSTALS

STUDENT UNION 204 Experiential
This workshop will support a person in experiencing their connection with the crystal and rock realm through perceptual experiences, meditation and journeying. In sharing individual experiences of the unique spirit and medicine in each stone or crystal the knowledge and understanding is broadened by all. The crystals have been specifically chosen by guidance from Spirit to work with the three main energy centers of our bodies. Please bring something to cover your eyes and a journal if you want to record your journeys.

Marie Smith is a massage therapy practitioner with 15 years of experience in osteopathic and meridian-based bodywork. She has studied and practiced shamanism for 12 years.

Bekki Davis has walked the spirit path as an energy healer and a shamanic practitioner for the past 13 years.

INTUITION 101 - PART 1
(Also offered in Session II)

ARMSTRONG HALL 319 Discussion/Experiential
What is intuition? Who has intuition? Where does intuition come from? When is intuition available to us? Why is intuition useful? How do we access intuition? Come jump start...find the spark...or cross a bridge that enables you to look at intuition in a new way - as something we are all born with and can use to enhance our daily lives. Besides conversation on the topic, we will do a group meditation and an intuitive partner activity.

Ann Springer, after 20 years of teaching children of all ages, in a variety of settings, began facilitating "conversations" on the subject of intuition. She is a graduate of the SEND (Spiritual Emotional Intuitive Development) Institute in St. Cloud, MN and has taken additional classes on intuition at the Meta Institute in Edina, MN and Mind, Body, Spirit in St. Cloud.

HONORING AND CELEBRATING WOMEN

(Also offered in Session II)

ARMSTRONG HALL 320

Discussion/story-telling

By providing an opportunity for women to focus on honoring themselves and others, we will embrace our own power by taking action to lead. By actively honoring ourselves, we will proactively affect families, work life, communities and our world. The commitment and actions taken to honor oneself and others shows profound respect, deep care and high regard.

Nancy Stephan is the Founding Executive Director of Honoring Women Worldwide. As a visionary, she inspires individuals and teams to go places they never dreamed possible in their careers, businesses and relationships. She inspires and motivates participants to take action and breakthrough to achieve greater outcomes and results.

Jane Hennessy is one of the founding Executive Council Members of Honoring Women Worldwide. By blending her rich teaching experiences, international travel ventures and life-coaching practice, she inspires and models possibilities for everyone involved.

DIVINE GUIDANCE: DISCERNING MESSAGES

(Also offered in Session III)

ARMSTRONG HALL 325

Discussion/activity/experiential

How do I know if I am being guided in the right direction? How do I know if I am being guided by my higher soul or my own ego? We will talk about how to receive Divine Guidance and will practice methods of tuning in to the higher self, guardian angels, and Spirit.

Heather Succio is an Angel therapy Practitioner, certified by Dr. Doreen virtue. She is also an intuitive reader, licensed elementary school teacher, artist, and level II Reiki practitioner.

SHAMANISM AS A PERSONAL SPIRITUAL PRACTICE - PART I

(Also offered in Session III)

ARMSTRONG HALL 326

Informational/Experiential

This two-part workshop will provide background information about shamanism and its history and resurgence in modern western societies. Participants will learn techniques for journeying and then in Part II experience several journeys to find their own power animal and to practice asking questions and receive healing. After it's over, participants will feel comfortable using the shamanic journey as a personal spiritual practice for direct revelation and healing from the spirits.

Lena Swanson, see Session III for bio, pg. 15.

PRAYERCRAFT AND THE LABYRINTH

(Also offered in Session III)

ARMSTRONG HALL 321

Paper/discussion/movement/ritual/
experiential/child-friendly

Prayercraft is combining artistic media with prayer. Participants will draw, color and embellish finger labyrinths and use them in a group meditation ritual. The labyrinth is a prayer path that can calm and quiet the mind, allowing the walker to more fully engage in a conversation with the Divine. We will also explore several ways to meditate while moving including breath prayer, praying with beads and meditating while doing daily activities.

Sue Swanson is an artist, teacher and Veridatas labyrinth facilitator from Woodbury, MN. She holds a Master of Divinity from United Theological Seminary of the Twin Cities. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality and find Sabbath time in our busy lives. Her company, Purple Apple Arts, provides opportunities to explore traditional crafts such as beadwork, textile arts, music and labyrinth walking.

A TASTE OF ANDEAN ENERGY

(Also offered in Session II)

MORRIS HALL 208

Movement activity/experiential

In this workshop we will share ways to release heavy energy, move energy and cleanse the physical as well as the energy body. We have been trained by Peruvian Mystic/Shaman Americo Yabar in the art of shifting energy using

the methods of the Andean indigenous. We offer a completely experiential workshop, which required freedom of motion, an open mind and heart.

Marina Telfer has been facilitating Rituals of Transition and women's spirituality circles for over 25 years. She has worked with Americo Yabar individually and as a group facilitator in Peru, Mexico and Minnesota.

Nancy Wrobel has worked with Americo Yabar for 10 years as his translator and group facilitator. She is a retired educator and ex Peace Corps volunteer.

WOMEN, WATER AND SPIRITUALITY

STUDENT UNION 219A

Discussion/experiential

For centuries women have been intimately connected to water in many important aspects of community life as goddesses, healers, birthgivers, bearers, and in household chores. Today women are increasingly concerned about the global availability of water, asking themselves, "Is it clean and safe to drink?", "Is it a human right, available to all, or is it a commodity to be owned, bought and sold?" Within this context, the workshop will ask the participants to examine their personal relationship to water and to give it expression by choosing to create either a work in clay, a painting or drawing, or a poem. Examples of each will be available to provide inspiration. Materials will be furnished by presenters.

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

HONOR THE BODY THROUGH MEDITATION, MESSAGE AND MOVEMENT

(Also offered in Session III)

HIGHLAND NORTH 225, DANCE STUDIO

Movement activity/
discussion/experiential

We 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 grow upon long after the conference has ended.

Koran Walsh has been a practicing massage therapist and energy worker for 20 years. She is currently Minnesota's only Certified Hoop Dance Instructor. The creator of Honor The body workshops, Loren's wish is to empower and inspire women to love themselves and their bodies.

DREAMS, A TOOL TO DISCOVER OURSELVES

STUDENT UNION 203

Paper/discussion

This workshop will help people realize how important dreams can be in their lives. We will talk about empowerment in one's dreams by recognizing past lives, healing, astral travel and the merits of it, premonitions, creativity and how analyzing symbolism in one's dreams can help to problem solve.

Karla Wessel is an intuitive spiritual reader and life coach. She is a Reiki Master and author of Angel Star Cat. She dreamed her own Sedona Star Cards with which to do readings and is available to others. She gives readings and many intuitive classes at Metaphysical Emporium in Oakdale, MN. She also brings Women's Tours to Sedona, AZ several times a year.

ACUPUNCTURE

(Also offered in Session II)

ARMSTRONG HALL 334

Discussion

One of Traditional Chinese Medicine's main belief is the existence of a vital life force called "Qi". "Qi" travels through pathways called meridians. Good health is an expression of balanced "Qi"; disease occurs when "Qi" is unbalanced. In this workshop, I will explain how acupuncture can promote the balance of "Qi".

Hua Zhu received a medical degree in China. She is a MN State licensed acupuncturist and has practiced in Waseca and Mankato since 1999.

SESSION II

SPIRIT DOLLS: DRAWING DOWN THE ENERGY

STUDENT UNION 219

Child-friendly/experiential/
movement activity

Work with fabric, sticks, beads, feathers and found objects to create dolls that manifest the extra-ordinary spiritual energy that surrounds and is available to us for focused magic work. Come feel the extra-ordinary energy in your life to heal, help, advise or assist. Materials will be provided or feel free to bring your own.

Beverly Anderson (Wind) is a solitary witch living and working magic in the Central Minnesota area.

LOVERS - A TAROT AFFAIR

STUDENT UNION 201

Paper/discussion/experiential/ritual

In our world of productivity and compartmentalization, the symbol of the Lovers is a blessed relief of integration and sanity. We will explore how the concepts of duality, paradox, and the masculine and feminine principles work as major spiritual concepts throughout the Tarot. Beginners welcome. Please bring your curiosity and a deck of tarot cards.

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 Tarot philosophy through the walk of the Major Arcana.

MISCARRIAGE: THE LONELY GRIEF

ARMSTRONG HALL 217

Ritual/story-telling/experiential

We are told that one in four pregnancies end in miscarriage, so we know that it is a fairly common experience among women. Yet, we rarely hear about it or are allowed to talk about the experience - about the loss of a child who had already been born in our hearts. We will provide a quiet space to tell our story, to honor the brief yet powerful presence of our child(ren) and to share that tender, intense grief with those who truly know how we feel.

Pam Armstrong, singer, song writer, youth worker, MA in Religious Leadership from United theological Seminary of the Twin Cities.

INTUITIVE PERSONAL RITUAL MAKING FOR WOMEN

(Also offered in Session I)

STUDENT UNION 202

Lecture/discussion/experiential

In this workshop, participants will learn how to begin designing personal rituals for themselves and others through a unique guided intuitive process that includes how to develop the purpose, theme, energetics, and appropriate structure. Participants will learn how to design a ritual to initiate a life change or attitude, facilitate a change already in process, or name and claim a change or transformation that has already occurred.

Ruth Barrett, see Session I for bio, pg. 2

HONORING SELF AS GODDESS

(Also offered in Sessions I)

ARMSTRONG HALL 215

Experiential

The Sun's presence is known each day with its rising and setting. The moon energy goes in cycles and has a rhythm of its own that affects all of life. Now the moon energy is waxing in the consciousness of all the world so feminine energy rises. Let us call upon great female deities from diverse cultures and recognize ourselves as channels of positive female energy so that we may heal ourselves and the world.

Renita Beckius and **Kasey Kester**, see Session I for bio, pg. 2

STAGES OF LIFE DEVELOPMENT: MARY, ELIZABETH AND ANNA

ARMSTRONG HALL 306

Power point/discussion

Using Erick Erickson's last four stages of human development - identity,

intimacy, generativity, integration - we will consider how some women of scripture - Mary, Elizabeth, Anna - are reflected. We will discuss how these women, as well as ourselves, relate to some current issues.

Sr. Mary C. Carroll, D. Min., is a School Sister of St. Francis and on the faculty at Sacred Heart School of Theology. She is Associate Director of Spiritual/Human Formation and a professor of systematic theology with a specialty in spirituality.

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

(Also offered in Session I)

STUDENT UNION 254

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. We 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. Wear loose, comfortable clothing and flat shoes with good support. Participants may also want to bring water.

Julie Cisler, see Session I for bio, pg 3

TOXIC WASTE ... GOT SOME?

(Also offered in Session I)

ARMSTRONG HALL 303

Discussion/power point

It has been stated that we can "fake it" through our first couple of decades. We eat and drink what we want, often treat our bodies as if they will run no matter how we attend to them. Then we enter the next couple of decades and may begin to notice some subtle changes (if we are paying attention) or perhaps we are broadsided by the diagnosis of a chronic illness. Often we chalk this up to aging, something to be expected. Consider exploring what it is that we can do to alleviate, or perhaps even reverse some of these symptoms . . . it just might be a whole lot easier than you think!

Jane Coleman, see Session I for bio, pg. 4

SARAH/HAGAR, MARY/MARTHA AND THE WOMAN

STOOPED OVER: A DRAMATIZATION

(Also offered in Sessions IV)

ARMSTRONG HALL 211

One person act/discussion

This is a one-person act probing the questions and feelings of tension in five women of the Bible: Sarah/Hagar, Mary/Martha, and the Wisdom Woman who was stooped over and healed. Each of the characters will carry on a soliloquy about their dilemma. Their contrasting ideas and approaches are explored and finally resolved in the Wisdom Woman. Additional conversation on similar life situations will follow.

Sister Marilyn Cowser, OSF, MA Theology, MFA Dance, with an Advanced Degree in Franciscan Spirituality. She is on the faculty at Sacred Heart School of theology as Associate Director of Spiritual/Human Formation and Director of Pre-theology undergraduate formation program.

KNOW WHEN TO FOLD 'EM; KNOW WHEN TO HOLD 'EM (A SPIRITUAL JOURNEY)

ARMSTRONG HALL 202

Paper/discussion

The art of being tenacious in reaching goals or completing goals is an important attribute. Knowing when to give up those goals can change your life. Rock hard steadfastness can lead you into a blank wall. How does this affect our spiritual journey?

Jan Wagner-Cuda, step-mother, step-grandmother and step-great grandmother, lives with her husband and a dog and two cats. She was Family Program coordinator with the Oregon National Guard from 1986-90; Oregon Fair Exhibitor from 1978-90; Grand Sweepstakes

Runner-Up in Home Ec Department in 1987; Assistant Superintendent in Home Ec Department in 1997 and Co-Superintendent in Home Ec Department in 1998.

THE ART OF SPIRITUAL DREAMING

(Also offered in Session I)

ARMSTRONG HALL 213 Discussion/experiential/power point
Your dreams are real. Learn how dreams can help you gain insights from the past and future, grow in confidence, heal yourself spiritually, make decisions about your career and finances. Do this from a unique point of view: recognize the spiritual nature of your dreams. Workshop presented by Eckankar.
Patricia Davis and Pamela Cole, see Session I for bio, pg. 4

FENG SHUI IN THE BEDROOM ... YOUR PRIVATE SANCTUARY

STUDENT UNION 203 Discussion/story-telling

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

Diana DiCristina is a spiritual director, Feng Shui and color consultant, teacher, speaker, tutor, Sacred Circle of Light(tm) designer, and founder of Wind Water Harmony. She teaches Feng Shui principles and concepts to small and large groups and consults with individuals, businesses, and organizations. Diana received her certification from the Wind and Water School of Feng Shui and her spiritual direction certification from the Center For Spiritual Guidance. Diana is an active member of the Feng Shui Institute of the Midwest and Spiritual Directors International.

TRANSFORMING ANGER TO POWER

(Also offered in Session IV)

STUDENT UNION 204 Ritual/experiential

Anger saps our energy, attracts negative events and reactions into our lives, creates depression, helplessness and hopelessness affects our heart health, distracts us from our purpose and ties up our personal power. In addition, it adds to the collective reality, which contributes to endless wars and negative global events. Anger serves no useful purpose. In this workshop, learn how not to let anger creep into your life, and if it has, let it go in a good way. In so doing, you will have all the power you need to develop your unlimited potential and creative power to accomplish your mission in this lifetime!

Linda Deer Domnitz, M.Ed, is a massage therapist, hypnotherapist, shamanic practitioner, author, elementary school teacher, and producer of the Deer Relaxation Tapes. She has given workshops all over the country and has appeared at many Whole Life Expos and on radio and TV shows.

HIDDEN WHOLENESS: COMING HOME TO YOURSELF

(Also offered in Session I)

ARMSTRONG HALL 304 Experiential

The blizzard of the world
Has crossed the threshold
And it has overturned
The order of the soul

Leonard Cohen, *The Future*, 1993

In the blizzard of the world, how do you stay connected to what is good, true and beautiful? What sustains and guides you? Join us to explore what keeps you connected to what has heart and meaning and how you can renew your spirit through the seasons.

Joyce Eckes and Lisa Rowe, see Session I for bio, pg. 4

WOMEN! PORTALS TO PEACE

(Also offered in Session I)

ARMSTRONG HALL 216 Paper/discussion

We will discuss the on-going struggle for peace and reflect upon women throughout history who have given their lives to the daily struggle. From Catherine of Siena, to the Women of Ploughshares, to women who have received the Nobel Peace Prize, to the ordinary women around us. We'll reflect upon their dedication and struggle to transform our world.

Lucy Edelbeck, see Session I for bio, pg. 4

MOVE, DANCE, BE BORN

(Also offered in Session IV)

STUDENT UNION 256 Ritual/movement activity/discussion

Awaken your ecstatic body, experience bliss and be empowered to transform your life! Through life coaching, creative exploration, sacred dance, and didgeridoo healing ceremony we will bring your visions and dreams a few steps closer to reality. Break through the daily mind and into the wisdom of your spirit, which knows no limitations - and then emerge anew to your life.

Kimberly Errigo is a Certified Personal Coach, Healing Touch Practitioner, Flower Essence Therapist, Ordained Interfaith Minister, and Ceremonial Leader. **Steve Elfrink** brings 17 years experience in deep journeying and healing with the didgeridoo. He specializes in Primal Resonance Therapy with the didgeridoo.

Roselyn Faith is a Holistic Therapist, Astrologer, Teacher and the creator of Ecstatic Alchemy Dance.

STRENGTHENING YOUR INTUITIVE MUSCLE

(Also offered in Session IV)

ARMSTRONG HALL 317 Experiential

Practice makes perfect. In this workshop participants will experience exercises that can be used to increase your intuitive confidence. Emphasis will be placed on how the intuitive process works in a unique manner for each individual.

Mary Mackey Faulkner is a master intuitive, seminar leader and life coach who has studied under Kathryn Harwig, Tony Robbins and Echo Bodine. She is completing a master's degree in adult education at the University of Minnesota.

Diane Hosker is an intuitive master who has studied with well known psychics, Echo Bodine and Kathryn Harwig. "Living in the Moment" is her mantra and her spirit is enlightened through her artistic creativity.

INTERNAL EMOTIONAL PHARMACOLOGY:

HORMONE AND IMMUNE SYSTEM VITALITY

(Also offered in Session I)

MORRIS HALL 206 Lecture/discussion/experiential

A refined approach to understanding, accepting and healing ourselves that will bring forth our vital unique energies to enhance our relationships, attract resources needed to achieve optimum health, and to create an empowering destiny of health care for ourselves and others.

Barbara Fedors, see Session I for bio, pg. 4

QIGONG FOR HARMONY - HEALTH - HEALING

(Also offered in Session I)

ARMSTRONG HALL 123 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. The mission of Spring Forest Qigong is a healer in every family and world without pain.

DeeAnn Gieseke, see Session I for bio, pg. 5

CELEBRATING 30 YEARS OF FEMINIST ART AND THE PERMANENT HOME OF THE JUDY CHICAGO DINNER PARTY

(Also offered in Session I)

MORRIS HALL 213 Lecture/power point/discussion
This workshop will focus on the spiritual aspects of the Judy Chicago Dinner Party and will include images of the opening celebration of the Dinner Party's permanent exhibition space at the Brooklyn Art Museum in New York. We will introduce the Feminist Art Project, a collaborative national initiative celebrating 30-35 years of contemporary Feminist Art Movement. We will discuss a few of the major feminist art exhibitions being held in 2007, including global Feminisms at the Brooklyn Museum and WHACK! Art and the Feminist Revolution.
Terri Berthiaume Hawthorne and **Diane Berthiaume Brown**, see Session I for bio, pg. 5

**THE HEART OF THE MATTER:
ENERGY SELF CARE FOR EASING TRANSITIONS**
(Also offered in Session I)

MORRIS HALL 212 Experiential
During life transitions, changes and losses may cause disruptions in the natural flow of one's energy system. These disruptions include blockages and/or depletions in energy flow. Based on an innovative blend of grief and energy theory, you will be guided through the use of techniques to release blocked energy, replenish heart energy and experience reintegration. This workshop will be beneficial to those who identify themselves as stuck, for those who want to grow, and for helping professionals.
Janet Hovde and **Dee Bailey**, see Session I for bio, pg. 6

EXPERIENCE PAST LIFE REGRESSION
(Also offered in Session III & IV)

STUDENT UNION 284A Experiential
This workshop begins with a brief introduction to hypnosis and past lives, including an explanation of different ways people access memories. The group will then be guided into a short regression, followed by a discussion of their experience. After questions, we will do a longer regression, followed by another discussion of the experience.
Deb Irestone is a Certified Hypnotherapist with a MA in Theology and Spirituality from the College of St. Catherine. She is a Shamanic High Priestess and is ordained through the Madonna Ministries.

DANCES OF UNIVERSAL PEACE

STUDENT UNION 253 Ritual/movement activity
The Dances of Universal Peace are simple circle dances based on sacred phrases from the spiritual traditions of the planet. Dances are taught each time with live music (guitar, flute, drum), and no partners are necessary. Unity, peace, community and joy are affirmed through the lyrics and simple movement. The Dances are an excellent "glue" for gatherings.
Star Jameson is a certified DUP Leader, Sufi, ceremonialist, grandmother and social worker who shares her gift of voice with hundreds of people in retreats, conferences and in her community.
Connie Delaney is a certified DUP Leader, Sufi, lecturer, entrepreneur and author who plays guitar, flute and drum. She is a Sunyasin with Osho and other inspirational teachers.

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

STUDENT UNION 255 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 be told 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.

Amy Kortuem is a harpist from Mankato, MN. She has performed at countless events since receiving a Celtic harp as a gift 18 years ago, with audiences including everyone from preschool children to presidents. Amy has made three recordings of her music, each of which explores aspects of the spiritual journey on which the harp has taken her.

SHAMANIC SOUND-HEALING

STUDENT UNION 284C Experiential/lecture/meditation/
ceremony/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 voice with prayer and intent, as a sacred instrument 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 Seis has been presenting and teaching shamanic workshops and classes for over 13 years. She is a founder and president of Pachamama Inc., an educational community non-profit based on shamanism located in SW Wisconsin. She is a practitioner of Shamanic healing and ceremony with over 30 years devoted to a spiritual path.

SACRED SPACE AND PLACE: PART II
(Also offered in Session IV)

ARMSTRONG HALL 102 power point/discussion/
guided journaling

Sacred Space and Place is a thesis project conceived for a master's degree in Architecture. The thesis proposes to create an experiential landscape, with earthworks and built structures, whereby men and women might seek and encounter the divine feminine. Part I examines the tripartite structure of ritual, the experiential journey of walking the Chartres labyrinth, and archetypal maiden-mother-crone mythologies from across cultures, as the ordering and inspirational basis for the thesis. Part II introduces the site of the thesis project, a landscape discovered in Chanhassen, MN which contains unique geological and ecological features, as well as having a varied history of use as a farm, a spa, a seminary, and now abandoned. The thesis proposes re-purposing the site to include a walking mythological journey and a feminist art gallery. It is not necessary to attend both Parts I and II.
Julia McFadden, see Session I for bio, pg. 7

**EMBODYING THE FEMININE PRINCIPLE: AN INTEGRATIONAL
EXPLORATION FOR SELF-REALIZATION AND PLANETARY HEALING**
(Also offered in Session I & III)

STUDENT UNION 123 Experiential
Enliven and integrate the magnetic receptive principle within you, replacing patriarchal norms through intuitive, healing, creative expression. Creative journaling, movement, mask-making, breath and sound bring to life personal archetypes. The presenters will share their professional expertise, joy in creativity and seamless partnership to create an atmosphere which honors the unique inner strength, wisdom and beauty of each participant, each stage of life and the feminine principle within us all.
Roslyn Elena McGrath see Session I for bio, pg. 8, and **Mary Angela Formolo**, see Session IV for bio, pg. 21

SPIRIT RISING: SACRED LESBIAN JOURNEYS

STUDENT UNION 284B

Experiential/discussion

Participants will be encouraged to expand on their spiritual identity with colors, textures, sounds and symbols of the connectedness of their body, heart, mind and spirit through use of varied creative media. This is a spirit-affirming workshop, in which, lesbians from diverse spiritual paths are invited to enter into the mystery of movement, imagery and words to create connective threads to one another.

Mary Jean Mulherin is a pagana/Christian lesbian mother/grandmother, lover of peace, women and words.

Elly Wagner is a lesbian mother and crone, woman of many passions, author of an affirmation book for lesbians and gay men and two herb cookbooks.

Both Mary Jean and Elly are former conference presenters and co-presenters at the Lesbian Lives conference in Dublin, Ireland, June 2007.

THE WILD COSMIC HEART

(Also offered in Session III)

ARMSTRONG HALL 214

Story-telling/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 million years ago. The focus will include reflection on the specific qualities of the Universe and how humans reflect these qualities. All life is inter-connected, inter-related, expanding and unique. In us, the Universe explodes into intense reflection of itself. We will experience the grandeur of this place we call home.

Kitt 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 on which she shares her passions of the story, Earth-based and feminine spirituality, indigenous wisdom and new science.

MEETING YOUR FUTURE SELF

(Also offered in Session IV)

ARMSTRONG HALL 231

Experiential

In the future, the self will have accomplished many things and have had many successes. During this workshop, attendees will travel forward in time to meet and get advice from their wiser, more accomplished future self. The subconscious mind is a wonderful, creative problem solver, this session engages that part of the mind to help the participant to overcome their blocks to success.

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

FIND THE COURAGE TO ACT

(Also offered in Session I)

ARMSTRONG HALL 311

Discussion

Learn how to "Be the Change." Think global, act local. What issues do you care about? The War? Health Care? Education? Women's Issues? This workshop is to help you become more effective in lobbying and making change in our society. You can make a difference! We will talk about courage and confidence building and believing in yourself. Participants will share things they have done to make a difference.

Judi Poulson, see Session I for bio, pg. 9

CONNECTING SCIENCE WITH SPIRITUALITY

(Also offered in Session IV)

ARMSTRONG HALL 208

Power point

Are science and spirituality necessarily in conflict? Although Einstein's relativity, the strange world of quantum physics, and the vibrations of string theory were developed by physicists to model our world, there is a new interest in how these topics relate to energetic work, spirituality and conscious choice. This entertaining multimedia presentation

explains how science and spirituality can complement each other and also points out that there are ultimately more questions than answers.

Gary Rockswold is a professor of math at Minnesota State University, Mankato, a keynote speaker and author of 11 current textbooks related to math. He has been teaching for 35 years and has a special interest in the connection between math, science and spirituality.

MARY, GODDESS OF THE PEOPLE AND TRICKSTER GODDESS EXTRAORDINAIRE

(Also offered in Session I)

ARMSTRONG HALL 305

Storytelling/journaling/ritual

This workshop is led by a non-Catholic who has come to recognize Mary, Goddess of the People as a Trickster Goddess Extraordinaire. Hear a story of how She came to keep the Divine Feminine alive in the hearts and spirits of the people for more than 2000 years and why She is a Trickster. There will be a simple ritual to Honor Mary, Goddess of the people.

Dona Rushford, see Session I for bio, pg. 9

50+ PEACE CORPS: CHANGING LIFE GOALS TOWARD VOLUNTARY SIMPLICITY

(Also offered in Session IV)

MORRIS HALL 211

Paper/discussion/
power point/movement activity

For those who have considered a major life change, or who want to share their similar experiences, this workshop is presented to describe the delights and the challenges of living simply in another culture, particularly when the personal goal is to make a difference in the world. The presentation will be from the Peace Corps perspective, but people who are considering other volunteer experiences will gain from the presentation, and those who have had similar cultural and/or lifestyle experiences will be able to contribute to it. Music, dancing, photos and interactive discussion are all part of the format.

Kate Schachter is a 57 year old returned Peace Corps Volunteer. She has had a lifelong interest in PC and her dream was finally fulfilled when she worked in a rural community of 2000 people in Ghana from 2004-07.

EXPLORING PAST LIVES TO HEAL THE PRESENT

(Also offered in Session I)

MORRIS HALL 101

Discussion/experiential/power point

We are soul and eternal. We exist because of God's love and are here to learn to express that love. We will explore our past lives and what might be holding us back spiritually in this lifetime. Learn tools to leading a better and happier life. The information given is based on the teachings of Eckankar.

Heidi Skarie and **Sue Valdes**, see Session I for bio, pg. 9

INTUITION 101 - PART II

ARMSTRONG HALL 319

Discussion/experiential

During the second session, our conversation will continue with the "how" and "why" of intuition. How do you access your intuition? Why is intuition useful in your daily life? We will also be doing a brainstorming (intuitive), problem solving activity.

Ann Springer, see Session I for bio, pg. 9

HONORING AND CELEBRATING WOMEN

(Also offered in Session I)

ARMSTRONG HALL 320

Discussion/Story-telling

By providing an opportunity for women to focus on honoring themselves and others, we will embrace our own power by taking action to lead. By actively honoring ourselves, we will proactively affect families, work life, communities and our world. The commitment and actions taken to honor oneself and others shows profound respect, deep care and high regard.

Nancy Stephan and **Jane Hennessy**, see Session I for bio, pg. 10

MAORI DRAWING CIRCLE: CREATING PRIORITIES

(Also offered in Session IV)

ARMSTRONG HALL 325

Discussion/activity/experiential

The Indigenous Maori tribes of New Zealand use symbolism to tap into the intuitive information within. We will use creativity, contemplation and discussion to explore our life priorities and set goals for the future. Although we will be drawing, coloring or painting, the art is for personal use. No experience necessary.

Heather Succio is an Angel therapy Practitioner, certified by Dr. Doreen Virtue. She is also an intuitive reader, licensed elementary school teacher, artist, and level II Reiki practitioner.

SHAMANISM AS A PERSONAL SPIRITUAL PRACTICE II

(Also offered in Session IV)

ARMSTRONG HALL 326

Informational/experiential

This two-part workshop will provide background information about shamanism and its history and resurgence in modern western societies. Participants will learn techniques for journeying in Part I and then in Part II experience several journeys to find their own power animal and to practice asking questions and receive healing. After it's over, participants will feel comfortable using the shamanic journey as a personal spiritual practice for direct revelation and healing from the spirits.

Lena Swanson is a shamanic practitioner and has trained extensively through the International Foundation for Shamanic Studies. She completed her three year program which is widely regarded as the most advanced study available in "core shamanism". She also completed Sandra Ingerman's two year shamanic teacher training program and teaches a variety of animal communication and shamanic classes including *Medicine for the Earth*. Lena taught English as a Second Language in St. Paul Public Schools for twenty-two years and holds a Master's Degree in Second Languages and Cultures. Her holistic health care practice focuses on achieving and maintaining wellness for both people and animals through a variety of services. She is also a professional animal communicator, a past life regression facilitator, a Reiki master, and a consultant in the use of flower essences.

A TASTE OF ANDEAN ENERGY

(Also offered in Session I)

MORRIS HALL 208

Movement activity/experiential

In this workshop we will share ways to release heavy energy, move energy and cleanse the physical as well as the energy body. We have been trained by Peruvian Mystic/Shaman Americo Yabar in the art of shifting energy using the methods of the Andean indigenous. We offer a completely experiential workshop, which required freedom of motion, an open mind and heart.

Marina Telfer and **Nancy Wrobel**, see Session I for bio, pg. 10

INTRO TO ANIMAL COMMUNICATION

(Also offered in Session IV)

MORRIS HALL 102

Story-telling/discussion

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

Marilyn Tokach is a compassionate empathy, healer and teacher, seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. Extensive corporate experience in human resources/management in interviewing, training/development and conflict resolution combined with Bachelors and Masters Studies in psychology and business administration complement her work with

people and animals. Active in rescue and animal related issues, she has trained dogs for 20+ years and participates in obedience, conformation, agility and Schutzhund. Marilyn lives with dogs, birds, fish and a cat.

TAPPING INTO UNIVERSAL KNOWLEDGE

(Also offered in Session IV)

MORRIS HALL 103

Discussion/experiential

The presenter will talk about her near death experience that happened over 20 years ago, at the hands of a serial rapist. She will talk about how we can learn to let go of fear and learn to trust. She will introduce the Master Beings that came to her during her death state (these will be channeled through the co-presenter). Questions will be taken from the audience to be answered by the Masters. The co-presenter will end the workshop by channeling Archangel Raphael for a group healing.

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

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

FUNDAMENTALS OF HOOP DANCE

(Also offered in Session IV)

HIGHLAND NORTH 225 DANCE STUDIO

Experiential/
movement activity/child friendly

Fundamentals of Hoop Dance is a workshop which teaches the core movements of hula hoop dancing. Music and laughter will fill the air as attendants are empowered to use the hoop as an extension of their bodies and inspired to keep hoop dancing long after the workshop is over. Adult sized hula hoops are provided.

Koren Walsh is a professional hula hoop dancer and Minnesota's only Certified Hoop Dance Instructor and she lives to share this art with others. After surviving a violent car accident, she picked up the hoop as part of her healing path. Koren went from learning how to walk again to teaching others how to dance!

STARTING AND FACILITATING A WOMEN'S DRUM CIRCLE

(Also offered in Session IV)

ARMSTRONG HALL 223A

Presentation/discussion/experiential

In this workshop we will explore the importance of women's drumming circles, how to form one and keep it going in a good way. We will have a chance to drum or rattle together in a circle to experience the vibration and healing qualities of the drum. We will also consider the historic origins of the drum and the role it played in community during Neolithic times. The drums demonstrated will be the medicine drum or Tar and the Tarine (or tambourine). Other types of drums are welcome.

Ann Marie Waterhouse facilitates a Women's Drum Circle in Madison, WI that meets twice a month and is attended regularly by 15-20 women. She has a Master's Degree in Human Development from St. Mary's University of MN.

EVERYDAY USES OF THERAPEUTIC GRADE ESSENTIAL OILS

(Also offered in Session IV)

MORRIS HALL 209

Experiential

For centuries Essential Oils have been used to maintain and promote personal health and well-being. Renewed interest in therapeutic grade essential oils has led them to be on the cutting edge of scientific research for confronting concerns in our toxic world where situations compromise our health. Experience the use of Essential Oils for personal health, culinary enhancement, and learn ways to create a healthy home environment.

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 oils as part of their personal wellness. Her interests are in education and teaching complimentary healthcare and has benefited from the use of oils for personal wellness and enhancing her life experiences as a mother, grandmother and advocate. Therapeutic grade essential oils also continue to enhance the life for her disabled daughter.

Carol Metcalfe, RN, is a nationally trained educator for the use of therapeutic grade essential oils and her introductory classes have been well received. 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.

ACUPUNCTURE

(Also offered in Session I)

ARMSTRONG HALL 334

Discussion

One of Traditional Chinese Medicine's main belief is existence of a vital life force called "Qi". "Qi" travels through pathways called meridians. Good health is an expression of balanced "Qi"; disease occurs when "Qi" is unbalanced. In this workshop, I will explain how acupuncture can promote the balance of "Qi".

Hua Zhu, see Session I for bio, pg. 10

SESSION III

CLAN AND TRIBE REVISITED

MORRIS HALL 208

Paper/discussion

What is the origin of modern monotheistic patriarchy? Is hierarchy the only natural human organizational structure? We have within us, unconscious memories - deep cultural layers - that point to alternatives to hierarchy, and which speak of the time before the fathers decided to rule. Our modern bipolar culture is a direct descendant from two very different systems of social organization, both of which originated and coexisted prehistorically in the IndoEuropean regions. To understand women's spiritual roots it is both exhilarating and necessary to examine the deep past, which currently is nourishing our future paradigm.

Sandra Barnhouse is a veteran presenter at Mankato, a retired university publications editor, artist, author and speaker. She holds an M.A. in painting and B.A. in art education. Publications include excerpts in *The Rule of Mars and In The Footsteps of the Goddess*, Cristina Biaggi, ed., and her own complete work, *It Takes the Whole Damn Village* - an education fantasy - which if attempted, would not only end child apartheid, but also speed the development of "The great turning", described by David Korten in his recent book of the same title.

MAGICAL CHANT

STUDENT UNION 202

Experiential

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

Ruth Barrett is a Dianic high priestess, pioneering award-winning pagan recording artist, and author of *WOMEN'S RITE, WOMEN'S MYSTERIES: Intuitive Ritual Creation* (Llewellyn, 2007). She has been teaching magical and ritual skills nationally since 1980.

SPIRITUALITY FOR THE MASSES

MORRIS HALL 213

Paper/Discussion

This workshop will be centered around the Medicine Wheel. The Medicine Wheel has been around for thousands of years. Historically, the Medicine Wheel has also gone through stages. Prophecy states that the Medicine Wheel must come back together through all races and genders.

Sean Bear is a Native American Medicine Man from the Meskwaki Tribe in Iowa. He has been blessed with the gift of healing both in traditional ceremonies and out of ceremonies.

Bev Bear is Sean's life partner and wife. She assists him in healing ceremonies and serves as a substance abuse counselor for the Meskwaki Tribe.

HONORING SELF AS GODDESS

ARMSTRONG HALL 215

Experiential

The Sun's presence is known each day with its rising and setting. The moon energy goes in cycles and has a rhythm of its own that affects

all of life. Now the moon energy is waxing in the consciousness of all the world so feminine energy rises. Let us call upon great female deities from diverse cultures and recognize ourselves as channels of positive female energy so that we may heal ourselves and the world.

Renita Beckius is a Master Reiki Healer, a registered nurse, holds a bachelors degree in psychology, and currently is a 2nd year apprentice in the Lynn Andrews Center for Sacred Arts and Training. She is committed firmly to standing in the physical and channeling spiritual energy to the earth as a modern shaman.

Kasey Kester's early years were with the Blackfeet and, as a result, she has always had a close affinity with Mother Earth. She has studied energy work, tarot, astrology, runes and mythology for the past 20 years and has done earth-healing and feminine spirituality rituals for the past 15 years.

CHANNELING LOVED ONES

(Also offered in Session I)

STUDENT UNION 201

Discussion

Channeling Loved Ones is a workshop in which I channel people who have passed away and wish to communicate with their loved ones in the audience (or vice versa!). The workshop offers them a chance for healing, comfort and closure. This is a John Edwards-style of workshop in which I describe the spirit who is here and then connect with the person with whom they wish to speak to. I will start out by introducing myself, describe what I do and what goes on from my end of things (how it feels for me, how the information comes through, etc). We will spend time going around from person to person, moving randomly according to whoever comes through. If time, the session will be open to requests, where they may ask to speak to someone.

Ronna Boyd, see Session I for bio, pg. 3

BEYOND BELIEF

(Also offered in Session I)

MORRIS HALL 212

Experiential

This workshop will expand your mind and nourish your soul. Being free of limiting beliefs connects you to Source - your inner spiritual light. We were created to enjoy peace of mind, happiness and a sense of adventure. You will discover how your health and happiness is based on past conditioning and on what you believe. Your perception of reality may be causing you unhappiness. We'll take a look and find out. Once we dissolve the limiting beliefs, we can more easily fulfill our passions and desires. You will begin to use a self-inquiry system of questions so you can truly be connected to your Source. The result is more inner peace, emotional freedom, success and happiness.

Lenora Boyle, see Session I for bio, pg. 3

CREATING CEREMONIES FOR SPIRITUAL GROWTH

(Also offered in Session I)

ARMSTRONG HALL 231

Ritual/discussion/experiential

This hands-on workshop is intended to assist participants to understand

the concept of co-creation - how personal actions and events of the universe attune and synchronize. A discussion of both the energetic foundations of ceremonies and the symbolism inherent within them will be offered, as well as experiential activities whereby participants will learn how to create their own unique ceremonies. The workshop will also include a sample ritual demonstrating how a simple ceremonial action can assist in focusing energy.

Becky Burns, see Session I for bio, pg. 3

FROM THE ASHES TO FINDING THE SHOE THAT FITS: TRANSFORMATION AT MIDLIFE

ARMSTRONG HALL 202 Story-telling/experiential/discussion
"Midway upon life's journey, I found myself within a dark forest, for the straightforward pathway had been lost". Dante's classic, *The Divine Comedy*, describes the emotional and spiritual upheaval that often occurs at midlife. Going into the forest requires that we let go of our old ways and identities and open up to new possibilities. In this workshop, we will take a look at the process of transformation at midlife as portrayed, in myths and folk tales and "spin straw into gold", as we learn a process of transforming the many pieces of our lives into a meaningful whole. The presenter will share some of her gold - songs and poems she has written about her own midlife journey. If writing helps you birth yourself, this workshop is for you.

Eunice Collette, MA, is a singer/songwriter and personal/career development facilitator. Midway on her life's journey she earned a master's degree in human development and reinvented her life. From the ashes she has found many shoes and is trying them all on and deciding which ones to keep and which ones to donate to Goodwill!

MANTRA TO THE EARTH AND SKY (Also offered in Session IV)

STUDENT UNION 203 Experiential/discussion
Together we are women of diverse traditions and backgrounds, whose religious backgrounds may be in conflict with personal beliefs. We will explore the sacred names of God, Goddess, Higher Power, Creator and Great Spirit, take time for participants to share their ideas of heavenly assistance, then create and chant our mantra to the sky in a spiral dance of sound. Be prepared to be energized!

Virginia Cooper is a long time presenter of the conference, with a background in energy healing, massage, shamanic journey work. She keeps her feet on the ground by working as a registered nurse.

Mary Rivard, visionary artist of Tree Bird and Crescent Moon Studios, is an intuitive multi-deck card reader and massage therapist. Her current work has taken her to the Gulf states to alleviate suffering for victims of Hurricane Katrina.

MY STORY, MY POETRY, MY SONG: MY SOUL LOOKS BACK AND WONDERS (Also offered in Session I)

ARMSTRONG HALL 211 Story-telling/movement/poetry/experiential
Using the concept of *The African Diaspora*, the presenter will share songs and movement while telling her story of how I got from "there to here." The audience will be taught some basic refrains of songs, as well as simple movement.

Sister Marilyn Cowser, see Session I for bio, pg. 4

TAROT AND THE WHEEL OF THE YEAR

ARMSTRONG HALL 213 Experiential
We will explore the wheel of the year through the symbolism of tarot, study ancient forms of keeping time that are still relevant for people today and find out how using Lunar cycles and Solar cross quarter days can deepen your understanding of yourself and the cards. We will find out where you stand on the sacred wheel. Let's have fun exploring symbols and using your intuition. This is aimed at people with or without prior knowledge of Tarot.

Julie Cuccia-Watts is a life long artist, the creator of three multicultural tarot decks: *The Ancestral Path Tarot* (1996), *The Blue Moon Tarot* (1998), and *The Maat Tarot* (2006). She is also the sole proprietor of *New Moon Trading Company*.

Nancy Antenucci is a seasoned tarot reader as well as a teacher of tarot and intuitive development classes in Minneapolis and St. Paul, where she also leads quarterly *Mystery circles*. She brings 20 years of hard earned wisdom, practical know-how and unending passion of the creative unknown to her clients, students and colleagues.

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

THE SPIRITUALITY OF ANIMAL RIGHTS: THE FEMININE CONNECTION (Also offered in Session I)

ARMSTRONG HALL 310 Paper/discussion
The animal world is a part of spirituality that can be expressed in various ways, including philosophy, activism, and vicarious perception. One may legitimately formulate ideas about animals and their needs and feelings that the rhetoric of exploitation seeks to discredit. One may proffer a counter rhetoric of animal and spiritual liberation.

Karen Davis, see Session I for bio, pg. 4

THE AUTHENTIC SELF SPEAKS UP! (Also offered in Session IV)

MORRIS HALL 206 Discussion/slide presentation/power point
We will begin with a presentation on the Authentic Self which is the dynamic, positive aspect of our beings; the total opposite of the ego. We will experience this exciting part of ourselves and then engage in a communication session on topics that spring from that presentation. At the end we will have a short meditation using the insights we have gained.

Connie Delaney is a public speaker, author and entrepreneur who lives in Salmon, ID. She brings her integrative experience with many spiritual teachers to her workshop presentations. She has studied native traditions, is a Sannyasin of Osho, Sufi initiate, and student of Andrew Cohen. She is also a meditation teacher, Dances of Universal Peace and Zikr leader, drummer and musician, who leads at events across the country.

SPIRITUAL WISDOM ON RELATIONSHIPS (Also offered in Session IV)

ARMSTRONG HALL 216 Discussion/experiential/power point
This workshop is to aid you on your spiritual journey to divine love. We will give you spiritual tools to help strengthen and build a loving foundation in all your relationships. We will explore the secret of all successful relationships, how karma and past lives affect our relationships and the difference between conditional and unconditional love. You will expand your capacity for wisdom, compassion and understanding with yourself and others. Eckankar presents this workshop.

Laura Ely is a long time member of Eckankar, a business owner and image-consultant who gives talks and workshops on beauty, fashion and spirituality.

Christina Andrews has been a member of Eckankar for 16 years and is committed to the joyful empowerment of others by living the Light and Sound of God everyday.

NEEDLEFELT SPIRIT ANIMALS (Also offered in Session I)

ARMSTRONG HALL 314 Experiential/creative
Learn the super-easy and super-fun way to make soft sculpture creatures out of wool with special needlefelting tools. Anyone can learn - it is that simple! Animals can go from basic forms to very detailed with these techniques, while remaining feather-light. Use brightly colored wool roving, processed by North Dakota women, to design and create our

favorite animals, spirit critters, and amulets. Technique can also be used for decorating and embellishing. Some wool roving provided, tools and foam felting pad available for purchase.

Linæ Enockson, see Session I for bio, pg. 5

LIVING IN THE MOMENT

(Also offered in Session I)

ARMSTRONG HALL 317

Experiential

Living in the moment is living life in an ideal state of being. It is giving full consciousness to the activity at hand. Participants will experience the moment and learn how to maintain this state of consciousness.

Mary Mackey Faulkner and Diane Hosker, see Session I for bio, pg. 5

JOURNEY WITH YOUR SPIRIT GUIDE/TOTEM ANIMAL

(Also offered in Session II)

ARMSTRONG HALL 219

Experiential/meditation

This workshop, which is part of a series of Journey workshops, will assist each participant in meeting either a Spirit Guide or Totem Animal. We start with a guided "Balancing & Grounding" meditation, then move into "Meeting Your Spirit Guide/Totem Animal" guided meditation. Once each person has had an opportunity to have this experience, we will discuss various ways to communicate effectively with this entity. Upon completion of this workshop, each participant should know which Guide or Animal they are working with at present, how to communicate and utilize the information they receive as from this encounter.

Rev. Aislinn Firehawk, LMT, see Session II for bio, pg. 5

LIGHTING THE FIRE - AND HAVING NO FLAME

(Also offered in Session I)

MORRIS HALL 211

**Movement activity/discussion/
experiential/meditational**

You've been to the fire of life that was lit, but you have/had no source or power to maintain its ongoing fuel for the flame to burn. How can you keep your fire burning in a consumer driven society on your own accord without the consumerism driving you crazy? This workshop will center on simplicity in life, becoming attuned with the world and not by the world and finding the core of your center within yourself to keep the light and life alive. The presenters will help you discover what it means to be of the essence in which you were created and how you will be able to keep your flame it - forever.

Kristi Franken and Rev. Judi Wiley, see Session I for bio, pg. 5

CONNECT WITH YOUR BRILLIANCE AND PAY IT FORWARD

(Also offered in Session I)

ARMSTRONG HALL 208

Discussion/power point

Brilliance is another word for spirit, wisdom or higher self. Join us to learn three keys to brilliance that shift the focus from "outside chatter" to "inner wisdom" and move us from confusion to understanding and personal power. Come experience practical strategies and tools that unlock creative brilliance. Own your power to live from your brilliance, so you can create the life you dream of and change the world one person at a time.

Vivian Hildebrandt, see Session I for bio, pg. 5

EXPERIENCE PAST LIFE REGRESSION

(Also offered in Session II & IV)

STUDENT UNION 284A

Experiential

This workshop begins with a brief introduction to hypnosis and past lives, including an explanation of different ways people access memories. The group will then be guided into a short regression, followed by a discussion of their experience. After questions, we will do a longer regression, followed by another discussion of the experience.

Deb Irestone, see Session II for bio, pg. 13

PAST LIVES, LIFE-BETWEEN-LIVES AND PRE-BIRTH PLANNING

(Also offered in Session I)

ARMSTRONG HALL 220

Paper/discussion

Frequently asked questions relating to Past Life Regression, Life-Between-Lives Spiritual Regression, and Pre-Birth Planning will be answered. Fascinating case studies relating to what happens when the earth body dies will be shared and will pique your interest in this ground-breaking work. When you begin to realize who you REALLY are, life becomes an adventure instead of a struggle. A workshop with inspiring stories, lots of information, and some laughter, that will motivate you to remember your divine Self. WE ARE ALL ONE!

MaDonna Kettler, see Session I for bio, pg. 6

THE REALM OF FAERY, THEN AND NOW

(Also offered in Session I)

ARMSTRONG HALL 221

Power point/discussion

This workshop will explore faery from its 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, see Session I for bio, pg. 6

FEELING, SEEING AND PSYCHICALLY READING AURAS

(Also offered in Session I)

MORRIS HALL 103

Experiential

The first step in developing psychic skills is to pay attention, and auras are an easy and fun way to begin paying attention. 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, see Session I for bio, pg. 6

CHOOSING HAPPINESS

(Also offered in Session IV)

ARMSTRONG HALL 222

Experiential

There is a common belief that the cause of happiness is the presence of certain preferred conditions in our lives or bodies. Happiness is a state we can actively choose and foster regardless of what is happening within or without. This workshop will impart information paired with experiential exercises, designed to increase awareness of habits, which do not promote happiness, and learn tools that encourage peace, happiness and downright silliness. Life is too important to be taken too seriously.

Spruce Krause, MA, Counseling Psychology, Reiki Master, visual artist and spiritual seeker, has over 20 years experience doing personal transformation work with individuals and groups. She uses many healing modalities in her practice, including Mindfulness Meditation, InterPlay, Mind Mapping, Breath Integration, Thought Field Technique and Therapeutic Massage.

CARE FOR THE EARTH AS SPIRITUAL PRACTICE

(Also offered in Session I)

ARMSTRONG HALL 225

Discussion /experiential/power point

Using the Gaia Hypothesis, which suggests the Earth is a living organism, as a backdrop to the workshop, participants will have opportunities to explore ways to increase their connection to the Earth. Participants will also be able to identify personal, family and community actions they can take as well as develop footprint reduction plans to help improve the plight of Gaia.

Samantha Laskowski, see Session I for bio, pg. 7

LETS TALK ABOUT GHOSTS

(Also offered in Session I)

ARMSTRONG HALL 232 Discussion /story-telling/child friendly

The presenter will share her personal stories of her conversations with ghosts. There will be 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 also share photos of ghosts. If you have any to share please feel free to bring them.

Carol Lowell, see Session I for bio, pg. 7

MESSAGE FOR EVERYBODY

(Also offered in Session I)

ARMSTRONG HALL 234 Discussion/experiential

The effects of stress are cumulative. In other words, a string of small upsets, or constant little stresses, can add up and eventually produce greater health problems. Massage disrupts this cycle. Regular massage alters the stress process and contributes to overall wellness. In this workshop participants will experience their own energetic healing capabilities. We will explore the need for touch and its healing powers. Participants are shown massage strokes that can be used to provide comfort to anyone in need of touch, and they will have the opportunity to give and receive a massage using the newly learned techniques.

Linda Maher, CMT, see Session I for bio, pg. 7

SACRED SPACE AND PLACE: PART II

(Also offered in Session II)

ARMSTRONG HALL 102 Power point/discussion/
guided journaling

Sacred Space and Place is a thesis project conceived for a master's degree in Architecture. The thesis proposes to create an experiential landscape, with earthworks and built structures, whereby men and women might seek and encounter the divine feminine. Part I examines the tripartite structure of ritual, the experiential journey of walking the Chartres labyrinth, and archetypal maiden-mother-crone mythologies from across cultures, as the ordering and inspirational basis for the thesis. Part II introduces the site of the thesis project, a landscape discovered in Chanhassen, MN which contains unique geological and ecological features, as well as having a varied history of use as a farm, a spa, a seminary, and now abandoned. The thesis proposes re-purposing the site to include a walking mythological journey and a feminist art gallery. It is not necessary to attend both Parts I and II.

Julia McFadden, see Session I for bio, pg. 7

CREATIVE WISDOM:

SELF-EMPOWERMENT THROUGH INTUITIVE EXPRESSION

(Also offered in Session I)

STUDENT UNION 123 Experiential
Increase your ability to retrieve your authentic wisdom through simple, playful activities and easy-to-use techniques designed to trigger use of your brain's right hemisphere. Guided meditation, image-making, journaling, guidance card and group storytelling techniques are shared as well as practical applications to empower the expression of your spirit in daily life. The facilitator honors and supports the unique expression of your wisdom with light-hearted expertise. You will also be gifted a "Creative Wisdom Card" to reinforce your ongoing Higher Self-awareness.

Roselyn Elena McGrath, see Session I for bio, pg. 8

BREATHWORK: A TOOL

(Also offered in Session I)

MORRIS HALL 209 Experiential
Learn what breathwork is, how it can be a tool to help people be in their bodies. Breathwork is an ancient Qigong exercise, using the

breath to move "stuck" energy or qi (chee) in the body. It can decrease pain in the body, diminish symptoms of many diseases and connect to the Divine. Many times breathwork will access old memories and emotions around an important decision made earlier in life, to assist participants with finding their next steps.

Jennifer Myhre and Donna Peterson, see Session I for bio, pg. 8

THE WILD COSMIC HEART

(Also offered in Session II)

ARMSTRONG HALL 214 Story-telling/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 million years ago. The focus will include reflection on the specific qualities of the Universe and how humans reflect these qualities. All life is inter-connected, inter-related, expanding and unique. In us, the Universe explodes into intense reflection of itself. We will experience the grandeur of this place we call home.

Kitt Nagler, see Session II for bio, pg. 14

WOMYN RYTHYM

(Also offered in Session I)

PENNINGTON DANCE STUDIO Movement/activity/experiential

Drawing from our voice, our body movement and percussive instruments, we will learn to express musically and rhythmically together. As we all express differently, our emphasis will be on performing together with our differences. We can march to the beat of a different drummer while playing the same song! Along with our bodies, voice and instruments we will include the great importance of silence and dynamics in any piece, and the need to listen to each other.

(Jen Pickard, et.al.) Barefoot n' Muklucked, see Session I for bio, pg. 8

NURTURING THE BODY, NURTURING THE SPIRIT

(Also offered in Session I)

STUDENT UNION 253 Movement/experiential

Movement is a powerful tool for gaining deeper awareness of the self. When we nurture the body, we nurture the spirit. In this workshop, we will take time to nurture ourselves and learn ways to bring self-nurturance more fully into our lives. We will mix authentic movement, breathwork, body awareness activities, journaling and artwork.

Lynn Rozen, (see Session I for bio, pg. 9

FOUR ASPECTS OF THE WITCH:

TRICKSTER, MAGICIAN, PRIESTESS, MYSTIC

ARMSTRONG HALL 305 Discussion/ritual

This workshop will introduce you to the four Aspects of the Witch. The Trickster stirs the cauldron, says the hard stuff, challenges assumptions. The Magician is the doer, the will worker. The Priestess brings the people together, shares the lore and knowledge. The Mystic knows the Mysteries of birth and death and the natural world. There will be a ritual at the end if you would like to learn more from one of the Aspects.

Dona Rushford has been exploring women's spirituality for more than 20 years. She has organized women's spirituality conferences, led workshops, been a member of a moon lodge, new moon women's circle and several covens. Her sister likes to introduce her as a lesbian, feminist, witch.

DISCOVERING THE UNIVERSE MOTHER SPIRIT

(Also offered in Session IV)

MORRIS HALL 101 Paper/discussion/experiential/power point

All spiritual practices that recognize the feminine aspect of divinity are connected to and express the same Universe Mother Spirit. This has been little recognized by traditional religion in the past 2000 years. Perusing the beautiful portrayal of Jesus' life in the Urantia Books,

we see how the Master holds women in highest regard as standard bearers of spirituality for humankind. Women are reassuming their role as spiritual leaders with renewed power, conviction and grace. The Urantia Book presents a delight-filled new approach to the Christian message, revealing how Jesus formed a women's apoltolic corps that worked in conjunction with the apostles. Jesus declared women forever equal. The higher women's status is in society, the more peaceful society becomes. This experiential workshop includes live musical meditation, which draws us to the Universe Mother Spirit.

Cristina Seaborn is a musician who loves to perform improvisational music for meditation, and has been a Urantia book reader for 25 years.

JoAnn Weidman is an interfaith minister, energy healer, and 30 year student of the Urantia book.

Jill Strunk is a psychologist, Reiki master, master gardener, teacher, and 30 year reader of the Urantia book.

SHAMANISM AS A SPIRITUAL PATH

ARMSTRONG HALL 323 Paper/discussion/power point/
experiential/ceremonial

What is Shamanism and who are Shamans? A brief history of shamanism and its common aspects will be presented through power-point slides. Shamanic energy healing will be discussed. Participants will have an opportunity to experience a shamanic journey.

Jaes Seis has been presenting and teaching shamanic workshops and classes for over 13 years. She is a founder and president of Pachamama Inc., an educational community non-profit based on shamanism located in SW Wisconsin. She is a practitioner of Shamanic healing and ceremony with over 30 years devoted to a spiritual path.

DIVINE GUIDANCE: DISCERNING MESSAGES

(Also offered in Session I)

ARMSTRONG HALL 325 Discussion/activity/experiential

How do I know if I am being guided in the right direction? How do I know if I am being guided by my higher soul or my own ego? We will talk about how to receive Divine Guidance and will practice methods of tuning in to the higher self, guardian angels, and Spirit.

Heather Succio, see Session I for bio, pg. 10

SHAMANISM AS A PERSONAL SPIRITUAL PRACTICE - PART II

(Also offered in Session II)

ARMSTRONG HALL 326 Informational/experiential

This two-part workshop will provide background information about shamanism and its history and resurgence in modern western societies.

Participants will learn techniques for journeying and then in Part II experience several journey to find their own power animal and to practice asking questions and receive healing. After it's over, participants will feel comfortable using the shamanic journey as a personal spiritual practice for direct revelation and healing from the spirits.

Lena Swanson, see Session II for bio, pg. 15

PRAYERCRAFT AND THE LABYRINTH

(Also offered in Session I)

ARMSTRONG HALL 321 Paper/discussion/movement/
ritual/experiential/child friendly

Prayercraft is combining artistic media with prayer. Participants will draw, color and embellish finger labyrinths and use them in a group meditation ritual. The labyrinth is a prayer path that can calm and quiet the mind, allowing the walker to more fully engage in a conversation with the Divine. We will also explore several ways to meditate while moving including breath prayer, praying with beads and meditating while doing daily activities.

Sue Swanson, see Session I for bio, pg. 10

ANIMAL COMMUNICATION EXPERIENCE (GUIDED VISUALIZATION)

MORRIS HALL 102 Experiential

Experience your own innate ability to communicate with animals through this guided visualization. This will provide 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. Marilyn lives with dogs, birds, fish and a cat.

HONOR THE BODY THROUGH MEDITATION, MESSAGE AND MOVEMENT

(Also offered in Session I)

HIGHLAND NORTH 225 Movement activity/discussion/experiential

We 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 grow upon long after the conference has ended.

Koran Walsh, see Session I for bio, pg. 10

SESSION IV

GOD IS NOT THREE GUYS IN THE SKY

(Also offered in Session I)

ARMSTRONG HALL 217 Paper/discussion

This will be a presentation of ideas in *God Is Not Three Guys in the Sky: Cherishing Christianity without Its Exclusive Claims*, the presenter's book. It declares that Christianity mistakes its myth for history and its symbol for fact. Its exclusive claims unnecessarily alienate it from the other religions and spiritualities of the world. Buddhists, Hindus, Muslims, Native Americans, Jews, atheists, and pagans can throw light on Christian ideas.

Jeanette Blonigen Clancy, see Session I for bio, pg. 3

DIVINE WARRIOR TRAINING: DISCERNING DIVINE WILL

(Also offered in Session I)

ARMSTRONG HALL 323 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 discern divine will for their lives. A closing circle allows opportunity to share insights with other participants.

Dr. Thomas Capshew, see Session I for bio, pg. 3

MANTRA TO THE EARTH AND SKY

(Also offered in Session III)

STUDENT UNION 203 Experiential/discussion

Together we are women of diverse traditions and backgrounds, whose religious backgrounds may be in conflict with personal beliefs. We will explore the sacred names of God, Goddess, Higher Power, Creator and Great Spirit, take time for participants to share their ideas of heavenly assistance, then create and chant our mantra to the sky in a spiral dance

of sound. Be prepared to be energized!
Virginia Cooper and Mary Rivard, see Session III for bio, pg. 17

**SARAH/HAGAR, MARY/MARTHA AND THE WOMAN
STOOPEO OVER: A DRAMATIZATION**

(Also offered in Session II)

ARMSTRONG HALL 211 One person act/discussion

This is a one-person act probing the questions and feelings of tension in five women of the Bible: Sarah/Hagar, Mary/Martha, and the Wisdom Woman who was stooped over and healed. Each of the characters will carry on a soliloquy about their dilemma. Their contrasting ideas and approaches are explored and finally resolved in the Wisdom Woman. Additional conversation on similar life situations will follow.

Sister Marilyn Cowser, see Session II for bio, pg. 11

THE AUTHENTIC SELF SPEAKS UP!

(Also offered in Session III)

MORRIS HALL 206 Discussion/Slide presentation/power point

We will begin with a presentation on the Authentic Self which is the dynamic, positive aspect of our beings; the total opposite of the ego. We will experience this exciting part of ourselves and then engage in a communication session on topics that spring from that presentation. At the end we will have a short meditation using the insights we have gained.

Connie Delaney, see Session III for bio, pg. 17

TRANSFORMING ANGER TO POWER

(Also offered in Sessions II)

STUDENT UNION 204 Ritual/experiential

Anger saps our energy, attracts negative events and reactions into our lives, creates depression, helplessness and hopelessness affects our heart health, distracts us from our purpose and ties up our personal power. In addition, it adds to the collective reality, which contributes to endless wars and negative global events. Anger serves no useful purpose. In this workshop, learn how not to let anger creep into your life, and if it has, let it go in a good way. In so doing, you will have all the power you need to develop your unlimited potential and creative power to accomplish your mission in this lifetime!

Linda Deer Domnitz, see Session II for bio, pg. 12

SPIRITUAL WISDOM ON RELATIONSHIPS

(Also offered in Session III)

ARMSTRONG HALL 216 Discussion/experiential/power point

This workshop is to aid you on your spiritual journey to divine love. We will give you spiritual tools to help strengthen and build a loving foundation in all your relationships. We will explore the secret of all successful relationships, how karma and past lives affect our relationships and the difference between conditional and unconditional love. You will expand your capacity for wisdom, compassion and understanding with yourself and others. Eckankar presents this workshop.

Laura Ely and Christina Andrews, see Session III for bio, pg. 17

MOVE, DANCE, BE BORN

(Also offered in Session II)

STUDENT UNION 256 Ritual/movement activity/discussion

Awaken your ecstatic body, experience bliss and be empowered to transform your life! Through life coaching, creative exploration, sacred dance, and didgeridoo healing ceremony we will bring your visions and dreams a few steps closer to reality. Break through the daily mind and into the wisdom of your spirit, which knows no limitations - and then emerge anew to your life.

Kimberly Errigo, Steve Elfrink and Roselyn Faith, see Session II for bio, pg. 12

STRENGTHENING YOUR INTUITIVE MUSCLE

(Also offered in Session II)

ARMSTRONG HALL 317 Experiential

Practice makes perfect. In this workshop participants will experience exercises that can be used to increase your intuitive confidence. Emphasis will be placed on how the intuitive process works in a unique manner for each individual.

Mary Mackey Faulkner and Diane Hosker, see Session II for bio, pg. 12

**DANCING WITH THE DAKINIS: TRANSFORMATIONAL ARCHETYPES
FROM TIBETAN BUDDHIST WISDOM TEACHINGS**

STUDENT UNION 202 Story-telling/movement/child friendly

This workshop begins with a storytelling dance of healing transformations and then all are brought into authentic movement explorations, employing movement, sound and breath. The presenter will translate "Dakini" as the angel of the element she represents. Parents with young children are asked to arrive early to be introduced to the lion mask and the Nubian Woman mask.

Mary Angela (Maria) Formolo, B.A. in theater and visual art, is an internationally recognized performance artist with 41 years experience as a teacher and retreat facilitator. She was instrumental in developing the Canadian Modern Dance scene where she received numerous awards and honors. She is known for her original choreography and image Making. She is currently teaching at Northern Michigan University and is co-founder of Soul Artz, offering performances, classes and retreats that connect body, mind and spirit.

EXPERIENCE PAST LIFE REGRESSION

(Also offered in Session II & III)

STUDENT UNION 284A Experiential

This workshop begins with a brief introduction to hypnosis and past lives, including an explanation of different ways people access memories. The group will then be guided into a short regression, followed by a discussion of their experience. After questions, we will do a longer regression, followed by another discussion of the experience.

Deb Irestone, see Session II for bio, pg. 13

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

(Also offered in Session II)

STUDENT UNION 255 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 be told 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.

Amy Kortuem, see Session II for bio, pg. 13

CHOOSING HAPPINESS

(Also offered in Session III)

ARMSTRONG HALL 222 Experiential

There is a common belief that the cause of happiness is the presence of certain preferred conditions in our lives or bodies. Happiness is a state we can actively choose and foster regardless of what is happening within or without. This workshop will impart information paired with experiential exercises, designed to increase awareness of habits, which do not promote happiness, and learn tools that encourage peace, happiness and downright silliness. Life is too important to be taken too seriously.

Spruce Krause, see Session III for bio, pg. 18

GREEN WISDOM - LISTEN TO NATURE AND RECEIVE INNER GUIDANCE

(Also offered in Session I)

STUDENT UNION 254 Story-telling/movement activity/dance/
discussion/experiential

Participants learn to listen to the innate wisdom available in the natural world and receive guidance for the questions of their lives. They increase their ability to be present, enhance their sense of vitality, and create a deeper connection to themselves, others and Nature. The topic is facilitated through movement, experiential exercises, sensory stimulation, writing, and discussion. Please bring an object from Nature.

Louann Lanning and Lee Scholder, see Session I for bio, pg. 7

YOGA CHAKRA HEALTH

(Also offered in Session I)

STUDENT UNION 284B Movement activity/discussion

In this workshop we will start by learning what the chakras are, where they are located and details about how they relate to our health - mentally, physically and spiritually. We will then journey through physical yoga postures (asanas) that directly affect each of the seven main chakras. At the conclusion of the workshop we will do a brief meditation to focus energy on each chakra to better balance and center ourselves. Handouts will be provided for further reflection on what was learned. BRING YOUR YOGA MAT.

Dr. Alane Lucht, see Session I for bio, pg. 7

SACRED SPACE AND PLACE: PART II

(Also offered in Session II)

ARMSTRONG HALL 102 Power point/discussion/
guided journaling

Sacred Space and Place is a thesis project conceived for a master's degree in Architecture. The thesis proposes to create an experiential landscape, with earthworks and built structures, whereby men and women might seek and encounter the divine feminine. Part I examines the tripartite structure of ritual, the experiential journey of walking the Chartres labyrinth, and archetypal maiden-mother-crone mythologies from across cultures, as the ordering and inspirational basis for the thesis. Part II introduces the site of the thesis project, a landscape discovered in Chanhassen, MN which contains unique geological and ecological features, as well as having a varied history of use as a farm, a spa, a seminary, and now abandoned. The thesis proposes re-purposing the site to include a walking mythological journey and a feminist art gallery. It is not necessary to attend both Parts I and II.

Julia McFadden, see Session I for bio, pg. 7

LOVING-KINDNESS MEDITATION:

THE PRACTICE OF GENTLE FRIENDLINESS

STUDENT UNION 253 Experiential/discussion

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

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

"THE BUTTERFLY WOMAN"

SELF-PUBLISHING FROM CONCEPT TO THE PAGE

(Also offered in Session I)

ARMSTRONG HALL 302 Story-telling/power point

A reading of "The butterfly woman" by the author, supported with a power point presentation of the illustrations. This will be followed by a hands-on workshop of how to self-publish. Discussion with questions and answers and supported with handouts of publishing information.

Colleen O'Hara-Jackson and Stacey Willey, see Session I for bio, pg. 8

FULLTIME JOY: POWERING JOY IN YOUR LIFE

ARMSTRONG HALL 219

Discussion

We will explore the fuel of joy - gratitude, possibility and abundance. The session will help participants imagine joy expanding their lives through increased use of this fuel. It will be full of inspiring stories and everyday examples from the life of the presenter and those with whom she has worked. Through the use of coaching tools, participants will discover practical steps they can use to power joy into their life - fulltime.

Patricia Perell, founder of the Perell Group, is a philanthropy coach and motivational speaker, bringing to her work more than 25 years of unique expertise helping individuals and families be at peace with and finding joy and purpose regarding their money.

MEETING YOUR FUTURE SELF

(Also offered in Session II)

ARMSTRONG HALL 231

Experiential

In the future, the self will have accomplished many things and have had many successes. During this workshop, attendees will travel forward in time to meet and get advice from their wiser, more accomplished future self. The subconscious mind is a wonderful, creative problem solver, this session engages that part of the mind to help the participant to overcome their blocks to success.

Patricia Poole, see Session II for bio, pg. 14

MARY MAGDALENE, THE BLACK MADONNA AND EMPOWERMENT

(Also offered in Session I)

ARMSTRONG HALL 308

Paper/discussion

Mary Magdalene and the Black Madonna, though distinct archetypes, can also be equated as one and the same. Both represent hidden aspects alluded to, but often over-looked, in mainstream religion - sexuality; partnership and equality; active compassion for the disenfranchised, the forgotten, the marginalized, the poor and suffering; the wisdom and power of the Goddess; and the honoring of one's own spiritual knowing. There are those who think that we are in a time of "Kairos" - the right time for a changing of the gods. Mary Magdalene and the Black Madonna represent aspects of this time of change that invites humanity to a more empowered and integrated spirituality.

Christina Potyondy, see Session I for bio, pg. 9

CONNECTING SCIENCE WITH SPIRITUALITY

(Also offered in Session II)

ARMSTRONG HALL 208

Power point

Are science and spirituality necessarily in conflict? Although Einstein's relativity, the strange world of quantum physics, and the vibrations of string theory were developed by physicists to model our world, there is a new interest in how these topics relate to energetic work, spirituality and conscious choice. This entertaining multimedia presentation explains how science and spirituality can complement each other and also points out that there are ultimately more questions than answers.

Gary Rockswold, see Session II for bio, pg. 14

50+ PEACE CORPS: CHANGING GOALS TOWARD VOLUNTARY SIMPLICITY

(Also offered in Session II)

MORRIS HALL 211

Paper/discussion/power point/
movement activity

For those who have considered a major life change, or who want to share their similar experiences, this workshop is presented to describe the delights and the challenges of living simply in another culture, particularly when the personal goal is to make a difference in the world. The presentation will be from the Peace Corps perspective, but people who are considering other volunteer experiences will gain from the presentation, and those who have had similar cultural and/or lifestyle experiences will be able to contribute to it. Music, dancing, photos and interactive discussion are all part of the format.

Kate Schachter, see Session II for bio, pg. 14

DISCOVERING THE UNIVERSE MOTHER SPIRIT

(Also offered in Session III)

MORRIS HALL 101

Paper/discussion/experiential/power point

All spiritual practices that recognize the feminine aspect of divinity are connected to and express the same Universe Mother Spirit. This has been little recognized by traditional religion in the past 2000 years. Perusing the beautiful portrayal of Jesus' life in the Urantia Books, we see how the Master holds women in highest regard as standard bearers of spirituality for humankind. Women are reassuming their role as spiritual leaders with renewed power, conviction and grace. The Urantia Book presents a delight-filled new approach to the Christian message, revealing how Jesus formed a women's apolitic corps that worked in conjunction with the apostles. Jesus declared women forever equal. The higher women's status is in society, the more peaceful society becomes. This experiential workshop includes live musical meditation, which draws us to the Universe Mother Spirit.

Cristina Seaborn, JoAnn Weidman and Jill Strunk, see Session III for bio, pg. 20

MAORI DRAWING CIRCLE: CREATING PRIORITIES

(Also offered in Session II)

ARMSTRONG HALL 325

Discussion/activity/experiential

The Indigenous Maori tribes of New Zealand use symbolism to tap into the intuitive information within. We will use creativity, contemplation and discussion to explore our life priorities and set goals for the future. Although we will be drawing, coloring or painting, the art is for personal use. No experience necessary.

Heather Succio, see Session II for bio, pg. 15

SHAMANISM AS A PERSONAL SPIRITUAL PRACTICE - PART II

(Also offered in Session II)

ARMSTRONG HALL 326

Informational/experiential

This two-part workshop will provide background information about shamanism and its history and resurgence in modern western societies. Participants will learn techniques for journeying in Part I and then in Part II experience several journey to find their own power animal and to practice asking questions and receive healing. After it's over, participants will feel comfortable using the shamanic journey as a personal spiritual practice for direct revelation and healing from the spirits.

Lena Swanson, see Session II for bio, pg. 15

INTRO TO ANIMAL COMMUNICATION

(Also offered in Session II)

MORRIS HALL 102

Story-telling/discussion

The sixth sense is a natural sense humans have, and animals share. Often the things that we write off to coincidence are really our underdeveloped sixth sense at work. We each have a natural ability to communicate using thoughts, images, feelings or words through the use of telepathy. Telepathy is the communication of feelings (pathos) over distance (tele).

All living beings are wired to send and receive messages to one another in this way. When an old friend who's been on your mind calls "out of the blue," it's not just a coincidence. In reality, there's an ancient language at work. One we and our animal companions have in common.

Marilyn Tokach, see Session II for bio, pg. 15

TAPPING INTO UNIVERSAL KNOWLEDGE

(Also offered in Session II)

MORRIS HALL 103

Discussion/experiential

The presenter will talk about her near death experience that happened over 20 years ago, at the hands of a serial rapist. She will talk about how we can learn to let go of fear and learn to trust. She will introduce the Master Beings that came to her during her death state (these will be channeled through the co-presenter). Questions will be taken from the audience to be answered by the Masters. The co-presenter will end the workshop by channeling Archangel Raphael for a group healing.

Chris Tonnar and Val Medeiros, see Session II for bio, pg. 15

FUNDAMENTALS OF HOOP DANCE

(Also offered in Session II)

HIGHLAND NORTH 225 DANCE STUDIO

Experiential/
movement activity/child friendly

Fundamentals of Hoop Dance is a workshop which teaches the core movements of hula hoop dancing. Music and laughter will fill the air as attendants are empowered to use the hoop as an extension of their bodies and inspired to keep hoop dancing long after the workshop is over. Adult sized hula hoops are provided.

Koren Walsh, see Session II for bio, pg. 15

EVERYDAY USES OF THERAPEUTIC GRADE ESSENTIAL OILS

(Also offered in Session II)

MORRIS HALL 209

Experiential

For centuries Essential Oils have been used to maintain and promote personal health and well-being. Renewed interest in therapeutic grade essential oils has led them to be on the cutting edge of scientific research for confronting concerns in our toxic world where situations compromise our health. Experience the use of Essential Oils for personal health, culinary enhancement, and learn ways to create a healthy home environment.

Janet Wassman and Carol Metcalfe, see Session II for bio, pg. 15

STARTING AND FACILITATING A WOMEN'S DRUM CIRCLE

(Also offered in Session II)

ARMSTRONG HALL 223A

Presentation/discussion/experiential

In this workshop we will explore the importance of women's drumming circles, how to form one and keep it going in a good way. We will have a chance to drum or rattle together in a circle to experience the vibration and healing qualities of the drum. We will also consider the historic origins of the drum and the role it played in community during Neolithic times. The drums demonstrated will be the medicine drum or Tar and the Tarine (or tambourine). Other types of drums are welcome.

Ann Marie Waterhouse, see Session II for bio, pg. 18

MEDITATION FOR WORLD PEACE

ARMSTRONG HALL 234

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 7 years ago to help with pain management. Since then, she has completed four levels of training from Master Chunyi Lin and practices and enjoys the healing benefits of qigong every day. She retired from Minnesota State University, Mankato in 2001.

Access to Minnesota State University, Mankato

From the North:

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

From the South:

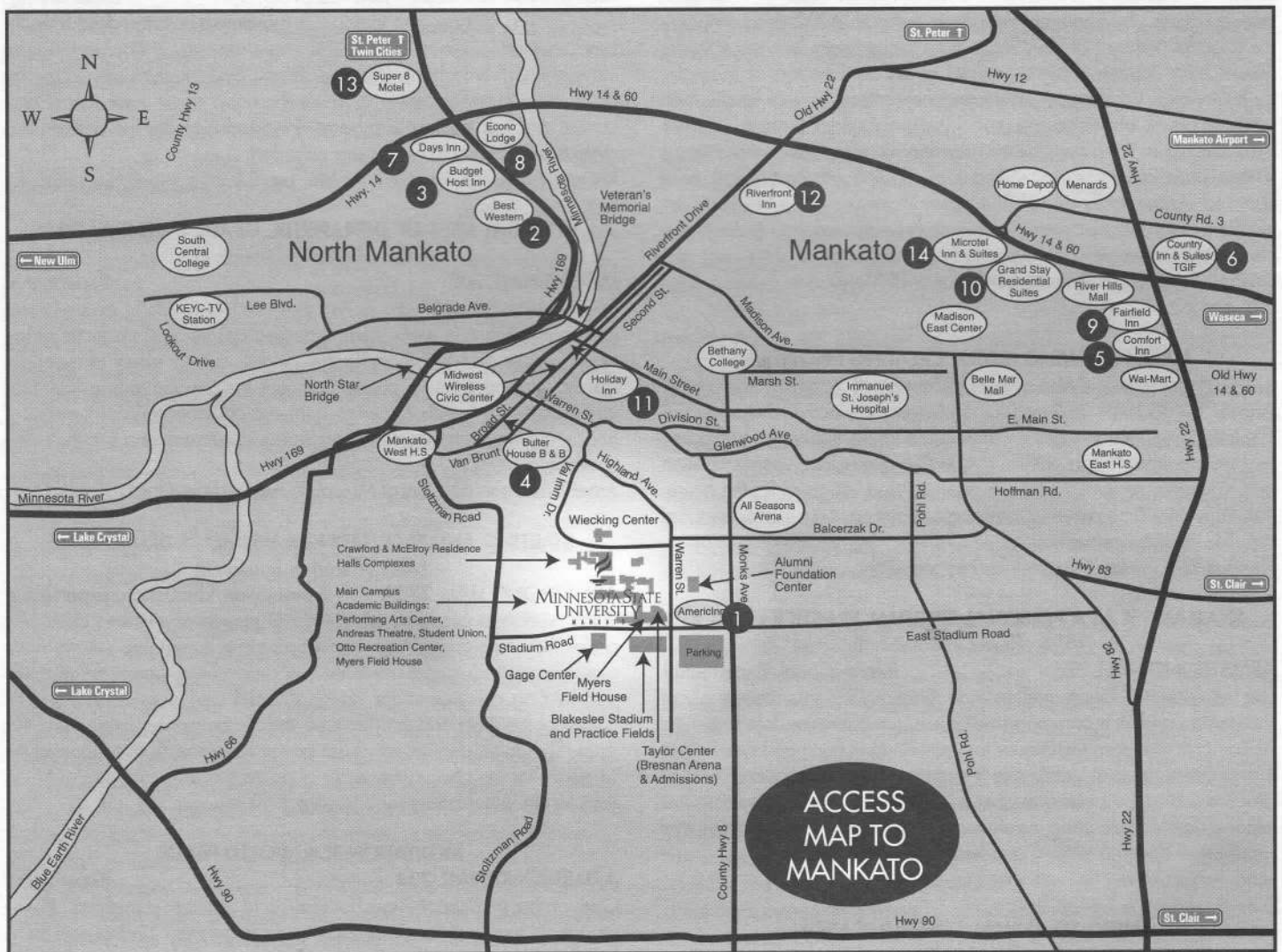
Travel North on Hwy. 169 to Mankato. Take Riverfront Drive Exit. Turn right onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill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

From the East:

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

From the West:

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



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.

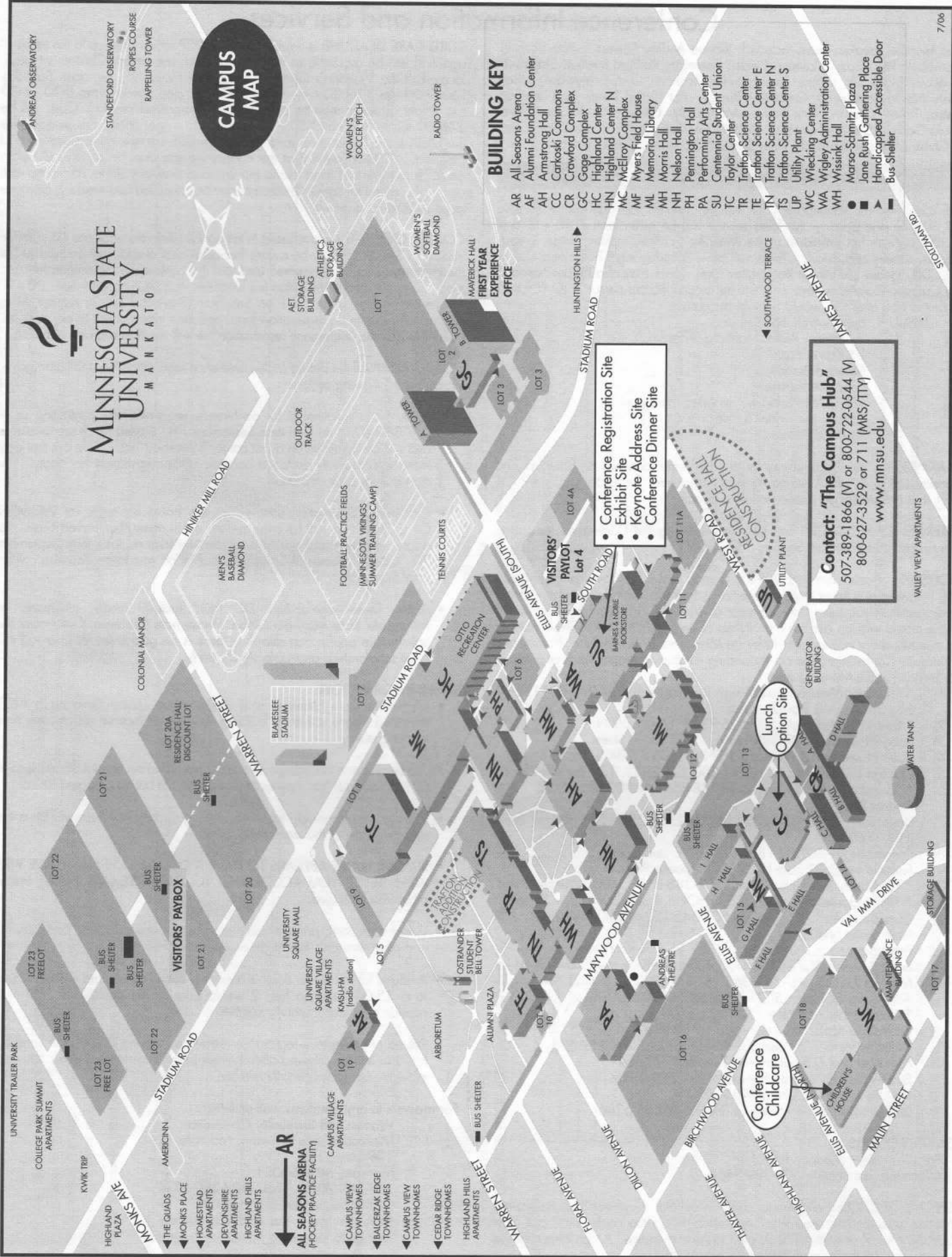
CAMPUS MAP

BUILDING KEY

- AR All Seasons Arena
- AF Alumni Foundation Center
- AH Armstrong Hall
- CC Carlskoski 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
- Marso-Schmitz Plaza
- Jane Rush Gathering Place
- Handicapped Accessible Door
- Bus Shelter

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

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



Conference Information and Services

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

2007 Conference Dates — October 13 & 14, 2007

MEALS: The main cafeteria in CSU, will be open on Saturday from 7:30 A.M. - 2:30 P.M. and Sunday, the food service will be open from 7:30 A.M. until 1:30 P.M. with hot breakfast in the Mav Av, coffee, muffins, sweet bread, bagels, scones and donuts. There will be a Saturday night buffet at a cost of \$15.00. Please see Dinner Registration form. Lunch may also be purchased at the Carkoski Commons dorm cafeteria for around \$6 per person. **NO REFUND** of dinner cost after two weeks prior to conference.

MENU - Buffet which includes:
3 Sauces - Pesto, Marinara, Alfredo
2 Kinds of Pasta
Assorted Breads
Eggplant parmesan
Spring Mix Salad w/ assorted dressings
Coffee, tea, water & milk
Assorted Desserts

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 (2 night stay required) - 507-345-8011/800-634-3444, 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) * Hilton Garden Inn, 507-NEED PHONE #, 20 Civil Center Plaza
- 12) * Holiday Inn-Civic Center- 507-345-1234/1-800-HOLIDAY, 101 Main Street (WOS)
- 13) Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- 14) Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct.
- 15) 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 24, 2007 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 Student Union 201 on Saturday, October 13th. 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 7th. 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 7th. 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
veldhc@mnsu.edu
Web site: <http://sbs.mnsu.edu/women>
then go to Women & Spirituality Program

REGISTRATION FORM
(DO NOT mail this form later than October 1, 2007)

Registration must be postmarked by September 24, 2007 for reduced rates. Make checks or money orders payable to: Minnesota State Mankato. Mail to: Women and Spirituality Conference, Minnesota State University, Mankato, 109 Morris Hall, Mankato, MN 56001. For more information call (507) 389-2077. This form may be duplicated for multiple registrations.

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

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

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

Please check one: (Confirmation of Registration sent only on request to e-mail address)
 Postmarked after September 24:
 \$50 General (includes keynote)
 \$25 Minimum Income OR Student
 \$15 Ages 9 - 17
 \$ 5 Keynote only (name tag required)
 General Scholarship **
 Women of Color Scholarship **

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

Total enclosed: \$ _____ Registration fee (includes keynote) check # _____
 \$ _____ **Keynote Only Fee**
 \$ _____ Dinner Saturday
 \$ _____ Tuition credit/CEU cost (Separate Check Please)
 \$ _____ Child Care
 \$ _____ Total amount enclosed
 (Checks payable to Minnesota State Mankato)

DINNER REGISTRATION (Deadline September 24, 2007)

(Vegetarian meal only)
 Vegetarian Meat

Lunch Option: Vegetarian, and Meat options will be available.

- I am interested in the Saturday Lunch option (Cost will be approximately \$6 at the door).

SCHOLARSHIPS:

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

** The Women of Color Scholarships allow for women of color of various economic abilities to attend. A limited number of scholarships are available on a first come/first served basis.

If needed, receipts may be picked up at the Registration Table any time during the conference. Also during that time, conference information packets will be distributed.

CHILD CARE REGISTRATION

Send check with registration. Fee is \$40 for one day and \$55 for both days, per child.
 Deadline: **September 24, 2007**

Day(s) Needed: Saturday, October 13 Sunday, October 14

Children's Names and Ages: _____

Emergency Contact/Pager # _____

Parent's Name(s): _____

Special Needs: _____

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

FOR THOSE REGISTERING FOR CREDIT
 Need only complete if NOT Minnesota State Mankato students

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

Tech ID # _____ Check one: Grade PN
 Check one: Credit in Women's Studies CEU in Women's Studies
 Call # _____ Course # _____
 006532 WOST-265-01

Have you previously enrolled for any classes offered by Minnesota State Mankato? yes no
 Are you a resident of the State of Minnesota? yes no

Do you plan to work toward a degree from Minnesota State Mankato? yes no

- I am registering as: (Check one)
- Undergraduate resident (separate check required)
- Undergraduate non-resident (separate check required)
- CEU (\$50) (separate check required)
- (We are unable to accept debit or credit cards)

CONTACT THE OFFICE OF BUSINESS AFFAIRS, 507-389-2261
 FOR SPECIFIC TUITION CHARGES.

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

2008 Conference Dates October 11 and 12 (Tentative)



WOMEN & SPIRITUALITY

CONFERENCE

507-389-2077

Minnesota State University, Mankato
Saturday and Sunday, October 13 and 14, 2007

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

"Dreaming in Female"
Keynote Speaker: Marge Piercy

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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