

27th 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 confer-

ence 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.

2008 Keynote Speaker, Riane Eisler



Riane Eisler

The Keynote Speaker this year will be Riane Eisler. She is an eminent social scientist, attorney, and social activist best known as author of the international bestseller, *The Chalice and the Blade: Our History, Our Future*. Riane Eisler was born in Vienna, fled from the Nazis with her parents to Cuba, and later emigrated to the United States. She obtained degrees in sociology and law from the University of California, taught pioneering classes on women and the

law at UCLA, and is a founding member of the General Evolution Research Group (GERG) and the Alliance for a Caring Economy (ACE), and a fellow of the World Academy of Art and Science

and World Business Academy. She is also co-founder of the Spiritual Alliance to Stop Intimate Violence (SAIV). She is president of the Center for Partnership Studies, dedicated to research and education. Dr. Eisler has received many honors, including selection as the only woman among 20 great thinkers such as Hegel, Adam Smith, Marx and Toynbee for inclusion in Macrohistory and Macrohistorians in recognition of the lasting importance of her work. Her books include the award-winning, *The Power of Partnership and Tomorrow's Children*, as well as *Sacred Pleasure*, a daring reexamination of sexuality and spirituality, and *Women, Men and the Global Quality of Life*, which statistically documents the key role of the status of women in a nation's general quality of life. She is the author of over 200 essays and articles in publications.

Schedule

Saturday, October 11, 2008

9:00 - 10:30	Registration-Student Union 2nd Floor
10:30 - 11:00	Opening Celebration, Announcements/ Welcome, Student Union Ballroom
11:00 - 12:30	Keynote / Booksigning, Student Union 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 12, 2008

8:30	Exhibits/Conference Site Opens
9:00 - 10:30	Session III
11:30 - 1:00	Session IV
1:15	Closing Celebration-Student Union Ballroom Exhibit Browsing

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

The 2007 Planning Committee:

Katie Bowman, Coordinator and Course Instructor
Cindy Veldhuisen, Business Manager
Maria Bevacqua, Chair of Women's Studies
Rita McEvoy, Exhibitor Coordinator
Carol Mackel and others, Opening/Closing Ceremonies

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

*Celtic/Indian Jazz played during registration on
Native American flutes by Duke Addicks*

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

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

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



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)

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

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

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

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

Workshops

SESSION I

THE CHARIOT – A TAROT ROAD TRIP

285 Student Union Paper/discussion/experiential/ritual
We are spirits on a human road trip! Through the Chariot, we will explore themes of journeys, home and spiritual adventures. Rather than bemoaning the human condition, let's luxuriate in it. Beginners welcome! Bring your curiosity and a deck of Tarot cards.

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

DANCING YOUR OWN

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

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

DISCOVERING YOUR INDIVIDUAL AND COLLECTIVE POWER WITH ASTROLOGY

(Also offered in Session IV)

308 Armstrong Hall Paper/discussion/power point
In this workshop we will discuss power. We tend to think of power as something negative because of the potential of misuse. If we are only thinking of ourselves and not how we affect others and our environment, then we are misusing our power. However, power can be a good thing, especially if it is approached from a spiritual standpoint or the realization of our inner connectiveness. We all have potential for individual power as well as collective power (power within a group).

By studying our natal charts we can discover our strengths and weaknesses as individuals so that we are better prepared to work with others to build a stronger and healthier world community.

Sally Blumenfeld has studied astrology for over 25 years. She is an astrological counselor, speaker, writer, and former president of STARS, the Minnesota Chapter of the National Council of Geocosmic Research.

CHANNELING LOVED ONES

(Also offered in Session III)

150 Student Union (Ostrander Auditorium) Experiential
This workshop's purpose is to help people to heal relationships with loved ones who have passed away. You will have the opportunity to learn techniques that will help you communicate with not only loved ones, but guides and guardian angels. The facilitator will also respond to participants' requests to speak to loved ones who have passed on.

Ronna Boyd has been a professional psychic and medium for 11 years. Besides offering private counseling and sessions, she travels the Midwest with her workshop, "Channeling Loved Ones". She has also developed various classes meant for personal growth and spiritual development. She lives in Rock Island, IL.

WRITING CIRCLES FOR HEALING: COMMON THREADS, UNIQUE VOICES

(Also offered in Session IV)

325 Armstrong Hall Experiential
Which stories do we feel compelled to share? How do we express our authentic voice? In this writing workshop, participants express their unique voices with clarity and authenticity. Using simple techniques of spontaneous free writing, we nourish our creative rejuvenation. By sharing our stories we find our common threads of experience. Writing is a way of listening to the deepest self and to access the inner voice of wisdom. A transformation occurs as our stories surface through the process of writing, reading and listening in a circle.

Wendy Brown-Baez is a published writer and has facilitated writing circles for 12 years. She recently facilitated a writing workshop on Madeline Island during A Celebration of Women and at Amazon Bookstore Cooperative. Wendy was the recipient of a 2008 McKnight grant to teach a bilingual writing/performance workshop at El Colegio Charter School.

DIVINE WARRIOR TRAINING: BALANCING YOUR MASCULINE AND FEMININE ENERGIES

(Also offered in Session III)

234 Armstrong Hall

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 find balance and strengths in their innate masculine and feminine energies. A closing circle allows opportunity to share insights with other participants.

Thomas Capshaw is a former attorney and professor. He is a writer and motivational speaker, and the author of the book *Divine Warrior Training: Manifesting the Divine in Our World*. He has a private spirituality practice in New York City and is on faculty at Windemere Institute of Healing Arts in Iowa.

THE THREE CAULDRONS OF INSPIRATION: A CELTIC-BASED SHAMAN SYSTEM FOR HEALING AND RENEWAL

(Also offered in Session II)

304 Armstrong Hall

Ritual/story-telling/experiential

A Celtic-based Shamanic system for healing the body and soul, this workshop introduces participants to the three subtle energy centers in the body: 1) The Cauldron of Warming; 2) The Cauldron of Calling or Yearning; and 3) The Cauldron of Wisdom. Using lore, shamanic journaling, poetry and art we will make, connect, and heal the subtle energy centers in the body, known as the *Three Cauldrons of Inspiration*. Participants will leave with a solid sense of these three subtle energy patterns in the body and a meditation for balancing and healing oneself.

Cara Carlson, MSW, LICSW, is a transpersonal therapist and healing practitioner of the old ways. She is on faculty at the Powderhorn-Phillips Cultural Wellness Center where she has been initiated as a community wise woman specializing in Cultural Studies. She is completing her doctoral dissertation on the transformational elements of the Sacred Feminine Tradition.

Biff Dunsworth is an apprenticing practitioner of the Sacred Feminine Tradition and has been studying Celtic tradition and health practices for many years.

INTRODUCTION TO TAOIST MEDITATION

204 Student Union

Experiential/discussion

The *Tao te Ch'ing* says, "Stillness and tranquility set things in order in the universe." This workshop will be an introduction to some basics of Taoist meditation and Qigong that you can use in your daily life. The workshop will include fundamentals on alignment, breath, and quiet mind techniques, discussion of the Microcosmic Orbit, and meditation exercises. Participants should wear comfortable clothing and bring pillows/cushions if they want to practice the seated meditation on the floor; otherwise, chairs will be provided. You may also want to bring drinking water.

Julie Cisler has studied Qigong, meditation, and T'ai Chi Ch'uan for over 22 years and has been teaching for over seven years. She is a seventh generation lineage holder of Yang style T'ai-Chi Ch'uan. When she's not teaching or practicing Chinese martial arts, Julie pursues other creative endeavors, including painting, drawing, and graphic design.

PRAYER, MEDITATION AND CONTEMPLATION

(Also offered in Session II)

305 Armstrong Hall

Discussion/experiential/power point

At the center of prayer, meditation, and contemplation is a response to the soul's desire to find truth and meaning. This workshop will help you

to explore your connection with Divine Spirit to attain peace, freedom, and answers to your deepest questions.

Pamela Cole is 35 years old and has been a student of Eckankar for 32 years. She has studied different methods of communicating with God, the Divine, including spiritual exercises and contemplation in practical ways, getting real life answers. Pam received her Master's degree in physical therapy from Boston University, and has been practicing wound care since 1998. She is a board certified Clinical Wound Specialist and an adjunct professor at the University of MN.

Kristy Walker is an international workshop facilitator, researcher and writer. She has worked in the natural food industry for over 20 years. She is a member of the Eckankar Clergy a wildlife photographer, and is listed in the Who's Who of American Women. She currently serves as Vice President of Cause Marketing for an organic lifestyle company.

MOTHERHOOD: THE SPIRITUAL JOURNEY

(Also offered in Sessions III)

213 Armstrong Hall

Discussion

This workshop will explore the spiritual aspects of mothering, presented by two generations of mothers (mother and daughter). We find ourselves on separate, yet oftentimes intersecting journeys through mothering with different parenting styles, cultural/societal expectations, and paradigms. We believe that our experiences echo and affirm the journeys of other mothers and parents and reflect the belief that parenting often changes a person and promotes individual and spiritual growth.

Kathleen Crawford is the young mother of two sons, Elliot, 10 and Max, 6. She is an instructor in the Speech Communication Department at Minnesota State University, Mankato. She has a BA in Speech Communication and Art History; she has a Master's degree in Speech Communication. She lives in Owatonna, MN.

Theresa Crawford, mother of three, started out as a married, stay at home mom. She has a BA in English and Communication. She became a single mom through divorce and has worked in marketing. She is nearing the end of coursework towards a Master's degree in Marriage and Family Therapy from St. Mary's University of MN. Theresa has written a memoir on being the mom of a teen mom, not yet published. She lives in Minneapolis, MN.

CONNECTING LUNAR ASTROLOGY AND TAROT SYMBOLISM

253/4 Student Union

Story-telling/experiential/power point

We will explore Lunar Astrology and the symbolism of tarot. The Lunar calendar is one of the most ancient forms of keeping time and still relevant for people today. Find out how using lunar cycles and Solar cross quarter days can deepen your understanding of yourself and the cards. Find out where you stand on the sacred wheel. Have fun exploring symbols and using your intuition.

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 Co.

FENG SHUI IN THE BEDROOM...YOUR PRIVATE SANCTUARY

216 Armstrong Hall

Discussion/story-telling

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

Diana DiCristina is a spiritual director, intuitive, Feng Shui and color consultant, teacher, speaker, tutor, Sacred Circle of Light™ designer, and founder of Wind Water Harmony. She teaches Feng Shui principles and

consults with individuals, businesses and organizations on the concepts of Feng Shui. Diana received her Feng Shui certification from the Wind and Water School of Feng Shui and her spiritual direction certification from the Center for Spiritual Guidance. She is an active member of the Feng Shui Institute of the Midwest and Spiritual Directors International.

GOD IN THIS AMAZING UNIVERSE

209 Morris Hall

Paper/discussion

The sciences and our faith traditions are giving us new stories of the beginnings of the Universe and eventually our beginnings. The way we understand the unfolding of the universe itself affects the way we understand who God is, and how we understand who God is affects who we understand ourselves to be. The new scientific discoveries say that we are part of one huge, ongoing act of creation. Gone is the image of a one-time creation event by a God who is envisioned as operating outside of creation. The new universe story allows us to image a God who is working from within creation, within each of us.

Lucy Edelbeck, OP, has directed retreats on The New Earth Story, on Understanding the Mystics, on Hildegard, and on Sacred Earth. She has been a frequent presenter at this conference, offering topics as Great Women Beckon Us; Hildegard; Women, Portals to Peace, and more.

TOUCHING THE DIVINE WITH SEXUAL AND SENSUOUS POWER: SHAMANIC TECHNIQUES FOR HEALING AND TRANSFORMATION

(Also offered Session II)

202 Student Union

Experiential

This workshop will help you develop a closer relationship to the Divine through sexual and sensuous shamanic energy that can open us to healing and transformation. Through journeying, drumming, and celebrating ceremony, participants can connect with their indigenous sexual and sensual self in sacred circle and learn how to carry it with them when they leave.

Mary Anne Flanagan is a shamanic healing practitioner, teacher and coach. She is the founder and creator of Toning the OM, which uses drumming and shamanic circles, meditation, and earth-based ceremonies for healing. She has a private healing practice in New York and facilitates workshops throughout the U.S.

AFFIRMATIONS – STAYING POSITIVE IN A NEGATIVE WORLD

(Also offered in Session IV)

220 Armstrong Hall

Discussion/experiential

This workshop is designed to teach the participants about affirmations – positive statements – and how they can use them to lift the spirit and stay focused on the positive rather than the negative. There will be examples of how to identify negative influences. We will explain the mind-body-spirit connection and the power of positive statements, how to write affirmations and how to use them. Each participant will receive a workbook with exercises for identifying the ideal life situation, the benefits of living an ideal life and the reasons why they are not living an ideal life.

Linda Grant is a massage therapist and life coach, and a Master in the Usui System of Reiki Healing at Healing Hands Wellness Group in Waseca, MN. She has worked extensively in the area of grief support and looks at life as something to be lived every day – positively.

Jane Dunn has been a massage therapist for 17 years and is co-owner of Healing Hands Wellness Group in Waseca, MN. She has BS degrees in physical education and mortuary science. She is a student of Healing touch.

GODDESS SPOT MASSAGE AND ITS ROLE IN SACRED SEXUAL HEALING

(Also offered in Session II)

211 Armstrong Hall

Experiential/group discussion/power point

This workshop is on the topic of sacred sexual healing and the practice of Goddess spot massage as a tool for healing sexual trauma. It is especially geared to those interested in integrating spirituality into their sa-

cred erotic lives. Once old memories are healed and released through G-spot learning and massage, women can begin to experience the sensations of deep spiritual connection and incredible love. We will focus on empowering participants to understand their anatomies in relations to their spirituality and sexuality.

Candessa Hadsall, RN, MA is a sexuality educator, nurse, counselor and Tantra teacher with over 25 years of experience related to sexuality and women's health. She is an ardent supporter of sexual empowerment for women and building sex positive communities. She is the founder of Ms. LaVie's School of Loving Arts in Minneapolis.

Deborah Sundahl is a pioneering expert on female ejaculation. Her 22 years of groundbreaking contributions include author of the bestselling book, *Female Ejaculation and the G-spot*, producer of the *Female Ejaculation Sex Education Series*, which features a line of videos on the subject, and the publisher of the first women's erotica magazine, *On Our Backs*.

WHAT IS YOUR BODY TRYING TO TELL YOU?

(Also offered in Session II)

231 Armstrong Hall

Lecture/experiential/discussion

Throughout life our stress, memories and emotions are stored in our bodies and show up as aches, pains and tension. Current research has proven that chronic stress can manifest physically as illness and disease, leaving us feeling tired, emotionally drained and disconnected. The Rubenfeld Synergy Method® offers a gentle way to address what is happening both physically and emotionally, by combining talk with gentle touch and compassionate listening. This workshop will help you learn to express what is on your mind and in your heart so you can feel both physical and emotional relief, empowering you to improve the quality of your life.

Pam Hansen Barnard is a licensed counselor and a nationally certified Rubenfeld synergist (see www.rubenfeldsynergy.com). She uses traditional talk and a listening touch to guide her clients toward deeper self-awareness to enhance cognitive, emotional, spiritual and physical healing. Pam practices this form of holistic healing at Centerpeace in Sioux Falls, SD.

A SACRED PATH

(Also offered in Session II)

102 Armstrong Hall

Movement/experiential/child friendly

Learn about the mystery and power of the ancient labyrinth – and then experience it in its modern form. You are invited to come walk the labyrinth and experience your own prayer and meditation in an environment of quiet instrumental music and flameless candlelight. There will be a handout including a bibliography and hints for ways you can incorporate the labyrinth into your prayer and meditation life. Information will be available on how to obtain a labyrinth for groups or churches.

Jeri Hird Dutcher and **Pat O'Donnell** are Labyrinth Team Leaders at First Presbyterian Church in Grand Forks, ND.

INQUIRE WITHIN: ACCESSING INTUITION

321 Armstrong Hall

Experiential

Intuition is a natural gift that can be enhanced by training. Intuition is defined holistically and then explored in different categories. Participants will identify their personal intuitive style, and they will access their inner wisdom through a variety of experiences, including self healing.

Janet Hovde, MA, OTL, CHTP, is celebrating her tenth year in her intuitive healing practice in Roseville, MN, in which her 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.

WATER, SACRED WATER

233 Armstrong Hall

Ritual/discussion

Does water call you? Come sit in a circle and pour water in silence for one other person. Drink a little and sit with the water. Bless someone

across the room with water. We will then talk in small groups and report to the whole group. There will be a closing chant.

Susu Jeffrey is the founder of Friends of Coldwater. Coldwater is sacred to all the Upper Mississippi tribes, birthplace of the State of Minnesota, the last natural spring in Hennepin county, and still flowing at about 90,000 gallons a day.

TOOLBOX FOR A SIMPLER LIFE, GREENER PLANET, AND FREER SPIRIT

319 Armstrong Hall Paper/discussion/power point
Come share the physical, mental and social tools the presenter has identified in creating a wonderful life. Topics include financial freedom; decluttering your house and head; truth, justice and the American way; advertising as adversary; the real dirt on dirt; the art of giving; and ancient words of wisdom. You will leave with an outline for creating your own toolbox.

Holly Jorgensen has an extraordinary lifestyle, using second-hand and found materials for building, decorating, furnishing, landscaping, and dressing. She has been a teacher, performer and librarian, among many other creative and productive pursuits. Her company, Northern Holly Creations, focuses on educational and inspirational entertainment.

THE MAGIC OF THE MANDALA

232 Armstrong Hall Discussion/experiential
Mandalas are ancient symbols of the journey to wholeness and psychological integration. Using art and movement, participants will focus on a present life challenge to move towards an understanding of how the mind creates suffering and to explore the spaciousness inherent in the physical body when connected to the breath. Mandalas can be used as a visualization tool to enhance personal prosperity.

Carole Julian has studied Tibetan Buddhism at the Nyingma Institute in California. She wrote her Master's thesis on Mandalas. She currently works as coordinator of Sacred Services at Unity Christ Church in Golden Valley, MN.

DIVERSE MODES OF SELF: BODY, BRAIN AND THE PHILOSOPHY OF YOGA

219 Armstrong Hall Paper/discussion
The Yoga practices have become quite popular around the world. The American Yoga primarily includes physical exercises with a few relaxation techniques without any discussion of its philosophical foundation. Noting the popularity of the Yoga in the West, Indians, too, have started the Yoga practices. In the process of globalization, however, the original philosophy of Samkhya on which the Yoga practices are based is ignored or lost. The purpose of this workshop is to discuss the nature of the multifaceted Self (i.e., body and brain) and its diverse behavioral modes in the context of yogic philosophy. The paper emphasizes the need of understanding one's own self for the understanding of others, which indirectly leads to positive relationships and healthy living.

Indira Junghare, is a professor of Indian Linguistics, Literature, and Philosophy of Asian Religions at the University of MN.

QIGONG FOR FIBROMYALGIA, CHRONIC FATIGUE AND CHRONIC PAIN

284C Student Union Movement/experiential/power point
A variety of proven Qigong healing techniques will be taught, including exercises for detoxification; strengthening internal organs; balancing; restoring normal function to the immune system and other areas of the body affected by these disorders; and specific techniques for eliminating pain. Participants with FM or CF will learn Qigong techniques which they can use to develop a personal daily program and path to recovery. Diagnosed with Fibromyalgia in 1991, the presenter will share her experience of healing and recovery from five years of immobility and chronic pain, then discovering Qigong and developing a program that led to her regaining a symptom free, healthy, active lifestyle.

Rebecca Kali is internationally known as a teacher and practitioner of Qigong and Subtle-Energy Healing. She has studied Qigong at hospitals in Beijing; and Meditation and Daoist Alchemy in monasteries throughout China. After her diagnoses of fibromyalgia, she learned Qigong and successfully developed a program for recovery. She teaches Daoist Meditation, Spirituality, Qigong for anti-aging and leads Qigong retreats. Rebecca is the founder and director of the Qigong Alliance International, a global community/non profit organization with over 700 members from 45 countries. She also leads educational, "Off the Beaten Path" tours to China and Tibet. Rebecca lives in Ely, MN.

MEDITATION OF THE HEART
(Also offered in Session III)

221 Armstrong Hall Discussion/experiential
This workshop will teach you a user-friendly secular method of meditation. You will be supplied written information for your personal reference and personally experience the meditation process. You will also receive a small wooden heart as a regular reminder to meditate twice daily.

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

FEELING, SEEING, AND PSYCHICALLY READING AURAS

320 Armstrong Hall 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 is a lifelong psychics and has written a book about developing psychic skills.

LIVING A SOUL DIRECTED LIFE: A KABBALISTIC PERSPECTIVE
(Also offered in Session II)

212 Morris Hall Paper/discussion/experiential
Would you like to live life from the depth of your soul? Would you like to make decisions and act organically from the source of yourself? The Kabbalah speaks of the Soul on five integrated levels: Nefesh, Ruach, Neshama, Chayah and Yehidah. Learn what the Soul levels are and about how nourishing the Soul heals life patterns and opens to living a soul directed life. Also learn a simple meditation that will help you to remember connection to your Soul.

Lisa Lillemoen, BS, IKH, is an internationally known healer, teacher and author. She teaches Awakening Consciousness classes at many locations locally and nationally including Macalester College in St. Paul, MN. She offers Kabbalah and Soul Healing, Holistic Psychotherapy, Spiritual Direction, and Nutritional Consulting at her offices in Apple Valley, MN and Berkeley, CA.

THE HEART PART OF MAKING MONEY
(Also offered in Session III)

101 Morris Hall Paper/discussion/experiential
When we attempt to create something in our lives, it cannot come into being unless it is in harmony with our heart of hearts. If we understand how our hearts and minds work in tandem to create our results, we can choose to live in the full richness of life. As our dreams come into manifestation, we can overflow this good into the world and one can only imagine what wonders we might create. Workshop includes guided meditation and techniques for change.

Kim Luedtke, Ph.D., is a Coach/Clairvoyant/Creative Genius, Ordained Interfaith Minister, graduate of Minnesota State Mankato's Women's Studies Master's Program, President of the Free Kim Luedtke Campaign.

THE CHALLENGES FROM THE GODDESSES

(Also offered Session III)

200 Student Union (Ballroom)

Discussion

A discussion will be led about the challenges presented by the different Goddesses in the opening ceremony. Open and honest conversations will take place with how women can meet challenges the Goddesses presented us with. Each person will walk away with a wide array of ideas on how to be successful in the challenges they wish to take on! **Carol Mackel and others**, there are many presenters for this workshop...each woman worships the Goddess and each believes in her own divinity!

MIRACLE HEALING POWER WITHIN

(Also offered Session III)

101 Armstrong Hall

Paper/discussion/experiential

Participants are invited to explore the foundation of their own healing sources with the internationally-known natural born healer and author who will share her knowledge and useful experience with attendees. Discover the source of healing from within. Realize that our bodies and minds are not two entities to be treated separately in the healing process but are woven into one. Explore techniques to inspire your subtle source of healing to heal common health problems. Learn how to be creator of your own healing techniques.

Rachel Madorsky, MS, is known worldwide as an expert on natural healing and author of *Symphony of Your Karma*; *Create Your Own Destiny*; *Karma of Your Destiny*; *Your Choice*; and *Energy and Health*. She is one of those rare, gifted people, born with the ability to heal, devoting her life to what she wants to do most – help people. She maintains a private consulting practice.

AN INVITATION TO INTIMACY

223A Armstrong Hall

Storytelling/discussion/experiential/ritual

The purpose of this workshop is to discuss ways to create, deepen and sustain intimate relationships. Together, we will explore ways to make connections that matter to us. We will share what life-affirming action steps that we want to take with us from the workshop.

Candace Mainville works as a spiritual director and Hennepin County social worker.

Jennifer Buskirk shares her life with her three Australian Sheppards and cat; she loves to garden and enjoys the birds and critters that come to visit, but most of all she loves to walk her spiritual path. She works as a social worker.

A NEW YOU: CREATING YOUR HEALING STORY

(Also offered in Session II)

255 A/B Student Union

Storytelling/discussion/experiential

A story is our creation of reality and arguably matters more than what actually happens. The story about ourselves that we tell ourselves determines the way we gather and spend our energy and is the foundation of our health and happiness. It is a road map that guides our attitudes and decisions. Participants will hear healing stories, identify the elements that make a story healing, use hypnotherapy to find those elements in their own lives, then write or tell their healing stories to create their new selves.

Carol McCormick has been a professional storyteller for 30 years.

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

MOSAICS

215 Armstrong Hall

Experiential/power point/child friendly

This workshop is intended to introduce the developmentally disabled population through slides/power point and the organization MOSAIC. It will include an art activity of creating a mosaic tile to take home. The concept of Mosaic as a symbol for your own personal life and experiences will be presented.

The Life Mosaics of partners **Annie Mohler** and **Cynthia Heinicke** have been brightly colored by special needs individuals. Annie is an artist and human services worker. Cynthia has an exceptional sister who works as a weaver.

ST. JOAN OF ARC – MYSTERY AND MISSION

223B Armstrong Hall

Discussion/power point

During her brief life (1412-1431), St. Joan of Arc heard Voices that inspired her to lead her country of France into nationalism. Learn the historical background of this controversial period and how the accomplishments of this amazing teenager changed a king and country. She is still celebrated over 500 years later. Follow the presenter on her pilgrimage to France as we explore the mystery and mission of St. Joan of Arc. Featured will be slides, music, web sites and plenty of discussion.

Debra Nickelson is proud to call St. Joan of Arc her patron Saint. She is a veterinarian and marketing manager with Veterinary Products Laboratories in Phoenix, AZ.

**TAP YOUR OWN MYTH BY WRITING A FAIRYTALE:
AN EXPLORATION OF THIRD MIND**

214 Armstrong Hall

Experiential

This workshop will explore the timeless territory of fairy tales. Participants will access their own deeper mystery by writing down the "bones" of a fairytale. We will draw, write, and share. Everyone leaves with a synopsis, the beginnings of a story.

Marie Olofsdotter is an artist, poet, and illustrator of many books for children. *Sofia and the Heartmender* was honored with a Mid-America Publishers Award, a Benjamin Franklin Silver Award, and a Skipping Stones Honor award, and was selected a Parent Council Book. She has been working as a creative consultant and artist-in-residence for over 15 years. A native of Sweden, Marie lives in Minneapolis, MN.

HEALING OUR PLANET, HEALING OUR BE-ING

(Also offered in Session III)

225 Armstrong Hall

Discussion/experiential/
power point/presentation

We are one with Planet Earth. We heal the planet when we heal ourselves. When we harm the planet, we harm ourselves. Learn how to create Oneness with Planet Earth when we weave and connect our relationship with the Planet Earth, the Amazon Rainforest, the Earth Honoring People of the Rainforest, Rainforest Herbs and our Be-ing.

Paula Quinlan is a nationally trained educator and Life Transformation Ambassador. She provides introductory and workshop training for individuals and/or groups who are interested in the universal energy and tools that Planet Earth provides for personal wellness and be-ing. Paula is certified and trained for Reiki, Healing Touch, Quantum Touch healing, creator of Healing Hearts Triad for personal Transformation. She is also a certified aroma therapist and darkfield microscopist for nutritional and spiritual counseling.

AN INTRODUCTION TO YOUR INTUITION

(Also offered in Session IV)

314 Armstrong Hall

Discussion/experiential/child-friendly

Ever wonder how you know things? Or if you know things? Or if the sense you have about something is real or "made up"? Come explore your intuition and delightfully surprise yourself. You have knowledge within yourself; this playshop will provide experiential exercises to show you what you already know. Come think about things in a different way and realize that occurrences in your life may be your intuition – you just need to recognize it.

Marita Rahlenbeck brings together a unique combination of Transformation Tools which foster and support change when used individually or in combination. She is trained in the Usui Shiki Ryoho form of traditional Reiki energy therapy as well as Raindrop Technique, a bodywork therapy using

essential oils. Her gift is experienced as she combines her formal training with intuition and energy medicine in an effort to facilitate awakening and healing. Her practice is located at the Aslan Institute in Eagan, MN.

FINDING MY VOICE: ONE WOMAN'S SPIRITUAL JOURNEY THROUGH WRITING AND CHANNELING POETRY

(Also offered in Session III)

211 Morris Hall Story-telling with experiential aspects

As the world awakens to a new spirituality, we are awakening to "original truth," the sound of our souls, and the fulfillment which comes from finding our voice. Everyone's journey to find his or her voice is unique. Using the methodology of storytelling, this workshop will take participants on one woman's journey of learning to know and love herself as a spiritual being who is currently engaged in a human experience, and has found her voice through writing and channeling poetry. We will close with a poetry reading and guided meditation to listen for the voice of our individual souls.

Rebecca Rehfeld, Ph.D., is an educator and business strategist in the field of organizational development, an author and poet, professional speaker, development coach, and co-founder of *Thinking From the Heart*, and has published multiple texts. "When I write, I close my eyes and listen for the voices of my guides. My poetry is the expression of my soul interwoven with all souls, ancient, wise, complete."

Joyce Sealine, CFP®, is the CFO of a financial planning concern, professional speaker, facilitator, teacher and co-founder of *Thinking From the Heart*, a company that connects generations of families through the creation of ethical wills.

NURTURING INTUITION

(Also offered in Session IV)

326 Armstrong Hall Experiential

We all have intuition, our inner knowing created in the quiet crossroads between our animal senses, our trained mind, and our more-than-normal perceptions. Here we'll bring our attention to how our unique intuition works, honor it, exercise it and learn to protect it.

Heather Roan Robbins is an interfaith minister and Dean of the New Seminary for Interfaith Studies who has had an active astrological counseling practice for over two decades. She writes a regular column on astrology, *Starcodes* (by day, not sign), the *Santa Fe New Mexican* for several Web sites (see www.roanrobbins.com) and for the *WeMoon: Gaia rhythms for women* calendar.

THE PENDULUM: WHAT IS IT AND HOW DO I USE IT?

284 A/B Student Union Discussion/experiential/child-friendly

In this workshop we will explain what a pendulum is, expand participants knowledge of pendulums, explore the nature of the pendulum and experience the use of the pendulum. Energy fields of the body will be described as well as way in which these are affected by physical, psychological and/or spiritual malaise. There will be a demonstration of the use of a pendulum as a tool of assessment of the energy fields along with information on programming a pendulum for other personal uses. There will be time to experience using a pendulum to assess each other's fields. We will also discuss how to choose a pendulum for yourself and the care of it.

Nancy Russ is a nurse healer who recently retired from 25 years as a visiting nurse. Her business, *Cronestones*, is an adjunct to her healing work. She uses stones to help move and repair the body's energetic fields and pendulums for assessments of this energy.

UNCOVER THE SECRET WISDOM OF YOUR BODY IN MIDLIFE AND BEYOND

(Also offered Session III)

225 Highland North Experiential/movement activity

Discover what a surprising resource for transformation your body can be. Learn the core emotional and spiritual lessons hidden there through

mindful and playful attention. You'll make friends with your body, find a renewed sense of passion and creativity, and rediscover your own innate beauty, wisdom and power.

Pat Samples, MFA, MA, is a transformational educator and author of eight books, including *The Secret Wisdom of a Woman's Body: Freeing Yourself to Live Passionately and Age Fearlessly* and *Body Odyssey: Lessons from the Bones and Belly*. She has given more than 400 talks and workshops internationally on conscious aging, body wisdom and inspired living.

SPIRITUAL WISDOM ON RELATIONSHIPS

(Also offered in Session II)

222 Armstrong Hall Discussion/experiential/power point

This workshop is to aid you on your spiritual journey to divine love. You will learn 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. The presentation is based on *Spiritual Wisdom on Relationships* by Harold Klemp, the spiritual leader of Eckankar.

Heidi Skarie is an Eckankar clergy member, author and artist who teaches classes and gives talks and workshops on spiritual topics. She has learned about relationships and unconditional love from her husband of 33 years, her three wonderful children, and many pets.

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.

INTUITION 101, Part 1

317 Armstrong Hall Discussion

What is intuition? Who has intuition? Where does intuition come from? When is intuition available to us? Why is intuition useful? How do we recognize and access intuition? During this first session, we discuss the who, what, when and where of intuition. The discussion evolves from information that is presented and from input given by participants regarding their knowledge and experiences with their intuition. We will do a group meditation and a fun intuitive partner activity. Come get a jump start into looking at your intuition in new ways.

Ann Springer taught children in a variety of settings for 20 years. She is now taking her love of teaching in a new direction through facilitating "conversations" on the subject of intuition. Ann 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, MN.

CREATING SIMPLICITY

(Also offered in Session III)

310 Armstrong Hall Paper/discussion/ritual/experiential

Deciding to live a simpler life can be a counter-cultural choice in a world dominated by materialism, individualism and growthism. We will make clay blessing bowls and use them in an anointing ritual. The bowl reminds us of the begging bowls that monks carried. Each day people in the community would fill up their empty bowls and in turn the monks would teach them lessons. We can visualize ourselves as vessels abundantly filled with spiritual and material wealth. We invite the sacred into our lives through decluttering, centering prayer and time management.

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

PSYCHIC ABILITIES DECODED

(Also offered in Session II)

302 Armstrong Hall Discussion/power point/experiential

Just like there are different types of people, there are also different types of psychic abilities. Understanding your talents is the first step in your journey of psychic development. This workshop looks at and provides a working definition of the most common types of psychic ability (precognitives, channels, empaths, energy workers, etc...). You will be given assessment tools to help best determine where your natural talents reside so you can begin your journey of psychic master with confidence.

Michael Tkach Paquin has been working as an intuitive guide and teacher on spirituality for the past eight years in the Twin Cities. He is co-founder of the Explore Center, a place for people to expand their potential.

Jessica Tkach Paquin is newly awakened to her own special gifts. She holds a Masters degree with a minor in Complimentary and Alternative Medicine from the U of MN.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

(Also offered in Session II)

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

LIVING IN HARMONY WITH THE SPIRITUAL LAWS OF LIFE

(Also offered in Session II)

316 Armstrong Hall Discussion/experiential/power point

This workshop is designed to help you experience greater wisdom, freedom, and divine love by discovering how to live gracefully through the spiritual Laws of Life. We will share tools for recognizing the divine inspiration within that allows us to listen to the whisperings of soul. Come ready to discover ways to create harmony in relationships and develop a plan that supports a new state of consciousness relative to a personal goal or situation.

Sue Valdes is an educational consultant and long time student of the

Eckankar teachings. She has presented at spiritual conferences and retreats from California to New York and has shared the teachings of Eckankar to the MN community through expos, fairs and conferences. **Cecily Lloyd** is an event planner and store manager for Macy's. She lives her life with spiritual focus and allows spirit to lead her through life's challenges. Cecily is the meeting support coordinator for Eckankar's International Conferences.

TELLING OUR STORIES AS LESBIANS**201 Student Union** Story-telling/discussion/experiential

As lesbians, we are often set apart as different but also lumped together in stereotypes as all the same. Along with songs of affirmation, we will have an opportunity to get to know each other as we celebrate both our uniqueness and our commonality. In sharing our experiences, we will explore our spiritual, sexual, and political selves and how those parts of ourselves interact. As instruments of change, we can envision our concept of a world that supports us as lesbians and affirm ourselves as beautiful multi-faceted women.

Eleanor (Elly) Wagner is a creative lesbian crone who has presented workshops at past conferences as well as at the International Lesbian Conference in Ireland. She is an audiologist, mother, grandmother, photographer, crafter, herb farmer, bread baker, singer, and author of *Lavender Reflections: Affirmations for Lesbians and Gay Men* as well as two fresh herb cookbooks.

FROM TRAGEDY TO TRANSFORMATION: A MOTHER'S STORY

(Also offered in Session II)

103 Morris Hall Formal paper

This is the story of the devastating loss of my 20 year old daughter, Elizabeth. Although extremely painful, the loss of her physical presence in my life has truly been a journey of transformation to joy and peace. The Universe has revealed to me in many amazing, tangible ways that the bond my daughter and I share can never be broken, not even by death. Premonitions prior to Liz's death as well as messages and signs she and others received from Liz after her death will be shared.

Kim Wencil is a wife and mother living in Owatonna, MN. She is an International Customer Service Representative for SPX Corporation and has been for almost 34 years. She is a parent media spokesperson for Campus Firewatch, a national organization working to promote fire safety to communities, colleges and students across the nation.

MANY TOOLS FOR INTUITION**208 Morris Hall** Paper/discussion/experiential

This workshop is for people to learn about the many different tools for becoming more intuitive. The presenter has studied and worked with her own intuition over the last 30 years of doing readings, life coaching, and many classes. It is intended to empower people to trust and use their own intuitiveness in life, and to use this ability to develop their own spirituality.

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

LET THE FLUTE SING!**How to Experience the Spirituality of the Native American Sacred "Love Flute"**

(Also offered in Session IV)

150 Ostrander Auditorium Storytelling/flute playing/discussion

Participants will learn how to experience and use the spirituality of *Coya Tanka*, the "Great Inviting" flute of the Mdewakanton Dakota Sioux, also called the Native American Indian Love Flute. If the flute player learns how to acknowledge and respect the spirit who dwells within the flute, the spirit of the flute will then enhance the music far beyond the flute player's skill until the voice of the flute becomes one with the voice of *Wakan Tanka*, the "Great Mystery". Everyone can learn how to deeply experience the spirituality of the flute by understanding, finding and focusing your attention on flute music in which you hear the voice of the Great Mystery.

Duke Addicks (Euharlee Cherokee/Clan Stewart/Frisian) is a flute player, storyteller and Chief Justice for the Upper Mississippi Mdewakanton (Dakota/Sioux) Indian Community. He received his BA in anthropology and JD in law from the U of MN and his MA from the United Theological Seminary of the Twin Cities, with his thesis on the visions of Black Elk. Duke is a recognized expert on flute history, an outstanding flute player, and was a presenter/performer at the 2006 and 2008 conferences of the International Native American Flute Association.

THE ART OF RITUAL**202 Armstrong Hall** Discussion/experiential

Join in a discussion about what makes a good ritual, why we use ritual and what types of rituals are possible. We bring a lot of experience to the table and have worked with a wide variety of styles and traditions of ritual making: We see ritual as a creative means of spiritual expression and transformation. We have no desire to impose answers, but want to encourage provocative thoughts on the issue.

Lisa "Spiral" Besnett is currently Ritual Secretary for Northern Dawn COG in Minneapolis. She is also a High Priestess in Blue Star and 1734, a co-founder of Twilight Tradition, a regular Reclaiming Winter Witch Camp attendee and President of the Earth Conclave Board of Directors.

Gary Lingen, MDiv., is one of the founders and currently President of the Northern Dawn COG in Minneapolis. NorDCOG is currently celebrating its 25th year of presenting open public rituals four times a year in the Twin Cities. He is also a member of a Parliament of World Religions Interfaith group and a Founder and Elder Priest of Church of the Earth.

SPIRIT DANCING: FINDING YOUR VOICE THROUGH MOVEMENT**102 Pennington Hall** Experiential

We all express ourselves through movement, whether we realize it or not. In this workshop, we will be taught techniques for finding our own movement, then join our movements with others in small groups, culminating in showing our "spirit dances" to each other. Movement depends on the individual's abilities, and therefore will not exclude those dependent on mobility aids.

Mairi Breen Moon is a midwife who moonlights as the Music Director for the Washington Ethical Society. She holds bachelor's degrees in dance and nursing, and master's degrees in Theater and Midwifery. She has also studied on the priestess path through Diana's Grove, and designs and leads celebrations and ritual dances for life passages. She lives in Takoma Park, MD with her husband and four children.

THE THREE CAULDRONS OF INSPIRATION: A CELTIC-BASED SHAMAN SYSTEM FOR HEALING AND RENEWAL

(Also offered in Session I)

304 Armstrong Hall Ritual/story-telling/experiential

A Celtic-based Shamanic system for healing the body and soul, this

workshop introduces participants to the three subtle energy centers in the body: 1) The Cauldron of Warming; 2) The Cauldron of Calling or Yearning; and 3) The Cauldron of Wisdom. Using lore, shamanic journaling, poetry and art we will make, connect, and heal the subtle energy centers in the body, known as the *Three Cauldrons of Inspiration*. Participants will leave with a solid sense of these three subtle energy patterns in the body and a meditation for balancing and healing oneself.

Cara Carlson and **Biff Dunsworth**, see page 3 for bios.

T'AI-CHI CH'UAN FOR RELAXATION, HEALTH AND MEDITATION**200 Student Union** Movement/experiential/discussion

The first T'ai Chi Classic says, "In every movement, the entire body should be light and agile, and all of its parts connected like a string of pearls." This workshop will be an introduction to some basics of T'ai-Chi Ch'uan and Ch'I Kung that you can use in your daily life to promote relaxation, support good health, and practice meditation. The workshop will include a warm-up set, standing meditation, Qigong, Cloud Hands posture from the Yang style, 150-posture T'ai-Chi form, and some discussion. Wear loose, comfortable clothing and flat shoes with good structural support (Athletic shoes are fine.) You may also want to bring drinking water.

Julie Cisler has studied Qigong, meditation, and T'ai Chi Ch'uan for over 22 years and has been teaching for over seven years. She is a seventh generation lineage holder of Yang style T'ai-Chi Ch'uan. When she's not teaching or practicing Chinese martial arts, Julie pursues other creative endeavors, including painting, drawing, and graphic design.

PRAYER, MEDITATION AND CONTEMPLATION

(Also offered in Session I)

305 Armstrong Hall Discussion/experiential/power point

At the center of prayer, meditation, and contemplation is a response to the soul's desire to find truth and meaning. This workshop will help you to explore your connection with Divine Spirit to attain peace, freedom, and answers to your deepest questions.

Pamela Cole and **Kristy Walker**, see page 3 for bios.

DISCOVERING THE STORY OF YOUR LIFE – THE WHY OF YOU

(Also offered in Session III)

308 Armstrong Hall Story-telling/discussion/experiential

This workshop leads participants on a journey into their memories, focusing on special moments in their lives, to uncover hidden wisdom. Through visualizations, they will connect with their "younger selves" to listen to what this child, teenager, or young adult wants to tell them, and to speak the words that this younger self longs to hear for comfort, guidance or healing. Participants will explore the emotional values that resonate deeply with them, what they knew as children, but have "forgotten" as adults. They will see how these positive attributes, beliefs and values can be incorporated into their lives today, countering negative and limiting beliefs and behaviors. Journeying forward in time through visualizations, participants also encounter their "future selves", the wiser woman or man who has advice and perspective for their lives today.

Patricia Crisafulli is a writer, published author, speaker, workshop leader and founder of an e-literary magazine, www.FaithHopeandFiction.com. She is also the author of the non-fiction book, *Remembering Mother, Finding Myself: a Journey of Love and Self-Acceptance* (written under the name Patricia Commins), which guides women who have lost their mothers to a deeper understanding of themselves and the women who came before them.

BECOME THE HEALER YOU ARE

(Also offered in Session IV)

217 Armstrong Hall

Discussion/experiential

If you are dreaming about becoming a healer, this is the workshop for you. Receive practical tools and coaching around developing your own healing practice.

Kimberly Errigo is a Certified Personal Coach, Healing Touch Practitioner, flower Essence therapist, Ordained Interfaith Minister, and Ceremonial Leader with a thriving healing and coaching practice. She is the founder of intendworldpeace.com and the author of an e-book, *Tracking Joy*.

HAPPINESS IS AN INSIDE JOB

326 Armstrong Hall

Sing along/discussion

Do you struggle to find a sense of personal balance and happiness day to day? Does your mind spin with multiple demands, all knocking simultaneously in your head for attention? Do you long for peace of mind and wonder why it is so hard to get it? Come to this workshop if you are on this spiritual quest to find and spread happiness in your daily life.

Bonnie Bell Ewert is a communications and marketing specialist, motivational speaker, community activist, small business owner, and Unitarian / Universalist. She is a graduate of Northwestern University's School of Speech and a recent participant in the Blandin Foundation Community Leadership Program.

TOUCHING THE DIVINE WITH SEXUAL AND SENSUOUS POWER: SHAMANIC TECHNIQUES FOR HEALING AND TRANSFORMATION

(Also offered in Session I)

202 Student Union

Experiential

This workshop will help you develop a closer relationship to the Divine through sexual and sensuous shamanic energy that can open us to healing and transformation. Through journeying, drumming, and celebrating ceremony, participants can connect with their indigenous sexual and sensual self in sacred circle and learn how to carry it with them when they leave.

Mary Anne Flanagan, see page 4 for bio.

SPRING FOREST QIGONG ACTIVE EXERCISES AND GUIDED MEDITATION

214 Armstrong Hall

Experiential

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

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

Melissa Gieseke, no bio.

HEALING WITH ENERGY

(Also offered Session III)

311 Armstrong Hall

Movement activity/discussion

This workshop is intended to teach people how to do hands on healing for themselves, their family, their pets, and their environment. By the time you leave, you will be able to use this tool on family and friends. Participants will have the option of experiencing hands on healing in this workshop.

Beth Gustafson is an alternative health care practitioner based in MN and has a holistic approach to healing including homeopathy, herbology, Reiki, energy balancing and electro dermal screening. The

struggle she faced with her own critical health issues early in life helped her open up and trust her intuition. Beth has been teaching classes on energy and intuition for approximately eight years now.

GODDESS SPOT MASSAGE AND ITS ROLE IN SACRED SEXUAL HEALING

(Also offered in Session I)

211 Armstrong Hall

Experiential/group discussion/power point

This workshop is on the topic of sacred sexual healing and the practice of Goddess spot massage as a tool for healing sexual trauma. It is especially geared to those interested in integrating spirituality into their sacred erotic lives. Once old memories are healed and released through G-spot learning and massage, women can begin to experience the sensations of deep spiritual connection and incredible love. We will focus on empowering participants to understand their anatomies in relations to their spirituality and sexuality.

Candessa Hadsall and **Deborah Sundahl**, see page 4 for bios.

WHAT IS YOUR BODY TRYING TO TELL YOU?

(Also offered in Session I)

231 Armstrong Hall

Lecture/experiential/discussion

Throughout life our stress, memories and emotions are stored in our bodies and show up as aches, pains and tension. Current research has proven that chronic stress can manifest physically as illness and disease, leaving us feeling tired, emotionally drained and disconnected. The Rubenfeld Synergy Method® offers a gentle way to address what is happening both physically and emotionally, by combining talk with gentle touch and compassionate listening. This workshop will help you learn to express what is on your mind and in your heart so you can feel both physical and emotional relief, empowering you to improve the quality of your life.

Pam Hansen Barnard, see page 4 for bio.

WOMEN'S SPIRITUALITY, FOOD AND TRADITION: THE FAMILY COOKBOOK

216 Armstrong Hall

Lecture/power point/experiential/discussion

In many languages the root word for food is the same as for good. Jane Ellen Harrison, a scholar from Cambridge at the turn of the 20th century said all ritual begins with the need to procure food so that the traditions bind us together as families and communities. Some cultures say when we share food, we become of one substance, of one body – a family. Cook books are repositories of cultural and family histories. This workshop will share the presenter's recent publication of a multi-generational family cookbook and to give participants a chance to explore their own food traditions.

Terri Berthiaume Hawthorne, educator and scholar, MS, Women's Studies, has taught women's studies as adjunct faculty at the U of MN, for the MN University system, and currently teaches at Metro State U. She is a long time community activist and co-author of *Stars In Your Bones*, and *The Many Faces of the Great Mother*. She co-produced the videos *Through Women's Eyes: Beijing 95* and *The Feminine Face of God: Paintings by Julia Barkley*. Terri has been married 45 years and is a proud mother of 4 sons, and grandmother and great-grandmother.

Jolie Berthiaume Cummins is Director of CLEAR, an Adult Education program for Developmentally Disabled Adults in the St. Paul School District and a Para professional in a developmentally disabled school classroom. She has attended almost all of the past conferences, is the mother of 5 including,

Staci Cummins has attended the conference since she was 4 weeks old.

A SACRED PATH

(Also offered in Session I)

102 Armstrong Hall

Movement/experiential/child friendly

Learn about the mystery and power of the ancient labyrinth – and then

experience it in its modern form. You are invited to come walk the labyrinth and experience your own prayer and meditation in an environment of quiet instrumental music and flameless candlelight. There will be a handout including a bibliography and hints for ways you can incorporate the labyrinth into your prayer and meditation life. Information will be available on how to obtain a labyrinth for groups or churches.
Jeri Hird Dutcher and **Pat O'Donnell**, see page 4 for bios.

SPEAKING THE TRUTH: FINDING CLARITY AND FREEDOM ON THE EDGES OF REASON AND INSANITY

325 Armstrong Hall Discussion/ritual/DVD

This workshop will offer an unconditional loving atmosphere and spiritual framework for participants to examine their internal personalized beliefs and worldviews as a means to changing their behaviors. What keeps us from realizing the truth of our current status on the planet? What are the obstacles of seeking clarity in clouded times, and finding truth wading through the glut of information? Why is telling the (T)ruth to ourselves, to our loved ones, to power so challenging? You will be provided methods to realign individual pre-understandings to match newly discovered or recommitted consciousness awareness of SOUL INTELLIGENCE in achieving personal truth telling.

Diana Knobel has been involved with the ongoing Katrina recovery efforts in New Orleans the last three years as relief worker, investigative journalist, and video documentarian focusing on the historical context of rebuilding a community neglected by our government. She is currently enrolled in the Master of Liberal Studies program at the U of MN.

INTERSECTING SPIRITUALITY: HINDUISM, SHAMANISM AND BUDDHISM IN NEPAL

(Also offered in Session IV)

319 Armstrong Hall Story-telling/discussion/experiential/power point

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

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

GREEN WISDOM – LIFE GUIDANCE

(Also offered in Session IV)

223A Armstrong Hall Story-telling/movement activity/discussion/experiential

Participants learn to listen to the innate wisdom available in the natural world and receive guidance for the questions of their lives. You will increase your ability to be present, enhance your sense of vitality and create a deeper connection to yourselves, others, and Nature. The topic is facilitated through movement, experiential exercises, sensory stimulation, creative self-expression, and discussion. You are encouraged to bring an object from Nature, however objects are also provided.

Louann Lanning manages a Woman's Program and has 15 years ex-

perience 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 is committed to building emotional safety, confronting cultural differences, honing the sacredness of all life and developing humans' relationship with the earth.

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

LIVING A SOUL DIRECTED LIFE: A KABBALISTIC PERSPECTIVE

(Also offered in Session I)

212 Morris Hall Paper/discussion/experiential

Would you like to live life from the depth of your soul? Would you like to make decisions and act organically from the source of yourself? The Kabbalah speaks of the Soul on five integrated levels: Nefesh, Ruach, Neshama, Chayah and Yehidah. Learn what the Soul levels are and about how nourishing the Soul heals life patterns and opens to living a soul directed life. Also learn a simple meditation that will help you to remember connection to your Soul.

Lisa Lillemoen, see page 5 for bio.

HOW YOU CAN LEARN FROM YOUR DREAMS

215 Armstrong Hall Round table/discussion/story telling

Dreams are utilized in many cultures with common themes of increasing our self awareness and understanding through daydreams (wishes), lucid dreaming, and nighttime dream recall. Dreams are incorporated into our psychic abilities and correspond with chakras and healing. We will explore these areas together with brief presentations, discussion, and meditation.

Lori Lindgren has been a holistic nurse for over 20 years incorporating Healing Touch, Cranial Sacral, Massage, and Tai' Chi into her practice. Currently, she is a nursing instructor at The College of St. Scholastica.

ALTERNATIVE PATH AND PAST LIFE REGRESSION

285 Student Union Experiential/ritual

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

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

OUR DAUGHTERS DESERVE TO HAVE SACRED AND SEXUAL EMPOWERMENT

(Also offered in Session IV)

204 Student Union

Discussion

Self sexual awareness, empowerment, and voice can heal our soul. As citizens on this planet we have the obligation to ensure that we and our daughters have our voice and the wisdom of our own personal sexual power. Throughout history women's sexuality has been defined by, controlled by and determined by the dominator society. Through intimidation, mores, religion, tradition, force, fear, etc. women have been denied their own sexual power. Neither women nor men are served. This workshop will address explanations as to why a dominator society exists, and how this tradition affects women and girls in their attitudes towards sexual pleasure, knowledge, and empowerment. We will also use this safe and sacred place to respectfully and candidly talk about our experiences that will help girls and women take back our sexual power.

Cindy Mark is a long time feminist activist, women's studies scholar, researcher, artist, entrepreneur, speaker, and writer. She holds a Master of Science degree in Women's Studies and an undergraduate degree in Women, Culture and Art. She lives with her family, dogs, cats, chickens and ducks on a sustainable organic hobby farm in Cedar Lake Township in MN.

Linda Green, Ph.D., has been a professor of sociology and women's studies, a global traveler, a mediator and a priestess. She works for progressive politics, and the spiritual, cultural and social empowerment of women.

MYSTICISM AND RESISTANCE: RABIA OF BASRA, RUMI AND KNOWLEDGE-DIFFERENCE-POWER

(Also offered in Session IV)

206 Morris Hall

Paper/discussion

Sufi mystics' views of God, relationships and ethics are compared with the works of Mary Belenky, et al (*Women's Ways of Knowing; Knowledge, Difference & Power*), where we see the patterns of "Connectivity." Riane Eisler's "partnership power" is also a connectivity paradigm of resistance to dominant cultures' valuing of wealth and profit over human well-being, dominating power over justice, and consumerism over environmental well-being. There is also a message in mystical traditions to honor subjectivity, intuition, rationalism and emotion as equally valid as rational, "objective" ways of experiencing and understanding the world. The group may discuss examples of how Rabia & Rumi's (and their own) experiences of connectivity with spiritual resources, the earth and other human beings are directly related to how we are energized towards purposeful ethical activism.

Alice Maung-Mercurio grew up in the mystical setting of the Sheyenne Valley National Grasslands, where she continues to be energized for activism; she has also worked in the mental health field, religious settings and currently works in environmental advocacy.

A NEW YOU: CREATING YOUR HEALING STORY

(Also offered in Session I)

255 A/B Student Union

Storytelling/discussion/experiential

A story is our creation of reality and arguably matters more than what actually happens. The story about ourselves that we tell ourselves determines the way we gather and spend our energy and is the foundation of our health and happiness. It is a road map that guides our attitudes and decisions. Participants will hear healing stories, identify the elements that make a story healing, use hypnotherapy to find those elements in their own lives, then write or tell their healing stories to create their new selves.

Carol McCormick and **Jerome Buchmeier**, see page 6 for bios.

BODY WISDOM AND VITAL ENERGY – RECONNECT TO SOURCE

253/254 Student Union

Experiential/discussion

This workshop offers an introduction to reconnecting with your body's innate inner wisdom and its ability to heal itself at all levels, mind-body-spirit. You will actively experience practices that support increased self-awareness, body-awareness, grounded and centeredness, and an overall sense of well-being, using guided visualization and conscious reconnection with your body and with the Earth. Dress to move comfortably, and be ready to slip off your shoes!

Pamela Nelson, CMIC, is a transformational life/wellness coach, corporate leadership coach, and Reiki II practitioner with further training in body-centered coaching. She empowers others to reconnect with their innate inner guidance and to reclaim the gifts of their whole life's experience.

WOMYN RYTHYM

(Also offered in Session IV)

284 A/B Student Union Union Movement activity/experiential/child friendly

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.

Barefoot n' Muklaked (Jen Pickard, et al.) has sung, danced, drummed and mama'd together for 11 years. As a group they have performed for various drum workshops in our community, including Hiawatha Music Festival, 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.

DISCOVERING YOUR ANGEL ESSENCE: JOURNEY TO YOUR SECRET GARDEN

(Also offered in Session IV)

102 Morris Hall

Experiential

Often through life we can forget the wonderful things about ourselves for so many reasons. Thinking on the positive things about oneself strengthens the mental, emotional, spiritual and physical energy and improves self-esteem and self-confidence. Rarely do we allow ourselves to dwell on our gifts and talents; more often we are focused on what we can do better. During this workshop, attendees will go into deep relaxation and travel to a "secret garden" where they are totally safe. Here they will do a little energy healing and meet with their Guardian Angel who will remind them of their gifts and talents and wonderful things about themselves.

Patricia Poole has been leading classes in metaphysics and spiritual healing since 1997 and has presented and been the Keynote Speaker at many conferences over the past four years. She is certified in Reiki, Hypnosis, HypnoBirthing, Reconnective Healing, Acutuning, EFT and Angel Therapy.

TURNING POINT:

AN ASTROLOGICAL ORIENTATION TO THIS MOMENT IN HISTORY

213 Morris Hall

Lecture/discussion

We are at an exciting turning point in astrological history similar to the beginning of the Renaissance, the American Revolution and the mid 1960's. The movement of the planets and the ebb and flow of the Sun's activity level act as an energetic weather system; this talk will orient you in the present pattern of the planets so you can best work with this moment's potential on a personal, political and spiritual level.

Heather Roan Robbins is an interfaith minister and Dean of the New Seminary for Interfaith Studies who has had an active astrological coun-

seling practice for over two decades. She writes a regular column on astrology *Starcodes* (by day, not sign), for the **Santa Fe New Mexican** and several websites (see www.roanrobbins.com) and write for the *WeMoon: Gaia rhythms for women calendar*.

YOGA FOR PREGNANCY

201 Student Union

Movement activity

Participants will learn gentle yoga poses for pregnancy. The workshop is appropriate for anyone who would like to learn prenatal yoga for their own practice or for use in assisting others. Prenatal yoga can be helpful as a gentle yoga practice for those with lower back issues, as well.

Lynn Rozen, MA, is a registered Dance/Movement Therapist and a National Certified Counselor. She has been teaching prenatal yoga at Sun Moon Studios in Mankato for six years and has practiced yoga for 25 years.

OPEN THE DOOR: A JOURNEY TO THE TRUE SELF

(Also offered in Session IV)

213 Armstrong Hall

Discussion/experiential

This workshop, based on a new book by Joyce Rupp, offers both inspiration and encouragement for personal growth. Opening the "door" of the heart provides a means of speaking about an invisible passage-way through which we enter the endless territory of beauty and truth secluded in our interior world. This symbolic door of the heart bears a similarity to physical doors in that it, too, opens and closes. Our heart-door opens inward to the inherent goodness seeded in us at our birth and opens outward to the world where we share our inner wealth. This workshop includes input from a spiritual and psychological perspective, small group dialogue, and an integrative experience.

Joyce Rupp is an international speaker and retreat director who describes herself as a "spiritual mid-wife." Her seventeen books are now published in eight languages. Her professional education includes degrees in English, Religious Education, and Transpersonal psychology.

EXPLORING NATURE BASED SPIRITUALITY THROUGH THE ELEMENTS

123 Armstrong Hall

Ritual/discussion/experiential

We will explore a nature-based cosmology from West Africa through the elements of water, fire, mineral, earth, and nature. Each participant will discover what element is dominant for them and how this is relevant to one's life's purpose. Through presentation and circle discussion, we will learn about the spiritual attributes of each element and why it is important to have them in balance in one's life. We will then focus on the water element through guided imagery, blessings, ritual, and provide inspiration for ongoing personal spiritual activism.

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

Isadora Tavens is a practical nurse-herbalist, the Midwest field educator for Flower Essence Services, and a compassionate and gifted intuitive. Based in Chicago for summers, she resides in Jamaica during the winter where she does intuitive personal growth readings at a resort spa and mothers/nurtures children in need. Isadora has studied with Malidoma Patrice Some and has been a student of shamanism and spirituality (especially Yogananda) for many years.

SPIRITUALITY AND ALTERED STATES OF CONSCIOUSNESS

209 Morris Hall Paper/discussion/experiential/ceremonial/DVD

The spiritual practices of meditation and shamanic journeying have been used to alter ordinary consciousness since early human history. Recent neuroscience shows brain changes and beneficial effects from these practices. A brief documentary movie on shamanism will be

shown. Participants will have an opportunity to be guided through the *Six Petal Meditation* and to experience a shamanic journey.

Jaes Seis has been presenting and teaching shamanic workshops and classes for over 14 years. She is a practitioner of shamanic healing and ceremony with over 30 years devoted to a spiritual path and is currently finishing a Masters program concentration in consciousness Studies at Goddard College in VT.

Carol Marshall is a graduate of Jaes' 7th Apprenticeship Circle. She has been a student of the metaphysical all her adult life and has had 14 years training as a priestess of the Goddess.

SPIRITUAL WISDOM ON RELATIONSHIPS

(Also offered in Session I)

222 Armstrong Hall

Discussion/experiential/power point

This workshop is to aid you on your spiritual journey to divine love. You will learn 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. The presentation is based on *Spiritual Wisdom on Relationships* by Harold Klemp, the spiritual leader of Eckankar.

Heidi Skarie and **Laura Ely**, see pg. 7 for bios.

CHINESE SAMPLER: OPENING STRETCHES, ANIMAL MOVEMENTS AND QIGONG

(Also offered in Session IV)

284C Student Union

Movement activity/experiential

For more than 4000 years the Chinese have practiced many forms of exercises to cultivate the integration of body-mind-spirit. They devised stretches to open the channels (meridians) in the body, they observed (and borrowed) the animal movements to gain their traits and power, and they practiced qigong to develop their energy and essential breath. This workshop is intended to open the body through gentle stretches; release the mind and body through selected animal movements and provide simple qigong exercises to integrate body, mind and spirit. We will conclude with standing meditation breathing.

Ron Smith teaches Yang style T'ai Chi, T'ai Chi for Arthritis and Crane Qigong (chi Kung) in the Fort Worth, TX area and is also a licensed massage therapist. He learned Yang style T'ai Chi and qigong from Master Li Chang Duo and Madam Hu Yang while living in Belgium.

WIZENING ONES SING, DANCE AND PRAY

225 Highland North

Movement activity

This workshop will use sound, music and movement to celebrate weaving a spirituality of the Sacred Feminine with power and compassion. We will use music to explore our place and move us toward mindfulness, peace and balance. Expect to receive healing energy and rejuvenation from singing and moving toward wholeness as we co-create our time together. Facilitators will bring simple percussion instruments, but you are invited to bring your own instruments to drum.

Geralyn Sorensen, MST, is a Speech and Language Pathologist, singer/musician, a Member of Vocal Healing Sounds Project and Singing in the Light, co-facilitator "Wise Women Gatherings", "Women's Comfort Days", and "Womansong" in MN. She is a Dancer of Universal Peace and maker of Healing Dolls.

Dorcas Hueners, MA, Tai Chi Chih instructor, certified Spiritual Director, co-facilitator of "Wise Women Gatherings", "Women's Comfort Days" and "Womansong" in MN and a dancer of Universal Peace.

INTUITION 101, Part 2

317 Armstrong Hall

In the first session we discussed the who, what, when and where of intuition. During session II, we will work with the how and why. There will

be the same type of discussion as in Part I. We will also practice using our intuition with a brainstorming, problem solving activity. If you didn't attend session I, feel free to come to this session anyway. Materials will be available to get you caught up on what you've missed.

Ann Springer, see pg. 7 for bio

CREATING YOUR MAGICAL MIDLIFE

(Also offered in Session IV)

101 Morris Hall

Power point

This workshop guides women 40-60 years of age to embrace their 'Big Girl' self, the person they live as every day, and connect with their patient loving spirit. Learn to become consciously aware and gracefully transition into your 'Divine Woman' who is clear with intention, lives in purpose and loves life!

Janelle Sundberg is a creative artist, author of *Journey-In*, entrepreneur, and a self guided Divine Woman who has studied and practices mind body techniques for living a Magical Midlife. She actively shares her personal journey, creative wisdom and inspiring energy to help others transition into their own Magical Midlife.

PSYCHIC ABILITIES DECODED

(Also offered in Session I)

302 Armstrong Hall

Discussion/power point/experiential

Just like there are different types of people, there are also different types of psychic abilities. Understanding your talents is the first step in your journey of psychic development. This workshop looks at and provides a working definition of the most common types of psychic ability (precognitives, channels, empaths, energy workers, etc...). You will be given assessment tools to help best determine where your natural talents reside so you can begin your journey of psychic master with confidence.

Michael Tkach Paquin and Jessica Tkach Paquin, see pg. 8 for bios.

INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION

(Also offered in Session I)

323 Armstrong Hall

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 pg. 8 for bio.

LIVING IN HARMONY WITH THE SPIRITUAL LAWS OF LIFE

(Also offered in Session I)

320 Armstrong Hall

Discussion/experiential/power point

This workshop is designed to help you experience greater wisdom, freedom, and divine love by discovering how to live gracefully through the spiritual laws of life. We will share tools for recognizing the divine inspiration within that allows us to listen to the whisperings of soul. Come ready to discover ways to create harmony in relationships and develop a plan that supports a new state of consciousness relative to a personal goal or situation.

Sue Valdes and Cecily Lloyd, see pg. 8 for bios.

EMBRACING THE MOON

(Also offered in Session III)

208 Armstrong Hall

Round table/ritual/discussion

This workshop is designed to help women learn to honor menstruation as a significant time in our lives, realizing the power we hold simply by being women. We will reconnect with the sacredness of our cycles through a new understanding of our bodies and the rhythms we are made of. We will travel to ancient times and witness moon rituals as well as revisiting the moment when we experienced our first moon time. We will embrace our own personal "herstory" and create sacred spaces for healing and celebration of where we have been and where we are headed as women.

Koren Walsh pulls from her experience as a healing artist, hoop dancer, poet and public speaker to create environments which inspire and empower women to love themselves and their bodies. Koren's gentle approach to teaching helps women embrace sensitive subjects such as menstruation and body image.

FROM TRAGEDY TO TRANSFORMATION: A MOTHER'S STORY

(Also offered in Session I)

103 Morris Hall

Formal paper

This is the story of the devastating loss of my 20 year old daughter, Elizabeth. Although extremely painful, the loss of her physical presence in my life has truly been a journey of transformation to joy and peace. The Universe has revealed to me in many amazing, tangible ways that the bond my daughter and I share can never be broken, not even by death. Premonitions prior to Liz's death as well as messages and signs she and others received from Liz after her death will be shared.

Kim Wencl, see pg. 8 for bio.

SESSION III

THE MEDICINE WHEEL: HEALING THROUGH THE TEACHINGS OF THE SACRED HOOP AND THE FOUR DIRECTIONS

(Also offered in Session IV)

232 Armstrong Hall

Ritual/discussion/experiential

The medicine wheel is an ancient spiritual tool that contains the wisdom of the universe. The teaching of the medicine wheel creates a holistic foundation for human behavior and interaction. When you create a medicine wheel, it is a representation of the journey of your life. Each experience adds a new level of realization and an opportunity for growth. Integrating medicine wheel consciousness into daily awareness can turn ordinary reality into true awakening of the spirit. Learn to engage the forces of nature and the first of the four directions to help discover the purpose of our being and experience healing on all levels.

Diane Anderson is the coordinator for academic appointments and

promotions for Mayo Clinic in Rochester, MN. She is a healing arts practitioner and teacher whose practice includes Reiki, Energy Medicine, Qigong, Shamanic healing and Native American Spirituality.

THE CELTIC CROSS - TAROT'S MOTHERSHIP SPREAD

204 Student Union

Paper/discussion/ritual/experiential

When Arthur Edward Waite designed his tarot deck more than a century ago, he also introduced a corresponding spread. Since then, the Celtic Cross has become a perennial favorite. Through various creative and informative approaches, explore the Celtic Cross in ways that would make Arthur grin. Beginners welcome! Bring your curiosity and a deck of Tarot cards.

Nancy Antenucci has been a seasoned reader and teacher in the Twin Cities for over 20 years. She brings hard earned wisdom, practical know-how

and unending passion of the creative unknown to her clients, students and colleagues. She returns for this conference annually as she teaches various aspects of Tarot philosophy through the walk of the Major Arcana.

Julia Cuccia-Watts is the creator of three multicultural tarot decks: The Ancestral Path (1996), the blue Moon Tarot (1998) and the Maat Tarot (2006). She is the sole proprietor of New Moon Trading Company. Her interests include all things paranormal and metaphysical which she blends with history, astrology, mythology and experimental archeology.

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

PARADIGMS

208 Armstrong Hall Paper/discussion/child-friendly over age 12
Human behavior follows the spiral of DNA and the Milky Way. Vacillating between Riane Eisler's two extremes of partnership and dominator, all cultures and individuals move through seven (so far) universal paradigms. Participants will be presented with encapsulated descriptions that help them determine their own positions on the spiral. Forces are holding us back from attaining all seven positions. We get stuck in closed loops, preventing us from realizing our full potential. Simply being conscious of the paradigms helps us break out of our closed loops. Are you ready to move to a "far out" position, or do you feel more comfortable closer to the center? This is a theory that can explain nearly everything.

Sandra Barnhouse is an artist and writer, having retired after a career in university publishing. She is author of *It Takes the Whole Damn village*, a book about redesigning our culture to foster strong communities and end child apartheid, and also has published contributions to *The Rule of Mars-Readings on the Origins, History and Impact of Patriarchy* and *In the Footsteps of the Goddess*, edited by Dr. Cristina Biaggi. She has presented numerous workshops to the conference since 1991.

CHANNELING LOVED ONES

(Also Offered in Session I)

150 Student Union (Ostrander Auditorium) Experiential
This workshop's purpose is to help people to heal relationships with loved ones who have passed away. You will have the opportunity to learn techniques that will help you communicate with not only loved ones, but guides and guardian angels. The facilitator will also help participants' requests to speak to loved ones who have passed on.
Ronna Boyd, see pg. 2 for bio.

(IM)PERFECT HARMONY!: CELEBRATING THE DIVERSITY OF VOICES RAISED TOGETHER IN SONG

284 C Student Union Experiential
Music is the universal language of peace, and raising our voices together brings joy and unity to all who join in. The presenters are sisters who were raised in the oral tradition of sharing song, and have spent a lifetime collecting rounds and chants. They will lead the group in singing rounds and chants from many cultures, as well as improvisational vocalizing. Some movement will be included but not required, and will not exclude wheelchair-bound.

Mairi Breen Moon is a midwife who moonlights as the Music Director for the Washington Ethical Society, directing a women's choral group, a mixed chorus, and a children's performance ensemble. She holds bachelor's degrees in dance and nursing, master's degrees in Theater and Midwifery. She has also studied on the priestess path through Diana's Grove, and designs and leads celebrations and ritual dance for life passages. She lives in Takoma Park, MD with her husband and four children.

Lia Breen Falls is a visual artist, member of a sacred theater group, and former facilitator of women's initiation weekends. She holds a BFA from SUNY-Purchase and an MFA from the U of MN, and has studied

voice with Barbara McAfee. Lia is a member of the flowering Women, who recently released a CD together, offering rounds and chants for all to share. She has also studied on the priestess path through Diana's Grove, and has recently designed a line of "everyday shrines." She lives in Wisconsin with her husband and two children.

DIVINE WARRIOR TRAINING: BALANCING YOUR MASCULINE AND FEMININE ENERGIES

(Also offered in Session I)

234 Armstrong Hall 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 find balance and strengths in their innate masculine and feminine energies. A closing circle allows opportunity to share insights with other participants.

Thomas Capshaw, see pg. 3 for bio.

INTRODUCTION TO THE SACRED FEMININE TRADITION

(Also offered in Session IV)

211 Armstrong Hall Ritual/discussion/experiential
This workshop will share with participants an approach or path for following a Sacred Feminine Tradition. *Cauldron Studies*, as the approach is called by its students, is a path of the Sacred Feminine Tradition which weaves together ancient spiritual principles of mystery and wisdom with current psychological concepts for the healthy development of self, soul, and spirit. This workshop will introduce and deepen participants' experiences of the Sacred Feminine Tradition through practices of mindfulness, inquiry, embodiment, and ritual.

Cara Carlson, see pg. 3 for bio.

Kara Vangen, HTP, has extensive training in the Healing arts. She is a teacher in training of the Ridwan School and specializes in integrating mindfulness practices and the Feminine Healing arts. She has been teaching and leading groups for over 20 years.

CALLING IN OUR HIGHER WISDOM

(Also offered in Session IV)

284 A/B Student Union Experiential
We will explore several techniques for accessing our inner wisdom, including meditation, guided imagery and shamanic drumming. Some background of "how and why these work" will be offered and time will be spent for follow-up discussion to explore participants' experiences.

Virginia Cooper is a long time presenter at the conference. As a registered nurse working in hospice, she considers herself honored to assist those taking their dying journey. She has been a practitioner of alternative healing since 1986.

MOTHERHOOD: THE SPIRITUAL JOURNEY

(Also offered in Session I)

213 Armstrong Hall Discussion
This workshop will explore the spiritual aspects of mothering, presented by two generations of mothers (mother and daughter). We find ourselves on separate, yet oftentimes intersecting journeys through mothering with different parenting styles, cultural/societal expectations, and paradigms. We believe that our experiences echo and affirm the journeys of other mothers and parents and reflect the belief that parenting often changes a person and promotes individual and spiritual growth.
Kathleen Crawford and **Theresa Crawford**, see pg 3 for bios.

DISCOVERING THE STORY OF YOUR LIFE – THE WHY OF YOU

(Also offered Session II)

317 Armstrong Hall Story-telling/discussion/experiential
This workshop leads participants on a journey into their memories, focusing on special moments in their lives, to uncover hidden wisdom. Through visualizations, they will connect with their "younger selves" to listen to what this child, teenager, or young adult wants to tell them, and to speak the words that this younger self longs to hear for comfort, guidance or healing. Participants will explore the emotional values that resonate deeply with them, what they knew as children, but have "forgotten" as adults. They will see how these positive attributes, beliefs and values can be incorporated into their lives today, countering negative and limiting beliefs and behaviors. Journeying forward in time through visualizations, participants also encounter their "future selves", the wiser woman or man who has advice and perspective for their lives today.

Patricia Crisafulli, see pg. 9 for bio.

HEALING WITH ENERGY

(Also offered Session II)

220 Armstrong Hall Movement activity/discussion
This workshop is intended to teach people how to do hands on healing for themselves, their family, their pets, and their environment. By the time you leave, you will be able to use this tool on family and friends. Participants will have the option of experiencing hands on healing in this workshop.

Beth Gustafson, see pg. 10 for bio.

WHOLISTIC SEXUALITY: A NEW VISION

(Also offered in Session IV)

214 Armstrong Hall Group discussion/power point
This workshop presents a new philosophy that re-integrates our sexuality with our selves and our world, in an empowering paradigm of pleasure, passion and possibilities. The essential concepts of Wholistic Sexuality are interspersed with fun and easy exercises to embody the concepts. People who are ready to open to the possibility that sexuality can be a powerful force of energy, growth and healing, as well as an ecstatic source of pleasure and joy, will learn ways to integrate this new paradigm into their lives.

Candassa Hadsall, RN, MA is a sexuality educator, nurse, counselor and Tantra teacher with over 25 years of experience related to sexuality and women's health. She is an ardent supporter of sexual empowerment for women and building sex positive communities. She is the founder of Ms. LaVie's School of Loving Arts in Minneapolis, which offers classes, workshops and special community events to educate and empower others with the knowledge and skills necessary to live more loving, fulfilling, and passionate erotic lives.

CREATING A PERSONAL ALTAR

(Also offered in Session IV)

103 Morris Hall Paper/experiential
Personal altars have been used for centuries, across all religious and spiritual traditions, to demonstrate love and devotion, to set an intention, to mark a life transition, and as a focal point of beauty. Because they express sacred space, they connect our heart with what is larger than ourselves and invite us to pause in the midst of our busy lives. You can honor what is sacred, beautiful and true for you. Learn how you can create and care for sacred space inside your home and on the earth with your personal altar.

Kim Hammer is a life coach, artist, healer and health educator living rurally near Viroqua, WI. She uses altars to express gratitude and to heal herself and the land.

ANCIENT WISDOM FOR MODERN WOMEN:

QIGONG HEALTH SECRETS FROM CHINA

202 Student Union Movement
Participants will learn techniques from the ancient women's traditions of China for staying healthy and retaining youthful vitality at any age. This includes simple, gentle physical and breathing exercises that anyone can do called Qigong (say chee-gung). This system has been proven for over 5,000 years to be a highly effective way to stay healthy, increase energy, and live longer. Originally from China, where it is famous for curing chronic disease and delaying the effects of aging, Qigong is now recognized by the NIH (National Institute of Health) as an important form of Complementary Medicine. Basic principles will be introduced as well as techniques of special benefit to women including exercises for breast health, maintaining your ideal weight and promoting health, longevity and vital energy.

Rebecca Kali, see pg. 5 for bio.

FUNDAMENTALS OF MEDITATION

321 Armstrong Hall Discussion/experiential/meditation
The discussion will focus on why meditation is healthy and an explanation of some of the types of meditation that are practiced. One of the types is a guided meditation on Twin Hearts developed by Master Choa Kok Sui. The workshop will end with a twenty-five minute meditation. Basic exercises will be done before and after the meditation to open up the chakra energy points.

Lydia (Toy) Kelly has been attending the Woman's Conference for a number of years and believes she's at a point in her life that she would like to give back to the conference by sharing a process that has helped her expand her consciousness. She makes her living as a Bicycle/Pedestrian Transportation Planner at the San Antonio-Bexar County Metropolitan Planning Organization.

Alice Giannobile is a well established artist in Minneapolis who has attended the Women and Spirituality Conference for many years. She is a painter and print maker whose art work connects women's everyday life with our spirituality.

Kathryn Fitzgerald is from Minneapolis and a regular conference attendee. She is a supervisor at Hennepin County in the Human Services and Public Health Department. Her dedication to women's issues is evident in both her public and private life.

MEDITATION OF THE HEART

(Also offered in Session I)

221 Armstrong Hall Discussion/experiential
This workshop will teach you a user-friendly secular method of meditation. You will be supplied written information for your personal reference and personally experience the meditation process. You will also receive a small wooden heart as a regular reminder to meditate twice daily.

Margaret Klette, see pg. 5 for bio.

THE HEART PART OF MAKING MONEY

(Also offered in Session I)

101 Morris Hall Paper/discussion/experiential
When we attempt to create something in our lives, it cannot come into being unless it is in harmony with our heart of hearts. If we understand how our hearts and minds work in tandem to create our results, we can choose to live in the full richness of life. As our dreams come into manifestation, we can overflow this good into the world and one can only imagine what wonders we might create. Workshop includes guided meditation and techniques for change.

Kim Luedtke, see pg. 5 for bio.

THE CHALLENGES FROM THE GODDESSES

(Also offered Session I)

200 Student Union (Ballroom)

Discussion

A discussion will be led about the challenges presented by the different Goddesses in the opening ceremony. Open and honest conversations will take place with how women can meet challenges the Goddesses presented us with. Each person will walk away with a wide array of ideas on how to be successful in the challenges they wish to take on!

Carol Mackel and others, see pg. 6 for bios.

MIRACLE HEALING POWER WITHIN

(Also offered Session I)

102 Armstrong Hall

Paper/discussion/experiential

Participants are invited to explore the foundation of their own healing sources with the internationally-known natural born healer and author who will share her knowledge and useful experience with attendees. Discover the source of healing from within. Realize that our bodies and minds are not two entities to be treated separately in the healing process but are woven into one. Explore techniques to inspire your subtle source of healing to heal common health problems. Learn how to be creator of your own healing techniques.

Rachel Madorsky, see pg. 6 for bio.

JOURNEY THROUGH THE LABYRINTH

102 Pennington Hall

Discussion/ritual/movement/
experiential/child-friendly

Labyrinths have been used for centuries as a way of journeying through life, questioning, listening and receiving messages and answers, then putting this knowledge to use in our everyday lives. Movement, no matter how grand or simple, is our soul speaking. Find the essential tools needed to incorporate spirituality in your life on a daily basis through breath, movement and the use of labyrinths. Breathe in Spirit. Release chaos, clutter and confusion.

Suzi McNamara has had a lifetime of study in dance and movement with her passion and calling being sacred dance. She brings over 35 years experience to the floor in teaching, directing, performing and leading classes and workshops as well as facilitating labyrinth walks. She feels most connected to Spirit when in the movement of life and wishes to share the feeling with you.

TREE MAGIC: WORKING WITH THE ENERGY AND WISDOM OF THE TREES

219 Armstrong Hall

Discussion

The ancient Druids used Ogham, wisdom of the trees, for divination. Modern day Druids work with spirits of nature, including trees, in their practices. The presenter will discuss how to work with tree spirits as guides, how tree energy is used in Celtic Reiki and how to use trees in herbalism.

Cindy Miller is a Celtic Reiki Master and a licensed Massage Therapist. She began working with the energy of trees when practicing Druidry two years ago. She received her Master's certificate in Celtic Reiki a year ago and is a member of Order of Bards, Druids and Ovates and of Gael-Darach Grove on OBOD seed group.

THE WALLACE METHOD™:**FOLLOWING INNER PATHWAYS TO BODY FREEDOM**

255 A/B Student Union

Movement activity/experiential

The Wallace Method, an innovative form of bodywork, enhances our ability to move freely in our bodies. The movements used to create this freedom are gentle stretches which are designed to deepen our understanding of and relationship to our own unique and individual structure. The work offers an opportunity to explore ways our bodies can move beyond what we normally expect of them, creating enhanced body awareness and increased

confidence in the versatility of movement our bodies can achieve.

Catherine Mora Cleary is a certified Wallace Method Practitioner. Her work is informed by her training as a yoga instructor and her studies in Reiki and massage. She believes her work with the Wallace Method has given her continuing gifts of increased energy and a joyful relationship with her body.

Bonnie Berquam is an artist and a certified Wallace Method Practitioner. Dancer, doll maker, writer, and loving spirit, she is committed to the possibility of well-being for everyone.

WOMEN'S CIRCLES –**EVERY WOMAN'S VOICE MAKES A DIFFERENCE**

201 Student Union

Discussion/experiential

In the circle, each woman has the opportunity to speak. We allow ourselves to be seen, heard and validated, and in turn we see, hear and validate the women around us. We begin to reclaim and harvest our wisdom and allow each other's wisdom to penetrate our hearts. Together, we strengthen our voices and are empowered to shine. Come get a taste of the Awesome Women circle process, and be nourished, nurtured and inspired.

Pamela Nelson, CMIC, is a transformational life/wellness coach, and a trained Awesome Women® Circle facilitator. She empowers others to reconnect with their innate inner guidance and to reclaim their voice and the gifts of their whole life's experience.

MARY MAGDALENE, THE BLACK MADONNA, AND PARTNERSHIP

(Also offered in Session IV)

209 Morris Hall

Paper/discussion

Mary Magdalene and the Black Madonna, though distinct archetypes, can also be equated as one and the same. Both represented 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 partnership and a more empowered and integrated spirituality.

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

HEALING OUR PLANET, HEALING OUR BE-ING

(Also offered in Session I)

225 Armstrong Hall

Discussion/experiential/
power point/presentation

We are one with Planet Earth. We heal the planet when we heal ourselves. When we harm the planet, we harm ourselves. Learn how to create Oneness with Planet Earth when we weave and connect our relationship with the Planet Earth, the Amazon Rainforest, the Earth Honoring People of the Rainforest, Rainforest Herbs and our Be-ing.

Paula Quinlan, see pg. 6 for bio.

FINDING MY VOICE: ONE WOMAN'S SPIRITUAL JOURNEY THROUGH WRITING AND CHANNELING POETRY

(Also offered in Session I)

211 Morris Hall

Story-telling with experiential aspects

As the world awakens to a new spirituality, we are awakening to "original truth," the sound of our souls, and the fulfillment which comes from finding our voice. Everyone's journey to find his or her voice is unique. Using the methodology of storytelling, this workshop will take partici-

pants on one woman's journey of learning to know and love herself as a spiritual being who is currently engaged in a human experience, and has found her voice through writing and channeling poetry. We will close with a poetry reading and guided meditation to listen for the voice of our individual souls.

Rebecca Rehfeld and Joyce Sealine, see pg. 7 for bios.

BODY SCANNING / INTERNAL VIEWING

(Also offered in Session IV)

285 Student Union

Experiential

Refresh your energy field by activating reflex points for glands and organs, accompanied by guided meditation through the systems. Repolarizing and breathing techniques are offered and seated yoga movements will be included.

Mary Rivard is a Twin Cities artist, Message Therapist (not massage). She has the ability to see beyond your skin into your genetic karma and share information to affect a shift in your energy field.

REWRITING THE MYTH BY WHICH YOU LIVE

(Also offered in Session IV)

231 Armstrong Hall

Discussion/experiential

Carl Jung has said the most important question we can ask is "What myth are we living?" Learn about personal mythology, discover your own, and see how it rules your life. Finally, learn ways you can begin to rewrite your personal mythological story to change your life.

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

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

UNCOVER THE SECRET WISDOM OF YOUR BODY IN MIDLIFE AND BEYOND

(Also offered Session I)

225 Highland North

Experiential/movement activity

Discover what a surprising resource for transformation your body can be. Learn the core emotional and spiritual lessons hidden there through mindful and playful attention. You'll make friends with your body, find a renewed sense of passion and creativity, and rediscover your own innate beauty, wisdom and power.

Pat Samples, see pg. 7 for bio.

DISCOVERING THE UNIVERSE MOTHER SPIRIT

(Also offered in Session IV)

305 Amrstrong Hall

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 Book, 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 apostolic 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 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 an Urantia book reader for 25 years.

Leoma Sparer is a stay at home mom and grandma who has been consciously and intentionally on a deeply active spiritual path for 30 years, including 10 as an Urantia book reader.

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

CREATING SIMPLICITY

(Also offered in Session I)

310 Armstrong Hall

Paper/discussion/ritual/experiential

Deciding to live a simpler life can be a counter-cultural choice in a world dominated by materialism, individualism and growthism. We will make clay blessing bowls and use them in an anointing ritual. The bowl reminds us of the begging bowls that monks carried. Each day people in the community would fill up their empty bowls and in turn the monks would teach them lessons. We can visualize ourselves as vessels abundantly filled with spiritual and material wealth. We invite the sacred into our lives through decluttering, centering prayer and time management.

Sue Swanson, see pg. 7 for bio.

MONEY AND ME:

THE SPIRITUAL PRACTICE OF PERSONAL FINANCE

(Also offered in Session IV)

326 Armstrong Hall

Discussion/power point

You will have a relationship with money everyday of your life. In this workshop you will examine this relationship and understand how it contributes to your overall well-being. Learn how to bring this relationship into alignment with your life goals and use it as a tool for spiritual development. This is an especially good workshop for those individuals looking to practice Voluntary Simplicity.

Jessica Tkach Paquin and Michael Tkach Paquin, see pg. 8 for bios.

ANIMAL COMMUNICATION EXPERIENCE (GUIDED VISUALIZATION)

(Also offered in Session IV)

323 Armstrong Hall

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, see pg. 8 for bio.

EMBRACING THE MOON

(Also offered in Session II)

208 Morris Hall

Round table/ritual/discussion

This workshop is designed to help women learn to honor menstruation as a significant time in our lives, realizing the power we hold simply by being women. We will reconnect with the sacredness of our cycles through a new understanding of our bodies and the rhythms we are made of. We will travel to ancient times and witness moon rituals as well as revisiting the moment when we experienced our first moon time. We will embrace our own personal "herstory" and create sacred spaces for healing and celebration of where we have been and where we are headed as women.

Koren Walsh, see pg. 14 for bio.

EXPLORING LABYRINTHS

(Also offered in Session IV)

314 Armstrong Hall

Experiential/presentation

The labyrinth is a tool to guide us on our sacred journey through life. Its use began in ancient times and continues today across an array of spiritual traditions. In this multi-dimensional workshop, you'll learn about labyrinths, create and walk labyrinths, experience a labyrinth ritual and journal a labyrinth experience. Your take-away will be resources and next steps for how to create your own personal labyrinth journey.

Deborah Zavitka is a writer, teacher, and holistic healer. Her interests are in the mysteries of life, sharing stories across cultures, and peace. She has a Master's degree in education, is a labyrinth facilitator, and has studied various healing modalities including healing touch and Esoteric Colorpuncture™.

SESSION IV

LET THE FLUTE SING!

How to experience the Spirituality of the Native American Sacred "Love Flute"

(Also offered in Session II)

150 Student Union (Ostrander Auditorium) Storytelling/
flute playing/discussion

Participants will learn how to experience and use the spirituality of *Coya Tanka*, the "Great Inviting" flute of the Mdewakanton Dakota Sioux, also called the Native American Indian Love Flute. If the flute player learns how to acknowledge and respect the spirit who dwells within the flute, the spirit of the flute will then enhance the music far beyond the flute player's skill until the voice of the flute becomes one with the voice of *Wakan Tanka*, the "Great Mystery". Everyone can learn how to deeply experience the spirituality of the flute by understanding, finding and focusing your attention on flute music in which you hear the voice of the Great Mystery.

Duke Addicks, see pg. 9 for bio.

THE MEDICINE WHEEL: HEALING THROUGH THE TEACHINGS OF THE SACRED HOOP AND THE FOUR DIRECTIONS

(Also offered in Session III)

302 Armstrong Hall Ritual/discussion/experiential

The medicine wheel is an ancient spiritual tool that contains the wisdom of the universe. The teaching of the medicine wheel creates a holistic foundation for human behavior and interaction. When you create a medicine wheel, it is a representation of the journey of your life. Each experience adds a new level of realization and an opportunity for growth. Integrating medicine wheel consciousness into daily awareness can turn ordinary reality into true awakening of the spirit. Learn to engage the forces of nature and the first of the four directions to help discover the purpose of our being and experience healing on all levels.

Diane Anderson, see pg. 14 for bio.

TAROT FOR SELF DISCOVERY AND GROWTH

253/4 Student Union Experiential

This workshop will demonstrate how to use the Tarot for self discovery. Participants will be introduced to the Tarot, its history, the meaning of the Major and Minor Arcana, how to do simple readings, and how to use the cards to communicate with the subconscious. BRING YOUR OWN TAROT CARDS!

Monika Antonelli is certified by the Tarot Certification Board of America as a Certified Professional Tarot Reader (CPTR). She has been communicating with the Tarot for over a decade.

THE HEALING POWER OF BELLY DANCE

102 Pennington Hall Movement activity/dance

Whether you love to move your body or wish you did, come and explore the oldest and most elementary form of spiritual expression – belly dance. Dancing is the joy of life, of creation, an expression of the awakening soul that is reflected in the dancing experience and in the rhythmic movements. As we move, honor and connect with each part of our body, new worlds and possibilities open to our own understanding. Wear comfortable, playful dancing clothes. Bring a colorful scarf to tie around your hips.

Bonnie Berquam has had a lifetime study of dance, including belly dance, yoga, ballet, square dance, contact improvisation, and interpretive dance. She teaches belly dance in N. St. Paul and is a board member of the Oriental Dance guild in the Twin Cities.

GOD IS NOT THREE GUYS IN THE SKY

102 Armstrong Hall Paper/discussion

Christianity sets itself in opposition to other religions and spiritualities if it insists on literal belief and exclusive claims, but it doesn't have to. If its doctrines are understood metaphorically and inclusively, it can bridge comfortably with other spiritual traditions, even paganism and atheism. Participants will hear inclusive interpretations of terms such as "Christ," "Reign of God," "Resurrection," "Ascension," "born again," "virgin birth" and any other terms they ask about.

Jeanette Blonigen Clancy, MA in systematic theology, is a writer and educator, who has studied mythology, Jungian psychology, women's spirituality, the historical Jesus, and comparative religion. Her writings include the book *God Is Not Three Guys in the Sky: Cherishing Christianity without Its Exclusive Claims* and an essay in *The Rule of Mars: Readings on the Origins, History and Impact of Patriarchy*.

DISCOVERING YOUR INDIVIDUAL AND COLLECTIVE POWER WITH ASTROLOGY

(Also offered in Session I)

308 Armstrong Hall Paper/discussion/power point

In this workshop we will discuss power. We tend to think of power as something negative because of the potential of misuse. If we are only thinking of ourselves and not how we affect others and our environment, then we are misusing our power. However, power can be a good thing, especially if it is approached from a spiritual standpoint or the realization of our inner connectiveness. We all have potential for individual power as well as collective power (power within a group). By studying our natal charts we can discover our strengths and weaknesses as individuals so that we are better prepared to work with others to build a stronger and healthier world community.

Sally Blumenfeld, see pg. 2 for bio.

WRITING CIRCLES FOR HEALING: COMMON THREADS, UNIQUE VOICES

(Also offered in Session I)

325 Armstrong Hall Experiential

Which stories do we feel compelled to share? How do we express our authentic voice? In this writing workshop, participants express their unique voices with clarity and authenticity. Using simple techniques of spontaneous free writing, we nourish our creative rejuvenation. By sharing our stories we find our common threads of experience. Writing is a way to listening to the deepest self and to access the inner voice of wisdom. A transformation occurs as our stories surface through the process of writing, reading and listening in a circle.

Wendy Brown-Baez, see pg. 2 for bio.

INTRODUCTION TO THE SACRED FEMININE TRADITION

(Also offered in Session III)

211 Armstrong Hall Ritual/discussion/experiential

This workshop will share with participants an approach or path for following a Sacred Feminine Tradition. *Cauldron Studies*, as the approach is called by its students, is a path of the Sacred Feminine Tradition which weaves together ancient spiritual principles of mystery and wisdom with current psychological concepts for the healthy development of self, soul, and spirit. This workshop will introduce and deepen participants' experiences of the Sacred Feminine Tradition through practices of mindfulness, inquiry, embodiment, and ritual.

Cara Carlson, see pg. 3 for bio. and Kara Vangen, see pg. 15 for bio.

TELLING OUR SACRED STORIES FOR HEALING AND TRANSFORMATION

202 Student Union

Story telling/slide/
musical presentation/experiential

When we speak from personal experience, we serve as midwives to each other's consciousness. In this workshop, participants will have an opportunity to share their own sacred stories in small groups. We will begin by mapping the journey of transformation and by examining common archetypes. Participants will map their own journeys and discover the archetypes they want to express more fully in order to live the life they truly desire. The facilitator will share a musical/slide presentation about a midlife pilgrimage to her ancestral homeland (Denmark) which opened up channels of creative energy and was a catalyst to pursuing her passion of music.

Eunice Collette, MA, is a singer/songwriter, poet, musician, artist and personal/career development facilitator. She has a Master's degree in human development and has facilitated spiritual and personal growth groups for over ten years. She has taken pilgrimages to the Holy Land, the Occupied West Bank, and most recently to Denmark. Her sacred journeys have been catalysts to healing and transformation which she now expresses through her music and her recently recorded CD, "True North."

CALLING IN OUR HIGHER WISDOM

(Also offered in Session III)

284 A/B Student Union

Experiential

We will explore several techniques for accessing our inner wisdom, including meditation, guided imagery and shamanic drumming. Some background of "how and why these work" will be offered and time will be spent for follow-up discussion to explore participants' experiences. **Virginia Cooper**, see pg. 15 for bio.

BECOME THE HEALER YOU ARE

(Also offered in Session II)

217 Armstrong Hall

Discussion/experiential

If you are dreaming about becoming a healer, this is the workshop for you. Receive practical tools and coaching around developing your own healing practice.

Kimberly Errigo, see pg. 10 for bio.

AFFIRMATIONS – STAYING POSITIVE IN A NEGATIVE WORLD

(Also offered in Session I)

208 Armstrong Hall

Discussion/experiential

This workshop is designed to teach the participants about affirmations – positive statements – and how they can use them to lift the spirit and stay focused on the positive rather than the negative. There will be examples of how to identify negative influences. We will explain the mind-body-spirit connection and the power of positive statements, how to write affirmations and how to use them. Each participant will receive a workbook with exercises for identifying the ideal life situation, the benefits of living an ideal life and the reasons why they are not living an ideal life.

Linda Grant and **Jane Dunn**, see pg. 4 for bios.

WHOLISTIC SEXUALITY: A NEW VISION

(Also offered in Session III)

213 Armstrong Hall

Group discussion/power point

This workshop presents a new philosophy that re-integrates our sexuality with our selves and our world, in an empowering paradigm of pleasure, passion and possibilities. The essential concepts of Wholistic Sexuality are interspersed with fun and easy exercises to embody the concepts. People who are ready to open to the possibility that sexuality can be a powerful force of energy, growth and healing, as well as an ecstatic source of pleasure and joy, will learn ways to integrate this new paradigm into their lives.

Candessa Hadsall, see pg. 16 for bio.

CREATING A PERSONAL ALTAR

(Also offered in Session III)

103 Morris Hall

Paper/experiential

Personal altars have been used for centuries, across all religious and spiritual traditions, to demonstrate love and devotion, to set an intention, to mark a life transition, and as a focal point of beauty. Because they express sacred space, they connect our heart with what is larger than ourselves and invite us to pause in the midst of our busy lives. You can honor what is sacred, beautiful and true for you. Learn how you can create and care for sacred space inside your home and on the earth with your personal altar.

Kim Hammer, see pg. 16 for bio.

BECOMING ONE: Nuggets of Practical Advice on How to Continually Remain in Present Moment Awareness and Co-create the "New Earth" by Accessing your Personal SOUL INTELLIGENCE

319 Armstrong Hall

Discussion

Attendees examine their internal personalized beliefs and worldviews as a means to changing their behaviors. What blocks our ability to stay in present moment awareness? Explore ideas from well known authors such as Eckhart Tolle, Ken Wilbur, Joanna Macy, and Mary Hayes Grieco on some of the requirements one must incorporate as factors in maintaining present moment awareness. You will be provided methods to realign individual pre-understandings to match newly discovered or re-committed consciousness awareness of SOUL INTELLIGENCE in achieving consistent present moment awareness.

Diana Knobel, see pg. 11 for bio.

THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS

215 Armstrong Hall

Discussion

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

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

INTERSECTING SPIRITUALITY: HINDUISM, SHAMANISM AND BUDDHISM IN NEPAL

(Also offered in Session II)

234 Armstrong Hall

Story-telling/discussion/
experiential/power point

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

Susan Langston, see pg. 11 for bio.

GREEN WISDOM – LIFE GUIDANCE

(Also offered in Session II)

223A Armstrong Hall Story-telling/movement activity/
discussion/experiential

Participants learn to listen to the innate wisdom available in the natural world and receive guidance for the questions of their lives. You will increase your ability to be present, enhance your sense of vitality and create a deeper connection to yourselves, others, and Nature. The topic is facilitated through movement, experiential exercises, sensory stimulation, creative self-expression, and discussion. You are encouraged to bring an object from Nature, however objects are also provided.

Louann Lanning and Lee Scholder, see pg. 11 for bios.

**NIP CONFLICT IN THE BODY:
RESOLVING CONFLICTS TO HEAL THE BODY**

214 Armstrong Hall Discussion

Unresolved conflict and its emotional baggage does not just affect your mind; they work themselves into your body. If conflicts are not addressed, they can fester and multiply in your mind and may create imbalances you feel in your body. The presenter shares her knowledge and experience about how the body deals with conflict and offers strategies for resolving conflict to bring healing and balance back to your body and your relationships.

Trish Lapid, MBA, is an Executive Development Coach, Life Coach, and Healer. As a former executive in corporate America and an independent consultant, she bridges western and eastern perspectives to guide her clients towards an integrated, whole-person approach to success, fulfillment, healing, and joy. Trish is the founder of Pagasa Lifework (www.pagasalifework.com)

**OUR DAUGHTERS DESERVE TO HAVE SACRED AND
SEXUAL EMPOWERMENT**

(Also offered in Session II)

204 Student Union Discussion

Self sexual awareness, empowerment, and voice can heal our soul. As citizens on this planet we have the obligation to ensure that we and our daughters have our voice and the wisdom of our own personal sexual power. Throughout history women's sexuality has been defined by, controlled by and determined by the dominator society. Through intimidation, mores, religion, tradition, force, fear, etc. women have been denied their own sexual power. Neither women nor men are served. This workshop will address explanations as to why a dominator society exists, and how this tradition affects women and girls in their attitudes towards sexual pleasure, knowledge, and empowerment. We will also use this safe and sacred place to respectfully and candidly talk about our experiences that will help girls and women take back our sexual power.

Cindy Mark and Linda Green, see pg. 12 for bios.

**MYSTICISM AND RESISTANCE: RABIA OF BASRA, RUMI AND
KNOWLEDGE-DIFFERENCE-POWER**

(Also offered in Session II)

216 Armstrong Hall Paper/discussion

Sufi mystics' views of God, relationships and ethics are compared with the works of Mary Belenky, et al (*Women's Ways of Knowing; Knowledge, Difference & Power*), where we see the patterns of "Connectivity." Riane Eisler's "partnership power" is also a connectivity paradigm of resistance to dominant cultures' valuing of wealth and profit over human well-being, dominating power over justice, and consumerism over environmental well-being. There is also a message in mystical traditions to honor subjectivity, intuition, rationalism and emotion as equally valid as rational, "objective" ways of experiencing and understanding the world. The group may discuss examples of how Rabia & Rumi's (and their own) experiences of connectivity with spiritual resources, the earth

and other human beings are directly related to how we are energized towards purposeful ethical activism.

Alice Maung-Mercurio, see pg. 12 for bio.

**LOVING-KINDNESS MEDITATION:
THE PRACTICE OF GENTLE FRIENDLINESS**

255 A/B Student Union Experiential

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

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

WOMYN RYTHYM

(Also offered in Session II)

200 Student Union (Ballroom) Movement activity/
experiential/child friendly

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.

Barefoot n' Mukluked (Jen Pickard, et al.), see pg. 12 for bio.

**DISCOVERING YOUR ANGEL ESSENCE:
JOURNEY TO YOUR SECRET GARDEN**

(Also offered in Session II)

102 Morris Hall Experiential

Often through life we can forget the wonderful things about ourselves for so many reasons. Thinking on the positive things about oneself strengthens the mental, emotional, spiritual and physical energy and improves self-esteem and self-confidence. Rarely do we allow ourselves to dwell on our gifts and talents; more often we are focused on what we can do better. During this workshop, attendees will go into deep relaxation and travel to a "secret garden" where they are totally safe. Here they will do a little energy healing and meet with their Guardian Angel who will remind them of their gifts and talents and wonderful things about themselves.

Patricia Poole, see pg. 12 for bio.

MARY MAGDALENE, THE BLACK MADONNA, AND PARTNERSHIP

(Also offered in Session III)

209 Morris Hall Paper/discussion

Mary Magdalene and the Black Madonna, though distinct archetypes, can also be equated as one and the same. Both represented 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 partnership and a more empowered and integrated spirituality.

Christina Potyondy, see pg. 17 for bio.

AN INTRODUCTION TO YOUR INTUITION

(Also offered in Session I)

222 Armstrong Hall Discussion/experiential/child-friendly
Ever wonder how you know things? Or, if you know things? Or if the sense you have about something is real or "made up"? Come explore your intuition and delightfully surprise yourself. You have knowledge within yourself; this playshop will provide experiential exercises to show you what you already know. Come think about things in a different way and realize that occurrences in your life may be your intuition — you just need to recognize it.

Marita Rahlenbeck, see pg. 6 for bio.

NURTURING INTUITION

(Also offered in Session I)

201 Student Union Experiential
We all have intuition, our inner knowing created in the quiet crossroads between our animal senses, our trained mind, and our more-than-normal perceptions. Here we'll bring our attention to how our unique intuition works, honor it, exercise it and learn to protect it.

Heather Roan Robbins, see pg. 7 for bio.

OPEN THE DOOR: A JOURNEY TO THE TRUE SELF

(Also offered in Session II)

232 Armstrong Hall Discussion/experiential
This workshop, based on a new book by Joyce Rupp, offers both inspiration and encouragement for personal growth. Opening the "door" of the heart provides a means of speaking about an invisible passage-way through which we enter the endless territory of beauty and truth secluded in our interior world. This symbolic door of the heart bears a similarity to physical doors in that it, too, opens and closes. Our heart-door opens inward to the inherent goodness seeded in us at our birth and opens outward to the world where we share our inner wealth. This workshop includes input from a spiritual and psychological perspective, small group dialogue, and an integrative experience.

Joyce Rupp, see pg. 13 for bio.

REWRITING THE MYTH BY WHICH YOU LIVE

(Also offered in Session III)

231 Armstrong Hall Discussion/experiential
Carl Jung has said the most important question we can ask is "What myth are we living?" Learn about personal mythology, discover your own, and see how it rules your life. Finally, learn ways you can begin to rewrite your personal mythological story to change your life.

Artis Salemo and Steven Freund, see pg. 18 for bios.

DISCOVERING THE UNIVERSE MOTHER SPIRIT

(Also offered in Session III)

317 Armstrong Hall 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 Book, 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 apostolic 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 workshop includes live musical meditation, which draws us to the Universe Mother spirit.

Cristina Seaborn, Leoma Sparer and Jill Strunk, see pg. 18 for bios.

CHINESE SAMPLER: OPENING STRETCHES, ANIMAL MOVEMENTS AND QIGONG

(Also offered in Session II)

284C Student Union Movement activity/experiential
For more than 4000 years the Chinese have practiced many forms of exercises to cultivate the integration of body-mind-spirit. They devised stretches to open the channels (meridians) in the body, they observed (and borrowed) the animal movements to gain their traits and power, and they practiced qigong to develop their energy and essential breath. This workshop is intended to open the body through gentle stretches; release the mind and body through selected animal movements and provide simple qigong exercises to integrate body, mind and spirit. We will conclude with standing meditation breathing.

Ron Smith, see pg. 13 for bio.

CREATING YOUR MAGICAL MIDLIFE

(Also offered in Session II)

101 Morris Hall Power point
This workshop guides women 40-60 years of age to embrace their 'Big Girl' self, the person they live as every day, and connect with their patient loving spirit. Learn to become consciously aware and gracefully transition into your 'Divine Woman' who is clear with intention, lives in purpose and loves life!

Janelle Sundberg, see pg. 14 for bio.

MONEY AND ME: THE SPIRITUAL PRACTICE OF PERSONAL FINANCE

(Also offered in Session III)

326 Armstrong Hall Discussion/power point
You will have a relationship with money everyday of your life. In this workshop you will examine this relationship and understand how it contributes to your overall well-being. Learn how to bring this relationship into alignment with your life goals and use it as a tool for spiritual development. This is an especially good workshop for those individuals looking to practice Voluntary Simplicity.

Jessica Tkach Paquin and Michael Tkach Paquin, see pg. 8 for bios.

ANIMAL COMMUNICATION EXPERIENCE (GUIDED VISUALIZATION)

(Also offered in Session III)

323 Armstrong Hall 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, see pg. 8 for bio.

HONOR THE BODY

225 Highland North Round table/movement/discussion/experiential

This workshop will empower participants 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 attendees with a foundation to grow upon long after the conference has ended.

Koren Walsh, see pg. 14 for bio.

HEALING OUR WORLD

209 Armstrong Hall Experiential
When we focus on the beauty of perfect healing love and the joy of sharing it with every man, woman and child in every corner of our world, the benefits can be far-reaching and transforming. Coming to-

gether in community to do this meditation makes the intent of the energy even more powerful. This Qigong meditation will assist you in feeling and envisioning a world of peace and love.

Lois Weber is an advanced student of Master Chunyi Lin, founder of Spring Forest Qigong (SFQ). She is a Certified SFQ Level 1 Instructor and teaches this wondrous mode of meditation and self healing at Good Counsel, the Hope Interfaith Center and through Community Education in Mankato.

EXPLORING LABYRINTHS
(Also offered in Session III)

211 Morris Hall

Experiential/presentation

The labyrinth is a tool to guide us on our sacred journey through life. Its use began in ancient times and continues today across an array of spiritual traditions. In this multi-dimensional workshop, you'll learn about labyrinths, create and walk labyrinths, experience a labyrinth ritual and journal a labyrinth experience. Your take-away will be resources and next steps for how to create your own personal labyrinth journey.

Deborah Zavitka, see pg. 18 for bio.

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:

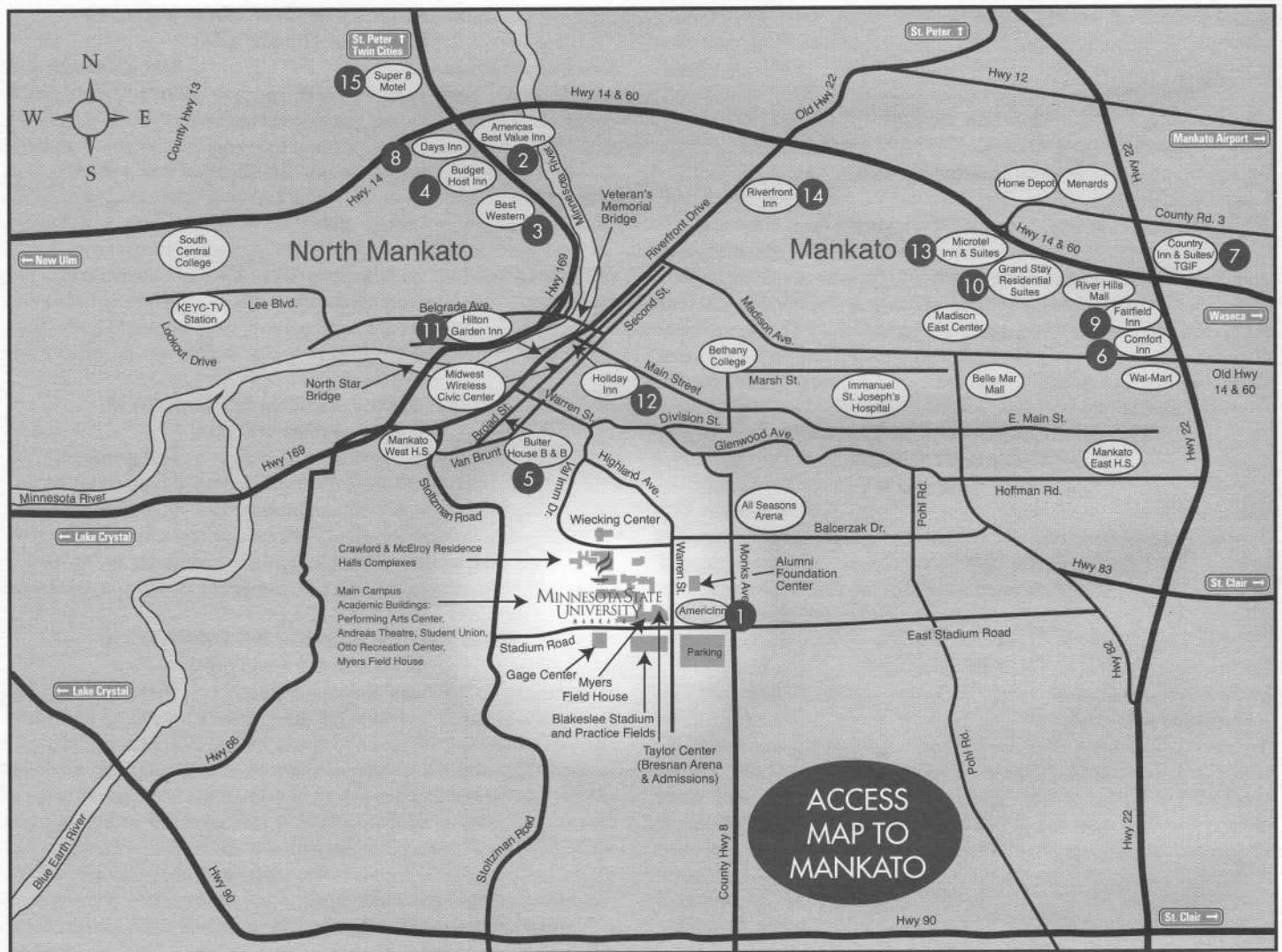
Travel North on Hwy. 169 to Mankato. Take Riverfront Drive Exit. Turn right onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill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



BUILDING KEY

- AF Alumni Foundation Center
 - AH Armstrong Hall
 - CR Crawford Residence Community
 - FH Ford Hall
 - GP Generator Plant
 - HN Highland Center N
 - JS Julia A. Sears Residence Hall Community
 - MC McElroy Residence Community
 - MH Morris Hall
 - NH Nelson Hall
 - PA Performing Arts Center
 - PH Pennington Hall
 - SU Centennial Student Union
 - TE Traflet Science Center E
 - TN Traflet Science Center N
 - TS Traflet Science Center S
 - UP Utility Plant
 - WA Wigley Administration Center
 - WC Wrecking Center
 - WH Wissink Hall
- Marso-Schmitz Plaza
 - Jane Rush Gathering Place
 - ▣ Handicapped Accessible Door
 - ▢ Bus Shelter

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



CAMPUS MAP

Conference Childcare

Lunch Option Site

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

Conference Information and Services

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

MEALS: Jazzman's, in the Student Union, will be open on Saturday from 8:00 A.M. - 2:30 P.M., and Sunday it will be open from 7:30 A.M. until 1:30 P.M. with hot breakfast in the Mav Ave: coffee, muffins, sweet bread, bagels, scones and donuts from 10:00 A.M. - 2:30 P.M., Sunday the Grille in Mav Ave will be open 8:00 - 1:30 P.M. 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.

Saturday Night Evening Dinner Menu - Buffet which includes:

Vegetarian Lasagna
Fresh Green Beans
Brown Sugar Baby Glazed Carrots
Tossed Salad with choice of dressing
Fresh Fruit Bowl
Dinner Rolls
Carrot Cake
Mini Cheese Cake
Iced Tea, Lemonade, Ice Water

Gluten Free Meals by special request only -
Please indicate on your registration form.

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

EMERGENCY MESSAGES can be relayed during the Conference by calling University 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 University 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) - 507-345-8011/1-800-634-3444, 240 Stadium Road, **WomenA100B**
 - 2) Americas Best Value Inn - 507-345-8800/888-315-2378, 111 W. Lind Court
 - 3)* Best Western Hotel - 507-625-9333, Hwy. 169 N., (Women)
 - 4) Budget Host Inn - 507-388-1644, 1255 Range Street (Hwy. 169 N.)
 - 5) Butler House Bed & Breakfast 507-387-5055, 704 S. Broad Street
 - 6) Comfort Inn - 507-388-5107/1-800-221-2222, 131 Apache Place
 - 7) Country Inns & Suites - 507-388-8555/1-800-456-4000, 1900 Premier Road
 - 8) Days Inn - 507-387-3332/1-800-325-2525, 1285 Range Street (Hwy. 169 N.)
 - 9) Fairfield Inn - 507-386-1220, 141 Apache Place
 - 10) * Grandstay Residential Suites - 507-388-8688, 1000 Raintree Road, (#487)
 - 11) * Hilton Garden Inn, 507-344-1111, 20 Civil Center Plaza, (WSC)
 - 12) * Holiday Inn-Civic Center- 507-345-1234/1-800-HOLIDAY, 101 Main Street, (Women & Spirit)
 - 13) * Microtel Inn & Suites - 507-388-2818, 200 St. Andrews Drive, (Women & Spirituality)
 - 14) Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
 - 15) * Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct., (Women & Spirit Group)
- 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
Super 8 Motel - New Ulm 507-359-2400/1-800-848-8888
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 on request only for the keynote address.

CHILD CARE DEADLINE is September 22, 2008 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 9:30 A.M. - 12:30 P.M., 1:00 - 6:00 P.M. and Sunday from 8:30 - 1:45 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 required classes will be held AFTER the conference and are required and that the conference registration fee and meal are in addition to the tuition fee for credit. You **MUST** attend the 9:00 A.M. meeting in Student Union 201 on Saturday, October 11th. 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 and candles violates the non-smoking policy.
- The temperature in conference rooms is not within our control. Rooms tend to be hot...or cold! You may want to dress for hot but be prepared for cold.
- We are not responsible for lost or damaged property. There will be a lost and found site at the registration table.
- **IF YOUR NAME APPEARS TO HAVE A DOUBLE LAST NAME**, we will alphabetize 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 page <http://sbs.mnsu.edu/women/>
Then go to Women & Spirituality Program

REGISTRATION FORM

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

Pre-registrations must be postmarked by **September 22, 2008** for reduced rates. Make checks or money orders payable to: Minnesota State Mankato. Mail to: Women and Spirituality Conference, Minnesota State University, Mankato, 109 Morris Hall, Mankato, MN 56001. For more information call 507-389-2077. This form may be duplicated for multiple registrations.

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

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

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

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

- Pre-Registration**
- \$50 General (includes keynote)
 - \$25 Minimum Income OR Student
 - \$15 Ages 9 - 17
 - \$5 Keynote only (name tag required)
 - \$15 Saturday night dinner
 - 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 22, 2008) (Vegetarian meal only)

- Gluten Free Option — check here

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 22, 2008

Day(s) Needed: Saturday, October 11 Sunday, October 12

Children's Names and Ages: _____

Emergency Contact/Pager # _____

Parent's Name(s): _____

Special Needs: _____

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

FOR THOSE REGISTERING FOR CREDIT/CEU

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

We do offer a one credit CEU. Please send a separate check for \$50. A certificate will be given to you once the conference is completed. (We are unable to accept debit or credit cards).

CONTACT THE BUSINESS OFFICE, 507-389-2261 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.

2009 Conference Dates TBA

