

# 29th Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born in 1981 and the purpose was to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among women and men from many spiritual and religious

traditions. 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.

## 2010 Keynote Speaker, Dr. Akasha Hull



Dr. Akasha Hull

Keynote speaker, **Dr. Akasha Hull** (whose chosen first name means "light/luminous" in Sanskrit) graduated cum laude from Southern U, Baton Rouge. She went on to earn her Master's and Ph.D. degrees from Purdue U in Indiana. An activist scholar, lecturer, writer, poet, and consultant whose work helped to transform the academic and social landscape, Dr. Hull has been a professor of women's studies and literature at the University of CA, Santa Cruz, the U of Delaware, and the U of the West Indies-Mona in Kingston, Jamaica. Her publications include four books, one monograph, three edited collections, over 20 articles in professional journals, chapters in a dozen volumes,

15 book reviews, poems in more than 30 magazines and anthologies, and two short stories. *All the Women Are White, All the Blacks Are Men, But Some of Us Are Brave: Black Women's Studies* (co-edited), a landmark classic that defined the field, garnered the National Institute's Women of Color Award for rescuing black women from the invisible crack between black studies and women's studies. *Give Us Each Day: The Diary of Alice Dunbar-Nelson* was enthusiastically reviewed in *The New York Times*. Only the second published diary by an African American woman, it opened up the life and times of this fascinating poet-journalist formerly eclipsed by her more famous husband, Paul Laurence Dunbar. *Color, Sex, and Poetry: Three Women Writers of the Harlem Renaissance* highlighted the rich contributions of women to that pivotal era, its painstaking archival research revealing for the first time unsuspected homoerotic connections among the women and lesbian themes in their writings.

Hull's poetry was first published in the 1970s and, since then has been featured in such collections as *Flatfooted Truths, Life Prayers, Sisterfire, In Search of Color Everywhere, Daughters of Africa, Erotique Noire, Callaloo, and Shout Out: Women of Color Respond to Violence*. *Healing Heart: Poems* (Kitchen Table Press) was called "the voice

of a free, fierce some, sensual and vivid woman of color" by Ntozake Shange and "a total delight" by esteemed critic Stephen E. Henderson. Her latest book is *Soul Talk: The New Spirituality of African-American Women* (Inner Traditions, 2001). Observing the burgeoning of metaphysical and "New Age" modalities after 1980, Hull posited that politics, spirituality, and creativity were being united into a revolutionary new paradigm. *Soul Talk* was signally endorsed by Toni Morrison and E. Ethelbert Miller and praised in *Publishers Weekly* as "powerful, practical and nourishing gumbo...of the heart and spirit."

Throughout her career, Akasha Hull has keynoted university and community conferences nationwide; given lectures and readings; been interviewed on National Public Radio about the poets of the Harlem Renaissance; participated in grassroots and professional feminist organizing; and presented workshops on multiculturalism, spirituality, creativity, and self-empowerment. She has received prestigious fellowships from the National Endowment for the Humanities, the Fulbright, Rockefeller, Mellon and Ford Foundations, the American Association of University Women, and the National Humanities Center. In 1992, Purdue U awarded her an Honorary Doctor of Letters "for pioneering work in the field of black feminist studies that has empowered others to hear and appreciate diverse voices."

Over the course of her life, Akasha has studied/practiced Southern Baptist Christianity, Rastafarianism, Santeria, metaphysics, meditation, the Alice Bailey teachings, and Buddhism. She placed as a semifinalist (top 20 of 300) in the Ursula K. LeGuin Imaginative Fiction Contest of *Rosebud Magazine* for "Touch Me, They Said, They Wanted." A short story, "Plum Jelly in Hot Shiny Jars," appeared in the 2003 Beacon Press anthology, *Age Ain't Nothing but a Number: Black Women Explore Midlife*. Just recently, she completed her first novel, the story of a contemporary African American actress whose sexual-spiritual journey echoes the challenges and triumphs of women from many different backgrounds.

### Schedule

#### Saturday, October 23, 2010

- 8:00 Vendor's open
- 9:00 - 10:30 Registration-CSU 2nd Floor
- 10:30 - 11:00 Opening Celebration, Announcements/Welcome CSU Ballroom
- 11:00 - 12:30 Keynote / Book signing-CSU Ballroom
- 12:30 - 1:30 Lunch (on your own) Vendor Browsing
- 1:30 - 3:00 Session I / Vendor Browsing
- 4:00 - 5:30 Session II / Vendor Browsing
- 5:30 - 7:00 Vendor Browsing
- 6:00 Dinner (advance reservations required)
- 7:30 Informal drumming in lower level Student Union by fireplace

#### Sunday, October 24, 2010

- 8:00 Vendors/Conference Site Opens
- 9:00 - 10:30 Session III / Vendor Browsing
- 11:30 - 1:00 Session IV / Vendor Browsing
- 1:15 Closing Celebration-CSU Ballroom/Vendor Browsing

### The 2010 Planning Committee:

- Faith Kasiva, Coordinator
- Cindy Veldhuisen, Business Manager
- Maria Bevacqua, Chair, Gender & Women's Studies
- Katie Bowman, Course Instructor
- Pat Davis, Exhibitor Coordinator
- Janalea Hoffman, Opening/Closing Ceremonies

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

#### HOLDING THE LIGHT OF THE TAROT'S HERMIT

**255 STUDENT UNION** Discussion-based, experiential/ritual  
What do you seek? How do you discover your own wisdom? How has your life taught others? Come join us as we discover the 9th Major Arcana of Tarot – The Hermit. It will be a blessed little retreat. Beginners are welcome! Bring your curiosity and a deck of Tarot cards.

**Nancy Antenucci** is a seasoned reader and teacher in the Twin Cities for over 25 years. She returns for this conference annually as she teaches various aspects of Tarot philosophy through the walk of the Major Arcana.

#### SCIENCE AND SPIRITUALITY

(Also offered in Session IV)

**304 ARMSTRONG HALL** Paper/discussion  
Science and spirituality are perfectly compatible, but deal with two different realms – outer, visible reality and inner, invisible reality. Science speaks the language of facts, spirituality the language of truth seen with an inner eye. Scientific language describes phenomena observed by bodily senses using the most accurate measurements possible. Religious language aims to express truth that is felt or intuited by using myths and symbols.

**Jeanette Blonigen Clancy**, educator and writer, MA in systematic theology, authored *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 IV)

**316 ARMSTRONG HALL** Power point/discussed-based  
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, 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 connection to the collective. We all have potential for individual power

as well as collective power (power within a group). However, if we don't realize where our strengths and weaknesses are there is more of a potential for the misuse or waste of power. 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 30 years. She is an astrological counselor, speaker, writer, and former president of STARS, the MN Chapter of the National Council of Geocosmic Research.

#### INTRODUCTION TURNING ON ENERGY WORK: HOW TO BE IN THE FLOW

**254 STUDENT UNION** Experiential/discussion-based/hands-on  
There will be discussion and participation in identifying how energy feels on several levels, seeing energy and using energy; discussion on different types of energy modalities or therapies and using energy; discussion on different types of energy modalities or therapies and learning about balancing chakra's by using a pendulum. The class will give insights to many avenues to pursue and help you get started by hands on experience. Bring a pendulum.

**Rev. Kathi Buffalo** is an Ordained Minister; Certified National Addictions Counselor, National Certified Spiritual Counselor, Licensed Massage Therapist; Certified healing Touch Practitioner, Reiki Master Teacher (Usui System), and has a Natural Health Clinic in Aberdeen, SD.

**Janeen Osterbauer** is the mother of three children, a Healing Touch Practitioner trainee in the process of Certification with healing touch International. She is a student of Sue Holland's from Denver, CO. Janeen has been working with energy the past five years on her spiritual journey.

#### SEVEN GENERATIONS HEALING CIRCLE

(Also offered in Session III)

**302 ARMSTRONG HALL** Experiential  
A sacred space will be created for clearing the past to make way for the future using Source energy, a medicine wheel and shamanic practices. We will begin with a guided meditation to evoke and honor the

lives and work of our ancestors for seven generations, celebrating both the victories and the wounds and releasing them back to Source. We will continue by visioning a future for our descendants for seven generations, setting the space for peace, abundance and love to more fully enter the world. Weather permitting, we will meet in a circle outdoors.

**Thomas Capshaw** is a trainer, speaker and author of the book *Divine Warrior Training: Manifesting the Divine in Our World*. He has a private spirituality practice in the Midwest and on the East Coast.

**Christine Agnelli** is an Interfaith Minister, clinical social worker and Visionary. Endorsing a culture of Oneness Consciousness, she shares her inspirational messages and offers supportive transition services to churches without ministers.

### MOTHERHOOD: THE SPIRITUAL JOURNEY

(Also offered in Session II)

305 ARMSTRONG HALL

Discussion-based

We will explore the spiritual aspects of mothering, presented by two single moms. 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 others and reflect the belief that parenting changes a person and promotes individual and spiritual growth. There will be an open discussion where we can share our journeys and empower each other to love and embrace ourselves and model this self-love to our children.

**Theresa Crawford** is a single mom of three daughters for whom parenting was both a challenge and journey to finding a deeper sense of self, she is currently working on a memoir of being the mom of a teen mom.

**Terry Norman** is a single mom of a twenty something daughter. Their journey together as a family continues to bring about new insights for Terry.

**Theresa and Terry** met finishing up their graduate degrees in marriage and family therapy. They are both licensed associate marriage and family therapists with a private practice in St. Louis Park, MN.

### PERCEPTION IS A CHOICE

(Also offered in Session II)

308 ARMSTRONG HALL

Experiential

Life doesn't have to be difficult. Being in control of your perceptions has direct influence on your health and happiness. Come learn about perception so you can make better choices.

**Mary Mackey Faulkner** has a Masters in Adult Education and Human Resource Development. To her training and coaching she brings intuition, non-judgmental attitude and wit.

**Lynda Benson** sets a goal for her students to help define and pursue their interest and help them practice until their new skill is mastered.

### STRESS AND SPIRIT

(Also offered in Session III)

303 ARMSTRONG HALL

Formal paper/movement

Our response to stress can be debilitating if we've lost the connection to the spiritual part of ourselves. Learn to identify your stressors and the tools to reduce stress through small group interaction, writing, and gentle movements. Choose coping strategies through your own personal beliefs of intention, imagery, mantra, poetry or prayer. Learn "Movement & Breath Breaks" to keep stress from taking up residence in your body and mind.

**Jean Fraser** is the founder of Soma Yoga and Soma Ventures, specializing in wellness and personal development. Her teaching is informed by over 30 years of study in the therapeutic movement, stress management, and yoga, and she refines these practices into accessible tools for everyday life.

### ENLIGHTENED K9'S

(Also offered in Session IV)

319 ARMSTRONG HALL

Story-telling/discussion-based/  
child-friendly

Throughout history, both canines and humans have shared an overlapping existence. Humans have used canines for work, food, comfort/warmth and play. Much of mainstream society once again has shifted back to understanding canines through force and dominance. I propose we instead learn to use our brain and spirit to communicate and co-exist with canines. Our understanding and treatment of animals directly affects how we as a society treat others. We will talk about canines and how to communicate, train and understand them as not just pets but as individual spirits. Lift your own vibration as we enter into a world of enlightened beings.

**Inga From** is a certified professional dog trainer. She was an Association of Pet Dog Trainers 2008 national award winner. Her passion is working with shelter animals and teaching people to better understand the human-animal bond. She is currently the Animal Behavior and Training Coordinator at the MN Valley Humane Society.

### UNDERSTANDING REINCARNATION AND HEALING PAST LIVES

202 STUDENT UNION

Experiential

We, as humans, reincarnate in human form; each time we return, we chose a set of life lessons to work through. As we experience this life, it is important to understand that we are the sum total of all our lifetimes, living, breathing, now. Participants can discover how their past life lessons can impact their current life and lessons; then they can learn how to release all the lifetimes of a particular lesson from this life. "Life is all about choice; every life has choices. This workshop will help to enhance your life experiences, through understanding our choices!"

**Barbara Gabriel** has been working with individuals, doing readings, and leading workshops for over 25 years. She helps facilitate changes in the way one deals with everyday life by working with individuals to release their blocks, and by showing one how to open doors to new opportunities, to create a better balance, more joy, love, and peace while experiencing life here on planet Earth!

### PEACE STARTS WITHIN: REMEMBER THE PEACE WITHIN

201 STUDENT UNION

Experiential

Reconnect to the Peace Within using a variety of strategies. When we remember that peace resides within we have the capacity of expanding the space where others can safely enter. Participate in focused concentration, breathing techniques, body movements and meditation to activate and cultivate your vital energy. Balancing and enhancing the flow of energy in your body and blessing and releasing problems held in your mind, body and emotions.

**DeeAnn Gieseke** is a Wellness Coach, Spring Forest Qigong Master Healer and instructor level 1, has completed SFQ intensive guide training, levels 1-4 taught by Master Chuyi Lin, Normandale Community College. She teaches classes through private and community education on a variety of topics.

### SONGTANEOUS: CREATING AND CONNECTING COMMUNITIES THROUGH THE POWER OF SPONTANEOUS SINGING

(Also offered in Session IV)

284C STUDENT UNION

Experiential/singing/chanting

During Songtaneous, we arrange and construct "songs" by creating repeating musical patterns and assigning them to sections of our singing circle. These parts weave together to create instant compositions in a magical process where the whole is more than the sum of the parts. We combine singing with chants, language, imagery, color and movement to inspire, access and explore new musical terrain.

**Sarah Greer** is a singer and performer who uses spontaneous singing to create communities and connect individuals. She loves to sign and believes in each person's right to sing and the power of singing to change the world.

## LIVE WILD

**325 ARMSTRONG HALL** Discussion-based/story-telling/instrumental  
How do you want to live and express your one wild and precious life? It traces back to one thing: how you see yourself, how you see the world, and how you show up for it. This workshop takes you to your wild side, awakening the spirit in you that is free, alive, bold, authentic, and out there. Through poetry, stories, discussion, and lessons learned from decades of leading wilderness trips. The presenter will guide you back to your essence, your own spirituality and your sense of hope.

**Chris Heeter** is an explorer, guide, speaker and poet. She is also founder of The Wild Institute, an organization dedicated to keeping the connection between women and the natural world.

## PADDLE YOUR OWN CANOE – DISCOVER YOUR TRUE ESSENCE

**204 STUDENT UNION** Movement/dance/experiential/story-telling  
Find unknown strengths, resources, and inspiration. Discover how your core values are your guides to life, especially during uncertain times. Achieve motivation to take courageous action, navigate the winds of change, and flow through life with increased confidence. Stories from this solo canoe adventure will inspire greater meaning and significance in your life, encourages ownership of your natural abilities and strengths, empowers you to be courageous and take action, and expects you to live to your fullest potential and highest ideals.

**Cheryl Hiltibran, M.Ed.**, of CMH Healing Arts, is a Certified Accelerated Learning Train-the-Trainer and natural intuitive. Through 20 years experience raising people's consciousness, she has developed a heart-centered interactive approach to her workshops and healings that integrate the body, mind, and spirit. Cheryl has been solo canoeing for 16 years and lives in Wayzata, MN with her husband.

HOW TO PLAY THE NATIVE AMERICAN FLUTE –  
DISCOVER YOUR INNER MUSICIAN

(Also offered in Session II)

**208 MORRIS HALL** Instrumental/hands on  
The Native American flute is very easy to play – much easier than traditional instruments – it lends itself easily as a meditative tool. The beautiful haunting sound is great for facilitating an inward experience. Come learn the basics of the native scale and how to create native style music from the heart. Everyone will have a flute to play with a plastic tube (for sanitary reasons). No prior musical training needed! Many have taken this class who thought they had no musical talent and have left joyful at having discovered their inner musician!

**Janalea Hoffman** is a pioneer in the music therapy field. She has composed 14 music CD's and written a book, *Rhythmic Medicine-Music With A Purpose*.

## PSYCHIC DEVELOPMENT 101

**150 STUDENT UNION** Experiential/child-friendly  
We will discuss the techniques and tips on how to connect/communicate with our spirit guides and the subtle energies around us. In addition, we will discuss the different types of psychic abilities, ethics and psychic protection. A handout will be provided.

**Tiffany Johnson** is a Twin Cities based psychic/medium, author, speaker and media personality (most notably A&E's *Psychic Kids* and TLC's *ghost Intervention*). Conducting readings since she was 14, she has experienced and studied with many spiritual leaders on various topics throughout her life.

## SAVING MONEY, THE PLANET AND YOUR SANITY

**320 ARMSTRONG HALL** Power point/child-friendly  
Holly is back to inspire personal freedom by sharing scenes from her joyfully green and frugal life. You'll be amazed by her extraordinary lifestyle, using second-hand and found materials almost exclusively for building, decorating, furnishing, landscaping, and dressing. She has found financial freedom and enriched her spiritual life while living light-

ly on the earth. Take a tour of her woodsy home which illustrates the physical, mental, and social tools she uses in creating a wonderful life, and gives you an intimate look into the stories in her forthcoming book. You will leave with a sample exercise for freeing up your own life.

**Holly Jorgensen** has been a teacher, performer, and librarian, among other adventures. Her company, Northern Holly Creations, focuses on educational and inspirational entertainment. Productions have included: *Looking-Glass Lovesongs*, a musical funded by a COMPAS Community Arts grant and performed at the Mixed Blood and At the Foot of the Mountain theatres; *Quality Time with the Quinots*, a proposal and preview for a family-oriented TV series; and *The Diaries and Dreams of Susie Moberly*, a one-woman show based on the 1890 diary of a MN woman. She has performed this over 50 times, including at a previous Women and Spirituality conference.

THE BLACK MADONNA AND  
THE ETERNAL FEMINE IN WORLD CULTURES

**315 ARMSTRONG HALL** Lecture/discussion-based/experiential  
We will examine the emergence of the Black Madonna as a wisdom figure in world cultures, as well as a prophetic presence in Latin America with the Lady of Guadalupe apparition in Mexico which changed the course of history in the Americas. There will be an opportunity for personal exploration of the Black Madonna's role in feminine initiation. An overview of the eternal feminine in diverse spiritual traditions will foster understanding of the unitive dimension containing both cosmic mystery and early manifestation.

**Carole Julian** has a master's degree in Psychology East West. She has studied the interface between the eternal feminine and world events for two decades.

## AVATARA: BEYOND THE SCRIPT INTO THE SPIRIT

**314 ARMSTRONG HALL** Paper/discussion  
The word *avatara* in Sanskrit means 'incarnation' or 'coming down' from above. The movie depicts a number of philosophical undercurrents reflective of Indian spirituality: *I see you; we come from the same course; we borrow life-energy and return it when we leave this world*, etc. The paper analyzes the film with both evolutionary and spiritual perspectives for a deeper understanding of life's diversity.

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

## CO-DEPENDENCE – IT'S TIME

(Also offered in Session III)

**212 MORRIS HALL** Experiential/discussion-based  
Co-dependence has been too long ignored by our culture. It is time to name it and claim it as a disease of its own. We are co-dependent whether we are involved with an alcoholic or not. It is time to address a primary, neglected dysfunction in our culture. I am planning to open the door to a new concept for healing our world.

**Margaret Klette** has been on her personal spiritual journey for over 35 years. She is a writer, hands-on-healer, fiber artist, and a mother, sister, aunt and crone. She specializes in 12 step spirituality.

## INTEGRATING SACRED PRINCIPLES FOR VISUAL SELF EXPRESSION

(Also offered in Session II)

**210 MORRIS HALL** Experiential  
Explore your essence through visual journaling. There will be an introduction to sacred geometry and other visual tools used to develop your personal language of self. Some of the sacred principals we will be looking at are sacred geometry, numerology, astrology, medicine animals, gesture and color. We will also discuss both the elements and principles of design, including a discussion, a guided meditation and an art project.  
**Jennifer Kunin** works full time as a healer, a workshop facilitator and an artist. Her passion is to inspire people to heal, know and express themselves, becoming more free, authentic and light.

### INTERSECTING SPIRITUALITY: HINDUISM, BUDDHISM & SHAMANISM IN NEPAL

(Also offered in Session II)

103 MORRIS HALL Singing/chanting/power point

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, the participant 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. Participants will become familiar with Aama Bambo, (mother shaman), a famous Nepalese shaman who conducts daily healings for as many as 50 people each day. You will see rare video footage of two Tibetan shamans from the Tibetan Refugee Settlement of Tashi Palkheil 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 more in-depth exploration of the spiritual healing practices of Peru, Chile and Ecuador. For the past six years, she has focused on Tibetan and Nepalese shamanic practices and has received initiation from Aama Bambo. Susan is a Reiki Master and has a shamanic healing practice and psychotherapy practice in Minneapolis, MN.

### WALKING THE BUTTERFLY: COMING TOGETHER...COMING HOME

(Also offered in Session III)

221 ARMSTRONG HALL Experiential

*Walking the Butterfly* is a moving meditation that provides the opportunity for spiritual connection and transformation within the unique context of the Butterfly Peace Path labyrinth. Let the Butterfly Peace Path help you experience peace, connection, hope, gratitude and/or whatever you need most at this time in your spiritual journey. Participants will learn about and practice four Butterfly Walks using the Butterfly Peace Path finger labyrinth and Butterfly Break Canvas labyrinth.

**Jackie Levin, MA**, is a visionary, possibility thinker and champion of the human spirit with over 30 years experience working in special education and business. In her role as a life coach and peace educator, Jackie has designed a wealth of life resource tools and self discovery experiences that inspire individuals of all ages to bring the full expression of who they are into the world.

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

### KABBALAH: FROM MYSTERY TO MANIFESTATION

(Also offered in Session III)

323 ARMSTRONG HALL Paper/discussion/experiential

How do you go from the mystery or unknown of creating your goals and dreams to the manifestation of them? In this workshop you will be given a Hebrew Letter and its meaning as an inspiration and symbol of your karma. Choosing a struggle you have in creating a goal or dream you enter an interactive exercise that is based in the Kabbalah that helps you to transform and return to your authentic self.

**Lisa Lillemoen** is an internationally known holistic healer, teacher and author. She offers Kabbalah and Soul Healing, Holistic Psychotherapy Intuitive Consulting and classes at her offices in Apple Valley, MN and Berkeley, CA or by telephone.

### WAYS OF HEALING SPIRIT AND BODY

321 ARMSTRONG HALL Experiential/discussion-based

Participants are invited to explore the way of healing their spirit and body with a natural born healer and author who will share her knowledge and useful experience. Discover that your body and mind are not two entities to be treated separately in the healing process, but are woven into one.

Realize that the source of healing is from within. Investigate techniques to encourage your subtle source of healing to heal common health problems and find out how to be creator of your destiny.

**Rachel Madorsky, MS**, is known worldwide as an expert on natural healing and award-winning author of *Symphony of Your Karma; Create Your Own Destiny; Karma of Your Destiny* and others. She is one of those rarely gifted people with immense extrasensory abilities, born with the ability to heal, devoting her life to what she wanted to do most - help people. Rachel maintains a private consulting practice.

### COMING OUT AND BEYOND

209 MORRIS HALL Experiential/storytelling/discussion

For those of us who came out in the 1960's, 70's and 80's, our co-workers, family members and friends may know our sexual orientation and gender expression. But how do we respond to the person sitting next to us on the plane who asks about our opposite-gendered spouse? Do we think about what we can do to make it easier for those who come after us? Are we amazed by how different it seems to come out in 2010 rather than 1975? Let's gather to celebrate our outness, discuss the barriers and challenges that we still face and explore the legacies we hope to leave.

**Candace Mainville** works as a social worker, trainer and spiritual director. She came out in 1979.

### NIA AND THE FEET

N225 HIGHLAND NORTH Movement/dance

This is a basic understanding of the anatomy of the feet and their relationship to the dance Nia. The feet are the hands that touch the earth. How do my bare feet help me heal the body through Nia? You will participate by learning basic foot movement forms that make up the modality Ni, a barefoot dance that honors the body, Niais modern dance arts, healing arts and martial arts.

**Amber Mc Cornack** has been teaching the art of Nia since 2001. She continues to educate herself.

### SOUL BODY FUSION™

(Also offered in Session III)

310 ARMSTRONG HALL Experiential

What if every part of you was aligned to achieve your goals and reflect your divine essence? What if you were always *fully* in your body? All participants will have the opportunity to learn about and experience the benefits of Soul Body Fusion™, a simple natural process developed by spiritual teacher Jonette Crowley, that assists the soul to be more fully present in your body and life, and helps increase their balance and alignment together.

**Roslyn McGrath** is a holistic practitioner and artist, and is one of the first people certified by SBF originator, spiritual teacher and author **Jonette Crowley** to train others in this technique. It is her passion to help expand perspectives and possibilities for greater harmony, self-love and joy.

### RAINBOW TENT OF WOMEN'S SPIRITUALITY ACROSS TRADITIONS

(Also offered in Session II, III, IV)

200N STUDENT UNION Experiential/discussion-based/  
singing-chanting/storytelling

This is an actual installation of a tent. Participants enter and can sit, meditate, read, talk, listen to the music and explore their own spirituality. Meditations, readings, books, music, and artifacts are presented from a variety of traditions and, wherever possible in women's words/voices. Traditions include Buddhist, Wiccan, Taoist, Native American, Egyptian, The Beloved Community, and others.

**Kim Mc Keage, Ph.D.**, is currently a master's student in women's studies at Southern Connecticut State U. This tent is a gift to all others exploring spiritual traditions and trying to respectfully integrate diverse perspectives into a holistic practice.

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

285 STUDENT UNION

Experiential

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

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

### HO-OPONOPONO – THE HAWAIIAN WAY OF FORGIVENESS

(Also offered in Session III)

211 ARMSTRONG HALL

Experiential

What if you could learn a new way to transcend and heal old hurts and wounds. . . to forgive yourself and others. . . to cleanly and clearly let go of the past? Imagine the Freedom! Attendees will experience this simple, yet empowering way of "making right", through an interactive guided imagery process. No discussion of any personal history is necessary for a life-changing experience.

**Diana Oman** is a holistic practitioner with a vision to share ancient Hawaiian healing traditions by facilitating *Hawaiian Ways Workshops* throughout the Midwest.

### SOUL BREATHING

(Also offered in Session II)

213 ARMSTRONG HALL

Experiential

Do you ever feel stressed, frustrated or anxious? Do you want to improve your overall health and happiness? With Soul Breathing, learn how to free your breath and heal yourself! The breath is the activity and infinite intelligence of Spirit in the body. Soul Breathing opens up your breath and allows you to release constricted breathing patterns and old emotions. Learn how to let go, and bring love and joy into your heart and soul.

**Terri Peterson**, RPh, is a certified Soul Breathing™ facilitator, an associate certified Pranic Healer as well as a Pharmacist. She has studied breathwork under Judith Kravitz (Transformational Breathing™ Foundation) and Robert Winn (Soul Breathing™). She was first introduced to the power of the breath in 2001 when studying Pranic Healing® and Arhatic Yoga with Master Stephen Co and Grand Master Choa Kok Sui. Terri has a private holistic practice in St. Paul and offers Soul Breathing workshops in homes, churches and studios throughout the Midwest. She is co-creator of AquaEssense ReSource and Bridging the Water Gap, International Water Conference.

### HOW LIVING IN A CLASS-BASED SOCIETY AFFECTS ONE'S SPIRITUALITY

(Also offered in Session II)

216 ARMSTRONG HALL

Power point/computer-based

This workshop will explore how class personally affects us. These effects then influence and affect our spiritual journey. We will create a Mental Model (picture) of generational poverty and then a Mental Model of generationally middle class will be made.

**Jodi Pfarr** is a nationally known author and presenter on this topic, how it affects us, and how to address it within our institutions and community. She is also the Executive Director of Emma Norton Services and holds her Master of Divinity degree.

**Rhonda Bell** is the Circles/Getting Ahead Coordinator at Emma Norton Services. The Circles/Getting Ahead programs are programs that intentionally bring all classes to the table to learn from each other.

### CHINESE TEA CEREMONY IN MODERN LIFE

(Also offered in Session III)

322 ARMSTRONG HALL

Experiential/ritual-worship

A Chinese Tea Ceremony is a sacred time for people to get together to talk and share their thoughts and feelings. It is a way to slow down the fast pace of modern life, focus mental energies, relax and enjoy an ancient tradition. The four principles in Ch'a Tao (Way of Tea) are harmony, respect, purity and tranquility. They represent the highest ideals of humanity and help one's spiritual growth. In the Tea Ceremony, you will have time to allow your senses to fully experience the moment. By enjoying the purity of tea's color, smelling its special aroma, and tasting tea from a small teacup, your mind will focus on the meaningful values revealed in the Way of Tea. After the ceremony, one can find a new peace of mind and walk into the world with peaceful thoughts and a pleasant mood.

**Peiju Liu Picard** currently owns a tea importing company and is actively involved in educating the community about tea and how tea has changed her life.

### EMBRACE YOUR INNER KNOWING

232 ARMSTRONG HALL

Experiential/discussion-based,  
child-friendly

Are you looking for answers to tough questions? Are you searching for something, yet don't really know what direction to look? Do you question yourself and your decisions? During this experiential time together – using tools such as crystals, essential oils, animal medicine and more – we will discuss and explore what Inner Knowing is. We all have it; we sometimes don't recognize it for what it is. Sometimes saying things out loud in a safe, nurturing place with like minded people can help achieve the "aha" movement. If you feel inspired to bring a special stone, oracle deck or totem, please do! You may wish to have a journal and pen handy, too.

**Marita Rahlenbeck** has been working in the Intuitive/Healing Arts for well over 10 years. She brings her passion and intuition together with Energy Medicine, Divine Wisdom, Crystals, the Amethyst BioMat and more to empower you to discover and embrace your Inner Knowing. She has an active practice in the Twin Cities.

### DISCOVER YOUR CALLING

(Also offered in Session II)

101 MORRIS HALL

Discussion-based

Still trying to figure out what you want to be when you grow up? Are you yearning to use your skills and talents in service to the world and get paid for it? We will explore how to align with your life mission, engage in exercises to help you find your calling, and discuss the steps to help you realize and create your soul's expression through purposeful work.

**Dee Relyea**, a student of Eastern wisdom traditions and a committed mediator, honors the role of spirit in conscious career development. She started her coaching business in 2003 to help people bring their gifts and talents to the world through fulfilling work.

### ENTERING THE THRESHOLD

(Also offered in Session III)

284A STUDENT UNION

Experiential/discussion

This will be an introduction to the Threshold Method. Using symbolism and inspirational imagery, guided meditation and drumming in a sacred space we hope to inspire the participant to recognize an issue and release it in a safe and non-threatening environment.

**Mary Rivard**, CMT, is a visionary artist whose work is focused on inspiring women to enter into their own personal process of growth. Known for her nature talismans and spirit chairs, she is also an accomplished multi-deck card reader.

**Virginia Cooper**, RN, CMT, is co-creator of the Threshold Method and is excited to be present with all who are receptive to personal transforma-

tion. She is actively working in healing modalities including energy work, massage therapy and bringing complementary therapies into hospice.

**INTRODUCTION TO SHAMANISM**

**284B STUDENT UNION**      *Experiential/instrumental/drumming*  
Participants will learn the technique of the lower world shamanic journey and meet their power animals. What gifts does the lower world offer us? Time will be spent learning how to journey, sharing our experiences and exploring resources. We will allow time and space to interpret and record our journeys. You will discover how to develop a lifelong relationship with their power animals, and you will also find out how to continue your shamanic journeys at home.

**Rhonda Steele** has been studying and practicing shamanism for over 10 years. She has studied with Sandra Ingerman, Tom Cowan and RJ Stewart. She has recently taken a shamanic tour of Ireland. Rhonda holds a master's degree in education.

**OUR HALF OF THE EARTH:**

**a woman's view of food and water issues**

**309 ARMSTRONG HALL**      *Discussion-based/experiential*  
This workshop will question the importance of women's contributions to the debate over ownership and management of the world's water resources and food production. Do women bring a genders-specific perspective to these issues? Are they in positions of power to make their views known? How can art help to engage people to educate themselves and others to deal actively with these basic issues of human survival?

**The Arts Committee of MN Metro WILPF** produces, exhibits and performs many types of art around issues of concern to women and girls. During the last five years it has concentrated its activities on the Save the Water campaign of international WILPF. Most recently it has been one of three sponsoring organizations of a month-long exhibition of art and related programs, **WOMEN AND WATER RIGHTS: RIVERS OF REGENERATION** at the Nash Gallery, U of MN. See [womenandwater.net](http://womenandwater.net).

**PRAYING WITH OUR BODIES:**

**CREATING PERSONAL PRAYER RITUAL WITH BODY MOVEMENT**

(Also offered in Session III)

**215 ARMSTRONG HALL**      *Movement*  
Create a powerful mind-body-spirit link to take your prayers beyond the level of intellect to a stronger sense of focus and energy, expressing your intentions more deeply. This workshop, incorporating guided visualization along with movement and small group focus work, will help you free your body to let your prayers soar on wings of dance. You will leave the class having learned an 8 1/2 minute body prayer and you will create your own prayer in movement piece.

**Margaret Tingley Farley**, certified Nia fitness technique instructor (Blue Belt), offers classes in Richland County, WI. She has completed Shamanic Apprenticeship with Jaes Seis and studied with Herb Stevenson, among others.

**RAISING CHILDREN IN A GODDESS TRADITION**

**253 STUDENT UNION**      *Ritual/worship/instrumental/  
drumming/child-friendly*

Come learn and share experiences of raising children in the Goddess tradition and other non-traditional spiritual paths. We'll include storytelling, singing, dancing, drumming, brief ritual, and a discussion of resources to guide you in raising your child. This is a participatory workshop. If you don't have a child, bring your inner one!

**Treewommon** is the mother of Shooting Star, age 8 and is a Dianic Wiccan community priestess. She circles with Spiderwimmin in St. Paul, MN. She is also an attorney practicing family law.

**Dawn Schuette-McKinnon** is the mother of Holly, age 7 and participates in the Unitarian Universalist congregation in Mahtomedi, MN. She is an assistant kindergarten teacher and is practicing Zen Buddhism.

**Treewommon** and **Dawn** first met at this conference when their daughters were babies and have been coming together ever since.

**LESBIAN TO LESBIAN: SHARING OUR WISDOM**

**200S STUDENT UNION**      *Discussion-based*  
In a world where many heterosexuals fail in their family, friendship and lover relationships, do lesbians have better or worse odds of experiencing successful connections with the people they love, and what can we do to enhance our relationships? This workshop offers an opportunity to share our experiences and ideas on relationships of all kinds, in the hopes of gaining insights that will be helpful in our personal lives.

**Eleanor (Elly) Wagner** is a lesbian crone who has led workshops for lesbians for many years in Mankato and is the author of *Lavender Reflections: Affirmations for Lesbians and Gay Men*, as well as two herb cookbooks. She is a mother, grandmother, audiologist, photographer, folk singer, political activist, herb farmer, bread baker, and crafter who lives in Edina, MN with her cat Thelma.

**FREE THE QI (CHE)**

(Also offered in Session III)

**213 MORRIS HALL**      *Experiential*  
The simple techniques taught in this class will help get rid of blockages so that you can create, experience and share the love energy of the Universe. We invite you to learn how to move your energy with playfulness, smiles and friends. Spring Forest Qigong is all natural and you will feel like you had a dose of real chocolate without the calories!

**Lois Weber** has been studying and practicing Spring Forest Qigong (SFQ) for over ten years. She is a certified SFQ instructor and Master Healer. She speaks to groups and organizations about the benefits of learning to move your energy through qigong.

**Mary Zelmer** is a Spring Forest Qigong Master Healer 2, certified level 1 and 2 teacher and certified Qi-ssage teacher. She has worked with Master Lin at SQ healing center for four years and was instrumental in starting SFQ ReachOut. She is currently practicing and teaching with a focus on listening, balancing and attending to the heart and applying the teachings to the land and its peoples.

**IMPORTANCE OF DREAMS - MYSTICAL MIRROR OF OUR SOULS**

**306 ARMSTRONG HALL**      *Round table/discussion/experimental*  
This workshop is about the importance of dreams in our lives. Dreams are a mirror to our soul, and a wonderful tool in which to navigate through the world in an intuitive way. My purpose is to educate people about the importance that dreams can have in our lives.

**Karla Wessel** is an intuitive reader, life coach, dream analyst, minister, Reiki master, animal communicator, and teacher of intuitive classes. She is the author of *Angel Star Cat*, and has created her own cards for readings and brings tours to mystical places.

## Session II

**UNSHACKLE YOUR SOUL!**

(Also offered in Session IV)

222 ARMSTRONG HALL

Discussion-based with music/  
poetry/activities

Recognize and release your own blocks to authentic living, including toxic thinking, perfectionism, self-neglect, approval addiction, wasted energy, negative scripts, fear or conflict and martyrdom. Learn to channel your spiritual intuition to your own journey instead of trying to rescue or change others through stories, humor, activities, poetry and songs. We will discuss ways to set your creative soul free to begin to live and love more abundantly.

**Rebecca Aadland-Schoper**, MS, LMFT, NCC works as a psychotherapist in private practice in Eden Prairie, MN. She is a professional singer-songwriter and artist. In her music making and her work as a lecturer and therapist, Rebecca's passion is lifting people up to discover their best selves. Rebecca and her band performed the Opening Ceremonies at the Women & Spirituality Conference in 2007.

**THE SPIRITUALITY OF HOPE ACROSS FAITH TRADITIONS**

(Also offered in Session III)

316 ARMSTRONG HALL

Storytelling/power point

A day in the lives of six women from the three Abrahamic faith traditions (Jewish, Christian and Muslim) will be profiled as they journey to meet in one of their homes. Their journeys involve many obstacles that can only be overcome through hope which will be seen as a large part of their spirituality. Watching and hearing from these women will challenge the participants to look at their own spirituality. Opportunities for the women involved, participants and those profiled, to connect will be offered.

**Kathy Adam**, a Christian, is a life-long educator with a deep interest in the Middle East after traveling there a number of times.

**Duaa Azem** grew up in Jerusalem and now lives in the US, she and her 8 year old daughter, Gaidah are Muslim. Kathy and Duaa are friends who have great respect for one another's beliefs.

**TRUST BEYOND BELIEF**

302 ARMSTRONG HALL

Discussion

What if you could trust yourself unconditionally, completely, totally? What if you could not make a mistake? What if you had what you needed whenever you needed? There is a trust waiting for you that is beyond believing, that goes deeper than anything you could believe. With this trust you can discern your authentic voice from any other that you might hear from within you. You can discern your true wisdom from beliefs your mind holds. Trust of any other person or condition first requires complete trust in you. In this session we will explore ways to have the trust that allows all other trust. You already know what is true for you but your beliefs may keep you from seeing it.

**Carol Anderson**, after 30 years as an educator, left to follow the wisdom of her soul. She is an inspirational speaker, teacher, coach and facilitator.

**A SPIRITUAL PATH THROUGH GRIEF**

320 ARMSTRONG HALL

Discussion

Grief is a cathartic process that not only heals the pain of loss but when entered into consciously can transform us into more than we were before. When we go to the heart of loss, grief and transformation we discover that healing from loss is a spiritual journey. This workshop will guide participants in a variety of healing practices that support our spiritual growth and ease the pain of grief. Whether in the midst of grief or supporting another through the transition of loss, we all can use this integrated approach for moving through loss and grief with grace and ease.

**Dee Bailey**, MA, CPCC, is a grief specialist, life coach, speaker and workshop leader. In her private practice with individuals and groups she integrates alternative ways to learn, heal and grow and has devel-

oped a unique process of literally and figuratively walking her clients through transition and loss to what's next.

**THE ART OF LETTING GO**

(Also offered in Session IV)

309 ARMSTRONG HALL

Story-telling/discussion/movement

Is your life out of balance? Are you taking the time for you? Where are you spending most of your energies? What can you let go? What's holding you back? Hear what the presenter has to share on the "Art of Letting Go."

**Colleen Baldrice**, inspired by the teachings of her Native American grandmother, holds a Masters in Counseling and a Ph.D. in Philosophy of Education, and worked in public education for 28 years. As author of "Tree Spirited Woman" she has begun a new quest - to share with others what experience has taught her about those simple truths she learned as a child.

**EMBRACING LIFE**

(Also offered in Session IV)

212 MORRIS HALL

Reflective/power point

We hurry and scurry and worry . . . it's time to slow down and allow ourselves to be present to the 'how' in our lives. There is a definite need to slow down . . . we will discuss the challenges regarding such efforts, the exterior demands against it, the strengths and positive health of choosing 'another way' of approaching life, the ways of living it, and the spiritual call to do it.

**Mary Boespflug** is the National Director of *Ministry of Mothers Sharing*, a national outreach ministry of the Sisters of St. Benedict of St. Paul's Monastery in MN. She is a Certified Spiritual Director, educator, and pastoral minister. As an educator, Mary taught various age levels, was a special ed teacher, and taught in inner-city schools with the poor. She served on the pastoral staff at St. Edwards Church in Bloomington, MN as director of Children/Family Ministry for 20 years. She is the mother of three adult children and now as a grandmother, Mary renews her commitment to the empowerment of women and the spirituality of family life.

**WOMEN AS HEALERS: YOUR HEART, YOUR STORY**

(Also offered in Session IV)

202 STUDENT UNION

Experiential

The book *Women as Healers: Voices of Vibrancy* (October 2009) profiles 31 remarkable healing women from around the world, sharing their personal stories of empowerment, wisdom and life learning. In this workshop key themes will be highlighted from the women in the book. You will gain a deeper perspective of the healing power and resilience of the human spirit. You will leave inspired, encouraged, and motivated as you explore the passion, risk-taking, service to humanity, and hopeful vision for the future expressed by the women featured in the book.

**Tami Briggs**, founding principal of *Musical Reflections, Inc.*, is a therapeutic harpist, recording artist, and national speaker. She is the author of two books - *Women as Healers: Voices and Vibrancy and Grace Notes: Reflections on the Harp and Healing*.

**EXPLORING THE FAIRY REALM**

(Also offered in Session IV)

325 ARMSTRONG HALL

Experiential/story-telling;  
discussion-based/child-friendly

This workshop is to acquaint participants with the fairy realm, to invite discussion about fairies and offer fairy readings to those who are interested. Come share your musings and experiences of the fairy realm.

**Ione Boettcher Butler** has a Master of Divinity from Lutheran Theological Seminary, Philadelphia, PA, a Masters of Music from Westminster Choir College, Princeton, NJ and is a mother of three children, a teacher of piano and voice students, gifted seer of fairies.



**MOTHERHOOD: THE SPIRITUAL JOURNEY**

305 ARMSTRONG HALL

Discussion-based

We will explore the spiritual aspects of mothering, presented by two single moms. 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 others and reflect the belief that parenting changes a person and promotes individual and spiritual growth. There will be open discussion where we can share our journeys and empower each other to love and embrace ourselves and model this self-love to our children.

Theresa Crawford and Terry Norman, See Session I, pg. 3 for bios.

**EARTH ENERGIES AND HOW THEY AFFECT YOU**

(Also offered in Session III)

233 ARMSTRONG HALL Story-telling/meditation/discussion-based

The earth is wrapped in a grid pattern of energy lines. These lines have a powerful influence on all living things. Scientists have proven that this invisible earth energy passes through all matter and affects every living system on the planet in either a positive or negative way. Learn how curing the stress areas in your life will bring more Light into your home and support you and your family in every aspect of your life.

Frank DiCristina is an environmental consultant, building biologist and dowsing practitioner with 35 years expertise in electronics. He became a true believer of the unseen after his personal dowsing training with the late master Slim Spurling. He also continues to advance his studies in building biology through The Institute of Bau-Biologie and Ecology with an emphasis on EMF detection and mitigation.

**PERCEPTION IS A CHOICE**

308 ARMSTRONG HALL

Experiential

Life doesn't have to be difficult. Being in control of your perceptions has direct influence on your health and happiness. Come learn about perception so you can make better choices.

Mary Mackey Faulkner and Lynda Benson, see Session I, pg. 3 for bio.

**SINGING IN SACRED CIRCLE**

(Also offered in Session III)

284C STUDENT UNION Experiential/storytelling/movement/dance

This "playshop" is an opportunity to look into your sister's eyes and share voice and spirit through song. While learning short, repetitive women-centered and earth-based songs from a variety of traditions, power rises from the center of the circle as all voices create an energy that is empowering, loving and healing. This opportunity is intended to allow women, regardless of singing experience, to share their voices in a noncompetitive, relaxed safe space. Some sing along! Percussion instruments are welcome.

Shelley Graff, who has been sharing her original songs about women's lives for over 20 years, is a teacher/healer/singer/songwriter who believes her sacred journey is guiding her to share *the Singing In Sacred Circle* experience so that women's communities will heal and change the world. Shelley, who will be joined by Kathy Crocco, has three life-affirming CD's about the spirit of women's lives titled: *Moon Mama*, *Fire On The Arrow*, and *Coming Home*.

**DISCOVERING AND LIVING YOUR LIFE'S PURPOSE**

(Also offered in Session IV)

326 ARMSTRONG HALL

Discussion-based, hands-on

Everyone can have the life they choose; it is only a matter of definition and clarity. By expending your life energy on things that are aligned with your passions, you can create the life you want. During this workshop, the Passion Test will help you define your passions and set a clear direction for creating the life you always dreamed of. Whether you're looking to find your life's purpose or just need to clarify it further, the Passion Test will provide a life-long tool to keep you on course.

Laurel Gregory is a certified Passion Test Facilitator specializing in helping individuals live passionate lives.

**SOUL COLLAGE: AN INTRODUCTION**

(Also offered in Session III)

220 ARMSTRONG HALL

Experiential

SoulCollage® is both a practice and a process utilizing an art form, collage, which begins as simple creative fun, but may surprise and awaken you as you become present to your unique and many-faceted Soul in a new way, a way of images and imagination and intuition. Come meditate and make your own collage "card" and over time, your own deck of personal cards.

Kathleen Grittner is an artist, proprietress of Full Circle Retreat (an informal, rural retreat for exploring your creative nature), where workshops that allow you to liberate and experience your own creativity are offered. These workshops have an emphasis on art and writing as spiritual practice, traditional studio art instruction, songwriting, music and healing art forms.

**WOMEN, ART & SOCIAL ACTION:****CELEBRATING 30 PLUS YEARS OF FEMINIST ART**

304 ARMSTRONG HALL Power point/computer lecture/discussion

This presentation will highlight the intersections between Feminism, Art and Social Action. Feminism by definition is a social change movement; art in its many forms is an effective tool for communication and action. We will highlight feminist art education practices and the collaborative efforts of artists to celebrate the 30 plus years of the current feminist art movement by group exhibitions during 2007 through 2010.

Terri Berthiaume Hawthorne, MS from Women's Studies at Minnesota State University, Mankato is an educator and scholar. She has taught Women's Studies as adjunct faculty at the U of MN and for the Minnesota State University System since 1988. She is a long time community activist, and co-author of *Stars In Your Bones* and *The Many Faces of the Great Mother*.

Jolie Berthiaume Cummins works in a middle school classroom with developmentally disabled children. She is the Director of CLEAR, a Continuing Education program for developmentally disabled adults of the St. Paul School District, the mother of 5 children and a proud grandmother.

**HOW TO PLAY THE NATIVE AMERICAN FLUTE –  
DISCOVER YOUR INNER MUSICIAN**

208 MORRIS HALL

Instrumental/hands on

The Native American flute is very easy to play – much easier than traditional instruments – it lends itself easily as a meditative tool. The beautiful haunting sound is great for facilitating an inward experience. Come learn the basics of the native scale and how to create native style music from the heart. Everyone will have a flute to play with a plastic tube (for sanitary reasons). No prior musical training needed! Many have taken this class who thought they had no musical talent and have left joyful at having discovered their inner musician!

Janalea Hoffman, see Session I, pg. 4 for bio.

**THE HOLY DIMENSIONS OF THE INNER GOSPEL**

(Also offered in Session IV)

102 MORRIS HALL

Discussion/experiential

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

Andrew Johnson is professor of Holistic Education in the department of

Educational Studies: Special Populations. His most recent books are, *Believe Again*, *A Return to Faith*, *Drinking From the Empty Cup*, and *A Reexamination of Traditional Christianity*.

**TAROT FOR WRITERS**

**321 ARMSTRONG HALL** Experiential/creative writing  
Most people think of tarot cards as a fortune-telling device, but they are also a great tool for writing and creative thinking. Writers from John Steinbeck to Stephen King have used tarot cards for inspiration, and Italian novelist Italo Calvino went so far as to call the tarot "a machine for writing stories." Now you can learn how to use tarot cards to develop your own short stories, novels, screenplays, and poems. You will learn how tarot cards can help you break through writer's block, help you with plotting and dialogue, and glean insights into your characters' past, present, and future.

**Corrine Kenner** is a certified tarot master and the author of 12 books, including *Tarot for Writers*. She has taught tarot classes and workshops in England, Canada, and across the US.

**FEELING, SEEING, AND PSYCHICALLY READING AURAS**

(Also offered in Session III)

**254 STUDENT UNION** 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 Kramer** is a professional speaker, author, and documentary filmmaker.

**AWAKENING HAPPINESS**

(Also offered in Session III)

**232 ARMSTRONG HALL** Experiential  
Happiness is a state we can actively choose and promote, regardless of what is happening within or without. Receive information and experiential exercises and tools designed to promote peace, happiness, the power of intention and downright silliness. Life is too important to be taken too seriously.

**Spruce Krause**, MA, CMT, Reiki Master, quantum Touch® Practitioner, Life Coach/Counselor, InterPlay® Leader, dancer, visual artist, playful spirit and spiritual seeker, has over 20 years experience supporting individuals and groups to heal and transform.

**INTEGRATING SACRED PRINCIPLES FOR VISUAL SELF EXPRESSION**

**210 MORRIS HALL** Experiential  
Explore your essence through visual journaling. There will be an introduction to sacred geometry and other visual tools used to develop your personal language of self. Some of the sacred principals we will be looking at are sacred geometry, numerology, astrology, medicine animals, gesture and color. We will also discuss both the elements and principles of design, including a discussion, a guided meditation and an art project.

**Jennifer Kunin**, see Session I, pg. 4 for bio.

**INTERSECTING SPIRITUALITY:**

**HINDUISM, BUDDHISM & SHAMANISM IN NEPAL**

**103 MORRIS HALL** Singing/chanting/power point  
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, the participant 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. Participants will become familiar with Aama Bambo, (mother shaman), a famous Nepalese shaman who conducts daily healings for as many as 50 people each day. You will see rare video footage of two Tibetan shamans from the Tibetan Refugee Settlement of Tashi Palkheil in Pokhara, Nepal.

**Susan Langston**, see Session I, pg. 5 for bio.

**FIRST IN THE MIND, THEN IN THE BODY:**

**AN EXPLORATION OF T'AI CHI CH'UAN AS A MOVING MEDITATION**

**N225 HIGHLAND NORTH** Experiential/movement

Come explore meditative and relaxation techniques utilizing the Cloud Hands posture from the Yang-style T'ai Chi Ch'uan solo form. You will learn basic concepts of T'ai Chi Ch'uan, including a brief history and how it can be used as a health and spiritual practice. Everyone will then have the opportunity to practice these concepts by engaging in meditation and movement. Wear comfortable shoes and clothing and bring water.

**Karen Magnuson** has been studying T'ai Chi Ch'uan for nearly six years under Sifu Ray Hayward at Twin Cities T'ai Chi Ch'uan located in St. Paul, MN. She also holds a certification in personal training through the American Council on Exercise and is interested in promoting better health for all.

**RAINBOW TENT OF WOMEN'S SPIRITUALITY ACROSS TRADITIONS**

(Also offered in Session III & IV)

**200N STUDENT UNION** Experiential/discussion-based/  
singing-chanting/storytelling

This is an actual installation of a tent. Participants enter and can sit, meditate, read, talk, listen to the music and explore their own spirituality. Meditations, readings, books, music, and artifacts are presented from a variety of traditions and, wherever possible in women's words/voices. Traditions include Buddhist, Wiccan, Taoist, Native American, Egyptian, The Beloved Community, and others.

**Kim Mc Keage**, see Session I, pg. 5 for bio.

**IS YOUR GOD GOOD?**

**310 ARMSTRONG HALL** Discussion

Most of our understanding of God comes from what we have been told and from our group and individual needs. As a result, God often gets co-opted into supporting political agendas and unhealthy personal aims. This talk discusses the ways we create our understanding of God and helps us discern if our God is really good or not. Listeners will be challenged to understand how we create our images of God and how we can get beyond them.

**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 seven books and many published and presented papers on spiritual practice; she teaches meditation worldwide and has studied meditation techniques in India.

**ST. JOAN OF ARC -**

**SACRED CALLING AND A SPIRITUAL PILGRIMAGE**

**201 STUDENT UNION** Power point-computer-based

When St. Joan of Arc was 13 years old, she heard Voices that eventually inspired her to lead French soldiers against English oppression. Extensive historical documentation and subsequent writing have authenticated St. Joan's life, mission, trial, death and rehabilitation. Inspired to pilgrimage to the historical and spiritual French locations where St. Joan lived and died, I feel privileged to share this extraordinary experience and to discuss what "pilgrimage" means. This workshop will feature prayers, music, slides, web sites for future reference, hand outs and plenty of discussion.

**Debra Nickelson** practiced veterinary medicine in Minnesota before moving to Phoenix, AZ to work as marketing manager with Veterinary

Products Laboratories. As finance chair for Association for Women Veterinarians Foundation, she raises funds for veterinary student scholarships.

**SHOWING UP WITH HUMOR AND GRACE**

(Also offered in Session III)

**284A STUDENT UNION** Experiential/story-telling/discussion-based  
What does it mean to really show up in your life? This session will explore the journey of moving through the darkness into lightness! Participants will have the opportunity to listen and explore the challenges that hold humans spirits back from embracing the magic, humor, and wonder of life. In addition, be inspired by truth and humor, ultimately creating an opportunity to apply valuable tools for their personal journey.

**Debra Peterson, MSW**, is an intuitive reader, spiritual coach, motivational speaker, writer, stand-up comedian, and counselor, consultant. She has worked in human services for almost 30 years and currently has her own healing practice entitled Quantum Impro Consulting in St Cloud, MN.

**SOUL BREATHING**

**213 ARMSTRONG HALL** Experiential  
Do you ever feel stressed, frustrated or anxious? Do you want to improve your overall health and happiness? With Soul Breathing, learn how to free your breath and heal yourself! The breath is the activity and infinite intelligence of Spirit in the body. Soul Breathing opens up your breath and allows you to release constricted breathing patterns and old emotions. Learn how to let go, and bring love and joy into your heart and soul.

**Terri Peterson**, see Session I, pg. 6 for bio.

**HOW LIVING IN A CLASS-BASED SOCIETY AFFECTS ONE'S SPIRITUALITY**

**216 ARMSTRONG HALL** Power point/computer-based  
This workshop will explore how class personally affects us. These effects then influence and affect our spiritual journey. We will create a Mental Model (picture) of generational poverty and then a Mental Model of generationally middle class will be made.

**Jodi Pfarr and Rhonda Bell**, see Session I, pg. 6 for bios.

**DISCOVER YOUR CALLING**

**101 MORRIS HALL** Discussion-based  
Still trying to figure out what you want to be when you grow up? Are you yearning to use your skills and talents in service to the world and get paid for it? We will explore how to align with your life mission, engage in exercises to help you find your calling, and discuss the steps to help you realize and create your soul's expression through purposeful work.

**Dee Relyea**, see Session I, pg. 6 for bio.

**MIDWESTERN MEDITATION: WOMEN POETS AND THE LANGUAGE OF SPIRIT**

(Also offered in Session III)

**150 STUDENT UNION** Creative panel/reading/poetry  
This presentation is a reading of original poetry by three Midwestern women poets with diverse styles with a common interest in a poetic approach to spirituality. Each poet will read their poems. Coming from diverse heritages, moving between urban and rural backgrounds and writing in different styles, these voices explore the intersections between public and private spirituality, the deconstruction of traditional religious boundaries, and the use of language in "revising" religion to examine the spirituality of gender and place.

**Marcella Remund** is the author of *Small Religions and Finger Bones & Other Relics*. Her poems have appeared in *Kionesis*, the *South Dakota Review*, *Canberra Times*. She has worked as a professional musician, copywriter, janitor and burger-slinger. She teaches English at the U of South Dakota, where she also directs the student literary organization. Marcella is interested in a re-interpretation of religious notions such as saints, sinners, icons and religious ritual, in a women's place within these contexts, and in

the ways in which everyday life becomes spiritually charged.

**Jenny Yang Cropp** is the author of one chapbook, *Hanging the Moon*. Her poems have appeared or are forthcoming in *Hayden's Ferry Review*, *Ecotone*, and *Eclipse*. She received her MFA from Minnesota State University, Mankato and is currently working on a Ph.D. in creative writing at the U of South Dakota. Her recent work explores multi-racial identity and the ways in which science and spirituality intersect and reflect a longing for human connections.

**Lindy Obach** is from the edge of the North Dakota Badlands and teaches English at the U of South Dakota/University Center, Sioux Falls. Her poetry has been published in the *Vermilion Literary Project Magazine*, and she has given creative readings throughout eastern South Dakota. Lindy finds God in the incense and hard wooden pews of her Catholic church, on the banks of the Missouri River, and in her loved ones. As a writer, she is interested in notions of home and cultural landscape; the subversion of prescribed gender roles; and love.

**LIVING ASTROLOGY:**

**USING ASTRODRAMA TO MAKE A CHART COME ALIVE**

**284B STUDENT UNION** Experiential  
Be a planet and act out a chart. We'll start with a walking meditation that embodies the medicine of each planet, then spread out the zodiac and let you become the Sun, Moon or planet as we walk through the phases of the Moon, then act out the chart of the day. Once you experience what a trine, square or conjunction feels like, all charts come alive and begin to breathe.

**Heather Roan Robbins** is a practical and intuitive, choice-oriented astrologer with 30 years experience, she writes an astrological column (by day, not by sign) for the Santa Fe New Mexican, WeMoon calendars, NewAgeJournal.com and John Edward's InfiniteQuest.com.

**SEE IT, FEEL IT, BE IT:**

**USING VISUAL MANTRAS TO CHANGE YOUR LIFE**

(Also offered in Session IV)

**315 ARMSTRONG HALL** Experiential/discussion-based  
Come learn about visual mantras and explore how to use them to change your life. Find out about the science and psychological principles behind the magic of visual mantras and why they effectively manifest meaningful change. Participants will leave having spent time developing their own visual mantra.

**Stephanie Ross, MA**, is the co-founder of Empoword and co-author of the forthcoming book, *See it, Think it, Be it: How Visual Mantras Can Change your Life*. She is a certified MARI practitioner and life coach with a specialization in the use of imagery in personal growth and transformational process.

**Wendy Lutter, MBA**, is the co-founder of Empoword and co-author of the forthcoming book, *See it, Think it, Be it: How Visual Mantras Can Change Your Life*. The owner of Lutter Marketing, she is an experienced focus group moderator and facilitator and has been a lifelong user of visual mantras.

**THE EMPOWERMENT RITUAL OF THE "SACRED NO"**

**204 STUDENT UNION** Experiential/ritual/presentation  
The "Sacred NO", when spoken, is a "NO" that says "YES" to oneself. Women are playing a crucial role in bringing forth the changes needed in the area of the Power/Empowerment Paradigm Shift. This workshop is about raising one's consciousness, engaging our psyche, and taking a significant step toward the equality that is our birthright and destiny as women. Through ritual, help from Nature Spirits, and support of our women's circle, we will bring forth the authentic voice of our "True Self". While in ritual, we can experience a "break-through" of empowerment by expressing the "Sacred NO" and the exhilaration of saying "YES" to our journey as women.

**Karen Sandberg** is a teacher, shaman practitioner, artist, feminist, and visionary activist. As part of her life journey, she has taken intensive train-

ing with Malidoma Patrice Some, a shaman from West Africa and with Llama Lar Short, a Westerner, who carries 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 and bringing the healing wisdom of Africa to our Western culture.

**MOVING INTO MINDFULNESS WITH YOGA,  
BREATH AWARENESS, CHANTING AND MEDITATION**

(Also offered in Session III)

102 PENINGTON HALL      **Experiential/movement/  
dance/singing/chanting**

This workshop is to deepen awareness of the healing connection between mind/body/spirit through yoga, breathing, chanting and meditation. We will explore mindful awareness through gentle standing, kneeling and laying yoga poses combined with breathing exercises and simple vowel sound chanting. There will be two guided meditations sitting and laying down, with a focus on experiencing inner calm and a sense of coming back to one's wholeness/inner spiritual home. Previous experience with yoga is not necessary.

**Nancy Saslow** is a workshop leader and certified yoga teacher in the tradition of Viniyoga, which works with adapting poses, breathing and sequences for maximum healing and benefit of each individual. She has a master's degree in Holistic therapies and combines a variety of energy healing modalities in her practice, including Acupressure and an Emotional Re-integration process, to help clear physical and emotional blocks from the past.

**THE JOY OF INTEGRAL MOVEMENT FOR BODYMINDSPIRIT**

(Also offered in Session IV)

200S STUDENT UNION      **Movement/dance**

Integral Movement aims to foster wholeness and embody Spirit, by using an artful blend of simple ancient Eastern and current Western practices – both evoking our 'inner medicine.' Intention and quality music aids in opening our hearts and connecting us to ALL that IS.

**Jean Scott-Honig** has 17 years of clinical mental health practice, decades of private practice as counselor and biofield bodyworker/trainer and four years as retreat facilitator for women with breast cancer. She created *Integral Movement* from the many wise practices that have aided her since 1970.

**THE INTERSPIRITUAL PERSPECTIVE**

(Also offered in Session IV)

285 STUDENT UNION      **Experiential/movement/dance/  
singing/chanting/ritual/worship**

Interspirituality recognizes that there are many paths that lead to the One and that there is a universal commonality that underlies them all. Appreciation of the commonalities and the uniqueness of each tradition can deepen our own spiritual experience and practices. Excerpts from Wayne Teasdale's book, *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions* will provide a springboard for discussion. You will be invited into experiential activities from a variety of religious traditions to deepen your understanding of the concept of interspirituality. We will sing, dance, and meditate/pray together.

**Char Tarashanti** and **Dianne Banner** are both ordained Interfaith Ministers through the One Spirit Interfaith Seminary in New York City. Char has been a practitioner of holistic healing arts for 18 years. Dianne is also a graduate of One Spirit's Interfaith Counseling program.

**VÖLVA STAV:**

**HEALING WITH INDIGENOUS EUROPEAN SPIRITUAL TRADITIONS**

(Also offered in Session IV)

211 ARMSTRONG HALL      **Experiential/story-telling/child-friendly/  
ritual/worship/movement/dance/  
instrumental/drumming**

European American women and men have longed for their own indigenous spiritual traditions, going deeper than the immigrant era. Völva (staff carrier) is that tradition. In this workshop you will learn the history of Völva Traditions, honor all your ancestors through voice, staff and horn, identify and begin to heal the dysfunctions of inherited cultural grief – a result of traumatic separation from indigenous cultural tradition – and begin mending your individual "oorlag" (karma/dna/ancestor memory/past and future) as Völva do.

**Kari Tauring** is a Völva, Old Norse staff carrier, mending and celebrating the traditions of her immigrant ancestors with over 20 years of scholarship, spiritual practice and musical performance, extensive teaching and traveling and several published works.

**INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION**

322 ARMSTRONG HALL

**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 bachelor's and master's 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 20 plus years and participates in obedience, conformation, agility and Schutzhund. She lives with dogs, birds, and a cat.

**SPIRITUAL IDENTIFICATION**

(Also offered in Session III)

306 ARMSTRONG HALL

**Formal paper**

This workshop will look at the spiritual options open to us in a global community. What are the pros and cons of adopting these new spiritualities which have no precedent in the American Christian tradition; i.e., Buddhism, Hinduism, Yoruba, Voodoo, etc. This workshop will be motivational and inspirational.

**Akilah YZuberi** lives in Philadelphia and teaches as an adjunct professor in the Language and Literature department at Bucks community College in Newtown, PA. In 2009, she established Inner World Press and in 2010 published her first book, *The You Scriptures* which will be released in September.

**FREE THE QI (CHE)**

213 MORRIS HALL

**Experiential**

The simple techniques taught in this class will help get rid of blockages so that you can create, experience and share the love energy of the Universe. We invite you to learn how to move your energy with playfulness, smiles and friends. Spring Forest Qigong is all natural and you will feel like you had a dose of real chocolate without the calories!

**Lois Weber** and **Mary Zelmer**, see Session I, pg. 7 for bios..

## Session III

**THE SPIRITUALITY OF HOPE ACROSS FAITH TRADITIONS**

316 ARMSTRONG HALL

Storytelling/power point

A day in the lives of six women from the three Abrahamic faith traditions (Jewish, Christian and Muslim) will be profiled as they journey to meet in one of their homes. Their journeys involve many obstacles that can only be overcome through hope which will be seen as a large part of their spirituality. Watching and hearing from these women will challenge the participants to look at their own spirituality. Opportunities for the women involved, participants and those profiled, to connect will be offered.

Kathy Adam, and Duaa Azem, see Session II, pg. 8 for bios.

**LAUGHTER YOGA – CELEBRATING HAPPINESS EVERYDAY**

(Also offered in Session IV)

253 STUDENT UNION

Experiential laughing

Laughter really IS the best medicine, so come to the fun class that will get you laughing! Class is full of happy laughter exercises to de-stress, lower blood pressure, build-up your immune system, create endorphins and bring joy back into your life. No mats or special yoga outfits necessary. Nothing stretchy or bendy needed. Just come as you are and laugh.

Mary Margaret Anderson Fay has been teaching wellness and training instructors in every kind of exercise adventure for 25 years and has owned her studio in Plymouth for ten years. She is certified in yoga, laughter yoga, spin, cardio dance, body pump, couch surfing and a boring braggy list of more things you never heard of.

**DANCING YOUR OWN**

200S STUDENT UNION

Movement/dance activity

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

AmyLeo Barankovich is passionate dancer, a voice for the animals, the environment and anything else that breathes. She created *Dancing Your Own* to encourage others to be fully expressed in their movement and dance.

**SEVEN GENERATIONS HEALING CIRCLE**

302 ARMSTRONG HALL

Experiential

A sacred space will be created for clearing the past to make way for the future using Source energy, a medicine wheel and shamanic practices. We will begin with a guided meditation to evoke and honor the lives and work of our ancestors for seven generations, celebrating both the victories and the wounds and releasing them back to Source. We will continue by visioning a future for our descendants for seven generations, setting the space for peace, abundance and love to more fully enter the world. Weather permitting, we will meet in a circle outdoors.

Thomas Capshew and Christine Agnellini, see Session I, pg. 3 for bios.

**HOW TO READ TAROT CARDS USING MAAT TAROT,****ANCESTRAL PATH AND THE NEW JOURNEY INTO EGYPT TAROT**

320 ARMSTRONG HALL

Experiential

We will discuss the symbolism of tarot, the things to look for in the cards, learn how to tell a story with the cards, how to let go of your fears and just have fun. We also will cover the meanings of the numbers and colors and discuss the possibilities of why the cards work. Everyone will get and give a reading and hopefully lose any inhibitions

they may have about tarot cards. 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), the *Maat Tarot* (2006) and forthcoming *Journey into Egypt Tarot*. Julie is also the sole proprietor of New Moon Trading Co.

**EARTH ENERGIES AND HOW THEY AFFECT YOU**

233 ARMSTRONG HALL Story-telling/meditation/discussion-based

The earth is wrapped in a grid pattern of energy lines. These lines have a powerful influence on all living things. Scientists have proven that this invisible earth energy passes through all matter and affects every living system on the planet in either a positive or negative way. Learn how curing the stress areas in your life will bring more light into your home and support you and your family in every aspect of your life.

Frank DiCristina, see Session II, pg. 9 for bio.

**STRESS AND SPIRIT**

303 ARMSTRONG HALL

Formal paper/movement

Our response to stress can be debilitating if we've lost the connection to the spiritual part of ourselves. Learn to identify your stressors and the tools to reduce stress through small group interaction, writing, and gentle movements. Choose coping strategies through your own personal beliefs of intention, imagery, mantra, poetry or prayer. Learn "Movement & Breath Breaks" to keep stress from taking up residence in your body and mind.

Jean Fraser, see Session I, pg. 3 for bio.

**2012, A CHANCE FOR US**

202 STUDENT UNION

Experiential

This workshop looks at the significance and meaning of December 21, 2012. We will define topics relevant such as the astrological significance of the date, Maya calendar meaning, the effect of the 'core' connections; the effect of time and address some of the fears around the date. As transformation is a major opportunity of 2012, this workshop offers a more in depth look at the transformational experience offered, and what you do to prepare, with tools, to facilitate your personal transformation potential.

Barbara Gabriel has been working with individuals, doing readings, and leading workshops for over 25 years. She helps facilitate changes in the way one deals with everyday life by working with individuals to release their blocks, and by showing one how to open doors to new opportunities, to create a better balance, more joy, love, and peace while experiencing life here on planet Earth!

**SINGING IN SACRED CIRCLE**

284C STUDENT UNION Experiential/storytelling/movement/dance

This "playshop" is an opportunity to look into your sister's eyes and share voice and spirit through song. While learning short, repetitive women-centered and earth-based songs from a variety of traditions, power rises from the center of the circle as all voices create an energy that is empowering, loving and healing. This opportunity is intended to allow women, regardless of singing experience, to share their voices in a noncompetitive, relaxed safe space. Some sing along! Percussion instruments are welcome.

Shelley Graff and Kathy Crocco, see Session II, pg. 9 for bios.

**SOUL COLLAGE: AN INTRODUCTION**

220 ARMSTRONG HALL

Experiential

SoulCollage® is both a practice and a process utilizing an art form, collage, which begins as simple creative fun, but may surprise and awaken you as you become present to your unique and many-faceted

Soul in a new way, a way of images and imagination and intuition. Come meditate and make your own collage "card" and over time, your own deck of personal cards.

**Kathleen Grittner**, See Session II, pg. 9 for bios.

**WHAT IS REALLY EXPECTED OF PRAYER?**

**210 MORRIS HALL** Discussion-based/child-friendly  
What is the expectation when a person says "I'll pray for you?" Is the emotional response one of hopefulness, hopelessness, or something else as an outcome? An initial e-mail survey of friends and family was sent requesting that personal expectations be defined. The responses indicated that people experience varied expectations and responses. Come explore and increase personal awareness of prayer/healing energy expectations and intentions.

**Dianne Heapy, MA, LCSW**, Reiki Practitioner, currently volunteers at a local church in northern Wisconsin, offering mental health counseling. She is a member of a group at Deep Peace Wellness Studio in Duluth and meets with a group of women healers from the Bayfield/Ashland County area.

**PREPARING FOR THE WORLD AHEAD**

**204 STUDENT UNION** Experiential/story-telling/movement  
Earth's New Energy requires something new and different from each of us. Discover what ordinary people, like you, are doing to create space and a place for this New Energy. Learn to anchor and integrate this energy for yourself. Be part of the change!

**Cheryl Hiltbran, M.Ed.**, of CMH Healing Arts, is a Certified Accelerated Learning Train-the-Trainer and natural intuitive. Through 20 years experience raising people's consciousness, she has developed a heart-centered interactive approach to her workshops and healings that integrate the body, mind, and spirit. Cheryl has been solo canoeing for 16 years and lives in Wayzata, MN with her husband.

**DANCING THE TREE OF LIFE**

(Also offered in Session IV)

**N225 HIGHLAND NORTH** Movement/dance/ritual  
Explore the life-giving wisdom that has been encoded by generations of women in dances from the Balkans, Greece and the near east. These simple dances for people of all ages and wide-ranging abilities are a form of prayer and source of healing not only for ourselves but also for our community and the earth. All dances will be taught first. This approach to traditional dance as spiritual practice is based on the pioneering work of Laura Shannon.

**Emily Jarrett Hughes** is a dancer, dance teacher, performer, choreographer, healer, mother, and spiritual seeker.

**CO-DEPENDENCE – IT'S TIME**

**212 MORRIS HALL** Experiential/discussion-based  
Co-dependence has been too long ignored by our culture. It is time to name it and claim it as a disease of its own. We are co-dependent whether we are involved with an alcoholic or not. It is time to address a primary, neglected dysfunction in our culture. I am planning to open the door to a new concept for healing our world.  
**Margaret Klette**, see Session I pg. 4 for bio.

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

(Also offered in Session IV)

**201 STUDENT UNION** Presentation/harp performance  
The continued interest in Celtic spirituality and music reflects today's overwhelmingly busy world, which is bombarded with media, technology and information. Many of us are seeking simplicity and connection with what's true and eternal. Celtic spirituality has this simplicity at its heart and Celtic music is a beautiful illustration of this. During this workshop, Amy will tell the story of how a Celtic harp came into her life as a gift from an Irish friend,

and how that gift set her on the path of fulfilling her life's purpose of bringing beautiful music to people. The workshop will consist of sharing insights from her personal research on the feminine aspects of Celtic spirituality and tradition as it relates to her music, and on the role of women in Celtic history, interspersed with performances of Celtic tunes (many written by or in honor of women) on her harp to illustrate those insights.

**Amy Kortuem** is a harpist from Mankato, MN. She has performed at countless events since receiving a Celtic harp as a gift 20 years ago, with audiences including everyone from preschool children to presidents. Amy has made four recordings and a DVD of her music, each of which explores aspects of the spiritual journey on which the harp has taken her.

**AWAKENING HAPPINESS**

**232 ARMSTRONG HALL** Experiential  
Happiness is a state we can actively choose and promote, regardless of what is happening within or without. Receive information and experiential exercises and tools designed to promote peace, happiness, the power of intention and downright silliness. Life is too important to be taken too seriously.

**Spruce Krause**, see Session II, pg. 10 for bio.

**WALKING THE BUTTERFLY: COMING TOGETHER...COMING HOME**

**221 ARMSTRONG HALL** Experiential  
*Walking the Butterfly* is a moving meditation that provides the opportunity for spiritual connection and transformation within the unique context of the Butterfly Peace Path labyrinth. Let the Butterfly Peace Path help you experience peace, connection, hope, gratitude and/or whatever you need most at this time in your spiritual journey. Participants will learn about and practice four Butterfly Walks using the Butterfly Peace Path finger labyrinth and Butterfly Break Canvas labyrinth.  
**Jackie Levin** and **Dee Bailey**, see Session I, pg. 5 for bios.

**KABBALAH: FROM MYSTERY TO MANIFESTATION**

**323 ARMSTRONG HALL** Paper/discussion/experiential  
How do you go from the mystery or unknown of creating your goals and dreams to the manifestation of them? In this workshop you will be given a Hebrew Letter and its meaning as an inspiration and symbol of your karma. Choosing a struggle you have in creating a goal or dream you enter an interactive exercise that is based in the Kabbalah that helps you to transform and return to your authentic self.  
**Lisa Lillemoen**, see Session I, pg. 5 for bio.

**SOUL BODY FUSION™**

**310 ARMSTRONG HALL** Experiential  
What if every part of you was aligned to achieve your goals and reflect your divine essence? What if you were always fully in your body? All participants will have the opportunity to learn about and experience the benefits of Soul Body Fusion™, a simple natural process developed by spiritual teacher Jonette Crowley, that assists the soul to be more fully present in your body and life, and helps increase their balance and alignment together.  
**Roslyn McGrath**, see Session I, pg. 5 for bio.

**RAINBOW TENT OF WOMEN'S SPIRITUALITY ACROSS TRADITIONS**  
(Also offered in Session IV)

**200 N STUDENT UNION** Experiential/discussion-based/singing-chanting/storytelling  
This is an actual installation of a tent. Participants enter and can sit, meditate, read, talk, listen to the music and explore their own spirituality. Meditations, readings, books, music, and artifacts are presented from a variety of traditions and, wherever possible in women's words/voices. Traditions include Buddhist, Wiccan, Taoist, Native American, Egyptian, The Beloved Community, and others.  
**Kim Mc Keage**, see Session I, pg. 5 for bio.

## A EUCHARISTIC CELEBRATION

## 103 MORRIS HALL

After a musical warm-up, service begins with Scripture Readings and a sermon. Then the Eucharistic prayer is prayed over bread which becomes Jesus and is shared with the believers gathered. American standard hymns like "How Great Thou Art" will be sung during the service. Those who would like to help with music or other ministries should e-mail their intentions to [growthaffirm@izoon.net](mailto:growthaffirm@izoon.net).

**Marty Meyer-Gad** became a Catholic priest in 2010 crowning her work as a teacher, liturgist, author, facilitator, administrator and hospital chaplain.

**Monique Gamache Venne**, a perennial server at Womenpriests celebrations became a Catholic deacon in 2010, affirming her MDiv and skills in liturgy and Bible studies.

## HO-OPONOPONO – THE HAWAIIAN WAY OF FORGIVENESS

## 211 ARMSTRONG HALL

Experiential

What if you could learn a new way to transcend and heal old hurts and wounds. . . to forgive yourself and others. . . to cleanly and clearly let go of the past? Imagine the Freedom! Attendees will experience this simple, yet empowering way of "making right", through an interactive guided imagery process. No discussion of any personal history is necessary for a life-changing experience.

**Diana Oman**, see Session I, pg. 6 for bio.

## SHOWING UP WITH HUMOR AND GRACE

## 284A STUDENT UNION

Experiential/story-telling/discussion-based

What does it mean to really show up in your life? This session will explore the journey of moving through the darkness into lightness! Participants will have the opportunity to listen and explore the challenges that hold humans spirits back from embracing the magic, humor, and wonder of life. In addition, be inspired by truth and humor, ultimately creating an opportunity to apply valuable tools for their personal journey.

**Debra Peterson**, see Session II, pg. 11 for bio.

## CHINESE TEA CEREMONY IN MODERN LIFE

## 322 ARMSTRONG HALL

Experiential/ritual-worship

A Chinese Tea Ceremony is a sacred time for people to get together to talk and share their thoughts and feelings. It is a way to slow down the fast pace of modern life, focus mental energies, relax and enjoy an ancient tradition. The four principles in Ch'a Tao (Way of Tea) are harmony, respect, purity and tranquility. They represent the highest ideals of humanity and help one's spiritual growth. In the Tea Ceremony, you will have time to allow your senses to fully experience the moment. By enjoying the purity of tea's color, smelling its special aroma, and tasting tea from a small teacup, your mind will focus on the meaningful values revealed in the Way of Tea. After the ceremony, one can find a new peace of mind and walk into the world with peaceful thoughts and a pleasant mood.

**Peiju Liu Picard**, See Session I, pg. 6 for bio.

## THE RETURN OF THE GREAT GODDESS IN LIGHT OF 2012

(Also offered in Session IV)

## 314 ARMSTRONG HALL

Formal paper

The return of the Divine Feminine to human consciousness correlates to the 2012 phenomena. We will review the information on the 2012 phenomena, see how it relates to the Great Mother and the Black Goddess, and explore the potentials of this time for the future of humanity. Suggestions to aid individuals during this transition time will be considered. Knowing the phase of the moon you were born under, and in which astrological houses your north and south nodes appear, might be helpful to you, but is not necessary to understanding the information presented.

**Krisztina Potyondy** holds an MA in Religious Studies, has been an

educator in the public and private sectors, has served as an associate pastor in an alternative spiritual community, been a presenter in varied venues, and provides spiritual counseling with psychic interpretations.

## MIDWESTERN MEDITATION:

## WOMEN POETS AND THE LANGUAGE OF SPIRIT

## 150 STUDENT UNION

Creative panel/reading/poetry

This presentation is a reading of original poetry by three Midwestern women poets with diverse styles with a common interest in a poetic approach to spirituality. Each poet will read their poems. Coming from diverse heritages, moving between urban and rural backgrounds and writing in different styles, these voices explore the intersections between public and private spirituality, the deconstruction of traditional religious boundaries, and the use of language in "revising" religion to examine the spirituality of gender and place.

**Marcella Remund, Jenny Yang Cropp and Lindy Obach**, See Session II, pg. 11 for bios.

MOVING INTO MINDFULNESS WITH YOGA,  
BREATH AWARENESS, CHANTING AND MEDITATION

## 102 PENNINGTON HALL

Experiential/movement/  
dance/singing/chanting

This workshop is to deepen awareness of the healing connection between mind/body/spirit through yoga, breathing, chanting and meditation. We will explore mindful awareness through gentle standing, kneeling and laying yoga poses combined with breathing exercises and simple vowel sound chanting. There will be two guided meditations sitting and laying down, with a focus on experiencing inner calm and a sense of coming back to one's wholeness/inner spiritual home. Previous experience with yoga is not necessary.

**Nancy Saslow**, see Session II, pg. 12 for bio.

## INTRODUCTION TO SHAMANISM

## 284B STUDENT UNION

Experiential/instrumental/drumming

Participants will learn the technique of the lower world shamanic journey and meet their power animals. What gifts does the lower world offer us? Time will be spent learning how to journey, sharing our experiences and exploring resources. We will allow time and space to interpret and record our journeys. You will discover how to develop a lifelong relationship with their power animals, and you will also find out how to continue your shamanic journeys at home.

**Rhonda Steele**, see Session I, pg. 7 for bio.

## PRAYING WITH OUR BODIES:

## CREATING PERSONAL PRAYER RITUAL WITH MODO MOVEMENT

## 215 ARMSTRONG HALL

Experiential/ritual/worship/  
movement/dance

The goal of this workshop is to inform and actively have people incorporate body movement with their prayers. You will be led through guided visualization and movement. You will learn one 8½ minute movement piece and you will create within your break-out group your own prayer in movement piece.

**Margaret Tingley Farley**, See Session I, pg. 7 for bio.

## SPIRITUAL IDENTIFICATION

## 306 ARMSTRONG HALL

Formal paper

This workshop will look at the spiritual options open to us in a global community. What are the pros and cons of adopting these new spiritualities which have no precedent in the American Christian tradition; i.e., Buddhism, Hinduism, Yoruba, Voodoo, etc. This workshop will be motivational and inspirational.

**Akilah r'Zuberi**, See Session II, pg. 12 for bio.

## Session IV

**UNSHACKLE YOUR SOUL!**

222 ARMSTRONG HALL

Discussion-based with music/  
poetry/activities

Recognize and release your own blocks to authentic living, including toxic thinking, perfectionism, self-neglect, approval addiction, wasted energy, negative scripts, fear or conflict and martyrdom. Learn to channel your spiritual intuition to your own journey instead of trying to rescue or change others through stories, humor, activities, poetry and songs. We will discuss ways to set your creative soul free to begin to live and love more abundantly.

**Rebecca Aadland-Schoper**, see Session II, pg. 8 for bio.

**FINDING YOUR WAY IN THE SECOND HALF OF LIFE**

302 ARMSTRONG HALL

Discussion

There comes a time in the middle of life when what was once important, true, satisfying and fulfilling is no longer enough. When meaning is more important than ambition, when authenticity is worth more than approval, when what you long for has more value than money. When the terrain ahead begins to feel unfamiliar and calls to be explored. When there is no way back and no way out but to go through. We will explore through our own stories the challenges and gifts of the changes and opportunities that build character, break patterns and inspire legacy leaving in the second half of life.

**Carol Anderson**, after 30 years as an educator, left to follow the wisdom of her soul. She is an inspirational speaker, teacher, coach and facilitator.

**COMMUNICATING WITH OUR GUARDIAN ANGELS**

305 ARMSTRONG HALL

Discussed-based/experiential

Guardian Angels are God's messengers. These divine helpers nurture, protect and guide us. They help to transform our thought patterns and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with God and all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence and a greater sense of purpose and connectedness. You don't need extraordinary psychic or intuitive skills to have a dialog with your angels. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

**Diane Anderson** is the coordinator for academic appointments and promotions for the College of Medicine, Mayo Clinic, Rochester, MN. She is a healing arts practitioner and teacher whose practice includes Reiki, Energy medicine, Qigong and shamanic healing.

**LAUGHTER YOGA – CELEBRATING HAPPINESS EVERYDAY**

253 STUDENT UNION

Experiential laughing

Laughter really IS the best medicine, so come to the fun class that will get you laughing! Class is full of happy laughter exercises to de-stress, lower blood pressure, build-up your immune system, create endorphins and bring joy back into your life. No mats or special yoga outfits necessary. Nothing stretchy or bendy needed. Just come as you are and laugh.

**Mary Margaret Anderson Fay**, see Session III, pg. 13 for bio.

**MEETING THE TAROT ROYALTY**

255 STUDENT UNION

Discussion-based/experiential/ritual

The Court Cards as the human reflection of the Tarot gets confusing. We often can't see the trees for the forest! Three teachers will show three different perspectives of the Court cards as ourselves, as others

and as energy. Beginners welcome! Please bring your curiosity and a deck of Tarot cards.

**Nancy Antenucci** is a seasoned reader and teacher in the Twin Cities for over 25 years. She returns for this conference annually as she teaches various aspects of Tarot philosophy through the walk of the Major Arcana.

**Julie 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 Co. and currently creating a tarot deck based on real sky astrology and the MAAT Tarot Wheel of the Year.

**Corrine Kenner** has written 12 books and edited four anthologies. She also is the creator of the *Epicurean Tarot* and the *Christmas Tarot*, and is currently working on a book and desk set called the *Wizards Tarot*.

**THE ART OF LETTING GO**

309 ARMSTRONG HALL

Story-telling/discussion/movement

Is your life out of balance? Are you taking the time for you? Where are you spending most of your energies? What can you let go? What's holding you back? Hear what the presenter has to share on the "Art of Letting Go."

**Colleen Baldrice**, see Session II, pg. 8 for bio.

**SCIENCE AND SPIRITUALITY**

304 ARMSTRONG HALL

Paper/discussion

Science and spirituality are perfectly compatible, but deal with two different realms – outer, visible reality and inner, invisible reality. Science speaks the language of facts, spirituality the language of truth seen with an inner eye. Scientific language describes phenomena observed by bodily senses using the most accurate measurements possible. Religious language aims to express truth that is felt or intuited by using myths and symbols.

**Jeanette Blonigen Clancy**, see Session I pg. 2 for bio.

**DISCOVERING YOUR INDIVIDUAL AND COLLECTIVE POWER WITH ASTROLOGY**

316 ARMSTRONG HALL

Power point/discussed-based

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, 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 connection to the collective. We all have potential for individual power as well as collective power (power within a group). However, if we don't realize where our strengths and weaknesses are there is more of a potential for the misuse or waste of power. 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 Session I, pg. 2 for bio.

**EMBRACING LIFE**

212 MORRIS HALL

Reflective/power point

We hurry and scurry and worry . . . it's time to slow down and allow ourselves to be present to the 'how' in our lives. There is a definite need to slow down . . . we will discuss the challenges regarding such efforts, the exterior demands against it, the strengths and positive health of choosing 'another way' of approaching life, the ways of living it, and the spiritual call to do it.

**Mary Boespflug**, see Session II, pg. 8 for bio.



**WOMEN AS HEALERS: YOUR HEART, YOUR STORY**

202 STUDENT UNION

Experiential

The book *Women as Healers: Voices of Vibrancy* (October 2009) profiles 31 remarkable healing women from around the world, sharing their personal stories of empowerment, wisdom and life learning. In this workshop key themes will be highlighted from the women in the book. You will gain a deeper perspective of the healing power and resilience of the human spirit. You will leave inspired, encouraged, and motivated as you explore the passion, risk-taking, service to humanity, and hopeful vision for the future expressed by the women featured in the book.

Tami Briggs, see Session II, pg. 8 for bio.

**EXPLORING THE FAIRY REALM**

325 ARMSTRONG HALL

Experiential/story-telling;  
discussion-based/child-friendly

This workshop is to acquaint participants with the fairy realm, to invite discussion about fairies and offer fairy readings to those who are interested. Come share your musings and experiences of the fairy realm.

lone Boettcher Butler, see Session II, pg. 8 for bio.

**ENLIGHTENED K9'S**

319 ARMSTRONG HALL

Story-telling/discussion-based/  
child-friendly

Throughout history, both canines and humans have shared an overlapping existence. Humans have used canines for work, food, comfort/warmth and play. Much of mainstream society once again has shifted back to understanding canines through force and dominance. I propose we instead learn to use our brain and spirit to communicate and co-exist with canines. Our understanding and treatment of animals directly affects how we as a society treat others. We will talk about canines and how to communicate, train and understand them as not just pets but as individual spirits. Lift your own vibration as we enter into a world of enlightened beings.

Inga From, see Session I, pg. 3 for bio.

**SONGTANEOUS: CREATING AND CONNECTING COMMUNITIES THROUGH THE POWER OF SPONTANEOUS SINGING**

284C STUDENT UNION

Experiential/singing/chanting

During Songtaneous, we arrange and construct "songs" by creating repeating musical patterns and assigning them to sections of our singing circle. These parts weave together to create instant compositions in a magical process where the whole is more than the sum of the parts. We combine singing with chants, language, imagery, color and movement to inspire, access and explore new musical terrain.

Sarah Greer, see Session I, pg. 3 for bio.

**DISCOVERING AND LIVING YOUR LIFE'S PURPOSE**

326 ARMSTRONG HALL

Discussion-based, hands-on

Everyone can have the life they choose; it is only a matter of definition and clarity. By expending your life energy on things that are aligned with your passions, you can create the life you want. During this workshop, the Passion Test will help you define your passions and set a clear direction for creating the life you always dreamed of. Whether you're looking to find your life's purpose or just need to clarify it further, the Passion Test will provide a life-long tool to keep you on course.

Laurel Gregory, see Session II, pg. 9 for bio.

**DANCING THE TREE OF LIFE**

N225 HIGHLAND NORTH

Movement/dance/ritual

Explore the life-giving wisdom that has been encoded by generations of women in dances from the Balkans, Greece and the near east. These simple dances for people of all ages and wide-ranging abilities are a form of prayer and source of healing not only for ourselves but also for our community and the earth. All dances will be taught first. This approach to traditional dance as spiritual practice is based on the

pioneering work of Laura Shannon.

Emily Jarrett Hughes, see Session III, pg. 14 for bio.

**THE HOLY DIMENSIONS OF THE INNER GOSPEL**

102 MORRIS HALL

Discussion/experiential

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

Andrew Johnson, see Session II, pg. 9 for bio.

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

201 STUDENT UNION

Presentation/harp performance

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

Amy Kortuem, see Session III, pg. 14 for bio.

**THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS**

322 ARMSTRONG HALL

Discussion

Twenty-eight 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. The spirituality behind spectacular success results from three ingredients: the relationship you have with yourself, creating success for others, and passing power to others. Real world examples show how to use the spiritual ingredients to create spectacular personal and professional success.

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

**RAINBOW TENT OF WOMEN'S SPIRITUALITY ACROSS TRADITIONS**

200N STUDENT UNION

Experiential/discussion-based/  
singing-chanting/storytelling

This is an actual installation of a tent. Participants enter and can sit, meditate, read, talk, listen to the music and explore their own spirituality. Meditations, readings, books, music, and artifacts are presented from a variety of traditions and, wherever possible in women's words/voices. Traditions include Buddhist, Wiccan, Taoist, Native American, Egyptian, The Beloved Community, and others.

Kim Mc Keage, see Session I, pg. 5 for bio.

**INCLUSIVE PRAYER LANGUAGE**

310 ARMSTRONG HALL

Discussion-based

Participants are encouraged to bring prayers or hymns you wish to revise to make more inclusive. After discussion why you want to change words, the implications for copyrights will be addressed. The group will explore alternatives to phrases like "peace to all men," "He who created the world," and other examples brought by participants.

**Marty Meyer-Gad**, after a lifetime of working in Catholic institutions, decided to risk excommunication and be ordained a priest when the American bishops recently agreed to replace idiomatic English with literal Latin translations for worship texts.

**THE RETURN OF THE GREAT GODDESS IN LIGHT OF 2012**

**314 ARMSTRONG HALL** Formal paper  
The return of the Divine Feminine to human consciousness correlates to the 2012 phenomena. We will review the information on the 2012 phenomena, see how it relates to the Great Mother and the Black Goddess, and explore the potentials of this time for the future of humanity. Suggestions to aid individuals during this transition time will be considered. Knowing the phase of the moon you were born under, and in which astrological houses your north and south nodes appear, might be helpful to you, but is not necessary to understanding the information presented.

**Krisztina Potyondy**, see Session III, pg. 15 for bio.

**TRANSFORMATION 2010-2012:**

**AN ASTROLOGICAL STATE OF THE UNION ADDRESS**

**320 ARMSTRONG HALL** Lecture  
This is an amazing point in astrological history ripe with chaos and exciting potential as Pluto, Uranus and Saturn form a t-square in cardinal signs. We will debunk some of the 2012 hype and map out the major astrological patterns of our time in clear and accessible language and put these patterns into historical, political and mythological perspective. Together we will brainstorm ways of making the most of this wild time.

**Heather Roan Robbins** is a practical and intuitive, choice-oriented astrologer with 30 years experience, she writes an astrological column (by day, not by sign) for the Santa Fe New Mexican, WeMoon calendars, NewAgeJournal.com and John Edward's InfiniteQuest.com.

**SEE IT, FEEL IT, BE IT:**

**USING VISUAL MANTRAS TO CHANGE YOUR LIFE**

**315 ARMSTRONG HALL** Experiential/discussion-based  
Come learn about visual mantras and explore how to use them to change your life. Find out about the science and psychological principles behind the magic of visual mantras and why they effectively manifest meaningful change. Participants will leave having spent time developing their own visual mantra.

**Stephanie Ross** and **Wendy Lutter**, see Session II, pg. 11 for bio.

**THE JOY OF INTEGRAL MOVEMENT FOR BODYMINDSPIRIT**

**200S STUDENT UNION** Movement/dance  
Integral Movement aims to foster wholeness and embody Spirit, by using an artful blend of simple ancient Eastern and current Western practices – both evoking our 'inner medicine.' Intention and quality music aids in opening our hearts and connecting us to ALL that IS.

**Jean Scott-Honig**, see Session II, pg. 12 for bio.

**THE INTERSPIRITUAL PERSPECTIVE**

**285 STUDENT UNION** Experiential/movement/dance/singing/chanting/ritual/worship

Interspirituality recognizes that there are many paths that lead to the One and that there is a universal commonality that underlies them all. Appreciation of the commonalities and the uniqueness of each tradition can deepen our own spiritual experience and practices. Excerpts from Wayne Teasdale's book, *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions* will provide a springboard for discussion. You will be invited into experiential activities from a variety of religious traditions to deepen your understanding of the concept of interspirituality. We will sing, dance, and meditate/pray together.

**Char Tarashanti** and **Dianne Banner**, see Session II, pg. 12 fro bios.

**VÖLVA STAV:**

**HEALING WITH INDIGENOUS EUROPEAN SPIRITUAL TRADITIONS**

**211 ARMSTRONG HALL** Experiential/story-telling/child-friendly/ritual/worship/movement/dance/instrumental/drumming

European American women and men have longed for their own indigenous spiritual traditions, going deeper than the immigrant era. Völva (staff carrier) is that tradition. In this workshop you will learn the history of Völva Traditions, honor all your ancestors through voice, staff and horn, identify and begin to heal the dysfunctions of inherited cultural grief – a result of traumatic separation from indigenous cultural tradition – and begin mending your individual "oorlag" (karma/dna/ancestor memory/past and future) as Völva do.

**Kari Tauring**, see Session II, pg. 12 for bio.

**ANIMAL COMMUNICATION EXPERIENCE (GUIDED VISUALIZATION)**

**213 MORRIS HALL** Experiential  
Experience your own innate ability to communicate with animals through this guided visualization. This will provide you the most intimate and complete form of interspecies communication.

**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 bachelor's and master's 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 20 plus years and participates in obedience, conformation, agility and Schutzhund. She lives with dogs, birds, and a cat.

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All are welcome to attend a workshop at any time during the presentation session.

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## 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.

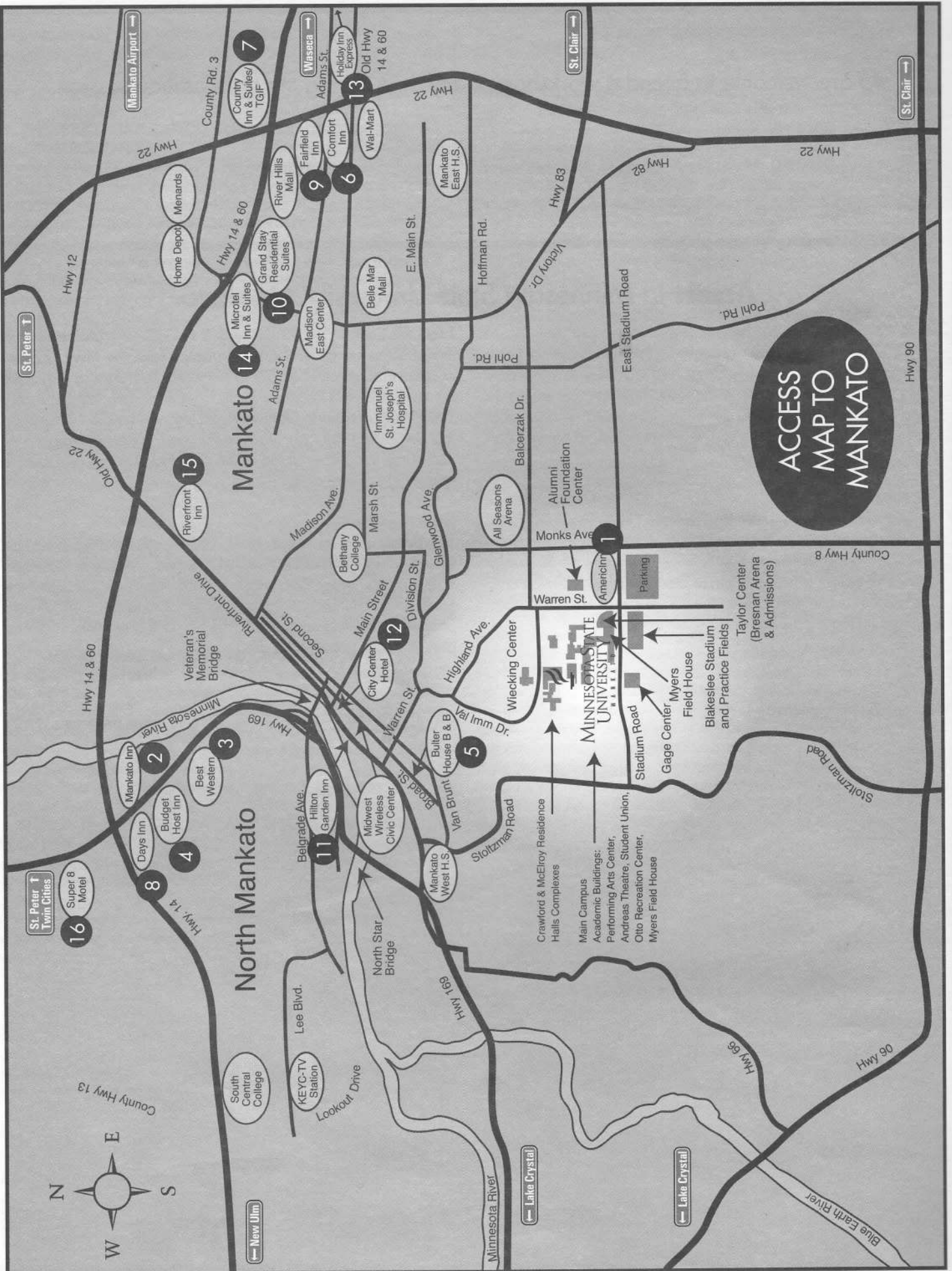
### From the East:

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.

See maps on pages 20-21



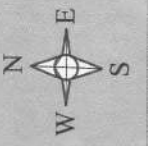


**BUILDING KEY**

Alumni Foundation Center  
 Armstrong Hall  
 Crawford Residence Community  
 Ford Hall  
 Generator Plant  
 Highland Center N  
 Julia A. Sears Residence Hall Community  
 McElroy Residence Community  
 Morris Hall  
 Nelson Hall  
 Performing Arts Center  
 Pennington Hall  
 Centennial Student Union  
 Trafion Science Center E  
 Trafion Science Center N  
 Trafion Science Center S  
 Utility Plant  
 Wajley Administration Center  
 Wrecking Center  
 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**

- ACADEMIC & ADMINISTRATION
- ATHLETICS/REC
- RESIDENCE HALLS
- STUDENT UNION

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

MINNESOTA STATE UNIVERSITY MANKATO

## 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; Luisa 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; Vinnie Burrows; Starhawk; Shakti Gawain; Marge Piercy; Riane Eisler, Vandana Shiva.

**MEALS:** Jazzman's, in the Student Union, will be open on Saturday at 8:30 A.M., and Sunday at 8:00 A.M. The Grille, serving coffee, muffins, sweet bread, bagels, scones and donuts will be open Saturday at 8:30 A.M., and Sunday at 8:00 A.M. There will be a Saturday night buffet at a cost of **\$16.00**. Please see the 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 the conference.

### Saturday Night Evening Dinner Menu – Buffet which includes:

Pastas and sauces  
Lasagna (Vege)  
Tossed Salad  
Breadsticks  
Carrot 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 the University Security Department at 507-389-2111.

**BOOK HOTEL EARLY** as there is another major event this same weekend in Mankato.

**HOUSING:** Those interested in housing must make their own arrangements. The following is a list of motels in the Mankato area. We advise you to make reservations, if you need them, as soon as possible. We have blocked rooms in the motels with an asterisk (\*). When calling, give them the Group number **(in parenthesis)** or advise them it's for the Minnesota State Mankato Women and Spirituality Conference. See corresponding number on map in back of the 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
- 2) \* Mankato Inn - 507-345-8800/888-315-2378, 111 W. Lind Court (W&S Conf) \$75.95
- 3) \* Best Western Hotel - 507-625-9333, Hwy. 169 N. (women) \$84.99 one bed/\$86.99 two bed
- 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, (W&S conf) \$84.99 dbl queen
- 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. (W&S Conf) \$60
- 9) Fairfield Inn - 507-386-1220, 141 Apache Place
- 10) Grandstay Residential Suites - 507-388-8688, 1000 Raintree Road
- 11) \* Hilton Garden Inn, 507-344-1111, 20 Civic Center Plaza (WOS) \$89.00
- 12) \* City Center Hotel - 507-345-1234/1-800-HOLIDAY, 101 E. Main Street (women&spirit) \$99.99
- 13) \* Holiday Inn Express - 507-388-1880 2051 Adams Street (WOS) \$89 King/\$99 2 queen beds
- 14) \* Microtel Inn & Suites - 507-388-2818, 200 St. Andrews Drive (W&S Conf) \$50-60
- 15) Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- 16) \* Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. (W&S) \$68.88

### Surrounding Areas

Americinn - St. Peter 507-931-6554/1-800-634-3444  
Richards Restaurant and Hotel - St. Peter 507-934-4988 (NEW)  
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 507-665-6246  
Cosgrove House B & B - Le Sueur 507-665-2160

### 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 October 1, 2010** for children up to ten years of age and will be available at the campus child-care center, Children's House, located at the Wiecking Center. Children's House will be open Saturday from 9:00 A.M. - 12:30 P.M., 1:00 - 6:00 P.M. and Sunday from 8:30 - 2:15 P.M. (**Note - children must be picked up for designated breaks.**) Costs will be \$45.00 for one day and \$60.00 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 am meeting in Student Union 201 on Saturday, October 23rd. To register, fill in the appropriate section on the registration form, and mail a 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 October 1st. Limited funds are available and will be awarded on a first come/first serve 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 the registration form no later than October 1st. 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 your folder 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 and/or conference registration fee is available upon request and will be subject to a \$5.00 handling fee. You must provide your social security number. No refunds allowed two weeks prior to the conference.

For answers to any questions, call or write:

Women and Spirituality Conference  
Minnesota State University, Mankato  
109 Morris Hall  
Mankato, MN 56001  
507-389-2077 / Fax - 507-389-6377  
e-mail - 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 October 1, 2010 for reduced rates. Make checks or money orders payable to: Minnesota State University. Mail to: Women and Spirituality Conference, Minnesota State University, Mankato, 109 Morris Hall, Mankato, MN 56001. For more information call 507-389-2077. This form may be duplicated for multiple registrations.

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

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

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

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

- Pre-Registration**
- \$55 General (includes keynote)
  - \$30 Minimum Income, Student or Sr. (age 60)
  - \$15 Ages 9 - 17
  - \$ 5 Keynote only (name tag required)
  - \$16 Saturday night dinner
  - General Scholarship \*\*
  - Women of Color Scholarship\*\*
- Postmarked after October 1**
- \$60 (includes late fee)
  - \$35 (includes late fee)
  - \$20 (includes late fee)
  - \$ 8 (includes late fee)

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

Total enclosed: \$ \_\_\_\_\_ Registration fee (includes keynote) check # \_\_\_\_\_  
 \$ \_\_\_\_\_ **Keynote Only Fee**  
 \$ \_\_\_\_\_ Dinner Saturday  
 \$ \_\_\_\_\_ CEU cost  
 \$ \_\_\_\_\_ Child Care  
 \$ \_\_\_\_\_ Total amount enclosed (Checks payable to Minnesota State Mankato)

**DINNER REGISTRATION (Deadline October 11, 2010)**

- Saturday Night Dinner Option
- Gluten Free Option

**SCHOLARSHIPS:**

\*\* The scholarships allow for women of color or various economic abilities to attend. 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.

Receipts may be picked up at the Registration Table any time during the conference.

**CHILD CARE REGISTRATION**

Send check with registration. Fee is \$45 for one day and \$60 for both days, per child.  
**Deadline: October 1, 2010**

Day(s) Needed:  Saturday, October 23  Sunday, October 24

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 on-line. If you have not been accepted to Minnesota State Mankato, you must contact the Admissions Office 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. A certificate will be given to you once the conference is completed. (We are unable to accept debit or credit cards).

**CONTACT THE CAMPUS HUB, 507-389-1866 FOR SPECIFIC TUITION CHARGES.**

**USE OF SCENTIS: 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.**

2011 Tentative Conference Dates - October 22 and 23

2012 Tentative Conference Dates - October 13 and 14



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

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**WOMEN &  
SPIRITUALITY  
CONFERENCE**  
507-389-2077

**Minnesota State University, Mankato**  
**Saturday and Sunday, October 23 and October 24, 2010**  
Registration Check-In begins Saturday 9:00 A.M.

**"Marrying Sex and Spirituality: A Planetary Challenge"**  
Keynote Speaker: Dr. Akasha Hull

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

Co-Sponsored by Gender & Women's Studies, College of Social & Behavioral Sciences, Institutional Diversity and Women's Center

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 Gender & Women's Studies at 507-389-2077 (M),  
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. WMIN01BR0710