

30th 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.

2011 Keynote Speaker, Winona LaDuke

Keynote speaker, Winona LaDuke (Anishinaabe), is an internationally renowned activist working on issues of sustainable development, renewable energy and food systems. She lives and works on the White Earth reservation in northern Minnesota, and is a two time vice presidential candidate with Ralph Nader for the Green Party.

As Program Director of the Honor the Earth, she works nationally and internationally on the issues of climate change, renewable energy, and environmental justice with Indigenous communities. In her own community, she is the founder of the White Earth Land Recovery Project, one of the largest reservation based non-profit organizations in the country, and a leader in the issues of culturally based sustainable development strategies, renewable energy and food systems. In this work, she also continues national and international work to protect Indigenous plants and heritage foods from patenting and genetic engineering.

In 2007, LaDuke was inducted into the National Women's Hall of Fame, recognizing her leadership and community commitment. In



Winona LaDuke

1994, LaDuke was nominated by *Time* magazine as one of America's fifty most promising leaders under forty years of age. She has been awarded the Thomas Merton Award in 1996, *Ms. Woman of the Year* (with the Indigo Girls in 1997), and the Reebok Human Rights Award, with which in part she began the White Earth Land Recovery Project. The White Earth Land Recovery Project has won many award including the prestigious 2003 International Slow Food Award for Biodiversity, recognizing the organization's work to protect wild rice from patenting and genetic engineering.

A graduate of Harvard and Antioch Universities, LaDuke has written extensively on Native American and environmental issues. She is the author of five books, including *Recovering the Sacred*, *All our Relations* and a novel, *Last Standing Woman*. She is a former board member of Greenpeace USA and is presently an advisory board member for the Trust for Public Lands Native Lands Program as well as a board member of the Christensen Fund. She is widely recognized for her work on environmental and human rights issues.

Schedule

Saturday, October 22, 2011

8:00	Vendor's open
9:00 - 10:30	Registration-CSJ 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 23, 2011

8:30	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 2011 Planning Committee:

Laura Schultz, Coordinator
Cindy Veldhuisen, Business Manager
Maria Bevacqua, Chair, Gender & Women's Studies
Sophie Reynolds, Course Instructor
Missy Manderfeld, Exhibitor Coordinator
Sarah M. Greer, 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 chooses for thyself."

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

Workshops

SESSION I

FINDING YOUR WAY IN THE SECOND HALF OF LIFE

211 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 thirty years as an educator left to follow the wisdom of her soul. She is an inspirational speaker, teacher, coach and facilitator with Finding Your Way in the Second Half of Life.

FINDING THE SONG OF YOUR SOUL - EACH MOTHER'S SONG

202 Armstrong Hall

Song/movement

This workshop uses music, poetry, and movement to explore the song within each of us. The bond between mothers and children is as old as time, and though many of us have not listened to it, there is a song within each of us that sings of that bond. Whether we have listened or not, the music of that song guides us and enhances our lives every day. Come to this workshop and find your song. No talent is necessary, just bring a willingness to listen to yourself.

Ruth Anderson is a graduate of St. Olaf College. She is a composer and a professional organist and keyboard player. She has taught music to all ages in the public schools for 30 years. Ruth is the co-author and composer of the recently released *Mary's Story* novel and musical CD.

THE MAGICKAL TAROT

219 Armstrong Hall

Experiential

Learn how to use the Tarot to transform and enhance your life using consultation, intuition, visualization and spell work. Attendees will learn how to select a signfactor, do simple readings, communicate with the subconscious, and perform a magickal spell. **Participants need to provide their own Tarot cards.**

Monika Antonelli has been working with the Tarot for over 20 years

and is a Certified Professional Tarot reader (CPTR).

GODDESS IN THE BIBLE

214 Armstrong Hall

Paper/discussion

The people of the Hebrew Bible (Old Testament) worshipped the Goddess. As linguistic and historical studies of the scriptures reveal, the Bible is saturated with female images of the Holy One. Archeology adds evidence of Yahweh having a consort. Information will be presented, leaving time for questions and discussion.

Jeanette Blonigen Clancy, writer and educator, M.A. 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*.

CHANNELING LOVED ONES

209 Morris Hall

Discussion/

channeling loved ones who have passed

This workshop's purpose is to help people to heal relationships with loved ones who have passed away. This is a John Edwards style of workshop in which spirit is allowed to come through and connect with their loved one. If time permits, the session will open to requests where the audience will be given a chance to speak specifically to a loved one.

Ronna Boyd has been a Spirituality Guide for 15 years now offering private psychic readings and channeling sessions for those in need. She has developed a class called, "Basic Tools for Spiritual Growth" that she teaches out of her home. She also offers her "Channeling Loved Ones" workshops at various conferences. She gives motivational talks on how to bring spirit into your everyday life as well as de-bunk the myths that surround psychics.

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

Student Union South Ballroom

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; dis-

cussion on different types of energy modalities or therapies and learning about balancing chakras 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.

HEALTH RHYTHMS EMPOWERMENT DRUMMING

102 Pennington Hall

Experiential/child-friendly/
instrumental/drumming

HealthRHYTHMS Group Empowerment Drumming is a natural evidenced based stress-reduction tool. Finding your personal rhythm in a safe and nurturing environment with the support and camaraderie of others lends itself to a total effect on the body, mind and spirit. Hand drumming is an ancient art used by many cultures. It allows people to move beyond their boundaries. Drumming can be performed by anyone without previous experience.

Cheri Bunker facilitates the **Remo HealthRHYTHMS**, evidence based wellness protocol, involving empowerment drumming to help people experience healing, stress relief and fun through percussion. She has been practicing the healing arts for over 10 years and along with drum training she has received certifications as a Medical Technologist, Aromatherapist, and Reiki Master/Teacher. Cheri is a teacher/facilitator at the Women's Drum Center in St. Paul, MN.

Marisa Cuneo-Linsly has been a part of the DrumHeart ensemble since 1995 performing on the snare, Conga, Djembe, and Kpanlogo drums and other percussion instruments. She is the Director and teacher/facilitator of the Women's Drum Center in St. Paul, MN. Her enthusiasm for drumming, dance and music led her to give back to the Women's Drum Center community by helping others begin their journey with drums.

HUNGRY FOR CHANGE: TRANSFORMING OUR FOOD SYSTEM

223B Armstrong Hall

Discussion

When a system no longer serves us or the planet we live on, we can be the courageous and powerful people to make the necessary changes. Transforming our food system from a wasteful, polluting health hazard to something closer to sustainable is work we can all participate in. This workshop will inspire you to take action and make changes in your own life aware that those choices have far-reaching impact for justice and recognition that all is one.

Lisa Coons, M.S., is a passionate advocate and activist for justice since childhood, a self-defined urban farmer and enthusiastic home cook. She served as adjunct faculty at Minnesota State University, Mankato for 16 years and is presently Co-Director of the Center for Earth Spirituality and Rural Ministry where all her passions come together.

SEEDS OF GROWTH

253 Student Union

Experiential; story-telling;
movement; dance; child-friendly; singing; ritual

The purpose of this workshop is to help facilitate a person's growth, as we guide you to identify your intentions. This sacred process will bring awareness to the possibility of manifestation. Engage in this stimulating and creative experience as you plant the seeds of growth and manifestation.

Corn Woman (Heidi Scott) is a farmer, healer, artist mother, Guardian of the Grain, and Dancer of the Light, who creates space for people to grow their own possibilities.

Deblyn Russell is a healer, artist, mother, tenacious striver inspired by Spirit and joyous journey to ignite people's sense of "Be The Change".
Cowgirl Pearl Breitbart is an Earth Mother and midwife, musician

"bizarre entertainer", facilitates nurturing sacred ways for women and their families. She is inspired by story-telling and creative passion.

BANDS OF POWER

232 Armstrong Hall

Experiential

This ancient rite of the medicine way gives each participant the energetic transmission of the Bands of Power to transmute lower vibrational energy coming to them and thus to protect them from dis-harmony and un-ease. They are then to give this transmission to another class participant so that they may learn how to gift this to their friends and relatives who are ready for the transmissions. This rite of passage has recently been released from Peruvian Inkan master shamans in order to raise the vibration of this planet in this time of turmoil and unrest. This rite helps us to walk through the world as instruments of peace and agents for change and transformation.

Linda Deer Domnitz is a shamanic practitioner, hypnotherapist, massage therapist, channel, elementary school teacher, and student of Alberto Villoldo. She has received many of these transmissions directly from Inkan master shamans from Peru.

Cyndi Gisbourne is an ordained minister, , massage therapist, surgical technician and has received all nine Munay-Ki Rites of Passage.

Maureen Skelly is a massage therapist, MariEl practitioner, volunteer provider at Pathways, poet, and teacher at the Loft in Minneapolis. She has received all nine Munay-Ki Rites of Passage.

ESOTERIC HEALING: A SOUL CENTERED APPROACH TO ENERGY HEALING FACILITATION AND SPIRITUAL GROWTH

217 Armstrong Hall

Experiential

This class introduces the philosophy and methods of Esoteric Healing as taught through the International Network of Esoteric Healing. We discuss the Human Energy System and how to access and work with it to effect healing shifts and balance. It works with soul alignment and the major energy centers (known as Chakras), vibratory levels and energy bodies that work together to bring about health, vitality, and a sense of higher purpose. Through teaching, meditations, energy sensing exercises and discussion, we explore approaches to support to flow of soul energy throughout the physical, emotional and physical bodies.

Patricia Enstad has a MS in Community Counseling from MNSU ('83), is a certified teacher of Esoteric Healing, has a full time private practice in energy and body-based therapies in St. Paul for over 12 years, and has collaborated with holistic psychologists and physicians in providing mind-body therapies and energy medicine for patients.

Sharon Randazzo has a BA in Anthropology from Macalester, studied at the New Mexico School of Natural Therapeutics, served in the Peace Corps and has fulltime private practice in energy and body-based therapies and brings her work in Esoteric Healing to Well Within, a wellness resource center assisting those in the midst of a health challenge seeking wellness and balance.

Both Patricia and Sharon completed a certification in Spiritual Direction through Source at the Center in Orange, CA.

WORKING WITH YOUR ENERGY BODY: CYCLES AND LIFE PHASES

325 Armstrong Hall

Experiential

This workshop covers the basics of women's energy or subtle body mappings, and the cycles and life phases of these energy systems that any woman can learn to work with in her own life. Drawing from energy anatomy teachings found in spiritual traditions as diverse as Tibetan Buddhism, Tantra, Yoga, Kabbalah, Taoism, Gnosticism, Shamanism and Wicca, this workshop introduces both chakra and meridian mappings and the way a woman's energy body shifts over time – both within a month, and at different phases of her life. Meditation exercises and suggestions for working with these cycles are included in workshop materials.

Lisa Erickson is a teacher and writer, specializing in the chakras, meditation, metaphysics, and women's spirituality. She writes on these topics on her popular women's spirituality blog, *Mommy Mystic*, is the Bud-

dhism editor for BellaOnline.com, and is the author of the forthcoming book *Straight Talk for Women: A Guide to Your Energy and Power*.

ENLIGHTENED K9'S

215 Armstrong Hall Story-telling; discussion; 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. In this workshop, 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 the 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 was the Animal Behavior and Training Coordinator at the MN Valley Humane Society before its closure in December 2010.

A FRESH LOOK AT PAST LIVES

Student Union North Ballroom Experiential
As we reincarnate in human form, we each chose a set of life lessons to work through. As we experience each life, it is valuable to understand how and why we made these choices. In this workshop, participants can learn how to discover their life lessons for this lifetime, and learn how to heal any past life experiences and current karmas that can affect their life now.

Barbara Gabriel has been leading workshops and doing readings for almost 30 years. Her work facilitates changes in the way you react to your everyday life problems, by recognizing and releasing your internal blocks. This allows you to experience new opportunities. More importantly, Barbara teaches you how to remember, reconnect, and enliven your essential Beingness, ultimately expanding your internal awareness, and connections to the Universe.

SOULCOLLAGE®

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, imagination and intuition. Over time you make your own personal deck of "cards" and learn to consult the wisdom and guidance your images hold for you.

Kathleen Gritner, SoulCollage® facilitator, MA Art Therapy and proprietress of Full Circle Retreat, a quiet rural retreat offering experiences that support your creative, soulful life. Meditative and healing art forms, art and writing practices and art instruction for maintaining a balanced and healthy life.

9/11 OPEN ISSUES – A MORAL AND SPIRITUAL CONCERN

Student Union Center Ballroom Power point; discussion
This workshop reviews the major events of the 9/11/2001 terror attacks on the USA as well as presents some lesser known facts and surrounding issues. The intent is to make the audience aware of the unanswered questions surrounding 9/11 and the omissions and distortions in the official explanation. A case is made for why this is a moral and spiritual concern, including a discussion of the aftermath, which involves at least two wars. Questions and comments are invited for getting clarification on the information presented as well as for offering different viewpoints and sharing comments on this topic or similar related moral concerns.

Nuzi Haneef was born in Pakistan and came to the USA in 1978 to study at the U of Kansas from where she earned a MS in Computer

Science; she later earned a PhD in Computer Science from the George Washington U. Nuzi grew up in a liberal and educated Muslim family, was personally an intensely devoted Muslim till the early 2000's, and is now a freethinker with spiritual leanings, interested in parapsychology as well as various other non-mainstream topics.

DON'T LET YOUR CLOTHES WEAR YOU! THE USE OF CLOTHING AS YOUR SPIRITUAL STATEMENT

101 Morris Hall Presentation; demonstration; discussion
This workshop will be a presentation of spiritual aspects of ethnic dress/clothing. How we currently clothe ourselves has been influenced. Why it's important to rethink how we choose to clothe ourselves. Examples of persons whom currently use clothing as a transformative tool and spiritual statement will be presented.

Christine Holt has been exploring the spiritual path for 30 years. She started actively experimenting with the clothing aspect 20 years ago, creating and selling pieces for the last three years.

Siobhana Hold-Thomas has been influenced by the spiritual world for 30 years. She started a partnership three years ago to address the change that is evolving both personally and globally through the use of clothing as a tool to assist this facilitation. MagicGirlz is this partnership.

LIVING YOUR DIVINE DESIGN – INSPIRED REALITY NOW

211 Morris Hall Experiential; discussion; teen friendly
Are you ready to know your identity is beyond your current reality and willing to feel complete in your wholeness? Living from a 3D typical world view or the "masses" pictures of reality is coming from a positioning of fear based, greed, deception towards self and others, control, manipulation, suspicion and attempts to dominate one's environment. There is no sense of unity with Spirit or God but rather a separation as though Spirit or God is an outside authority figure. Based on the severity of one's life journey, the hardships and the unfulfilled nature of their existence, one eventually turns inward to discover a source that was once previously sought outwardly. Reuniting with this Divine Nature brings a truth and a consciousness very different from that of the typical world-view along with a freedom from old paradigms and structures and one begins to live the expression of their Divine Spirit as new pictures of reality emerge and the old self vanishes!

Tina M. Johnson, AHNC® is the founder and President of Mind Body & Spirit Creating Balance, retired TV and Radio Host and promotes and lives a raw foods lifestyle. She facilitates workshops around the country, working with clients and wellness professionals inspiring them to discover and follow their Spirit's vision and "Divine nature."

THE WOMEN'S BIZZY "BE" SHOP™

317 Armstrong Hall Movement; instrumental; craft
This is a Beginner workshop for people to dabble in yoga, music and art – all in one! It is designed to share a few areas of "wellness for women" through yoga, music and art. Simple ways to incorporate ways to BE; more creative, more healthful and more relaxed on a daily basis, no matter one's life situation. If you can breathe, you can "BE" at this workshop. (Note: yoga involved, so please check with your physician before participating if you have any health problems.)

Jodi Jordan-Huffman is the owner of a new women's wellness business named "The Women's Bizzy "BE" Shop which includes yoga, music and art. She is a Certified YogaKids™ teacher (CYKT), YogaFit™ Teacher (RYTJune) and has a background in Global Education & International Women's Studies.

SAVING MONEY, THE PLANET, AND YOUR SANITY

208 Morris Hall Power point
This workshop will inspire personal freedom by the sharing of an extraordinary lifestyle, using second-hand and found materials almost exclusively for building, decorating, furnishing, landscaping, and dressing. The presenter has found financial freedom and enriched her

spiritual life while living lightly on the earth. The power point tour of her woodsy home 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, *Free: Scenes From a Joyfully Green and Frugal Life*. Participants leave with a sample exercise for freeing up their own lives.

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.

MARIAN APPARITIONS IN THE AMERICAS AND THEIR REVELANCE TO CURRENT AFFAIRS

216 Armstrong Hall Discussion; lecture; group art activity
There have been many Marian apparitions in the Americas, the most famous being Our Lady of Guadalupe in Mexico in 1531. Other apparitions have occurred in both South and North America. The message content is usually about equality of all people and making prayerful choices. More recent appearances, such as the 1950 appearance in Necedah, WI contain serious warnings about the future of America. Recent sightings in Syria and Egypt underscore great changes in the Middle East which impact the world soul.

Carole Julian has a MA in transpersonal psychology and has been involved in spirituality and mysticism for 35 years.

RELIGION AND SCIENCE: MODERN SPIRITUALITY OF TRANSCENDENCE

225 Armstrong Hall Paper; discussion; power point
This paper-workshop is intended for people with no background in the academic study of religions or physical sciences. It describes the roles of religion and science in understanding the diversity of life: humans, animals, plants, and microbes, their evolutionary nature, and their co-dependent relationship in the context of their both physical and cultural environment. It focuses on a modern spirituality that combines both religion and science and which is of the nature of "all-inclusivity" and transcendence.

Indira Y. Junghare, Ph.D. is a Professor of Linguistics and South Asian Languages, Literatures and Religions at the University of MN.

ENRICHED BY DIVERSITY

231 Armstrong Hall Experiential; story-telling; panel of Sisters
School Sisters of Notre Dame (SSND) will share how living and ministering with people of diverse cultures has enriched their spirituality and spiritual practices. During this workshop five SSND's will relay personal stories from their experiences of cross cultural ministry in Central and South America, Japan, Hungary, Africa and North America, then invite participants into some experience that will highlight how these encounters have impacted their spirituality.

Joyce Kolbet will facilitate this experiential workshop. Joyce and five co-presenters are School Sisters of Notre Dame of the Central Pacific Province, Good Counsel Campus, Mankato, MN. SSND are an international congregation of religious women who live and minister in 35 countries around the world. SSND are educators at heart and have been present in Mankato and the surrounding area for 100 years.

THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS

222 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 M. Kramer is a professional speaker, author, and documentary filmmaker.

GIRLS TALK ABOUT "RITES OF PASSAGE"

314 Armstrong Hall Discussion; experiential; child-friendly
"Coming of Age" and "Rites of Passage" groups for girls are fun and social ways to learn how to take charge of your physical, emotional, social and spiritual well-being. In this session, we will first create sacred space and enjoy a yummy guided meditation to connect to Mother Earth. Then we will share ideas about what lifeskills 4th to 7th grade girls need, and what cool learning activities might happen in a Coming of Age/Rite of Passage group such as journaling, art, meditation, skits, games, nature walks, fire-building and henna parties. Resources for going a group or forming your own will be offered. Anyone offering this important work for girls is invited to contact the presenter at <http://www.joyw.org> so their contact info can be added to the resource handout.

Katharine Krueger directs Journey of Young Women, a Twin Cities community supporting girls on their path to womanhood. Her experience includes mechanical engineering, facilitation, directing Children's and Youth Practice at Clouds in Water Zen Center, homeschooling and teaching homeschoolers, and co-leading other Rites of Passage work.

WALKING MEDITATION

205 Armstrong Hall Experiential
Walking meditation practice crosses many spiritual traditions. There are old and new types of walking meditation that can help you relieve stress, open your heart, broaden perception, and discover yourself. Learn several styles of meditation walking on our portable labyrinths.

Patricia Linehan has presented at this conference many times. She is an Educational Psychologist with a long standing interest in MLP, Buddhism, and the transformative power of meditation.

Peggy Butler, Patricia's sister, is a horticulturist from Montana who is also exploring Buddhism and meditation, particularly connected to walking labyrinths.

THE SPIRITUALITY OF POOH

202 Student Union Experiential; discussion; ritual
This fun and light-hearted workshop will teach life-changing (but very simple) techniques on how to let go of all the negative emotional crap that gets thrown at us every day. We can learn a lot from our pooh!

Carol Mackel is a woman who finally learned how to let go of the emotional garbage that surrounded her and she's ready to share this new-found wisdom.

RAINBOW TENT OF WOMEN'S SPIRITUALITY

285 Student Union Experiential; movement; ritual; chanting; child-friendly; discussion

Participants enter a tent and can sit, meditate, read, talk, listen to the music, and explore their own spirituality. Meditations, readings, books, music, and artifacts are from a variety of traditions, including Buddhist, Wiccan, Taoist, Native American, Egyptian, The Beloved Community, etc., and, wherever possible, in women's words/voices. This tent is a gift to others exploring spiritual traditions and trying to respectfully integrate diverse perspectives into a holistic practice.

Kim McKeage, Ph.D. is currently a master's student in Women's Studies at Southern Connecticut State U.

Jeffrey McKeage is an historian and student of world religious traditions. They participate in earth-centered spiritual practices blended with Eastern traditions such as Taoism and Buddhism.

SESSION I

LOVING-KINDNESS MEDITATION: THE PRACTICE OF GENTLE FRIENDLINESS

203 Student Union

Experiential

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

Mary Jo Meadow is professor 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.

THE DIVINE FEMININE IN ASTROLOGY – WHAT'S YOUR PROFILE?

311 Armstrong Hall

Experiential

There are many hidden components of the Divine Feminine in astrology. Come learn what some of them are and how they show up in your birth chart. Use this information to create success and abundance in your life.

Patricia Selmo is a spiritual coach, healer, teacher and Medieval Astrologer whose mission is to connect people with their own spiritual sources, so they can raise their consciousness and navigate the coming shifts. She teaches courses on intuition, connecting to source, dreams, ritual and does intuitive and astrology readings.

INNER DANCE: A WINDOW TO THE SOUL

225 Highland North Experiential; movement/dance; child-friendly

Inner Dance is a movement experiential to help you discover something new and unknown about yourself using the Johari Window as a guide. The plan for this workshop is mostly nonverbal; - to move in a large circle, break into small groups, dyads, and then individual reflection and relaxation. We will close with drawing on paper to concretize the experience. Finally, we will share our drawing with each other and give a few words of our experience. Express yourself. Nurture. Play. Relax. From Reggae to Classical, move to the music and find the joy of your inner dance. You deserve.

Karen Antons Sindelar, graduate from Luther and Antioch University New England, assistant professor in Rhetoric and Director of the Speaking Center at Coe College, and former dance movement therapist, consults nationally on a number of communication issues for native and non-native speakers.

Sarah Sindelar is a biology major at Luther College with a strong interest in women and gender studies, who is an outdoor adventure program leader, climbing wall instructor, camp counselor, nursery supervisor and track runner.

YOUR CONTRACT WITH HOPE:

MANIFEST YOUR FUTURE THROUGH THE PORTAL OF HOPE

204 Student Union

Discussion; power point

What is the power of hope? How can we maintain hope through life's difficulties? Hope is a transformative tool with which we have been gifted. Understand and access hope's portal to a bright, fulfilling future. Participants will consider how to use hope as a positive force in co-creation of their life-plan. We will explore the language of hope, the gift of hope, and hope's connection to resilience and ultimately to creativity. We will explore how to practice "H.O.P.E." every day.

Sara Sinnard, owner of SUSION Life & Leadership, LLC, is a coach and consultant, helping individuals and teams reach their full potential through core-energy coaching and through equine-assisted learning. She specializes in life and career transitions.

FIRST PEACE:

AN INTRODUCTION TO THE WAY OF THE DISCIPLINE OF PEACE

123 Armstrong Hall

Experiential; story-telling; ceremony; discussion

Creating culture of peace that we choose to live by is indeed a discipline. This inner discipline we call the First Peace, and it is the first step we must take together if we want to create the lasting peace on this planet that we dream about. In this workshop we'll explore the Universal Principles of peace, the art of ceremony, and the power of sitting together in Circle. It is designed to offer participants with a mappable journey to inner peace with specific, practical skills and techniques that can be applied in day to day life. Activities include group creation of ceremonial space, guided mediation with drumming, storytelling, and deep sharing within the Circle setting.

Jean (Zardoya Eagles) Stumpf is a trained Seed Planter for the World Foundation for the Discipline of Peace. She has explored ancient, indigenous earth and star wisdom for nearly 25 years.

Sue (Tsu) Jansen is Art, creating and co-creating peace and beauty – her medium is the world.

OJIBWE WOMEN OF WORDS: GENDERED RESISTANCES

213 Armstrong Hall

Formal paper; discussion; child-friendly

This workshop is a case study in how three Ojibwe women, in differing time periods, tried to protect their culture using words. Susan Johnston, Elizabeth Bender Roe Cloud and Rose Barstow chose language as their weapon. In each time period, their words became the bridge that mediated between two cultures.

Ruth Voights, Associate Professor, has taught in the Liberal Arts department at MCAD for more than 30 years, and in the 80's she was the department's first woman chair. Prior to that she taught and wrote curriculum for the American Indian Studies program at the U of MN, one of the first programs of its kind in the country.

SESSION II

UNCONDITIONAL TRUST

211 Armstrong Hall

Discussion

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

to have the trust that allows all other trust finding evidence in our own lives of that truth.

Carol Anderson after thirty years as an educator left to follow the wisdom of her soul. She is an inspirational speaker, teacher, coach and facilitator with *Finding Your Way in the Second Half of Life*.

PSYCHIC TAROT – THE SIX PRINCIPLES TO DO A READING

255A Student Union

Discussion/experiential/ritual

Using this very simple system of Six Principles, discover ways that you can find your own style and voice in using psychic skills within a Tarot structure. Beginners welcomed! Bring a tarot deck if at all possible.

Nancy Antenucci is the new author of "Psychic Tarot-How to Use Your

Natural Psychic Abilities to Read the Cards". This conference is dear to her heart as she returns annually to teach the journey of the Major Arcana as well as other Tarot classes.

WOMEN AND ATHEISM/WOMAN THE AGNOSTIC

123 Armstrong Hall

Formal paper/discussion

Is it possible to be spiritual without believing in a separate deity? What was the outcome of the period of time called the Enlightenment? How do we reconcile Darwin with nearly 4,000 years of Yahwhism? Should we try? Is the phenomenon of the Goddess a way to express our essential agnosticism? A presentation of ideas about these questions is followed by open discussion. Bring your ideas about these and other questions. Unitarian Universalists are especially welcome.

Sandra Barnhouse was educated at U of Northern Colorado, and St. Cloud State U, where she also had a 20 year career as publications editor. Currently she is retired and writing and painting at home. She is author of *It Takes the Whole Damn Village*, which she would prefer to re-name *Every Child Deserves a Village*, and has published contributions to two anthologies by Cristina Biaggi, *In the Footsteps of the Goddess*, and *The Rule of Mars*. Her most recent presentation at this conference was titled, "Paradigms," in 2009.

DAILY PRACTICE SUCKS

101 Morris Hall

Discussion

This is for adults who are doing daily practice, struggling with daily practice or thinking about starting a daily spiritual practice. It is not religion specific nor do I advocate for any particular daily practice form. Daily Practice Sucks, but it's also very rewarding. Let's discuss different kinds of daily spiritual practice and explore ways to make doing daily practice easier.

Lisa Besnett has been involved with Spiritual exploration for as long as she can remember. She is a Wiccan High Priestess.

THE ART IN YOUR CHART

217 Armstrong Hall

Experiential/art-based/powerpoint

Your astrological chart is a visual compass for your life. In this workshop we will see and create the art in our charts as a path for self-discovery by actually coloring in the patterns and discussing what we find. Whether you are a beginner to astrology or an experienced reader, you will discover something new about yourself. A brief explanation of the astrological symbols and aspects will be included. Bring a copy of your natal chart or bring your birth data, i.e., birthday, time, and place to class (if possible e-mail your birth data to spblumen@yahoo.com prior to the conference or at least one hour before class).

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.

CROP CIRCLES: IMPRESSIONS IN OUR FIELDS

Student Union Center Ballroom

Powerpoint/computer-based

Crop circles are a modern day phenomenon with implications beyond human comprehension. Serious research on this subject began about 20 years ago when circle activity in England gained worldwide notoriety. Since then, there have been crop circles reported worldwide, even in Minnesota. This workshop is an introduction to the great mystery of crop circles which involves energy, symbols, sacred geometry, art, the divine feminine, and the potential to expand consciousness and reconnect with ancient ancestral knowledge. As we expand our consciousness through study of crop circles, we become aware of the unlimited potential for complete healing of our selves, others, and our earth.

Ann Cathcart is a holistic nurse, master healer, and organic farmer. She has studied metaphysics for most of her life and has held a fascination with crop circles for more than a decade. She has visited the Wiltshire area of England, where a majority of crop circles appear and experienced the energy, joy, science and mystery of many elaborate circles.

PLANT SPIRIT MEDICINE

253 Student Union

Experiential/child-friendly

Plant spirit medicine has been practiced for thousands of years. Humans and plants have co-evolved and relied on each other; we are family. Our plant relatives are generous and helpful, offering us food and medicine. Like us, plants have spirit, and their spirit can nurture and heal us. Participants of this workshop will experience Plant Spirit Medicine and how the plant spirits bring us into balance and harmony. A bouquet of herbs will be provided as well as a sachet for each participant to hold as we begin a journey with the plant spirits.

Linda Conroy is an herbalist, educator, plant spirit medicine practitioner as well as wild and whole food enthusiast.

MEDITATION FOR PERSONAL AND PLANETARY TRANSFORMATION

208 Morris Hall

Experiential

Meditation is a movement – inward and upward for contact with the Soul and Divine energies, and downward and outward for self-transformation and planetary service. Using this movement, we can utilize seed thoughts to open to the teaching of our own soul, and rebuild our physical, emotional and mental bodies to better serve our divine purpose. Rather than resisting our minds we can draw upon its power. Via exercises and meditations, we will re-identify with our soul, work with a few simple but powerful seed thoughts in meditation and learn a technique to work with the transmutation of dissonant feelings and thoughts. You will leave with handouts and tools for building or strengthening a meditation practice that is both practical and transformational.

Patricia Enstad has a MS in Community Counseling from MNSU ('83), is a certified teacher of Esoteric healing, has had a full time private practice in energy and body-based therapies in St. Paul for over 12 years and has collaborated with holistic psychologists and physicians in providing mind-body therapies and energy medicine for patients. She has also completed a certification in Spiritual Direction from Source at the Center in Orange, CA. She has studied many approaches to meditation, and teaches it as part of the classes she offers.

HOW DO WE LIVE OUR PATH OF LIGHT?!

Student Union South Ballroom

Discussion

Living here, living peace, experiencing joy, love, and fulfillment – how do we do that? How do we remain completely human and live with the fullness of God within, abundantly present? This workshop opens the doors to some real clues.

Barbara Gabriel has been leading workshops and doing readings for almost 30 years. Her work facilitates changes in the way you react to your everyday life problems, by recognizing and releasing your internal blocks. This allows you to experience new opportunities. More importantly, Barbara teaches you how to remember, reconnect, and enliven your essential Beingness, ultimately expanding your internal awareness, and connections to the Universe.

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

Student Union North Ballroom

Experiential; singing

During Songtaneous, we arrange and construct "songs" by inventing repeating musical patters 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 M. Greer is a singer and performer who uses spontaneous singing to create communities and connect individuals. She loves to sing and believes in each person's right to sing and the power of singing to change the world.

SOULCOLLAGE®

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, imagination and intuition. Over time you make your own personal deck of "cards" and learn to consult the wisdom and guidance your images hold for you.

Kathleen Gritner, SoulCollage® facilitator, MA Art Therapy and proprietress of Full Circle Retreat, a quiet rural retreat offering experiences that support your creative, soulful life. Meditative and healing art forms, art and writing practices and art instruction for maintaining a balanced and healthy life.

CELEBRATING 30 PLUS YEARS OF FEMINIST ART

219 Armstrong Hall

Power point; computer lecture; discussion

This presentation 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 between 2007-10. The 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.

Terri Berthiaume Hawthorne, educator and scholar, M.S. Women Studies, Minnesota State University, Mankato, BA Women Studies and Media Communication, Metropolitan State U, has taught Women's Studies as adjunct graduate faculty at the U of MN and for the MN 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 five children and a proud grandmother.

BEGIN WITH A DREAM

223B Armstrong Hall

Experiential; story-telling; movement; child-friendly; singing; ritual

This workshop begins with a dramatic reading of the presenter's children's book, *Catie the Copycat*, a rhyming tale of a little girl who copies her friends because she doesn't know herself. In the story, Catie has a dream, meets her queen, and her life is forever changed. Key themes of connecting to Source, finding your authentic Self, and discovering your Gift will be explored through story, music, movement, sharing, silence and simple ritual.

Juliana Howard is a retired teacher, writer, composer, and experienced workshop presenter. She has six collections of music for children, published by World Library Publications in Chicago. She recently published her first book, *Catie the Copycat*, with Beaver's Pond Press in Edina, MN, illustrated by her granddaughter Sophia Heymans. She is a wife, mother, and grandmother and lives in St. Cloud, MN with her husband of 52 years.

LAUGH FOR THE HEALTH OF IT!

225 Highland North

Experiential

Join the presenters for Laughter Yoga and learn to laugh for no reason. We will explore intentional laughter as a tool for stress management and physical fitness. Through simple laughter exercises, gentle yogic breathing, and childlike playfulness you will cultivate your inner spirit of joy and an overall sense of well-being. Laughter truly is the best medicine!

Jill and Dan Johnson are Certified Laughter Yoga Teachers with a mission - to share their passion for laughter with everyone they meet. They believe in the power of unconditional laughter to heal our bodies and our spirits. Jill and Dan live in Sioux Falls, SD where Jill is co-owner of a yoga studio and Dan is a life coach and massage therapist. They're owners of Joyful Living, a business that brings more joy to your personal and business life through laughter!

ENRICHED BY DIVERSITY

231 Armstrong Hall

Experiential; story-telling; panel of Sisters

School Sisters of Notre Dame (SSND) will share how living and ministering with people of diverse cultures has enriched their spirituality and spiritual practices. During this workshop five SSND's will relay personal stories from their experiences of cross cultural ministry in Central and South America, Japan, Hungary, Africa and North America, then invite participants into some experience that will highlight how these encounters have impacted their spirituality.

Joyce Kolbet will facilitate this experiential workshop. Joyce and five co-presenters are School Sisters of Notre Dame of the Central Pacific Province, Good Counsel Campus, Mankato, MN. SSND are an international congregation of religious women who live and minister in 35 countries around the world. SSND are educators at heart and have been present in Mankato and the surrounding area for 100 years.

RITES OF PASSAGE FOR GIRLS

314 Armstrong Hall

Discussion; experiential

We will explore Rite of Passage for Girls as a multi-month journey of intention, learning, community, daily tasks, and significant challenges. Together we will consider the intent, outcome and importance of Rites of Passage, focusing on preteen and teen girls (before and after first Blood), and the key elements of a Rites of Passage program for girls such as mission, goals, activities, community roles, and structures for safety and integrity.

Katharine Krueger directs Journey of Young Women, a Twin Cities community supporting girls on their path to womanhood. Her experience includes mechanical engineering, facilitation, directing Children's and Youth Practice at Clouds in Water Zen Center, homeschooling and teaching homeschoolers, and co-leading and participating in Coming of Age and Rites of Passage for girls.

UNDERSTANDING PRIVILEGE

255B Student Union

Privilege: Purchasing items colored "nude" or "flesh", and have them match your skin. This workshop aims to educate participants on the basic principles of white privilege in America. This workshop will allow you to uncover this invisible system of privilege, and help you articulate your role in the goal of eliminating racial disparities. In this workshop, people move towards a more effective approach to privilege and racism issues: responsibility. Information will be shared through film, discussion, story-telling, and small and large group dialogue. Participants will leave with a better understanding of the answer to the question: How will I know that I am succeeding and making a difference?

Louann Lanning has extensive experience facilitating workshops and cross-cultural dialogue in programs through the United Way, YWCA and RESOURCE, Inc. She works to build emotional safety and understanding for discussions of cultural differences and other sensitive topics. Louann is the Program Manager for Women Achieving New Directions.

Anita Patel has extensive experience in circle facilitation, conflict resolution, Mindful Facilitation techniques and is a skilled circle facilitation trainer. "Race and racism are incredibly relevant issues in today's society," shares Anita. "We must continue talking with each other in order to improve cross-cultural understanding in our community." She is the Vice President of Social Justice and Public Policy for the Minneapolis YWCA.

FIRST IN THE MIND, THEN IN THE BODY: AN EXPLORATION OF T'AI CHI CH'UAN AS A MOVING MEDITATION

102 Pennington Hall

Experiential and Movement

Participants will have the opportunity to explore a moving meditation technique by learning the Cloud Hands posture from the Yang Style T'ai Chi Ch'uan solo form. The workshop will also cover 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 be able to practice these concepts by engaging in meditation and movement. Participants

should wear comfortable shoes and clothing and bring water.

Karen Magnuson has been studying T'ai Chi Ch'uan for nearly seven 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.

RELICS AND ECHOES:

CARRYING SPIRIT INTO RITUALS OF FOOD PRODUCTION

225 Armstrong Hall **Experiential; discussion; child-friendly**
 Women have long been responsible for both the spirit of the family as well as religious purity through their efforts in food production and preparation. What are we enacting as we cook in the ways of our mothers and grandmothers? When women bear responsibility for ritual purification of foods, is that responsibility empowering or oppressing? Come participate in some mindful food preparation and discuss the topic through your own and others' traditions.

Kim & Jeffrey McKeage participate in earth-centered spiritual practices while also carrying Western, European traditions of food and family. They share a keen interest in food as a celebration of community and sacred place/space that is best enacted through a mindful approach to food rituals both ordinary and extraordinary.

SACRED WORD MEDITATION: PERENNIAL WISDOM

202 Armstrong Hall **Experiential**
 This workshop teaches sacred word meditation practice, which is used by almost all spiritual traditions. It helps us transform ourselves into what we concentrate on, and produces deep relaxation also. It is easy to learn, but there are some important guidelines for proper practice that not everyone knows. This class will teach you how to do it and how your practice develops over time with information acquired from adepts across many centuries.

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.

THE WILD COSMIC HEART

223A Armstrong Hall **Presentation; discussion**
 We will focus upon the ever-unfolding origin story of the Universe being revealed through science as inspired by Thomas Berry and Brian Swimme. We will explore the story of the 13.7 billion years of evolution, including the entry of Homo sapiens 200,000 years ago. Our Universe is a sacred web of inter-connected, inter-related, dynamic, diverse, unique beings. Within the human, it explodes into intense reflection of itself. We will experience the grandeur and mystery of this place we call home.

Kitty Nagler, after a 33-years corporate career, obtained a MA in Culture and Spirituality from the HNU/Sophia Center in Oakland, CA that focused on indigenous wisdom, feminine spirituality and the new cosmology. She writes for local magazines, the Sophia website as well as edits books on spirituality. Her current interests have expanded into permaculture, a way to heal Earth using Nature as a blueprint.

INTRODUCTION TO SOUL BREATHING

285 Student Union **Experiential; movement**
 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, SBF, TBF, is certified in Soul Breathing™ and Trans-

formational Breathwork™ and is an associate certified Pranic Healer and Pharmacist. She has studied breathwork under Judith Kravitz (Transformational Breathing™) and Rober Winn (Soul Breathing™). She was first introduced to the power of the breath in 2001 while studying Pranic Healing® and Arhatic Yoga. Terri's goal is to help people shift their breath so they can transform their lives. She has a private holistic practice in St. Paul and offers Soul Breathing workshops and seminars throughout the US. She is co-creator of AquaEssence ReSource and *Bridging the Water Gap*, International Water Conference.

THE RETURN OF GODDESS IN LIGHT OF EVOLUTION

216 Armstrong Hall **Formal paper**
 The return of the Divine Feminine to human consciousness correlates to 2012 and an evolutionary event that promises to be the emergence of a new super-organism: Humanity. 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 our future as a race.

Krisztina Potyondy holds an M. A. 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.

FORGIVENESS – A MULTI-LEVEL APPROACH

232 Armstrong Hall **Experiential**
 This workshop explores what forgiveness is, how it affects one's thoughts, emotions and one's physical health. Through a few guided meditation/visualization exercises, we will explore the energy of forgiveness on all the levels (physical, emotional and mental). We will discuss how forgiveness affects the people around us, what can slow down the process, anger, retribution, atonement, etc. We will end with an exercise to begin the process of forgiveness.

Sharon Randazzo has a BA in Anthropology from Macalester, studied at the New Mexico School of Natural Therapeutics, served in the Peace Corps and has a full time private practice in energy and body-based therapies and brings her work in Esoteric Healing to Well Within, a wellness resource center assisting those in the midst of a health challenge seeking well and balance. Sharon has completed a certification in Spiritual Direction through Source at the Center in Orange, CA, a nine month Self-Realization/Forgiveness training class and is currently taking a year-long meditation class.

NATURE-BASED SPIRITUALITY AND YOUR ELEMENTAL ESSENCE

204 Student Union **Experiential; ritual; presentation**
 We will explore a nature-based cosmology from West Africa with the elements of water, fire, mineral, earth, and nature. Each participant will discover what element is dominant for them and how this is relevant to one's life's purpose. Breaking into elemental groups, each person will create an Elements talisman. We then focus on the water element through guided imagery and ritual with an African Water Shrine. We will end with inspiration for ongoing personal Elemental activism.

Karen Sandberg is a teacher, shaman practitioner, feminist, artist, and visionary activist. As part of her life journey, she has taken intensive training with Malidoma Patrice Some, a shaman from West Africa and with Llama Lar Short, a Westerner, who 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.

TAROT ASTROLOGICAL CARD SPREAD

202 Student Union **Experiential**
 Using a Tarot card spread entitled 'Astrological Signs', we explore the connection between the two subjects, focusing on Sun, Moon and Rising Signs. Participants should have their Astrological birth information, however, a modified version can be used if they don't.

SESSION II

Ruth Souther studied Tarot for 20 years, constantly continues education, has created a course around the Thoth deck and teaches classes in Springfield, IL

Mary Louise Turner has been an Astrologist for many years, continues studying the field, and teaches classes in Springfield, IL.

AWAKENING THE SPIRITUAL HEART IN TIMES OF CHANGE – THE SCIENCE AND APPLICATION OF THE HEART AS A SPIRITUAL ORGAN

102 Armstrong Hall Experiential; power point

This workshop explores how our scientific understanding of heart anatomy and physiology supports a special role for the heart as a centering point for awareness and relationship that some call the "seat of the soul". A basic meditation technique will be taught using the conscious breath and pulse rate to easily help the body and mind enter a state of relaxed entrainment. This place of alignment offers a potential framework for guidance and wellness that can be the foundation for other spiritual practices and applied as a practice to support heart based living.

Katharine Swenson, MD FACC has practiced non-invasive cardiology for over 15 years, most recently at Hennepin County Medical Center. She also completed a fellowship in Integrative Medicine at the University of Arizona in 2004. Katharine has advanced training in Spiritual Direction, HeartMath® Interventions, Functional Medicine Lifestyle Therapy, Esoteric Healing and Heart Rhythm Meditation. Her work is now focused on teaching an integrative approach to heart health through a blending of science and intuition.

SACRED MOMENTS: CREATING RITUAL FOR EVERYDAY LIFE

284A Student Union Experiential; ritual

We will discuss the meaning of ritual and explore the significance of symbols, colors, numbers and patterns found in the natural environment and springing from the creative flow of the human mind/spirit. The elements of ritual will be explained with suggestions on how to personalize each step to make it meaningful for you. Learn how to create sacred space, and how to integrate spirituality into your everyday activities. Everyone will create their own unique ritual to take with them.

Rev. Char Tarashanti and **Rev. Patricia Selmo** are both ordained interfaith ministers through the One Spirit Interfaith Seminary in New York City. Char is also a Certified Feng Shui Consultant. Patricia is a Certified Life Purpose Coach and Medieval Astrologer.

16 MONDAYS FINANCIAL WORKSHOP

254 Student Union Discussion

This workshop is based on the book *16 Mondays – for people who hate their jobs*: It asks participants to consider their relationship with finances in the context of their relationship with the feminine-nurturing energy of their Inner Being. In this society, a lot of focus is placed on money and finances, and the belief that access to financial well-being depends on forces outside of us. Why then is the number of people who live in poverty growing, with over half of those being women? In this workshop, we will see how accessing the flow of abundance, which is a very receptive-feminine aspect of our Inner Being has been arrested by a very male-oriented corporate consciousness and long held beliefs in lack, limitation and scarcity. Alternate beliefs that reconnect us to this Divine-feminine power will be presented, with the ultimate aim of healing our relationship with our Eternal Self.

Akilah 'Zuberi focuses on *The Revolution in Thought, the Global Shift in Consciousness*, and *The Ascension Movement*. *16 Mondays – for people who hate their jobs* is her second book and will be released in September 2011.

TRAVELING WITH THE ANGELS

284B Student Union Experiential; discussion; round table

This workshop is about the importance of angels in our lives. Angels can help people, especially in these stressful, difficult times. The purpose of this workshop is to educate people on how to find and work with their own angels, and to share how your own experiences have proved that angels are real and very helpful in our daily lives.

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

SESSION III

CHANNELING LOVED ONES

209 Morris Hall Discussion/channeling loved ones
who have passed

This workshop's purpose is to help people to heal relationships with loved ones who have passed away. This is a John Edwards style of workshop in which spirit is allowed to come through and connect with their loved one. If time permits, the session will open to requests where the audience will be given a chance to speak specifically to a loved one.

Ronna Boyd has been a Spirituality Guide for 15 years now offering private psychic readings and channeling sessions for those in need. She has developed a class called, "Basic Tools for Spiritual Growth" that she teaches out of her home. She also offers her "Channeling Loved Ones" workshops at various conferences. She gives motivational talks on how to bring spirit into your everyday life as well as de-bunk the myths that surround psychics.

MOTHERHOOD THE SPIRITUAL JOURNEY

202 Armstrong Hall Experiential; discussion; round table

The facilitators will share their experiences, provide research and draw connections that foster a holistic approach to parenting. The space is intended to encourage and empower the participants. The activities and discussion materials are meant to leave the participants feeling affirmed and renewed for this ongoing journey of creating and maintaining relationships.

Kathleen M. Crawford is a young mother of two boys ages 14 and 9. Her interests in motherhood studies began while single parenting and attending graduate school at Minnesota State University, Mankato. Kathleen has a M.A. in Speech Communication. Currently she focuses her energies on integrating the physical, spiritual, emotional and mental healing practices into her own daily life. She enjoys sharing her experiences and stories with others as a way to open the doors for others to seek out their own self-awareness.

Theresa J. Crawford is the mother of Kathleen and two other grown daughters, and the grandmother to three grandchildren. She began examining and writing about her motherhood experiences when her daughter Kathleen became a teen mother. Her research interests lie in neuroscience and the connection between brain development and relationships. Theresa is currently a family therapist who connects people to their most authentic selves in order to create intentional lives and families.

INTRODUCTION TO JOURNEY INTO EGYPT TAROT 101

320 Armstrong Hall Experiential

This workshop is aimed at people with or without prior knowledge of Tarot or Astrology. The presenter will discuss the symbolism of her latest tarot project, Journey into Egypt Tarot. Her exciting MAAT tarot system takes a whack at cracking the real sky astrology dilemma. We will explore the ancient Egyptian calendar and worldview that the new deck is based on. Take a journey into the Egyptian meanings of the

numbers and astrological symbolism. Have fun discovering just how much of ancient Egypt bleeds through into our modern world. We will also cover the controversy over real sky astrology and see how the Egyptians dealt with precession with fresh eyes. Discover a new astrology system for the Aquarian Age that doesn't have to be in conflict with what you already know.

Julie Cuccia-Watts is a life-long artist who has traveled to Egypt twice and is the creator of four multicultural tarot decks: *The Ancestral Path Tarot* (1996), *the Blue Moon Tarot* (1998), *the Maat Tarot* (2006) and forthcoming *Journey into Egypt Tarot*. Julie has been studying tarot, astrology and symbolism for well over 25 years. She is the sole proprietor of New Moon Trading Co.

SOUL TUNE-UP AND ALIGNMENT

217 Armstrong Hall

Discussion

Spiritual Response Therapy works with the Spirit to reclaim your highest potential and release deeply entrenched programs and sub-conscious beliefs that affect our health, relationships, prosperity, productivity, and spiritual well-being. Using a pendulum and charges to access sub-conscious mind/Souls Akashic records to clear (delete) and release hidden blocks, reprogramming with positive messages for health, happiness and Spiritual Growth.

Charlene Dannheim is a retired health and physical education teacher who taught for 35 years. She is certified by the International Spiritual Response Association founded in 1991 by Robert Detzler, in 2007, Basic and Advance. She is also certified in Spiritual Restructuring Body Alignments Levels I & II, Qigong (Master Lin) and Reiki.

BANDS OF POWER

232 Armstrong Hall

Experiential

This ancient rite of the medicine way gives each participant the energetic transmission of the Bands of Power to transmute lower vibrational energy coming to them and thus to protect them from dis-harmony and un-ease. They are then to give this transmission to another class participant so that they may learn how to gift this to their friends and relatives who are ready for the transmissions. This rite of passage has recently been released from Peruvian Inkan master shamans in order to raise the vibration of this planet in this time of turmoil and unrest. This rite helps us to walk through the world as instruments of peace and agents for change and transformation.

Linda Deer Domnitz is a shamanic practitioner, hypnotherapist, massage therapist, channel, elementary school teacher, and student of Alberto Villoldo. She has received many of these transmissions directly from Inkan master shamans from Peru.

Cyndi Gisbourne is an ordained minister, , massage therapist, surgical technician and has received all nine Munay-Ki Rites of Passage.

Maureen Skelly is a massage therapist, MariEl practitioner, volunteer provider at Pathways, poet, and teacher at the Loft in Minneapolis. She has received all nine Munay-Ki Rites of Passage.

EARTH ENERGIES AND YOUR HOME, HOW ARE THEY CONNECTED TO YOUR HEALTH?

208 Morris Hall

Story-telling; demonstration; powerpoint

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. Modern dowsers can help to find and cure a variety of negative stress lines and zones that affect our health and well-being. Dowsing ones' home and curing stress areas will bring more Light into your home and support you and your family in every aspect of your life.

Frank DiCristina, BBEC, SHS is a certified building biologist, dowser and sound healing specialist. He became a true believer of the unseen after his personal dowsing training with his mentor the late master Slim Spurling. Frank frequently lectures on dowsing of the earth energies

and their potential biological impact on our health. He is also a faculty member and instructor for the Institute of Bau-Biology and Ecology, an organization that teaches the general public and working professionals about how to create healthy, healing homes and workplaces.

HOW DO WE LIVE OUR PATH OF LIGHT?!

Student Union South Ballroom

Discussion

Living here, living peace, experiencing joy, love, and fulfillment – how do we do that? How do we remain completely human and live with the fullness of God within, abundantly present? This workshop opens the doors to some real clues.

Barbara Gabriel has been leading workshops and doing readings for almost 30 years. Her work facilitates changes in the way you react to your everyday life problems, by recognizing and releasing your internal blocks. This allows you to experience new opportunities. More importantly, Barbara teaches you how to remember, reconnect, and enliven your essential Beingness, ultimately expanding your internal awareness, and connections to the Universe.

DISCOVERING AND LIVING YOUR LIFE'S PURPOSE

216 Armstrong Hall

Discussion; hands-on exercise

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 Passion and business coach, facilitating individuals in discovering and defining their passions and clarifying their purpose. She works with business owners on discovering their unique contribution, the vision of their company.

9/11 OPEN ISSUES – A MORAL AND SPIRITUAL CONCERN

Student Union North Ballroom

Power point; discussion

This workshop reviews the major events of the 9/11/2001 terror attacks on the USA as well as presents some lesser known facts and surrounding issues. The intent is to make the audience aware of the unanswered questions surrounding 9/11 and the omissions and distortions in the official explanation. A case is made for why this is a moral and spiritual concern, including a discussion of the aftermath, which involves at least two wars. Questions and comments are invited for getting clarification on the information presented as well as for offering different viewpoints and sharing comments on this topic or similar related moral concerns.

Nuzi Haneef was born in Pakistan and came to the USA in 1978 to study at the U of Kansas from where she earned a MS in Computer Science; she later earned a PhD in Computer Science from the George Washington U. Nuzi grew up in a liberal and educated Muslim family, was personally an intensely devoted Muslim till the early 2000's, and is now a freethinker with spiritual leanings, interested in parapsychology as well as various other non-mainstream topics.

BULLYING WILL NOT BE TOLERATED

223A Armstrong Hall

Movie; discussion

Bullied, a movie produced by the Southern Poverty Law Center will be shown followed by a discussion on the causes and effects of bullying based on perceived differences. While the movie is based on bullying due to sexual preference, this is just a starting point for discussion on the topic due to any number of socio-economic issues.

Lee Janisch has a BA in Sociology, has worked with battered women, is the mother of two sons who suffered from depression. She is a co-founder of the MN Valley chapter of National Organization for Women. She is a member of Old Lesbians Organizing for Change, is of the Iris Dawn pagan group and a long time social activist.

THE WOMEN'S BIZZY "BE" SHOP™

317 Armstrong Hall

Movement; instrumental; craft

This is a Beginner workshop for people to dabble in yoga, music and art – all in one! It is designed to share a few areas of "wellness for women" through yoga, music and art. Simple ways to incorporate ways to BE; more creative, more healthful and more relaxed on a daily basis, no matter one's life situation. If you can breathe, you can "BE" at this workshop. (Note: yoga involved, so please check with your physician before participating if you have any health problems.)

Jodi Jordan-Huffman is the owner of a new women's wellness business named "The Women's Bizzy "BE" Shop which includes yoga, music and art. She is a Certified YogaKids™ teacher (CYKT), YogaFit™ Teacher (RYTJune) and has a background in Global Education & International Women's Studies.

UNDERSTANDING PRIVILEGE

255B Student Union

Discussion

Privilege: Purchasing items colored "nude" or "flesh", and have them match your skin. This workshop aims to educate participants on the basic principles of white privilege in America. This workshop will allow you to uncover this invisible system of privilege, and help you articulate your role in the goal of eliminating racial disparities. In this workshop, people move towards a more effective approach to privilege and racism issues: responsibility. Information will be shared through film, discussion, story-telling, and small and large group dialogue. Participants will leave with a better understanding of the answer to the question: How will I know that I am succeeding and making a difference?

Louann Lanning has extensive experience facilitating workshops and cross-cultural dialogue in programs through the United Way, YWCA and RESOURCE, Inc. She works to build emotional safety and understanding for discussions of cultural differences and other sensitive topics. Louann is the Program Manager for Women Achieving New Directions.

Anita Patel has extensive experience in circle facilitation, conflict resolution, Mindful Facilitation techniques and is a skilled circle facilitation trainer. "Race and racism are incredibly relevant issues in today's society," shares Anita. "We must continue talking with each other in order to improve cross-cultural understanding in our community." She is the Vice President of Social Justice and Public Policy for the Minneapolis YWCA.

WALKING MEDITATION

205 Armstrong Hall

Experiential

Walking meditation practice crosses many spiritual traditions. There are old and new types of walking meditation that can help you relieve stress, open your heart, broaden perception, and discover yourself. Learn several styles of meditation walking on our portable labyrinths.

Patricia Linehan has presented at this conference many times. She is an Educational Psychologist with a long standing interest in MLP, Buddhism, and the transformative power of meditation.

Peggy Butler, Patricia's sister, is a horticulturist from Montana who is also exploring Buddhism and meditation, particularly connected to walking labyrinths.

THE SPIRITUALITY OF POOH

202 Student Union

Experiential; discussion; ritual

This fun and lighthearted workshop will teach life-changing (but very simple) techniques on how to let go of all the negative emotional crap that gets thrown at us every day. We can learn a lot from our pooh!

Carol Mackel is a woman who finally learned how to let go of the emotional garbage that surrounded her and she's ready to share this new-found wisdom.

RAINBOW TENT OF WOMEN'S SPIRITUALITY

285 Student Union

Experiential; movement; ritual; chanting; child-friendly; discussion

Participants enter a tent and can sit, meditate, read, talk, listen to the

music, and explore their own spirituality. Meditations, readings, books, music, and artifacts are from a variety of traditions, including Buddhist, Wiccan, Taoist, Native American, Egyptian, The Beloved Community, etc., and, wherever possible, in women's words/voices. This tent is a gift to others exploring spiritual traditions and trying to respectfully integrate diverse perspectives into a holistic practice.

Kim McKeage, Ph.D. is currently a master's student in Women's Studies at Southern Connecticut State U.

Jeffrey McKeage is an historian and student of world religious traditions. They participate in earth-centered spiritual practices blended with Eastern traditions such as Taoism and Buddhism.

PERMACULTURE: ALIGNMENT WITH NATURE

213 Armstrong Hall

Presentation; discussion

Permaculture is a system of ecological design that shows us how to create systems to both meet human needs while regenerating a more inclusive ecosystem around us. The aim of permaculture is to design ecologically sound, economically prosperous human communities. It is guided by a set of ethics; caring for Earth, caring for people, and reinvesting the surplus that this care will create. We will explore how to create a world in balance with Nature.

Kitty Nagler, after a 33-years corporate career, obtained a MA in Culture and Spirituality from the HNU/Sophia Center in Oakland, CA that focused on indigenous wisdom, feminine spirituality and the new cosmology. She writes for local magazines, the Sophia website as well as edits books on spirituality. Her current interests have expanded into permaculture, a way to heal Earth using Nature as a blueprint.

HERBS FOR WOMEN:**WOMEN'S HEALTH AND WELL BEING THE NATURAL WAY**

211 Armstrong Hall

Experiential; discussion

Learn which herbs to use to boost your health. Tackle specific health issues, the aging process and other subjects that pertain to women. Find some ways to get onto a path of health and well-being by taking care of Mind, Body and Spirit.

Gypsy Nilsen is a Wise Woman, Herbalist and Shamanic Healer with over 15 years experience. She has a Healing Practice in St. Paul, MN.

DREAM JOURNAL WRITING

123 Armstrong Hall

Experiential

This workshop is to educate people on developing the skills to journal dreams and craft them into meaningful writing genres such as poetry, prose and short stories. It will also show how Dream Journaling can lead us to be more aware of our lives and surroundings.

Alice F. Pauser 'Nizhoni Tala' is a practicing Nature Spiritualist, Master Herbalist and Dream Analyst for over 25 years. She has taught classes on Herbalism and Dream Journal Writing in New Mexico, Wisconsin, Minnesota and Illinois and is an internationally published writer.

THE JOY OF CANCER

214 Armstrong Hall

Story-telling; discussion

The purpose of this workshop is to present a path of healing, not well known, that nourishes the body and lightens the spirit and whole being. Unlike conventional treatments, this is Earth and body friendly. Simple tools will be offered that anyone can use, whether to heal from illness or to live a glorious life. Come hear the presenter's story of the joyful and fun healing adventure she had with stage IV breast cancer diagnosed in 2008. No chemo, surgery, radiation, or drugs were involved.

Amy Sabrina's painted pottery can be found in museum and private collections throughout the world. A teacher, dancer and healer, her practice is informed by intuition, creativity, and intimate communion with Nature.

SACRED GEOMETRY

219 Armstrong Hall

Experiential; meditation and hands-on

Sacred Geometry is Unity Consciousness, the Language of Light. It is

the interrelatedness and interconnectedness of all that exists. Come relax and explore the subject of Sacred Geometry by looking at ancient wisdom. Create your own individual encoding that has a vibration which works to help balance the body's energy.

Norma Solstad is a Spring Forest Qigong (SFQ) Master Healer and Certified instructor who creates Sacred Geometric Encodings which help balance the body's energy. She teaches SFQ and Sacred Geometry classes at several Twin Cities locations where she is also involved working with individuals doing energy balancing.

INTRODUCTION TO SHAMANISM

253 Student Union **Singing; ritual; instrumental**
In a sacred space, learn the basics of shamanism. Participants will learn about shamanic tools – drums, rattles and crystals, non-ordinary reality, power animals, spirit guides and the shamanic journey.

Rhonda Steele-Italiano has been studying and practicing shamanism since 1998. She has studied with Sandra Ingerman, Tom Cowan, RJ Stewart and many others. She holds a master's degree in education.

16 MONDAYS FINANCIAL WORKSHOP

254 Student Union **Discussion**
This workshop is based on the book *16 Mondays – for people who hate their jobs*: It asks participants to consider their relationship with finances in the context of their relationship with the feminine-nurturing energy of their Inner Being. In this society, a lot of focus is placed on money and finances, and the belief that access to financial well-being depends on forces outside of us. Why then is the number of people who live in poverty growing, with over half of those being women? In this workshop, we will see how accessing the flow of abundance, which is a very receptive-feminine aspect of our Inner Being has been arrested by a very male-oriented corporate consciousness and long held beliefs in lack, limitation and scarcity. Alternate beliefs that recon-

nect us to this Divine-feminine power will be presented, with the ultimate aim of healing our relationship with our Eternal Self.

Akilah t'Zuberi focuses on *The Revolution in Thought*, *The Global Shift in Consciousness*, and *The Ascension Movement*. *16 Mondays – for people who hate their jobs* is her second book and will be released in September 2011.

**MOMENTS OF SPIRITUAL GROWTH,
LIVING THE NINE CELTIC VIRTUES**

215 Armstrong Hall **Power point**
This is a presentation of the Nine Celtic Virtues. Its purpose is to give an understanding of each of them and ideas on how to implement them into our daily lives. It suggests that by living in accordance to these Nine Celtic Values we will live our lives more in balance with our own inner purpose as well as the world around us.

Rev. Jayme Wickman is the founder of the Sacred Celtic Order of Balance Church, a Celtic Enculturation Society, dedicated to research and education of Celtic History and Culture. She also performs ritual for the Celtic festivals of the year.

**ALTERED STATES OF CONSCIOUSNESS FOR HEALING,
SPIRITUALITY, AND PERSONAL GROWTH**

208 Morris Hall **Formal paper; experiential; power point**
Altered State of Consciousness has been used for thousands of years by numerous cultures and traditions as a method of healing, enlightenment, spiritual growth, and unity with the divine. Learn what altered states are and how to achieve them. Experience an altered state of consciousness through an experiential activity.

Christina Wilke-Burbach, MA, RM, Rev., is a holistic healer who specializes in women's wellness and personal growth and owns Mind, Soul, and Self LLC based out of Wisconsin Dells, WI. She will complete her Ph.D. in Health Psychology in 2012.

SESSION IV

FINDING YOUR TRUTH

255B Student Union **Discussion**
Do you know what is true in you, what is authentic and real and unique in you? Can you hear your authentic voice, recognize your truth, live from the deepest core of your wisdom? Can you live your truth without blame or judgment, paying attention to what has heart and meaning, open to whatever occurs, and fully present each moment? Do you yearn to live a life of peace, or passion, and purpose? Find what you already know about your truth. Explore ways of knowing the deepest wisdom in you, through you, beyond you. Learn how you can discern your truth and authenticity and trust it unconditionally. Allow the truth in you to become what you bring into the world.

Carol Anderson after thirty years as an educator left to follow the wisdom of her soul. She is an inspirational speaker, teacher, coach and facilitator with Finding Your Way in the Second Half of Life.

**GOING THRU TAROT'S GREAT CHANGE –
THE WHEEL OF FORTUNE**

255A Student Union **Discussion/experiential/ritual**
In this exploration of the 10th Major Arcana of the Tarot, discover a way to process change that is beneficial and creative. Find the necessary turn of the wheel in your life currently. Beginners welcomed. Bring a tarot deck if at all possible.

Nancy Antenucci is the new author of "Psychic Tarot+How to Use Your Natural Psychic Abilities to Read the Cards". This conference is dear to her heart as she returns annually to teach the journey of the Major Arcana as well as other Tarot classes.

WOMEN AND ATHEISM/WOMAN THE AGNOSTIC

123 Armstrong Hall **Formal paper/discussion**
Is it possible to be spiritual without believing in a separate deity? What was the outcome of the period of time called the Enlightenment? How do we reconcile Darwin with nearly 4,000 years of Yahwhism? Should we try? Is the phenomenon of the Goddess a way to express our essential agnosticism? A presentation of ideas about these questions is followed by open discussion. Bring your ideas about these and other questions. Unitarian Universalists are especially welcome.

Sandra Barnhouse was educated at U of Northern Colorado, and St. Cloud State U, where she also had a 20 year career as publications editor. Currently she is retired and writing and painting at home. She is author of *It Takes the Whole Damn Village*, which she would prefer to re-name *Every Child Deserves a Village*, and has published contributions to two anthologies by Cristina Biaggi, *In the Footsteps of the Goddess*, and *The Rule of Mars*. Her most recent presentation at this conference was titled, "Paradigms," in 2009.

GODDESS IN THE BIBLE

214 Armstrong Hall **Paper/discussion**
The people of the Hebrew Bible (Old Testament) worshipped the Goddess. As linguistic and historical studies of the scriptures reveal, the Bible is saturated with female images of the Holy One. Archeology adds evidence of Yahweh having a consort. Information will be presented, leaving time for questions and discussion.

Jeanette Blonigen Clancy, writer and educator, M.A. 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*.

ESOTERIC HEALING: A SOUL CENTERED APPROACH TO ENERGY HEALING FACILITATION AND SPIRITUAL GROWTH

217 Armstrong Hall

Experiential

This class introduces the philosophy and methods of Esoteric Healing as taught through the International Network of Esoteric Healing. We discuss the Human Energy System and how to access and work with it to effect healing shifts and balance. It works with soul alignment and the major energy centers (known as Chakras), vibratory levels and energy bodies that work together to bring about health, vitality, and a sense of higher purpose. Through teaching, meditations, energy sensing exercises and discussion, we explore approaches to support to flow of soul energy throughout the physical, emotional and physical bodies.

Patricia Enstad has a MS in Community Counseling from MNSU ('83), is a certified teacher of Esoteric Healing, has a full time private practice in energy and body-based therapies in St. Paul for over 12 years, and has collaborated with holistic psychologists and physicians in providing mind-body therapies and energy medicine for patients.

Sharon Randazzo has a BA in Anthropology from Macalester, studied at the New Mexico School of Natural Therapeutics, served in the Peace Corps and has fulltime private practice in energy and body-based therapies and brings her work in Esoteric Healing to Well Within, a wellness resource center assisting those in the midst of a health challenge seeking wellness and balance.

Both Patricia and Sharon completed a certification in Spiritual Direction through Source at the Center in Orange, CA.

WORKING WITH YOUR ENERGY BODY: CYCLES AND LIFE PHASES

325 Armstrong Hall

Experiential

This workshop covers the basics of women's energy or subtle body mappings, and the cycles and life phases of these energy systems that any woman can learn to work with in her own life. Drawing from energy anatomy teachings found in spiritual traditions as diverse as Tibetan Buddhism, Tantra, Yoga, Kabbalah, Taoism, Gnosticism, Shamanism and Wicca, this workshop introduces both chakra and meridian mappings and the way a woman's energy body shifts over time – both within a month, and at different phases of her life. Meditation exercises and suggestions for working with these cycles are included in workshop materials.

Lisa Erickson is a teacher and writer, specializing in the chakras, meditation, metaphysics, and women's spirituality. She writes on these topics on her popular women's spirituality blog, *Mommy Mystic*, is the Buddhism editor for *BellaOnline.com*, and is the author of the forthcoming book *Straight Talk for Women: A Guide to Your Energy and Power*.

A FRESH LOOK AT PAST LIVES

Student Union North Ballroom

Experiential

As we reincarnate in human form, we each chose a set of life lessons to work through. As we experience each life, it is valuable to understand how and why we made these choices. In this workshop, participants can learn how to discover their life lessons for this lifetime, and learn how to heal any past life experiences and current karmas that can affect their life now.

Barbara Gabriel has been leading workshops and doing readings for almost 30 years. Her work facilitates changes in the way you react to your everyday life problems, by recognizing and releasing your internal blocks. This allows you to experience new opportunities. More importantly, Barbara teaches you how to remember, reconnect, and enliven your essential Beingness, ultimately expanding your internal awareness, and connections to the Universe.

SONGTANEIOUS: CREATING AND CONNECTING COMMUNITIES THROUGH THE POWER OF SPONTANEOUS SINGING

Student Union South Ballroom

Experiential; singing

During Songtaneous, we arrange and construct "songs" by inventing repeating musical patters 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 M. Greer is a singer and performer who uses spontaneous singing to create communities and connect individuals. She loves to sing and believes in each person's right to sing and the power of singing to change the world.

DON'T LET YOUR CLOTHES WEAR YOU! THE USE OF CLOTHING AS YOUR SPIRITUAL STATEMENT

101 Morris Hall

Presentation; demonstration; discussion

This workshop will be a presentation of spiritual aspects of ethnic dress/clothing. How we currently clothe ourselves has been influenced. Why it's important to rethink how we choose to clothe ourselves. Examples of persons whom currently use clothing as a transformative tool and spiritual statement will be presented.

Christine Holt has been exploring the spiritual path for 30 years. She started actively experimenting with the clothing aspect 20 years ago, creating and selling pieces for the last three years.

Siobhana Hold-Thomas has been influenced by the spiritual world for 30 years. She started a partnership three years ago to address the change that is evolving both personally and globally through the use of clothing as a tool to assist this facilitation. MagicGirlz is this partnership.

LAUGH FOR THE HEALTH OF IT!

225 Highland North

Experiential

Join the presenters for Laughter Yoga and learn to laugh for no reason. We will explore intentional laughter as a tool for stress management and physical fitness. Through simple laughter exercises, gentle yogic breathing, and childlike playfulness you will cultivate your inner spirit of joy and an overall sense of well-being. Laughter truly is the best medicine!

Jill and Dan Johnson are Certified Laughter Yoga Teachers with a mission – to share their passion for laughter with everyone they meet. They believe in the power of unconditional laughter to heal our bodies and our spirits. Jill and Dan live in Sioux Falls, SD where Jill is co-owner of a yoga studio and Dan is a life coach and massage therapist. They're owners of Joyful Living, a business that brings more joy to your personal and business life through laughter!

LIVING YOUR DIVINE DESIGN – INSPIRED REALITY NOW

211 Morris Hall

Experiential; discussion; teen friendly

Are you ready to know your identity is beyond your current reality and willing to feel complete in your wholeness? Living from a 3D typical world view or the "masses" pictures of reality is coming from a positioning of fear based, greed, deception towards self and others, control, manipulation, suspicion and attempts to dominate one's environment. There is no sense of unity with Spirit or God but rather a separation as though Spirit or God is an outside authority figure. Based on the severity of one's life journey, the hardships and the unfulfilled nature of their existence, one eventually turns inward to discover a source that was once previously sought outwardly. Reuniting with this Divine Nature brings a truth and a consciousness very different from that of the typical world-view along with a freedom from old paradigms and structures and one begins to live the expression of their Divine Spirit as new pictures of reality emerge and the old self vanishes!

Tina M. Johnson, AHNC® is the founder and President of Mind Body & Spirit Creating Balance, retired TV and Radio Host and promotes and lives a raw foods lifestyle. She facilitates workshops around the country, working with clients and wellness professionals inspiring them to discover and follow their Spirit's vision and "Divine nature."

FEELING, SEEING, AND PSYCHICALLY READING AURAS

202 Armstrong Hall

Experiential

The first step in developing psychic skills is to pay attention, and auras are an easy and fun way to begin paying attention. Auras are colorful electromagnetic energy fields that surround us as individuals and as

groups. Paying attention to your aura can get you started on identifying your psychic skills and help you take advantage of everything the psychic realm has to offer. Individual experiences during the workshop will vary. **Paula M. Kramer** is a lifelong psychic and has written a book about developing psychic skills.

ST. JOAN OF ARC – SACRED CALLING AND A SPIRITUAL PILGRIMAGE

221 Armstrong Hall Discussion; power point
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 writings 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, handouts and 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.

MEDITATIVE MOVEMENTS

285 Student Union Movement/dance
Is your existing exercise routine helping you become the person you want to be? This workshop shows you how to claim your own personal power so that you can be excited about who you are and how you look and feel. Come understand how you currently respond to change; discover various listening techniques; learn the power of centering, energizing, releasing and knowing affirmations; experience the flexibility, balance, cardio and strengthening movements with spoken affirmation mantras; develop a plan to integrate the movements you learn into your daily life; and, create your own customized movement program to meet your specific needs and goals. Affirmations spoken during your workouts are an exciting new way to bring your mind, body and being to their highest good. You can add this empowering technique to your existing exercise routine or you can create an enjoyable workout that you will look forward to doing.

Ellie Peterson is a creator of a dynamic new exercise program that integrates spoken positive core value affirmations with cardio, flexibility, balance and strengthening movements. She inspires people of all ages to affirm themselves as they move. Ellie is the author of *Meditative Movements Guidebook* and creator of *Power of Positive Aerobics*.

NAVIGATING WILD TIMES:

ROLLING WITH THE ASTROLOGICAL CHANGES OF 2011

216 Armstrong Hall Interactive lecture
Change is rumbling underneath us, swelling up from every crack in the culture and ever choice we make. We can resist and feel torn by its tremors or choose to roll with the waves, set our sails towards personal and cultural evolution and see where this groundswell takes us. Uranus moves into a three-year square with Pluto just as the Sun flares. We'll map out the timelines and brainstorm how to make the most of it.

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

TAROT AS A SELF-MEDITATION TOOL

317 Armstrong Hall Experiential
Tarot is a complicated subject but it isn't necessary to have training to use the cards as a meditative tool. Focus is with the psychological and intuitional impact of the symbols and a series of questions that directs each participant to a personal and positive assessment.

Ruth Souther studied Tarot for 20 years, constantly continues education, has created a course around the Thoth deck and teaches classes in Springfield, IL.

Mary Louise Turner has been an Astrologist for many years, continues studying the field, and teaches classes in Springfield, IL.

RAISING CHILDREN IN A GODDESS TRADITION

253 Student Union Child-friendly; ritual/worship; instrumental/drumming; storytelling

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 or grandchild. This is a participatory workshop! If you don't have a child, bring your inner one! **Treewommon** is the mother of her school age daughter, Shooting Star, 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, also school age, 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 infants and have been coming together ever since.

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

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.

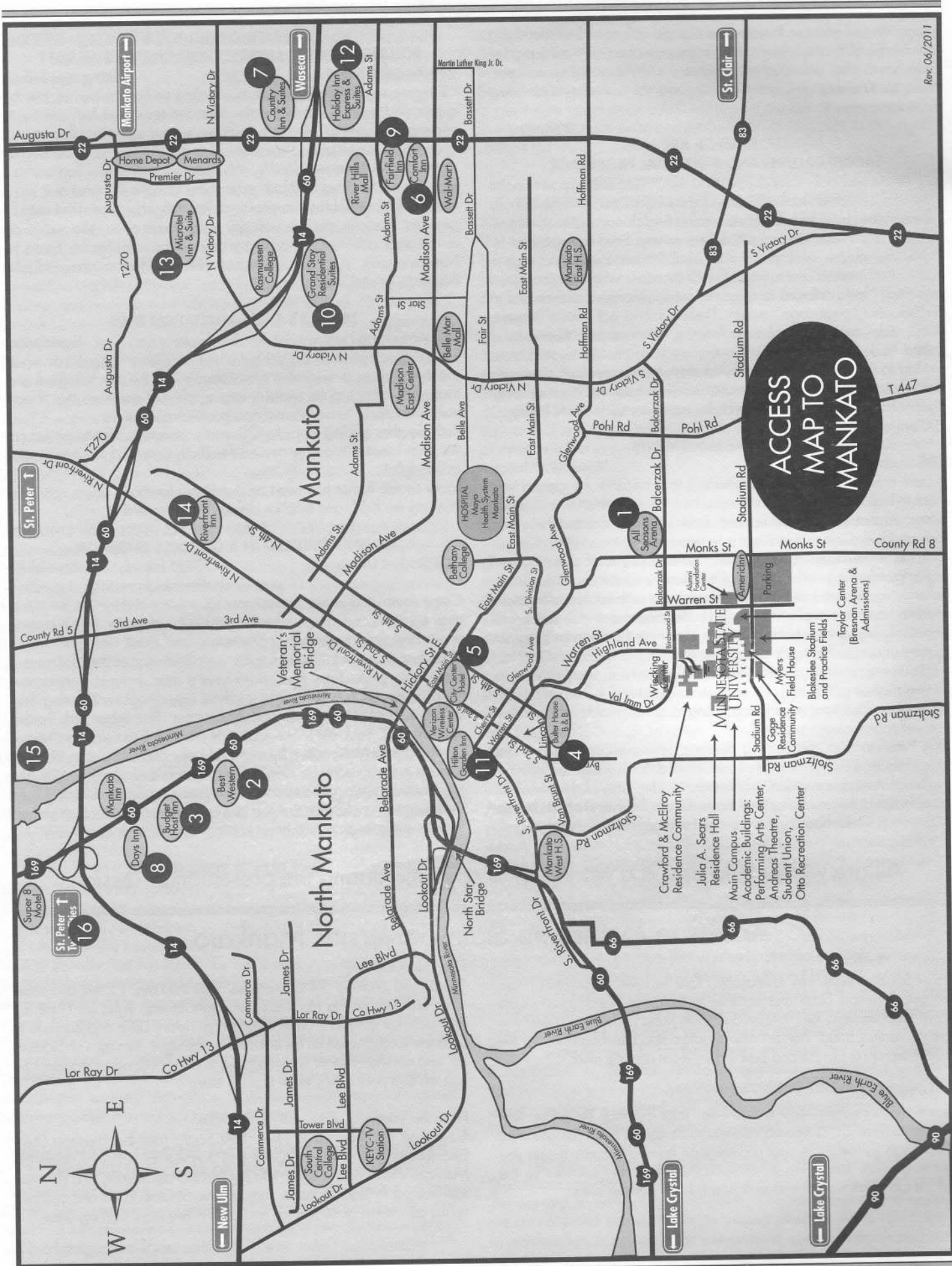
From the East:

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.

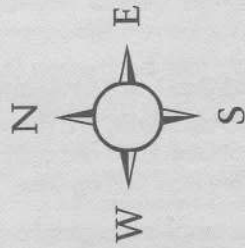
From the West:

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 16-17



**ACCESS
MAP TO
MANKATO**



New Ulm

Lake Crystal

Lake Crystal

BUILDING KEY

- AF Alumni Foundation Center
- AH Armstrong Hall
- CC Carlskoski Commons
- CR Crawford Residence Community
- FH Ford Hall
- GC Gage Residence Community
- GP Generator Plant
- HC Highland Center
- HN Highland Center N
- JS Julia A. Sears Residence Hall Community
- MC McElroy Residence Community
- MF Myers Field House
- ML Memorial Library
- MH Morris Hall
- NH Nelson Hall
- PA Performing Arts Center
- PH Pennington Hall
- RE Center of Renewal Energy (CORE)
- SU Centennial Student Union
- TC Taylor Center
- TE Trafron Science Center E
- TN Trafron Science Center N
- TS Trafron Science Center S
- UP Utility Plant
- WC Wrecking Center
- WA Wipley Administration Center
- WH Wissink Hall

- Morsos-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

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



CAMPUS MAP

Conference Childcare

Lunch Option Site

- Conference Registration Site
- Keynote Address Site
- Conference Dimmer Site

Conference Information and Services

Past keynote speakers have included: Jeanne Audrey Powers & Alla Bozarth-Campbell; Rita Gross; Maureen Fielder; Rosemary Radford Ruether; Starhawk; Charlotte Black Elk; Valerie Russell; Judith Plaskow; Carter Heyward; Luisah Teish; Neala Schleuning, Carol Ann Russell, and Rachel Tilsen; Jean Shinoda Bolen; Karen Warren; Kate Rushin; Mary Daly; Barbara G. Walker; Sister Paula Gonzalez; Leslie Feinberg; Mary Hayes-Grieco; Winona LaDuke; Carol P. Christ; Charlene Spretnak; 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 \$17.00. 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
Vege Lasagna
Tossed Salad
Breadsticks
Carrot Cake
Lemonade, Ice Water, Coffee (decaf)

*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 MSU Security (507) 389-2111.

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

- 1) *Americinn Motel & Suites - 507-345-8011/1-800-634-3444, 240 Stadium Road \$109.99 (2 night stay); \$129.99 (1 night) (Women & Spirit Conf)
- 2) *Best Western Hotel - 507-625-9333, Hwy. 169 N. \$84.99 one bed/\$86.99 two bed (W&S)
- 3) Budget Host Inn - 507-388-1644, 1255 Range Street, Hwy. 169 N.
- 4) Butler House Bed & Breakfast 507-387-5055, 704 S. Broad Street
- 5) *City Center Hotel- 507-345-1234/1-800-HOLIDAY, 101 E. Main Street \$99.99 (Women & Spirituality)
- 6) *Comfort Inn - 507-388-5107/1-800-221-2222, 131 Apache Place, \$84.99 dbl queen (Women & Spirit Conf.)
- 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. \$65 (W&S)
- 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 (WNS) \$89.00
- 12) *Holiday Inn Express - 507-388-1880 2051 Adams Street \$99.99 King/\$109.99 2 queen (Women & Spirituality)
- 13) Microtel Inn & Suites - 507-388-2818, 200 St. Andrews Drive \$50-60
- 14) Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- 15) *Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. \$65.70/\$70.20 (WSCO)

Surrounding Areas

Americinn - St. Peter 507-931-6554/1-800-634-3444
Richards Restaurant and Hotel - St. Peter 507-934-4988
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
Minneapolis 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 3, 2011** 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 Gender & 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 22rd. 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.**

CEU - Cost of 1 CEU is \$50. You may send in same check along with conference registration fee. Minnesota State Mankato is asking you to provide private information in order to process your registration. This information will be used to update your continuing education record. You are not legally required to provide this information; however, the university may not be able to effectively process your registration if you do not provide sufficient information. Access to this information will be limited to school officials who have legitimate educational interests in this information. Under certain circumstances, federal and state laws authorize release of private information without your consent; to federal, state, or local officials for purposes of program compliance, audit or evaluation; if the information is sought with a court order or subpoena; or as otherwise permitted by other state or federal law.

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 3. 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 3. Check "Women of Color Scholarship" on your form. You must call for prior approval.
- Note: **These scholarships DO NOT include meals, childcare, or MSU tuition. Please note that even if you meet the scholarship application deadline there is no guarantee that we will still have scholarships available. Apply early.**

OTHER INFORMATION:

- Minnesota State Mankato is a chemical-free space. Smoking is NOT permitted in any Minnesota State Mankato 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
email - 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!
Walk-ins welcome

Pre-registrations must be postmarked by October 3, 2011 for reduced rates. Make checks or money orders payable to: Minnesota State Mankato. Mail to: Women and Spirituality Conference, Minnesota State University, Mankato, 109 Morris Hall, Mankato, MN 56001. For more information call 507-389-2077. This form may be duplicated for multiple registrations. ns.

(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 # (____) _____

Email 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 email 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 (Check box below for choice)

\$ _____ CEU cost - \$50

\$ _____ Child Care

\$ _____ Total amount enclosed (Checks payable to Minnesota State Mankato)

DINNER REGISTRATION (Deadline October 3)

- 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 3

Day(s) Needed: Saturday, October 22 Sunday, October 23

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 MSU, 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.

2012 Tentative Conference Dates - October 13 and 14

