



# 31st 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.

## 2012 Keynote Speaker, Andrea Smith

The keynote speaker this year is Andrea Smith, (Cherokee), who is a longtime anti-violence and Native American activist and scholar. She is co-founder of the Boarding School Healing Project and **INCITE!** Women of Color Against Violence, a national grassroots organization that utilizes direct action and critical dialogue. Smith has published widely on issues of violence against women of color and is one of the nation's leading experts on the topic, as well as a highly-sought after speaker.



Andrea Smith

Smith currently teaches in media and cultural studies at the University of California, Riverside. In addition to *Conquest: Sexual Violence and American Indian Genocide*, Smith authored *Native Americans and The Christian Right: The Gendered Politics of Unlikely Alliances* and helped edit INCITE!'s two anthologies, *The Revolution Will Not Be Funded: Beyond the Non-Profit Industrial Complex* and *Color Of Violence*. She has also contributed to South End Press's two forthcoming anthologies, *The Revolution Starts at Home*, and *Sovereign Acts*.

### Schedule

#### Saturday, October 13, 2012

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

#### Sunday, October 14, 2012

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 2012 Planning Committee:

Amy Anderson, Coordinator  
Cindy Veldhuisen, Business Manager  
Maria Bevacqua, Chair, Gender & Women's Studies  
Jeni Haddad, Course Instructor  
Katie Cashel (Treewommon) & friends,  
Opening/Closing Ceremonies

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

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

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



MINNESOTA STATE UNIVERSITY MANKATO

## Golden Rules From Diverse Traditions

**Native American:** "The Universe is the Mirror of the People,' the old Teachers tell us, 'and each person is a Mirror to every other person.'" (Hyemeyohsts Storm)

**Native American:** "Your mind, your relationship with yourself and others are reflected in everything around you: your intentions, your actions are causes which return to you as effects. Always there is the pure stream of light of mind within you, to be actualized in right relationship and actions for the good of all." (Dhyani Ywahoo, Tsalagi-Cherokee)

**Christianity:** "All things whatsoever ye would have [others] do unto you, do ye even so to them: for this is the law of the Prophets." (Matthew 7:12)

**Judaism:** "What is hateful to you, do not to [others]. That is the entire law; all the rest is commentary." (Talmud, Shabbat, 31 a.)

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

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

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

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

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

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

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

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

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

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

## Workshops

### SESSION I

#### THE CELTIC CROSS TAROT SPREAD

208 Morris Hall

Experiential

Would you like to learn how to decipher Tarot cards like a professional reader? Here is your chance to unravel the esoteric Tarot mystery that is known as the Celtic Cross. The Celtic Cross spread is the oldest and most widely used of all Tarot card spreads. In this fun hands-on class students will learn the meaning of the ten card positions, how to combine the card meanings with the spread positions, and discover the meaning of their own Celtic Cross spread reading. **Participants are asked to provide their own Tarot cards and a pen.**

**Monika Antonelli** has been working with the Tarot for over 20 years. She is a Certified Professional Tarot Reader (CPTR).

#### DAILY PRACTICE SUCKS

201 Student Union

Discussion-based

Daily practice sucks, but it's also very rewarding. Let's discuss different kinds of daily spiritual practice and explore ways to make doing it easier. This is for people who are doing daily practice, struggling with daily practice, or are thinking about starting a daily spiritual practice.

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

#### VENUS-WHAT'S LOVE GOT TO DO WITH IT?

308 Armstrong Hall

Discussion-based/powerpoint

Love is a powerful force in life. When you say you love something, what you are really saying is that you value it. Your values are integral to learning to love yourself and others. The astrological symbols in your natal chart can help you to discern what you value and how you are valued, both in your career and your relationships.

**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.

#### CHANNELING LOVED ONES

206 Morris Hall

Discussion

This workshop will help people heal relationships with loved ones who have passed away. Time permitting, participants will have the opportunity to learn techniques that will help them to communicate with not only loved ones, but guides and guardian angels.

**Ronna Boyd** has been a Spirituality Guide for 15 years, and she offers

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. Besides her class, she offers her "Channeling Loved Ones," workshop at various spiritual conferences. She also gives motivational talks on how to bring spirit into your everyday life, as well as de-bunks the myths that surround psychics. She resides in Rock Island, IL.

#### LEVEL II ENERGY WORK-HOW TO BE IN THE FLOW

103 Morris Hall

Experiential/hands-on experience

This class is the 2nd level of working with energy. Level I class is required for this workshop (offered the past two years). We will go deeper into the experience in working with different levels of energy, learning to direct, receive, and perceive various types of energies. Discussions shared by students and instructors while working with energies and experiences they have had. Working out any difficulties students have had over past years. Hands on work and experiences while learning in the class. Bring your pendulum.

**Rev. Kathi Buffalo** is an Ordained Minister; Certified National Addiction Counselor, National Certified Spiritual Counselor, Licensed Massage Therapist, Certified Healing Touch International Practitioner, Reiki Master Teacher (Usui System), and Certified Integrative Energy Therapist.

**Janeen Osterbauer** is the mother of three children, Healing Touch Practitioner Trainee, and Certified Integrative Energy Therapist. She has been working with energy the past six years on her spiritual journey.

#### EXPLORING THE FAIRY REALM

210 Morris Hall

Experiential/story-telling

Are you curious about fairies? Do you remember playing with "invisible friends" in the woods when you were a child? Maybe a sprite is nudging you to join this session right now! Beyond folklore and fairy tales is the fairy realm, a vibrant, healing reality that awaits you. This session will highlight the aspects of historical and cultural folklore which point to the reality of fairies. It will also give you more information about the appearance, personalities, and intentions of our fairy friends through personal story and experiential fairy readings.

**lone Boettcher Butler** has learned to rely on the fairy realm for guidance and companionship in her personal and professional life. She teaches children how to play the piano, is a music director for a church in St. Paul, and gives fairy readings in the Twin Cities area. She lives in Burnsville, MN with her husband and three children.

**SEXIST GOD-TALK**

213 Morris Hall

Discussion/experiential

God as exclusively "HeHimHis" describes male power as natural, normal, proper, and right, and female power as unnatural, abnormal, improper, and wrong. In this way, the Christian "Lord" promotes male domination and therefore gender abuse. In fact, it promotes all types of inequality by establishing hierarchy and domination as the essential, even sacred, structure of the universe. Those of us still in the Christian tradition can help to transform sexist God-talk with its immoral power structure by taking every opportunity to insert inclusive God-talk into liturgical and everyday language. This workshop will suggest many ways to diminish the power of "the Lord" by naming the Holy with feminine and non-hierarchical terms.

**Jeanette Blonigen Clancy**, writer and educator with an M.A. in systematic theology, participates in Mary Magdalene, First Apostle, a Catholic womanpriest group that plans Masses and other events. Among her many writings, Clancy authored *God is Not Three Guys in the Sky: Cherishing Christianity without its Exclusive Claims*, and she blogs at <http://godisnot3guys.com/>

**THE TRANSITION MOVEMENT & SPIRITUAL RESILIENCY:  
CONNECTING THE INNER &  
OUTER WORK NECESSARY TO FACE CHALLENGING TIMES**

204 Student Union

Discussion-based/ ritual

The Transition Movement holds great promise for addressing in our own lives and the life of our communities, the realities of resource depletion, climate change, and the shaky prospects of an economic system based on endless growth. Often overlooked but deeply important is the work of Inner Transition, becoming spiritually connected in a way that sustains us through increasingly challenging times. In this workshop, the presenter will briefly explain the Transition Movement, its activities and goals, why they are vital and hopeful, and how we can cultivate an inner life that makes us and our communities more resilient. Participants are encouraged to share their stories of Transition if they have been doing this sacred work and if this is a new topic for you, come listen, learn, and share your own insights! We will conclude with a ritual focusing on Transition in the Great Work of our lives.

**Lisa Coons, MS.**, Co-Director of Center for Earth spirituality, is an urban farmer and Earth Minister who has been facilitating workshops, courses, and skill-shares to bring the topic of transition to her community. Some of her Transition activities were featured in Sharon Astyk's recent book, *Making Home: Thriving in Place in Good Times and Bad*, 2012. In addition to her work adopting to a new reality, she lives a charmed life with her family in Mankato, MN.

**A SPA FOR YOUR THIRD SKIN**

302 Armstrong Hall

Story-telling/demonstration/  
powerpoint/instrumental

Our homes have the largest impact on our health. Having a home that feels more like a spa tends to support the body, mind, and soul. Using dowsing, crystals, and sound with intention, we will look at ways of space clearing and bringing more light with a higher vibrational energy to your space.

**Frank DiCristina, BBEC, SHS**, is a certified building biologist, dowser, intuitive sound healer, and crystal practitioner. He frequently lectures on sound, crystals, and dowsing of the earth energies and their potential biological impact on our health. In addition to his holistic private practice, Frank is also a faculty member and instructor for the Institute of Bau-Biology and Ecology, an organization that educates the general public and working professionals about how to create healthy, healing homes and workplaces.

**HAVE YOU HAD A SPIRITUAL EXPERIENCE?**

222 Armstrong Hall

Discussion-based

Have you ever felt a sense you've lived before, had an out-of-body or near-death experience, had dreams of a departed loved one, or experienced an inner light or inner sound? Come discover what your experiences really mean, connect with other like-minded people and learn new and advanced ways for exploring your inner worlds. Sponsored by ECKANKAR.

**Laura Ely and Cheryl Seese** are both members of the ECKANKAR Clergy and have studied dreams and spiritual experiences for 20+

years each. They are accompanied by **Arianna Fox**, a young adult who has had multiple spiritual experiences and has a fresh insight into spirituality with the younger generation.

**THE FACES OF MOTHERHOOD**

314 Armstrong Hall

Experiential

This workshop is intended to be a creative session where a means for healing is through the process of image making. In this workshop, the demands placed on working mothers and women today will be discussed. An emphasis will be placed on the stress that is experienced by women as a result of the demands of daily life. The process of creative art making will be offered as a way of healing and restoring the spirit and acceptance of oneself; participants will be able to create an original art image with a variety of art materials available for use.

**Deborah Filbin** is a graduate of Northern Illinois University with a degree in Art Education and Fine Arts; currently working as an artist, and a full time high school art teacher with over 15 years of experience. She is a wife, and mother of a 6 and 4 year old.

**ENLIGHTENED K9'S**

310 Armstrong Hall

Discussion-based/child-friendly

Throughout history, both canines and humans have shared an overlapping existence. Humans have used canines for work, food, comfort/warmth, and play. Much of mainstream society once again has shifted back to understanding canines through force and dominance. I propose we instead learn to use our brain and spirit to communicate and co-exist with canines. Our understanding and treatment of animals directly affects how we as a society treat others. 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, CPDT-KSA**, 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 & Training Coordinator at the MN Valley Humane Society before its closure in December 2010 and currently works as the behavior expert for the second largest rescue in the Midwest. She also enjoys using Reiki healing on animals.

**A TIMELESS LOOK AT PAST LIVES**

102 Morris Hall

Experiential

As you travel through time, it is fun to understand how and why you make the choices you do as you incarnate. In this workshop, participants can learn about the timeless state of reincarnation, and gain insight into their process.

**Barbara Gabriel** has been leading workshops and doing readings for 30 years. She teaches you how to recognize and release your internal blocks so that you can remember, reconnect, and enliven your essential Being.

**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 Grittner**, SoulCollage® facilitator, MA Art Therapy, and priestess 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 are used for maintaining a balanced and healthy life.

**CLEARING VICTIM PATTERNS THROUGH SPIRITUAL HEALING**

202 Student Union

Experiential/story-telling/discussion

Experiences of trauma, abuse, chronic illness, and debilitating diseases like Cancer, can be resolved, healed, and placed into the context of one's Spiritual Life. Learn how Spiritual Clearing and Healing helps release patterns of victimization. Hear stories of how others have achieved the gifts of joy, happiness, and love by embracing their chal-

lenging and difficult situations and finding Spiritual meaning in their lives. We will explore stories and a process of healing that restores vitality, appreciation, and love.

**Cheryl Hiltbran**, M.Ed., of CMH Healing Arts is an Intuitive Healer and Life Coach who specializes in clearing and resolving Victim Patterns that were coping mechanisms for trauma and abuse. Recently, she experienced breast cancer and used only alternative methods to clear herself of the cancer, which deepened the Spiritual understanding of her own gifts.

#### **DON'T LET YOUR CLOTHES WEAR YOU... THE USE OF CLOTHING AS A SPIRITUAL TOOL**

**114 Pennington Hall** Experiential/child-friendly  
This workshop will introduce the concept of using clothing as a spiritual tool, not just as ceremonial dress, but incorporating it into everyday wear. We will discuss how other ethnic groups incorporate spirituality into their everyday wear.

**Christine Holt-Magic Girlz and Siobhana Holt-Thomas** have been co-creating unique-intent inspired items since 2006.

#### **EMOTIONAL MINDFULNESS IN THE EMBODIED SELF**

**213 Armstrong Hall** Experiential  
Emotional Mindfulness in the Embodied Self is a lecture demonstration of the healing power of using bodywork in emotional mindfulness. The explosion of research in neuroscience confirms the importance of touch and contact for human development and well-being—for regulating our emotions and our physiology. The **Rosen Method** uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experiences and emotions, and to release unconscious limiting beliefs and negative ideas about the self-stored in the body. It benefits those from all walks of life who want greater physical health, emotional aliveness, and a sense of ease in being who you are. It is about the transformation from the one you think you are to the one you truly are.

**Dorothea Hrossowyc**, MA, RMPA, is a certified practitioner and certified teacher of Rosen Method Bodywork, in private practice in Bodywork and Empowerment Counseling in Rochester, Northfield, and the Twin Cities area.

#### **LAUGH FOR THE HEALTH OF IT!**

**102 Pennington Hall** Experiential  
Join Jill and Dan 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 are owners of Joyful Living, a business that brings more joy to your personal and business life through laughter.

#### **YOGA, YOGA, & YOGA**

**305 Armstrong Hall** Paper/discussion  
This workshop will describe various yoga systems: Raja Yoga, Hatha Yoga, and Kundalini Yoga as well as their benefits for the wellness of the body and mind and as a technique of disciplining the mind and not a religion. **Indira Junghare**, Ph.D., is a professor of Linguistics and South Asian Languages, Literatures and Religions at the U of MN.

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

**311 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 Kramer** is a lifelong psychic and has written a book about developing psychic skills.

#### **PERSPECTIVES AND REALITY**

**303 Armstrong Hall** Experiential/powerpoint/discussion-based  
"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives," William James, a Harvard Psychologist. Perspective is defined by Webster as, "the ability, natural or acquired, of seeing all relevant data in a meaningful relationship." Perspectives are like a Kaleidoscope, a small change will create a new design. A perspective is a choice – either conscious or unconscious. This session will provide an understanding of what influences perspective choices and how conscious selection of perspective is a powerful way to impact your life.

**Mary Mackey Faulkner** is a life coach with a Master's in Adult Education and Human Resource Development from the University of MN.

#### **PLAY "WHAT WOULD GODDESS DO?"**

**209 Morris Hall** Experiential/board game  
This workshop invites participants to explore Greek Goddess archetypes by playing *What Would Goddess Do?*, a vibrantly colorful, soul-enriching board game for 6-8 adults (yes, ADULTS – some content not suitable for children). Led by the eldest player, the Crone, players journey through the realms of Aphrodite, Artemis, Demeter, Hera, Persephone, and Athena, sharing stories and group activities along the way. Game questions range from whimsically silly, to ribaldly risqué, to deeply profound. Participants will learn about themselves and each other while applying the ancient wisdom of the Goddesses to their modern-day lives. With its flexible rule structure, emphasis on group interaction and seeing things from different perspectives, *WWGD?* is an uniquely feminine spiritual experience.

**Chelle Messina** is a Connecticut educator and artist on a quest to experience as much color, laughter, and mirth as humanly possible.

**Margaret Tyler** is a professional singer, voice teacher, and artist from Connecticut. She is delighted that *What Would Goddess Do?* is helping women to reclaim their spiritual power in a fun and joyful way!

#### **SHOWING UP WITH HUMOR AND GRACE**

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

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

#### **A "TASTE" OF SOUL BREATHING**

**315 Armstrong Hall** Experiential  
"In 2012 we are making a critical evolutionary leap in consciousness that both urges and inspires us to heal our bodies, transmute our blocked emotions, free our minds, and connect to our souls. It is a volatile period of individual and collective transformation, restructuring the very foundations of how we exist and co-exist." Breath is the activity and infinite intelligence of Spirit in the body. Soul Breathing opens up your breath and allows you to release constructed breathing patterns and old emotions. Learn how to let go and Navigate these Turbulent Times with Emotional Ease. Come...Feel your Divine connection and breathe love and joy into your heart and soul.

**Terri Peterson** (RPh, SBF, TBF) is certified in Soul Breathing™ and Transformational Breath® and is an associate certified Pranic Healer and Pharmacist. She has studied breathwork under Judith Kravitz (Transformational Breath®) and Robert Winn (Soul Breathing™). She was first introduced to the power of the breath in 2001 while studying Pranic Healing® and Arhat Yoga with Master Stephen Co and Grand Master Choa Kok Sui. Her goal is to help people shift their breath so they can transform their lives. Terri 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.

## 5 ELEMENTS OF WELLNESS

**215 Armstrong Hall**      **Experiential/discussion-based**  
 5 Element Theory in Chinese Medicine explains the human body from the body fluids to the emotions. This workshop discovers which of the 5 Elements most strongly surges within an individual. Each individual will discover their dominant element and learn how to correct imbalances. Qigong will be instructed to energize and cleanse the body.  
**Alexandra Rose**, Dipl. O.M., MSOM, Av.P.  
**Kim Kersbergen**, T'ai Chi and QiGong instructor.

## THE CALL OF SOUL VIA PAST LIVES, DREAMS, AND SOUL TRAVEL

**211 Armstrong Hall**      **Experiential/discussion-based**  
 If you are a seeker of truth, you realize that something within you is nudging you to find answers. This is the call of Soul. In this workshop you will learn how dreams can become your gateway into viewing yourself and your experiences from Soul's perspective. Dreams can lead you to your past lives or into the higher worlds of God/the Divine via Soul Travel. These ideas will be discussed based on the teachings of Eckankar.  
**Heidi Skarie** is an Eckankar clergy member and experienced workshop facilitator. She loves sharing spiritual ideas, has written books on her own past life experiences, and has a blog on spiritual and uplifting topics.  
**Stella Forsberg** is a spiritual seeker, workshop facilitator, and inspirational speaker who loves connecting with people and sharing her enthusiasm for spiritual topics. She has been an active member of Eckankar for many years and is a highly skilled, dynamic, and thoughtful presenter.

## ETHICAL SPELL-CASTING

**208 Armstrong Hall**      **Experiential**  
 Spell-casting has a very negative connotation, largely because it is a misunderstood art. Many books present the subject as manipulative energy that allows the primary person to get what she/he wants. This is an extremely distorted view, and does not serve the greater need, which is Harm None. We will discuss the ethics involved in energetic work, the positive and negative results, the tools, the personal responsibility involved, and the ultimate goal. We will then create an ethical spell bag for personal use that does not manipulate others but reinforces self-responsibility.  
**Ruth Souther** is and has been an Earth-based practitioner in the metaphysical arts for over 20 years and an initiated Wiccan priestess who conducts rite of passage ceremonies and teaches classes in Springfield, IL.  
[www.astarsjourney.com](http://www.astarsjourney.com)

## ACCESSING THE POETIC VOICE OF SPIRIT

**217 Armstrong Hall**      **Experiential**  
 This workshop will help each person open up to hearing the inner voice of wisdom, available to us all through Spirit. Like breath itself, we take in our awareness through our senses, moving within for a response, breathing it back out again through our words. It becomes a dialogue between our outer and inner worlds.  
**Gail Speckmann**

## DISCOVER YOUR INTUITIVE STYLE

**209 Armstrong Hall**      **Experiential**  
 Learn how to recognize your own way of knowing without knowing how you know. We are all intuitive, but like left or right handedness, we all have a preference for how we receive information. Once you know your preference and how it works, you will be amazed at how much better your intuitive guidance becomes. You will find greater satisfaction in life, love, and work when you know how to recognize and call upon your intuition.  
**Dr. Sandra TePoel** has a degree in Metaphysical Science from the University of Sedona.  
**Linda Cora** is a professional psychic intuitive.

## DYING TO LIVE: LIVING AS IF YOUR LIFE DEPENDS ON IT

**316 Armstrong Hall**      **Talk with spiritual practices**  
 Even though we may understand intellectually that the next breath we take may be our last, consider the impact it may have on your life to truly and profoundly grasp this concept. Perhaps we would be motivated to cherish every moment and be moved to embrace a life that is whole and holy.

In this talk, various spiritual practices will be introduced to help us move toward becoming the wonderful person each one of us was born to be.  
**Rev. Debra Ting** is an interfaith minister who "Tends the Soul" through nurturing retreats and workshops, sacred ceremonies (such as weddings, funerals, and baby blessings), individual and group spiritual direction, and by conveying heartfelt stories that soothe and heal. She believes that the world would be healed if we could truly recognize that every single one of us was created by the Divine and is completely and utterly loved.

## INTRODUCTION TO ANIMAL COMMUNICATION

**219 Armstrong Hall**      **Discussion-based/child-friendly age 12 and up**  
 The sixth sense is a natural sense humans have, and animals share. Often, the things that we write off to coincidence are really our underdeveloped sixth sense at work. We each have a natural ability to communicate using thoughts, images, feelings, or words through the use of telepathy. Telepathy is the communication of feelings (pathos) over distance (tele). All living beings are wired to send and receive messages to one another in this way. When an old friend who has been on your mind calls "out of the blue," it's not just a coincidence. In reality, there's an ancient language at work. One we and our animal companions have in common.  
**Marilyn Tokach** is a compassionate empath, healer, and teacher seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. Extensive corporate experience in human resources/management in interviewing, training/development, and conflict resolution combined with Bachelor's and Master's Studies in Psychology and Business Administration complement her work with people and animals. Active in rescue and animal related issues, she has trained dogs for 20+ years and participates in obedience, conformation, agility, and Schutzhund. She lives with dogs, birds, fish, and a cat.

## EMBODY VIBRANT ENERGY FOR YOUR LIFE AND YOUR CAUSE

**225 Armstrong Hall**      **Experiential/demonstration/part conceptual**  
 Are you a *Change Agent* on overdrive, wondering what happened to your joy and sparkle and pizzazz? Does it seem like you need to choose between living your Soul's Inspiration to make a positive difference, and your body's very health and vitality? What is possible now is developing a Vitality Plan (VP) that fits into your busy lifestyle, where your *Inner Knowing* is in charge – that means you efficiently do *only what really works for YOU*, and you consistently show up & 'do it' because we re-wire your mindset for success. Come get started on your VP and experience a lovely inner sunshine tune up, with the help of high quality kinesiology and spiritually infused energy balancing.  
**Maria Turnblom**, transformational healing coach & trainer-educator, joyfully liberates the Soul Essence and Vitality into your being for vibrant health and purposeful longevity. Her masterful artistry spans decades of the best specialized applied kinesiology skills, spiritual wisdom and intuitive understanding, and leading edge energy technologies for quantum change. Maria helps *Change Agents* get clear, bold, daring, and take charge of their ever evolving wellness.

## SPIRITUAL TAPESTRY OF OUR COMMUNITY

**317 Armstrong Hall**      **Story-telling/powerpoint**  
 This workshop will explore the various spiritual traditions that make up our community. Participants will be challenged to move beyond stereotypes to see the beauty and majestic qualities that exist in each individual spiritual path that make up our rich community. The presenter will speak specifically about Lakota Spirituality, Judaism, Buddhism, and Islam. Participants will be given resources to further continue their explorations to find for themselves the common threads each tradition brings to the spiritual tapestry.  
**Jen Wagner** is the Director of Security for the South Dakota Department of Corrections. Her past responsibilities for the DOC has been the management of religious and cultural programming for adult corrections and diversity training for staff and other organizations. She graduated from the University of Minnesota with a BA in Anthropology and World Religious Studies, and has been on her own ever-evolving spiritual journey based on experiencing and learning from faith and spiritual leaders.

**SPIRIT HOOPS: TOOLS FOR TRANSFORMATION**

203 Student Union

Experiential

In this workshop, participants will experiment with using the Spirit Hoops cards, which are both beautiful and evocative tools for insight and problem-solving. Participants will be introduced to the Spirit Hoops artwork and the wisdom contained in the images. Then they will be invited to use the cards in a variety of ways to explore new paths to

self-knowledge and personal change.

**Jeanne M. Wiger**, artist and family therapist, has been creating art and assisting people with healing and personal change for more than 30 years. **Kathleen Remund** is an ordained Minister in the United Church of Christ. She and Jeanne have collaborated on writing and creative projects for over 20 years.

**SESSION II**

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

214 Armstrong Hall

Discussion-based

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*.

**COMMUNICATING WITH OUR GUARDIAN ANGELS**

110 Pennington Hall

Experiential/discussion-based

Guardian Angels are God's messengers. These divine helpers nurture, protect, and guide us. They help to transform our thought patterns and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with God and all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence, and a greater sense of purpose and connectedness. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions, and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

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

**PSYCHIC TAROT-TRUSTING THE INNER VOICE**

255A Student Union

Discussion-based/experiential/ritual

Through various simple, yet profound psychic exercises, discover ways that you can find your own style and voice in using psychic skills within a Tarot structure. Tarot novices welcomed! **Please bring a tarot deck if at all possible.**

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

**DAILY PRACTICE SUCKS**

201 Student Union

Discussion-based

Daily practice sucks, but it's also very rewarding. Let's discuss different kinds of daily spiritual practice and explore ways to make doing it easier. This is for people who are doing daily practice, struggling with daily practice, or are thinking about starting a daily spiritual practice.

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

**LIVING YOUR PURPOSE!**

217 Armstrong Hall

Interactive

This workshop is based on the bestselling book, *The Passion Test: The Effortless Path to Your Life's Purpose*, written by Janet Bray Attwood and Chris Attwood. This simple yet powerful system is known as the #1 process being used all over the world to help people discover and live their

passions. Statistics show that only 20% of working Americans are living their passions. The others are simply going through the motions, rather than living a life of joy and purpose. The Passion Test is a systematic process for helping people discover their passions and true calling in life.

**LuAnn Buechler**, has a Master's Degree in Hospitality Administration. She is an author, speaker, and transformational trainer. LuAnn is certified by Janet & Chris Attwood as a Certified Facilitator of the Passion Test and Passion Test for Business.

**AN ANATOMY OF A HOLIDAY:  
A MOTHER/DAUGHTER CONFLICT IN ONE ACT**

253 Student Union

Discussion/post-play/story-telling

This workshop evolved from the presenter's writing of a play. A number of people (mostly women) who read this play or only knew of the play's subject – a train wreck of a holiday with long-term consequences – told their own stories of mother-daughter conflicts and how holidays may exacerbate long-held resentments. This workshop is intended to provide a safe environment to explore the participants' experiences as mothers or adult daughters caught up in conflict. It is hoped that solutions to these conflicts might emerge, and that women who have created respectful, loving relationships can share their knowledge through discussion of the topic. General questions will be provided to guide the discussion – What is your current relationship with your mother/daughter? What do you treasure about this relationship? Do you have a vision of a more satisfying relationship than the one you have now? If you have a good relationship, to what do you attribute its ongoing ease?

**Catherine Mora Cleary** is a practitioner of the Wallace Method of Body Restructuring; she has observed how emotions remain stored in the body when conflict is unresolved. She is the author of the play, "An Anatomy of a Holiday," and was inspired to present this workshop by responses from mothers, daughters, and others who read the play.

**Mary Kay Sharp Piltingsrud**, MS, LPC, RN, and graduate of the Hendricks Conscious Relationship apprentice program and works at Mayo Hospice and The Counseling Resource Center of Winona. She believes strongly in trusting our bodies' wisdom to guide us in creating the lives we want. In addition to her own children and grandchildren, she is currently mothering 140 baby chicks on the farm she shares with her husband near Rochester, MN.

**HOLDING OUT HOPE: CHANGE & RESILIENCE IN WOMEN'S LIVES**

314 Armstrong Hall

Experiential/hands on project/  
discussion-based

The facilitators will share their experiences of non-traditional paths to success. We will explore the process of life change and intentionally moving into a desired future through dialogue and storytelling. Participants will be introduced to resources that will encourage awareness to their life choices and learn how to care and have compassion for themselves in the process. It is intended to encourage and empower. The activities and discussion materials are meant to leave the participants feeling affirmed and renewed for the ongoing journey of creating meaningful lives.

**Kathleen Crawford** is a young mother to two boys ages 15 and 10. Her interests in living a balanced life began while single parenting and seeking career fulfillment. She has a MA in Speech Communication. Currently she focuses her energies on integrating the physical, spiritual, emotional, and mental healing practices into her own daily life. Kathleen enjoys sharing her experiences and stories with others as a way to open doors for others to seek out their own self-awareness. She is also an adjunct faculty member of St. Mary's University.

**Theresa Crawford** is the mother of Kathleen and two other grown

daughters, and also the grandmother to three. Her research interests lie in neuroscience and the connection between brain development and relationships. She is a psychotherapist who connects people to their most authentic selves in order to create intentional lives and families.

## SEER'S RITE

232 Armstrong Hall

Experiential

This ancient rite of the medicine way gives each participant the energetic transmission of the Seer's Rite to install extra cerebral pathways of light to connect the visual cortex with the third eye and heart chakra to increase clairvoyance, clairaudience, and clairsentience. 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.

**Deer Domnitz** is a shamanic practitioner, hypnotherapist, psychic medium, ordained minister, massage therapist, co-leader of shamanic drum circles, and a student of Alberto Villoldo. She has received many of these transmissions directly from Inkan master shamans from Peru.

**Ella Davis-Suggs** is an ordained minister, practical mystic, and computer trainer. She is a member of the Coordinating Council at Lake Harriet Spiritual Community in Minneapolis. She has studied with Alberto Villoldo and has received all nine Munay-Ki Rites of Passage.

**Cyndi Gisborne** is an ordained minister, massage therapist, a co-leader of shamanic drum circles, a member of the Coordinating Council at Lake Harriet Spiritual Community in Minneapolis, a student in shamanic studies, and a grant writer. She has received all nine Munay-Ki Rites of Passage.

## THE HISTORY OF PALESTINE (1949-2011)

210 Morris Hall

Discussion-based

This workshop will give information concerning what is happening to the Palestinian people in Israel. There will be an introduction and showing of a DVD, a documentary about a Palestinian family and an Israeli family and how the wall affected their lives.

**Margaret Esslinger** has been interested in the Palestinian people after having visited Israel for two weeks in 1994 as a guest of a Palestinian family living in Jerusalem. Since 2000, she has been a member of the organization Middle East Peace Now (MEPN) and served on their board and attended their monthly programs.

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

284B/C Student Union

Experiential/singing

Singing is an important expressive, spiritual, and rejuvenating activity. Songtaneous provides a space to explore singing with others and playing with the voice in a supportive environment. Songtaneous is not a rehearsal or a performance – it is about being present and in community through song. We combine singing with chants, language, imagery, color, and movement to inspire, access, and explore new musical terrain.

**Sarah Greer** is a singer, teacher, 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 Grittner**, SoulCollage® facilitator, MA Art Therapy, and priestess 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 are used for maintaining a balanced and healthy life.

## RISE UP AND CALL HER NAME: A WOMEN HONORING JOURNEY INTO GLOBAL EARTH-BASED SPIRITUALITIES

321 Armstrong Hall

Experiential/ media presentation/  
music/general and child friendly

This presentation provides a unique opportunity for learning about goddesses from a variety of traditions through viewing visual art, reading poetry, story-telling, music, and art making. We will begin with a participatory opening exercise, then view a media presentation of ancient and contemporary goddess images from around the globe. We will focus on a particular goddess tradition and create an art project that reflects our own personal spiritual journey. This presentation is based on the Rise Up and Call her Name curriculum edited by Elisabeth Fisher for the Unitarian Universalist Women's Federation.

**Terri Berthiaume Hawthorne**, educator and scholar, M.S. Women Studies, Minnesota State University at Mankato, BA Women Studies and Media Communication, Metropolitan State University has taught Women's Studies since 1988. She has four sons & daughters-in-law, 7½ grandchildren and 4 great grands. She is a long-time community activist, and co-author of *Stars In Your Bones*, and *The Many Faces of the Great Mother*. Terri worked as a consultant, field tested and led Rise Up groups.

**Rev. Roberta Haskins** is a retired Unitarian Universalist minister. She has led several groups of "Rise Up" as well as being a part of the field testing. Roberta is the mother of four children and a proud grandmother.

**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.

## REWILDING AT HOME &amp; PLACE

319 Armstrong Hall

Discussion-based/singing/chanting

Ecological restoration begins with reclaiming lost parts of ourselves. The word Rewilding, itself, has many meanings with roots in ideas that have been evolving for over 150 years. Although globally practiced, Rewilding has only recently begun to encompass diversity, social justice, health, and spiritual practices, as well as internal landscapes and corridors of the mind. On a local level, Rewilding can deepen our sense of community. When brought home, Rewilding honors both ourselves and our relationships, each person expressing interconnectedness in their own way.

**Carol Jacobs** is a lifelong student of the plants and a graduate of both the Rocky Mountain Center for Botanical Studies and the MN Master Naturalist Program. She's that 'Herbalus Educatorus' from the Driftless Region who loves to play in the kitchen and have those Wild Tea Parties. She has worked in the woodlands and prairies of the Midwest corridor for 18 years and organized educational activities for adults and children for many more.

## COLDWATER-SACREDWATER

219 Armstrong Hall

Computer slide show/discussion

Coldwater Springs is the last natural spring in Hennepin County, flowing for at least 10,000 years, sacred to Native Americans, Birthplace of Minnesota. This has been threatened by development and the National Park Service that has clear-cut surrounding parkland and only recognizes white military and industrial research at the Mississippi bluff top site. We will look at images of the area and consider its protection and preservation.

**Susu Jeffrey**, Coldwater Springs grabbed me by the heart when I first saw it in 1995.

## WOMEN'S SPIRITUALITY CIRCLES

306 Armstrong Hall

Experiential/story-telling/discussion/singing

Throughout history, women's lives have naturally brought them into circles: around the cooking fire, tending babies while others gathered, doing handwork; where they explored the "stories and meanings" of their experiences. Today, we crave those deeper conversations, but likely have to intentionally create the opportunities. Women's spiritual circles are one way for women to tap into the universal need to try to understand ourselves through speaking our truths, and being listened to with compassion and without judgment. This workshop will provide both the details on how circles function and actual participation in a circle experience.

**Virginia Laken** (mother) and **Beth Halleck** (daughter) started a monthly women's spirituality circle nine years ago after reading *The Red Tent*. Virginia has a MA degree in Communications and 20+ years of adult

training. Beth is the mother of five children, ages 8-17 and is a trained doula supporting home and hospital births.

### THE BLESSING OF ANIMAL COMPANIONS

**213 Morris Hall** Experiential/singing/child-friendly  
Church historian, Roberta Bondi wrote, "All of creation, every bit of it expresses God and points up back to God." These words will guide group reflections as we gratefully acknowledge the presence and gifts of our companion animals. We will celebrate our animal companions with songs and prayers of thanksgiving. We will pray for those animals who are suffering and will lovingly remember those animal companions who have died. Each participant will share the name and story of a special animal companion and we will all respond with blessings of loving kindness. Bring a photo, toy, or other symbol of your special animal companion.

**Dr. Debra Nickelson** practiced veterinary medicine in Minnesota before moving to Phoenix, AZ to work as Marketing Manager with Veterinary Products Laboratories, a division of Central Garden and Pet. She also teaches non-credit classes for community education.

### WALKING THE PATH OF THE PRIESTESS: LIVING FROM YOUR SOUL

**208 Armstrong Hall** Experiential/movement/dance/discussion-based

In this workshop, we will explore ways to connect with our sacred selves from a deeper place of knowing. Ideas of how our spirituality can be integrated into our daily life will be discussed, as well as learning to bring rites and rituals into our home to create and maintain sacred space. We will look at what the Divine Feminine really is and how to walk the path of a Priestess.

**Gypsy Nilsen** is an Herbalist and Shamanic Healer with over 15 years experience and is a Magdalene High Priestess. She has been a practicing Pagan for 20 years.

### MEDITATIVE MOVEMENTS

**225 Highland North** Movement/dance  
Meditative Movements is a powerful technique that empowers the mind, strengthens the body, and energizes the spirit. By integrating spoken affirmations like "I can," "I am good enough," and "I release stress," with movements, individuals tap into their own personal power. Feeling happier, healthier, and more confident are some of the results of following this easy to follow movement program.

**Ellie Peterson** inspires people of all ages to affirm themselves as they move. She is the author of Ellie's Meditative Yoga, Meditative Movements Guidebook, and creator of Power of Positive Aerobics DVD.

### A "TASTE" OF SOUL BREATHING

**315 Armstrong Hall** Experiential  
"In 2012 we are making a critical evolutionary leap in consciousness that both urges and inspires us to heal our bodies, transmute our blocked emotions, free our minds, and connect to our souls. It is a volatile period of individual and collective transformation, restructuring the very foundations of how we exist and co-exist." Breath is the activity and infinite intelligence of Spirit in the body. Soul Breathing opens up your breath and allows you to release constructed breathing patterns and old emotions. Learn how to let go and Navigate these Turbulent Times with Emotional Ease. Come...Feel your Divine connection and breathe love and joy into your heart and soul.

**Terri Peterson** (RPh, SBF, TBF) is certified in Soul Breathing™ and Transformational Breath® and is an associate certified Pranic Healer and Pharmacist. She has studied breathwork under Judith Kravitz (Transformational Breath®) and Robert Winn (Soul Breathing™). She was first introduced to the power of the breath in 2001 while studying Pranic Healing® and Arhatic Yoga with Master Stephen Co and Grand Master Choa Kok Sui. Her goal is to help people shift their breath so they can transform their lives. Terri 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.

### ACCESS THE WISDOM OF YOUR DREAMS

**211 Armstrong Hall** Experiential  
We all dream. Our dreams are messages from our Spirit and subconscious. They can help us decompress, sort out problems, come up with new ideas, heal, and more. During this experiential workshop, participants will learn how to program their dreams to access higher wisdom for help with life's issues. We will briefly review dream interpretation, so once the dreamer gets a dream, they can extract the meaning from it.

**Patricia "Trish" Poole**, CH, EFT-CC, Reiki Master teacher, is an expert in teaching techniques and providing services for people wanting to live healthier, happier, fulfilled lives. She has been leading classes in metaphysics and spiritual healing since 1997, as well as providing private sessions in hypnosis, energy healing, and readings.

### AN INTRODUCTION TO ZUNI FETISHES

**202 Student Union** Experiential/discussion-based  
Come discuss the brief history of the Zuni and their fetishes. Participants can handle and work with them. Participants will be given a handout which covers the basics about the Zuni people, including their use of fetishes, how they have responded to various influences on their culture, and how they fit into their culture.

**Elaine Rangel** has had a relationship with these fetishes since childhood. She collects, uses, and channels them.

### CODED LANGUAGE: WHERE JOURNALING & POETRY CROSS PATHS

**255B Student Union** Experiential  
This hands-on workshop will explore the language of daily and dream journals, the connection between journaling and poetry, and the ways in which journals can inspire and open up the writing mind.

**Marcella Remund** teaches English and Creative Writing at the University of South Dakota. She is the author of a chapbook of poetry, *Small Religions*, and a full-length book, *Finger Bones & Other Relics*. She has been keeping both daily and dream journals since 1985.

**Lindy Obach** teaches English and Creative Writing at University Center in Sioux Falls for the University of South Dakota. She has published poems in numerous journals, many of which explore her native North Dakota farm background and her Ukrainian heritage.

### BAD MOTHER MUSIC

**Student Union Hearth Lounge (Lower Level)** Music/spoken word/discussion

"Bad Mother Music" is an original performance devoted to the secret griefs, joys, and frustrations of parenting teenagers. The presenters treat the complex topic of midlife motherhood with artistic precision, personal honesty, humor, respect, and irreverence. Audience members are encouraged to share reflections and participate in discussion with the performers for 30 minutes following the performance.

**Ann Rosenquist Fee** is a vocalist with the acoustic duo Fish Frye. Her fiction has appeared in *The Missouri Review*, *Frenzy*, *The Blueroad Reader*, and several online magazines. The Mankato Free Press called her vocals "ethereal, but with an edge." *Twin Cities METRO* magazine called her writing "smart and hot...the desirous reader's equivalent of a strawberry in a glass of champagne." Her work is online at [www.annrosenquistfee.com](http://www.annrosenquistfee.com).

**Yumiko Oshima-Ryan** is an associate professor of music at Gustavus Adolphus College in St. Peter and an acclaimed national and international performer of both solo and collaborative works, known for incorporating contemporary Japanese piano pieces into her repertoire. Her awards include first place in the Wurlitzer Collegiate Artist Competition and second place in the International Beethoven Piano Sonata Competition.

### HOW TO TALK WITH YOUR ANGEL – THE EASY WAY

**216 Armstrong Hall** Discussion/child-friendly  
See how easy it is to connect with your source through your angel and to allow your angel to guide you – thereby making your life easier and more fruitful. There will be stories about how portraits and their messages changed the lives of people who received them. You will learn how to connect with your angel and what to look for when your angel answers your requests.

**Paulette Salo** was guided to paint the guardian angels for terminally ill children ten years ago. She has since painted over 6,000 angels for these children, other terminal adults, and everyone else.



**NATURE/MINERAL RITUAL FOR RECEIVING A SACRED NAME**

204 Student Union

Experiential/group endeavor/ritual

This workshop's content is based in the indigenous spiritual wisdom of the Dagara People of West Africa. We use the power of ritual with the connective strength of a circle of women, along with the help of the spiritual elements of Nature and Mineral (two of the five Elements of this cosmology), to bring forth a "sacred name" for each participant. The names are gifts from the Spirit World and will be relevant to the life journey of each woman.

**Karen Sandberg** is a teacher, shamanic 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 Lama 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.

**THE EMOTIONAL GUIDANCE SYSTEM AND ITS ROLE IN CREATING YOUR OWN REALITY**

322 Armstrong Hall

Discussion

The Shift in Consciousness is a movement of self-awareness that is leaving no part of our world untouched. It promises to change the world as we know it from one based in fear and anger, to one based in love and joy. This change requires that we look at ourselves from a different perspective. The awareness of emotions plays a critical role in the shift in consciousness.

**Dr. Akilah YZuberi** focuses on the shift in consciousness and has developed *Sessions in Shifting* to assist those who are prepared to make the shift. She is a writer and author of two books, *The You Scriptures*, and *16 Mondays - for people who hate their jobs*.

**ANGELS IN THE SNOW**

316 Armstrong Hall

Story-telling (adult)

ANGELS IN THE SNOW is a full-length story of loss, sorrow, and reclamation of life. In this magical tale, pancakes are relished with delight, a beloved old hotel is demolished, and nasturtiums make a surprising appearance. All the while, the snow whirrs and swirls as the angels fly. And it is all truth.

**Rev. Debra Ting** is an interfaith minister who "Tends the Soul" through nurturing retreats and workshops, sacred ceremonies (such as weddings, funerals, and baby blessings), individual and group spiritual direction, and by conveying heartfelt stories that soothe and heal. She believes that the world would be healed if we could truly recognize that every single one of us was created by the Divine and is completely and utterly loved.

**EMBODY VIBRANT ENERGY FOR YOUR LIFE AND YOUR CAUSE**

225 Armstrong Hall

Experiential/demonstration/part conceptual

Are you a *Change Agent* on overdrive, wondering what happened to your joy and sparkle and pizzazz? Does it seem like you need to

choose between living your Soul's Inspiration to make a positive difference, and your body's very health and vitality? What is possible now is developing a Vitality Plan (VP) that fits into your busy lifestyle, where your *Inner Knowing* is in charge - that means you efficiently do *only what really works for YOU*, and you consistently show up & 'do it' because we re-wire your mindset for success. Come get started on your VP and experience a lovely inner sunshine tune up, with the help of high quality kinesiology and spiritually infused energy balancing.

**Maria Turnblom**, transformational healing coach & trainer-educator, joyfully liberates the Soul Essence and Vitality into your being for vibrant health and purposeful longevity. Her masterful artistry spans decades of the best specialized applied kinesiology skills, spiritual wisdom and intuitive understanding, and leading edge energy technologies for quantum change. Maria helps *Change Agents* get clear, bold, daring, and take charge of their ever evolving wellness.

**SPIRIT HOOPS: TOOLS FOR TRANSFORMATION**

203 Student Union

Experiential

In this workshop, participants will experiment with using the Spirit Hoops cards, which are both beautiful and evocative tools for insight and problem-solving. Participants will be introduced to the Spirit Hoops artwork and the wisdom contained in the images. Then they will be invited to use the cards in a variety of ways to explore new paths to self-knowledge and personal change.

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**Kathleen Remund** is an ordained Minister in the United Church of Christ. She and Jeanne have collaborated on writing and creative projects for over 20 years.

**FINDING SOLIDARITY WITH INDIGENOUS WOMEN**

222 Armstrong Hall

Discussion-based

Indigenous women experience the concept of human rights in a unique way based on their history, culture, and communities. Colonization, government policies, wars, and loss of culture have done deep injustice to indigenous women and peoples. All faiths call us to be sisters and brothers, to create a just world where all have a right to work, to voice, and to security - economic, social, and personal safety. To meet this call, we need to understand the realities that indigenous women live. To work toward justice in this world, we need to understand the true state of solidarity, and allow it to shape in our lives.

**Maureen White Eagle** is a Native lawyer and activist working on issues of violence against indigenous women; she's Executive Director of Partners for Women's Equality, an organization working with indigenous women internationally.

**Katherine Wojtan** is Executive Director of Mary's Pence, a nonprofit with feminist and Catholic roots that gives grants to grassroots women's groups across the Americas.

## SESSION III

**FINDING YOUR TRUTH**

214 Armstrong Hall

Discussion-based

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, or 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*.

**CHANNELING LOVED ONES**

206 Morris Hall

Discussion

This workshop will help people heal relationships with loved ones who have passed away. Time permitting, participants will have the opportunity to learn techniques that will help them to communicate with not only loved ones, but guides and guardian angels.

**Ronna Boyd** has been a Spirituality Guide for 15 years, and she offers 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. Besides her class, she offers her "Channeling Loved Ones," workshop at various spiritual conferences. She also gives motivational talks on how to bring spirit into your everyday life, as well as de-bunks the myths that surround psychics. She resides in Rock Island, IL.

## LIVING YOUR PURPOSE!

217 Armstrong Hall

Interactive

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## EXPLORING THE FAIRY REALM

210 Morris Hall

Experiential/story-telling

Are you curious about fairies? Do you remember playing with "invisible friends" in the woods when you were a child? Maybe a sprite is nudging you to join this session right now! Beyond folklore and fairy tales is the fairy realm, a vibrant, healing reality that awaits you. This session will highlight the aspects of historical and cultural folklore which point to the reality of fairies. It will also give you more information about the appearance, personalities, and intentions of our fairy friends through personal story and experiential fairy readings.

**Ione Boettcher Butler** has learned to rely on the fairy realm for guidance and companionship in her personal and professional life. She teaches children how to play the piano, is a music director for a church in St. Paul, and gives fairy readings in the Twin Cities area. She lives in Burnsville, MN with her husband and three children.

## AN ANATOMY OF A HOLIDAY:

## A MOTHER/DAUGHTER CONFLICT IN ONE ACT

253 Student Union

Discussion/post-play/story-telling

This workshop evolved from the presenter's writing of a play. A number of people (mostly women) who read this play or only knew of the play's subject – a train wreck of a holiday with long-term consequences – told their own stories of mother-daughter conflicts and how holidays may exacerbate long-held resentments. This workshop is intended to provide a safe environment to explore the participants' experiences as mothers or adult daughters caught up in conflict. It is hoped that solutions to these conflicts might emerge, and that women who have created respectful, loving relationships can share their knowledge through discussion of the topic. General questions will be provided to guide the discussion – What is your current relationship with your mother/daughter? What do you treasure about this relationship? Do you have a vision of a more satisfying relationship than the one you have now? If you have a good relationship, to what do you attribute its ongoing ease?

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**Mary Kay Sharp Piltingsrud**, MS, LPC, RN, and graduate of the Hendricks Conscious Relationship apprentice program and works at Mayo Hospice and The Counseling Resource Center of Winona. She believes strongly in trusting our bodies' wisdom to guide us in creating the lives we want. In addition to her own children and grandchildren, she is currently mothering 140 baby chicks on the farm she shares with her husband near Rochester, MN.

## REAL SKY ASTROLOGY-THE JOURNEY INTO EGYPT TAROT 101

320 Armstrong Hall

Experiential/powerpoint/shamanic drumming

This workshop is aimed at people with or without prior knowledge of Tarot or Astrology. The presenter will explain real sky astrology and the science behind precession of the equinox, the structure behind her latest tarot project, *The Journey in Egypt Tarot*. After two recent trips to Egypt and an introduction to the alignments of the temples, she took a whack at cracking the real sky astrology dilemma, resulting in a col-

lection of new paintings destined for publication. The presenter invites you to explore the ancient Egyptian calendar and worldview hidden within modern astrology. Take a journey into the subtle differences in Egyptian astrological signs and come away with a deeper meaning. Get close and personal with original oil paintings being used for the Major Arcana in her new *Journey in Egypt Tarot*.

**Julie Cuccia-Watts** is a life-long artist 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*. She has been studying tarot, astrology, and symbolism for well over 25 years and is the sole proprietor of New Moon Trading Co.

**Peter Watts**, author of *The World Tree – Confessions of a Closet Shaman*, and has been a middle school science teacher for 21 year.

## A SPA FOR YOUR THIRD SKIN

302 Armstrong Hall

Story-telling/demonstration/powerpoint/instrumental

Our homes have the largest impact on our health. Having a home that feels more like a spa tends to support the body, mind, and soul. Using dowsing, crystals, and sound with intention, we will look at ways of space clearing and bringing more light with a higher vibrational energy to your space.

**Frank DiCristina**, BBEC, SHS, is a certified building biologist, dowser, intuitive sound healer, and crystal practitioner. He frequently lectures on sound, crystals, and dowsing of the earth energies and their potential biological impact on our health. In addition to his holistic private practice, Frank is also a faculty member and instructor for the Institute of Bau-Biology and Ecology, an organization that educates the general public and working professionals about how to create healthy, healing homes and workplaces.

## WRESTLING WITH YOUR SPIRITUAL JOURNEY?

103 Morris Hall

PowerPoint / Computer-based

If you struggle with forgetting things, quitting things, not joining in, always in a state of question, sleeping the hours away, or feeling sick all the time without reason, you won't want to miss this workshop. This workshop will bring about understanding of the Fight or Flight Response theory in order to take the learned response of fear and restructure the outcome in order to live in a love based state of mind. We will take a look at what The Scriptures say regarding relationships. Is it one based from love or fear?

**Gayle Fjerstad** is the owner and Innkeeper of a small Bed & Breakfast that hosts retreats for women struggling with faith, forgiveness and restoration. She has been speaking at conferences, workshops, and retreats for eight years.

## A TIMELESS LOOK AT PAST LIVES

102 Morris Hall

Experiential

As you travel through time, it is fun to understand how and why you make the choices you do as you incarnate. In this workshop, participants can learn about the timeless state of reincarnation, and gain insight into their process.

**Barbara Gabriel** has been leading workshops and doing readings for 30 years. She teaches you how to recognize and release your internal blocks so that you can remember, reconnect, and enliven your essential Being.

## CLEARING VICTIM PATTERNS THROUGH SPIRITUAL HEALING

202 Student Union

Experiential/story-telling/discussion

Experiences of trauma, abuse, chronic illness, and debilitating diseases like Cancer, can be resolved, healed, and placed into the context of one's Spiritual Life. Learn how Spiritual Clearing and Healing helps release patterns of victimization. Hear stories of how others have achieved the gifts of joy, happiness, and love by embracing their challenging and difficult situations and finding Spiritual meaning in their lives. We will explore stories and a process of healing that restores vitality, appreciation, and love.

**Cheryl Hiltibran**, M.Ed., of CMH Healing Arts is an Intuitive Healer and Life Coach who specializes in clearing and resolving Victim Patterns that were coping mechanisms for trauma and abuse. Recently, she experienced breast cancer and used only alternative methods to clear herself of the cancer, which deepened the Spiritual understanding of her own gifts.

**SAVING MONEY, THE PLANET, AND YOUR SANITY**

222 Armstrong Hall Powerpoint, discussion/intended for adults, but child-friendly

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 book, *Free: Scenes From a Joyfully Green and Frugally Rich 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 television series; and *The Diaries and Dreams of Susie Moberly*, a one-woman show based on the 1890 diary of a Minnesota woman. She has performed this over 50 times, including at a previous Women and Spirituality Conference.

**WOMEN'S SPIRITUALITY CIRCLES**

306 Armstrong Hall Experiential/story-telling/discussion/singing  
Throughout history, women's lives have naturally brought them into circles: around the cooking fire, tending babies while others gathered, doing handwork; where they explored the "stories and meanings" of their experiences. Today, we crave those deeper conversations, but likely have to intentionally create the opportunities. Women's spiritual circles are one way for women to tap into the universal need to try to understand ourselves through speaking our truths, and being listened to with compassion and without judgment. This workshop will provide both the details on how circles function and actual participation in a circle experience.

**Virginia Laken** (mother) and **Beth Halleck** (daughter) started a monthly women's spirituality circle nine years ago after reading *The Red Tent*. Virginia has a MA degree in Communications and 20+ years of adult training. Beth is the mother of five children, ages 8-17 and is a trained doula supporting home and hospital births.

**PERSPECTIVES AND REALITY**

303 Armstrong Hall Experiential/powerpoint/discussion-based  
"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives," William James, a Harvard Psychologist. Perspective is defined by Webster as, "the ability, natural or acquired, of seeing all relevant data in a meaningful relationship." Perspectives are like a Kaleidoscope, a small change will create a new design. A perspective is a choice – either conscious or unconscious. This session will provide an understanding of what influences perspective choices and how conscious selection of perspective is a powerful way to impact your life.

**Mary Mackey Faulkner** is a life coach with a Master's in Adult Education and Human Resource Development from the University of MN.

**EXPLORING T'AI CHI CH'UAN AS A MOVING MEDITATION**

102 Pennington Hall Experiential/Movement/  
Child-friendly age 12 & older

This workshop is appropriate for anyone over the age of 12 who is interested in T'ai Chi Ch'uan. We will explore meditative and relaxation techniques utilizing the Cloud Hands posture from the Yang-style T'ai Chi Ch'uan solo form. Participants will learn basic concepts of T'ai Chi Ch'uan, including a brief history and how it can be used as a health and spiritual practice. Everyone will then have the opportunity to practice these concepts by engaging in meditation and movement. Participants should wear comfortable shoes and clothing and bring water. **Karen Magnuson** has been studying T'ai Chi Ch'uan for nearly eight years under Sifu Ray Hayward at Twin Cities T'ai Chi Ch'uan located in Saint 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.

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

225 Armstrong Hall 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.

**SOUL GUIDANCE FROM SLEEP: INTERPRETING YOUR DREAMS**

234 Armstrong Hall Experiential/discussion-based  
Come and learn about the messages our dreams give us. You will learn information about dreaming in humans and other animals. Learn what kinds of messages are contained therein, and from whom they may come, and how to read those messages by interpretation.

**Roberta Morgan** has interpreted dreams for friends and family for 50 years and started doing it professionally two years ago.

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

213 Morris Hall Discussion-based/powerpoint/child-friendly  
When St. Joan of Arc was 13 years old, she heard Voices that eventually inspired her to lead French soldiers against English oppression. Extensive historical documentation and subsequent writing have authenticated St. Joan's life, mission, trial, death, and rehabilitation. This year, I will have new photos and information based on a May 2012 pilgrimage to the historical and spiritual French locations where she lived and died. Come share this extraordinary experience and discuss what "pilgrimage" means. This workshop will feature prayers, music, slides, web sites for future reference, hand-outs, and discussion.

**Dr. Debra Nickelson** practiced veterinary medicine in Minnesota before moving to Phoenix, AZ to work as Marketing Manager with Veterinary Products Laboratories, a division of Central Garden and Pet. She also teaches non-credit classes for community education.

**SHOWING UP WITH HUMOR AND GRACE**

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

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

**CONSCIOUS EVOLUTION AND THE DIVINE FEMINE PRINCIPLE:  
THE EMERGENCE OF A NEW SUPER-ORGANISM – HUMANITY**

231 Armstrong Hall Formal paper  
We will consider how individual choices will help to bring about the emergence of a new super-organism – Humanity – and how the Divine Feminine Principle is important to this process. We will explore the concept of a Unified Source Field and how Love seems to be the connecting glue. We will ask the questions – who are we and what is our destiny considering new archeological findings that may alter our perception of human history, cultural development, and human potential. **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, provides spiritual counseling with psychic interpretations, and offers her services for ritual requests.

#### **CODED LANGUAGE: WHERE JOURNALING & POETRY CROSS PATHS** 255B Student Union Experiential

This hands-on workshop will explore the language of daily and dream journals, the connection between journaling and poetry, and the ways in which journals can inspire and open up the writing mind.

**Marcella Remund** teaches English and Creative Writing at the University of South Dakota. She is the author of a chapbook of poetry, *Small Religions*, and a full-length book, *Finger Bones & Other Relics*. She has been keeping both daily and dream journals since 1985.

**Lindy Obach** teaches English and Creative Writing at University Center in Sioux Falls for the University of South Dakota. She has published poems in numerous journals, many of which explore her native North Dakota farm background and her Ukrainian heritage.

#### **5 ELEMENTS OF WELLNESS**

##### 215 Armstrong Hall Experiential/discussion-based

5 Element Theory in Chinese Medicine explains the human body from the body fluids to the emotions. This workshop discovers which of the 5 Elements most strongly surges within an individual. Each individual will discover their dominant element and learn how to correct imbalances. Qigong will be instructed to energize and cleanse the body.

**Alexandra Rose**, Dipl. O.M., MSOM, Av.P.

**Kim Kersbergen**, T'ai Chi and Qigong instructor.

#### **HOW TO TALK WITH YOUR ANGEL – THE EASY WAY**

##### 216 Armstrong Hall Discussion/child-friendly

See how easy it is to connect with your source through your angel and to allow your angel to guide you – thereby making your life easier and more fruitful. There will be stories about how portraits and their messages changed the lives of people who received them. You will learn how to connect with your angel and what to look for when your angel answers your requests.

**Paulette Salo** was guided to paint the guardian angels for terminally ill children ten years ago. She has since painted over 6,000 angels for these children, other terminal adults, and everyone else.

#### **ALIGNING WITH SPIRIT FOR A MEANINGFUL RETIREMENT**

##### 208 Morris Hall Experiential/discussion-based

Retirement planning is more than financial planning. This workshop will focus on using spirituality and spiritual practices to anchor our desires and choices for this phase of our lives. Through group discussions and exercises, participants will tap into what will give their lives meaning and purpose.

**Cindy Schultz** is a practicing holistic psychologist with more than 20 years of experience, assisting people to find their passions, explore their deepest fears, and to help them find their own paths to healing. She is a teacher in the Health Coaching certificate program at the University of MN's Center for Spirituality and Healing and has her own private practice.

#### **SACRED GEOMETRY**

##### 205 Armstrong Hall Experiential/meditation/hands-on

Sacred Geometry is about the physical reality of the world, the inter-relatedness and interconnectedness of its form and structure. Sacred Geometry is Unity Consciousness. It is when you are centered in your heart with a belief in one Spirit, the opening of the heart to unconditional love. You will be introduced to Sacred Geometry. It has always been and is an integral part of our world. The ancients understood this and we are now beginning to understand it. You will be given an opportunity to create your own personal Sacred Geometric Encoding. These encodings have a vibrational quality that can contribute to your individual health/healing.

**Normal 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 in working with individuals doing energy balancing.

#### **ETHICAL SPELL-CASTING**

##### 208 Armstrong Hall Experiential

Spell-casting has a very negative connotation, largely because it is a mis-

understood art. Many books present the subject as manipulative energy that allows the primary person to get what she/he wants. This is an extremely distorted view, and does not serve the greater need, which is Harm None. We will discuss the ethics involved in energetic work, the positive and negative results, the tools, the personal responsibility involved, and the ultimate goal. We will then create an ethical spell bag for personal use that does not manipulate others but reinforces self-responsibility.

**Ruth Souther** is and has been an Earth-based practitioner in the metaphysical arts for over 20 years and an initiated Wiccan priestess who conducts rite of passage ceremonies and teaches classes in Springfield, IL. [www.astarsjourney.com](http://www.astarsjourney.com)

#### **THE EMOTIONAL GUIDANCE SYSTEM AND ITS ROLE IN CREATING YOUR OWN REALITY**

##### 322 Armstrong Hall

Discussion

The Shift in Consciousness is a movement of self-awareness that is leaving no part of our world untouched. It promises to change the world as we know it from one based in fear and anger, to one based in love and joy. This change requires that we look at ourselves from a different perspective. The awareness of emotions plays a critical role in the shift in consciousness.

**Dr. Akilah t'Zuberi** focuses on the shift in consciousness and has developed Sessions in Shifting to assist those who are prepared to make the shift. She is a writer and author of two books, *The You Scriptures*, and *16 Mondays – for people who hate their jobs*.

#### **DISCOVER YOUR INTUITIVE STYLE**

##### 209 Armstrong Hall

Experiential

Learn how to recognize your own way of knowing without knowing how you know. We are all intuitive, but like left or right handedness, we all have a preference for how we receive information. Once you know your preference and how it works, you will be amazed at how much better your intuitive guidance becomes. You will find greater satisfaction in life, love, and work when you know how to recognize and call upon your intuition.

**Dr. Sandra TePoel** has a degree in Metaphysical Science from the University of Sedona.

**Linda Cora** is a professional psychic intuitive.

#### **ANIMAL COMMUNICATION EXPERIENCE**

##### 219 Armstrong Hall

Guided visualization/  
child-friendly age 10 and up

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

**Marilyn Tokach** is a compassionate empath, healer, and teacher seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. Extensive corporate experience in human resources/management in interviewing, training/development, and conflict resolution combined with Bachelor's and Master's Studies in Psychology and Business Administration complement her work with people and animals. Active in rescue and animal related issues, she has trained dogs for 20+ years and participates in obedience, conformation, agility, and Schutzhund. She lives with dogs, birds, fish, and a cat.

#### **SPIRITUAL TAPESTRY OF OUR COMMUNITY**

##### 317 Armstrong Hall

Story-telling/powerpoint

This workshop will explore the various spiritual traditions that make up our community. Participants will be challenged to move beyond stereotypes to see the beauty and majestic qualities that exist in each individual spiritual path that make up our rich community. The presenter will speak specifically about Lakota Spirituality, Judaism, Buddhism, and Islam. Participants will be given resources to further continue their explorations to find for themselves the common threads each tradition brings to the spiritual tapestry.

**Jen Wagner** is the Director of Security for the South Dakota Department of Corrections. Her past responsibilities for the DOC has been the management of religious and cultural programming for adult corrections and diversity training for staff and other organizations. She graduated from the University of Minnesota with a BA in Anthropology and World Religious Studies, and has been on her own ever-evolving spiritual journey based on experiencing and learning from faith and spiritual leaders.

## SESSION IV

## UNCONDITIONAL TRUST

214 Armstrong Hall

Discussion-based

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 that your beliefs may keep you from seeing.

In this session we will explore ways to have the trust that allows all other trust. You already know what is true for you, but your beliefs may keep you from seeing it. What if you could trust yourself unconditionally, completely, totally? What if you could not make a mistake? What if you had what you needed whenever you needed? What if you knew you could not have done anything differently?

**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*.

## COMMUNICATING WITH OUR GUARDIAN ANGELS

110 Pennington Hall

Experiential/discussion-based

Guardian Angels are God's messengers. These divine helpers nurture, protect, and guide us. They help to transform our thought patterns and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with God and all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence, and a greater sense of purpose and connectedness. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions, and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

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

## TAROT'S JUSTICE – LEARNING AND LIVING THE LAWS OF LOVE

255A Student Union

Discussion-based/experiential/ritual

In this exploration of the eleventh Major Arcana of the Tarot, gain valuable insights to realizing, honoring, and expressing your truths. Take up the Sword of Discrimination to raise the quality of life for yourself and us all. Tarot novices welcomed! **Please bring a tarot deck if at all possible.**

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

## VENUS-WHAT'S LOVE GOT TO DO WITH IT?

308 Armstrong Hall

Discussion-based/powerpoint

Love is a powerful force in life. When you say you love something, what you are really saying is that you value it. Your values are integral to learning to love yourself and others. The astrological symbols in your natal chart can help you to discern what you value and how you are valued, both in your career and your relationships.

**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.

## SEXIST GOD-TALK

213 Morris Hall

Discussion/experiential

God as exclusively "He/Him/His" describes male power as natural, normal, proper, and right, and female power as unnatural, abnormal, improper, and wrong. In this way, the Christian "Lord" promotes male domination and therefore gender abuse. In fact, it promotes all types of inequality by establishing hierarchy and domination as the essential, even sacred, structure of the universe. Those of us still in the Christian tradition can help to transform sexist God-talk with its immoral power structure by taking every

opportunity to insert inclusive God-talk into liturgical and everyday language. This workshop will suggest many ways to diminish the power of "the Lord" by naming the Holy with feminine and non-hierarchical terms.

**Jeanette Blonigen Clancy**, writer and educator with an M.A. in systematic theology, participates in Mary Magdalene, First Apostle, a Catholic womanpriest group that plans Masses and other events. Among her many writings, Clancy authored *God is Not Three Guys in the Sky: Cherishing Christianity without its Exclusive Claims*, and she blogs at <http://godisnot3guys.com/>

## CREATING A HEALING STORY FOR FAMILIES

303 Armstrong Hall

Child-friendly/storytelling

Come in to have fun! Bring your children. We'll play and sing a bit and then hear some stories from all over the world. Soothe your soul, and fill your heart. We will all have the chance to respond to a story by creating something new for ourselves. Perhaps it will be a piece of art, or you might want to share a story from your own life or make up a story. Learn to make a story necklace. Create a story through movement, song or words. Whatever you wish. There will be guidance and materials available, but no pressure. Come in to find and feel that spark of inspiration within yourself, and help your child to be inspired. Stories lift us up when we most need lifting and offer hope when we most need it.

**Debra Darby** is an actress and has studied many forms of dance, including ballet, modern, jazz, flamenco, folk, and sacred. She danced with a Jamaican folk dance ensemble as well as a sacred dance group. Her education includes a B.S. in Theatre and a Master's in Social Work (M.S.W.). She worked as a social worker in Minneapolis schools for many years.

## SEER'S RITE

232 Armstrong Hall

Experiential

This ancient rite of the medicine way gives each participant the energetic transmission of the Seer's Rite to install extra cerebral pathways of light to connect the visual cortex with the third eye and heart chakra to increase clairvoyance, clairaudience, and clairsentience. 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.

**Deer Domnitz** is a shamanic practitioner, hypnotherapist, psychic medium, ordained minister, massage therapist, co-leader of shamanic drum circles, and a student of Alberto Villoldo. She has received many of these transmissions directly from Inkan master shamans from Peru.

**Ella Davis-Suggs** is an ordained minister, practical mystic, and computer trainer. She is a member of the Coordinating Council at Lake Harriet Spiritual Community in Minneapolis. She has studied with Alberto Villoldo and has received all nine Munay-Ki Rites of Passage.

**Cyndi Gisborne** is an ordained minister, massage therapist, a co-leader of shamanic drum circles, a member of the Coordinating Council at Lake Harriet Spiritual Community in Minneapolis, a student in shamanic studies, and a grant writer. She has received all nine Munay-Ki Rites of Passage.

## THE FACES OF MOTHERHOOD

314 Armstrong Hall

Experiential

This workshop is intended to be a creative session where a means for healing is through the process of image making. In this workshop, the demands placed on working mothers and women today will be discussed. An emphasis will be placed on the stress that is experienced by women as a result of the demands of daily life. The process of creative art making will be offered as a way of healing and restoring the spirit and acceptance of oneself; participants will be able to create an original art image with a variety of art materials available for use.

**Deborah Filbin** is a graduate of Northern Illinois University with a degree in Art Education and Fine Arts; currently working as an artist, and a full time high school art teacher with over 15 years of experience. She is a wife, and mother of a 6 and 4 year old.

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

284B/C Student Union

Experiential/singing

Singing is an important expressive, spiritual, and rejuvenating activity. Songtaneous provides a space to explore singing with others and playing with the voice in a supportive environment. Songtaneous is not a rehearsal or a performance – it is about being present and in community through song. We combine singing with chants, language, imagery, color, and movement to inspire, access, and explore new musical terrain. **Sarah Greer** is a singer, teacher, 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 A SPIRITUAL TOOL

114 Pennington Hall

Experiential/child-friendly

This workshop will introduce the concept of using clothing as a spiritual tool, not just as ceremonial dress, but incorporating it into everyday wear. We will discuss how other ethnic groups incorporate spirituality into their everyday wear.

**Christine Holt-Magic Girlz and Siobhana Holt-Thomas** have been co-creating unique-intent inspired items since 2006.

### EMOTIONAL MINDFULNESS IN THE EMBODIED SELF

213 Armstrong Hall

Experiential

Emotional Mindfulness in the Embodied Self is a lecture demonstration of the healing power of using bodywork in emotional mindfulness. The explosion of research in neuroscience confirms the importance of touch and contact for human development and well-being—for regulating our emotions and our physiology. The **Rosen Method** uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experiences and emotions, and to release unconscious limiting beliefs and negative ideas about the self-stored in the body. It benefits those from all walks of life who want greater physical health, emotional aliveness, and a sense of ease in being who you are. It is about the transformation from the one you think you are to the one you truly are.

**Dorothea Hrossowyc, MA, RMPA**, is a certified practitioner and certified teacher of Rosen Method Bodywork, in private practice in Bodywork and Empowerment Counseling in Rochester, Northfield, and the Twin Cities area.

### REWILDING AT HOME & PLACE

319 Armstrong Hall

Discussion-based/singing/chanting

Ecological restoration begins with reclaiming lost parts of ourselves. The word Rewilding, itself, has many meanings with roots in ideas that have been evolving for over 150 years. Although globally practiced, Rewilding has only recently begun to encompass diversity, social justice, health, and spiritual practices, as well as internal landscapes and corridors of the mind. On a local level, Rewilding can deepen our sense of community. When brought home, Rewilding honors both ourselves and our relationships, each person expressing interconnectedness in their own way.

**Carol Jacobs** is a lifelong student of the plants and a graduate of both the Rocky Mountain Center for Botanical Studies and the MN Master Naturalist Program. She's that 'Herbalus Educatorus' from the Driftless Region who loves to play in the kitchen and have those Wild Tea Parties. She has worked in the woodlands and prairies of the Midwest corridor for 18 years and organized educational activities for adults and children for many more.

### COLDWATER-SACREDWATER

219 Armstrong Hall

Computer slide show/discussion

Coldwater Springs is the last natural spring in Hennepin County, flowing for at least 10,000 years, sacred to Native Americans, Birthplace of Minnesota. This has been threatened by development and the National Park Service that has clearcut surrounding parkland and only recognizes white military and industrial research at the Mississippi bluff top site. We will look at images of the area and consider its protection and preservation.

**Susu Jeffrey**, Coldwater Springs grabbed me by the heart when I first saw it in 1995.

### LAUGH FOR THE HEALTH OF IT!

102 Pennington Hall

Experiential

Join Jill and Dan 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 are owners of Joyful Living, a business that brings more joy to your personal and business life through laughter.

### THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS

311 Armstrong Hall

Discussion

Twenty-eight religions, philosophies, and moral/ethical systems include versions of the Golden Rule in their teachings. This universal emphasis means that spirituality is an inner experience expressed through worldly relationships. The spirituality behind spectacular success results from three ingredients: the relationship you have with yourself, creating success for others, and passing power to others. Real world examples show how to use the spiritual ingredients to create spectacular personal and professional success.

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

### YOUR HAPPINESS TOOLBOX: RE-WIRE YOUR BRAIN FOR HAPPINESS

321 Armstrong Hall

Experiential

Happiness is a state we can actively choose and promote, regardless of what is happening within or without. Receive information and experiential exercises and tools designed to promote peace, happiness, the power of intention, and the delight of playfulness. Effective stress reduction tools are also included.

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

### PLAY "WHAT WOULD GODDESS DO?"

209 Morris Hall

Experiential/board game

This workshop invites participants to explore Greek Goddess archetypes by playing *What Would Goddess Do?*, a vibrantly colorful, soul-enriching board game for 6-8 adults (yes, ADULTS – some content not suitable for children). Led by the eldest player, the Crone, players journey through the realms of Aphrodite, Artemis, Demeter, Hera, Persephone, and Athena, sharing stories and group activities along the way. Game questions range from whimsically silly, to ribaldly risqué, to deeply profound. Participants will learn about themselves and each other while applying the ancient wisdom of the Goddesses to their modern-day lives. With its flexible rule structure, emphasis on group interaction and seeing things from different perspectives, *WWGD?* is an uniquely feminine spiritual experience.

**Chelle Messina** is a Connecticut educator and artist on a quest to experience as much color, laughter, and mirth as humanly possible.

**Margaret Tyler** is a professional singer, voice teacher, and artist from Connecticut. She is delighted that *What Would Goddess Do?* is helping women to reclaim their spiritual power in a fun and joyful way!

### AN INTRODUCTION TO ZUNI FETISHES

202 Student Union

Experiential/discussion-based

Come discuss the brief history of the Zuni and their fetishes. Participants can handle and work with them. Participants will be given a handout which covers the basics about the Zuni people, including their use of fetishes, how they have responded to various influences on their culture, and how they fit into their culture.

**Elaine Rangel** has had a relationship with these fetishes since childhood. She collects, uses, and channels them.

**ALIGNING WITH SPIRIT FOR A MEANINGFUL RETIREMENT**

208 Morris Hall

Experiential/discussion-based

Retirement planning is more than financial planning. This workshop will focus on using spirituality and spiritual practices to anchor our desires and choices for this phase of our lives. Through group discussions and exercises, participants will tap into what will give their lives meaning and purpose.

**Cindy Schultz** is a practicing holistic psychologist with more than 20 years of experience, assisting people to find their passions, explore their deepest fears, and to help them find their own paths to healing. She is a teacher in the Health Coaching certificate program at the University of MN's Center for Spirituality and Healing and has her own private practice.

**ACCESSING THE POETIC VOICE OF SPIRIT**

217 Armstrong Hall

Experiential

This workshop will help each person open up to hearing the inner voice of wisdom, available to us all through Spirit. Like breath itself, we take in our awareness through our senses, moving within for a response, breathing it back out again through our words. It becomes a dialogue between our outer and inner worlds.

Gail Speckmann

**CONNECTING TO THE DIVINE THROUGH SOUL COLLAGE®**

316 Armstrong Hall

Experiential

SoulCollage® is a gratifying process for self-discovery that utilizes an intuitive method for creating individual collages. Using meditative visualization, participants will be led into deep understanding and connection to the Divine, however understood or defined by the individual. Each person will then be invited to create their own SoulCollage® in response to their meditation.

**Rev. Debra Ting** is an interfaith minister who "Tends the Soul" through nurturing retreats and workshops, sacred ceremonies (such as weddings, funerals, and baby blessings), individual and group spiritual direction, and by conveying heartfelt stories that soothe and heal. She believes that the world would be healed if we could truly recognize that every single one of us was created by the Divine and is completely and utterly loved.

**FINDING SOLIDARITY WITH INDIGENOUS WOMEN**

222 Armstrong Hall

Discussion-based

Indigenous women experience the concept of human rights in a unique way based on their history, culture, and communities. Colonization, government policies, wars, and loss of culture have done deep injustice to indigenous women and peoples. All faiths call us to be sisters and brothers, to create a just world where all have a right to work, to voice, and to security – economic, social, and personal safety. To meet this call, we need to understand the realities that indigenous women live. To work toward justice in this world, we need to understand the true state of solidarity, and allow it to shape in our lives.

**Maureen White Eagle** is a Native lawyer and activist working on issues of violence against indigenous women; she's Executive Director of Partners for Women's Equality, an organization working with indigenous women internationally.

**Katherine Wojtan** is Executive Director of Mary's Pence, a nonprofit with feminist and Catholic roots that gives grants to grassroots women's groups across the Americas.

**CHAKRA TAI CHI AND CHAKRA GUIDED MEDITATION**

225 Highland North

Experiential/movement/dance/meditation

The Chakras are the main energy centers in your body and a bridge between heaven and earth. Chakra Tai Chi is a form of slow, moving meditation in which you cultivate awareness of your Chakras and balance your energy system, mind, body, and spirit. After learning and experiencing the powerful Chakra Tai Chi routine, you will be guided through a Chakra Meditation to help you integrate your energies. This presentation will also include an overview of the Chakras, their functions, and individual intuitive feedback/Chakra readings. This workshop is for both beginners and the advanced and Tai Chi is great for any activity level.

**Christina Wilke-Burbach**, Ph.D.(c) MA, RMT, Rev., is an educator, holistic healer, wellness consultant, ordained minister, and Reiki Master teacher who specializes in women's wellness, spiritual development, and personal growth. Her business, Mind, Soul, and Self LLC is based in southern Wisconsin where she leads women's retreats, offers holistic healing sessions, and teaches classes on natural health, holistic healing, the Chakras, meditation, Reiki, and advanced energy healing.

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







# Conference Information and Services

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

**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 University Security 507-389-2111.

**HOUSING:** Those interested in housing must make their own arrangements. The following is a list of motels in the Mankato area. We advise you to make reservations, if you need them, **as soon as possible**. We have blocked rooms in the motels with an asterisk (\*). When calling, give them the Group number **(in parenthesis)** or advise them it's for the MSU 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., \$96.99 one bed, \$91.99 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 \$105.00 (Women & Spirituality)
- 6) Comfort Inn - 507-388-5107/1-800-221-2222, 131 Apache Place,
- 7) \*Country Inns & Suites - 507-388-8555/1-800-456-4000, 1900 Premier Road \$99.00 (Women & Spirit)
- 8) Days Inn - 507-387-3332/1-800-325-2525, 1285 Range Street, Hwy. 169 N.
- 9) Fairfield Inn - 507-386-1220, 141 Apache Place
- 10) \*Grandstay Residential Suites - 507-388-8688, 1000 Raintree Road \$99.90-109.90 (W&S Conf)
- 11) \*Hilton Garden Inn, 507-344-1111, 20 Civic Center Plaza (WNS) \$89.00 + tax (W&S)
- 12) \*Holiday Inn Express - 507-388-1880 2051 Adams Street \$99.99 King/\$109.99 2 queen (W&S)
- 13) \*Microtel Inn & Suites - 507-388-2818, 200 St. Andrews Drive \$65.00 + tax (W&S)
- 14) \*Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- 15) \*Rodeway Inn - 507-345-8800, 111 W. Lind Court \$59.95 to \$69.95 (W&S)
- 16) \*Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. \$67.39 2 guests, (W&S)

## 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 **September 24** 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 \$65.00 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 online 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 13th. 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/EF.**

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

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email address \_\_\_\_\_ @ \_\_\_\_\_  
 Day Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

- 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\*\*

\*\* 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 September 24)

- 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: **September 24**

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

Children's Names and Ages: \_\_\_\_\_  
 \_\_\_\_\_  
 Emergency Contact/Pager # \_\_\_\_\_  
 Parent's Name(s): \_\_\_\_\_  
 Special Needs: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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

**FOR THOSE REGISTERING FOR CREDIT/CEU**

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

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.

2013 Tentative Conference Dates -

