

# 32nd Annual WOMEN & SPIRITUALITY CONFERENCE

(Make your hotel reservations early as there is another major event being held on campus this weekend)

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.

## 2013 Keynote Speaker, Starhawk

The keynote speaker this year is **Starhawk**. She is the author and co-author of twelve books on Goddess religion, earth based spirituality, and activism, including, *The Spiral Dance*, and *The Fifth Sacred Thing*, now in development as a feature film with Yerba Buena Films, (<http://thefifthsacredthing.com/>). Her latest book is *The Empowerment Manual: A Guide for Collaborative Groups*, which examines power, process, and conflict for groups that organize without top-down leadership. A committed activist for global justice and the environment, she is a veteran of progressive movements, from anti-war to anti-nukes to Occupy, is a highly influential voice in



Starhawk

the revival of Goddess religion, and has brought many innovative techniques of spirituality and magic to her political work. She has trained activists in direct action and organizing, taught earth-based ritual, healing, and community building world-wide, and directs Earth Activist Training, (<http://www.earthactivisttraining.org/>), which combines permaculture design with a grounding in spirit and a focus on organizing skills. Starhawk writes a blog on permaculture, Paganism, and politics: "Dirt Worship" at [www.starhawkblog.org](http://www.starhawkblog.org). Her website is [www.starhawk.org](http://www.starhawk.org). She has a Facebook fan page for Starhawk and her Twitter handle is @Starhawk17.

### Schedule

#### Saturday, October 12, 2013

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 13, 2013

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 2013 Planning Committee:

Amy Anderson, Coordinator  
Cindy Veldhuisen, Business Manager  
Amy Anderson, Course Instructor  
Maria Bevacqua, Chair of Gender and Women's Studies  
Katie Cashiel/Treewommon, 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

#### WAYS OF KNOWING

215 Armstrong Hall

Discussion-based

Everything and everyone in your life and from within offers wisdom that can guide you through the life that is yours to live. When you notice what appears you may come to trust the wisdom and insight in each moment from every source. The ways that appear are limitless. As you learn to recognize the ways you can learn from life, you can use what you know at each step. Explore how you know what you know, and find new ways to knowing what you need at each moment.

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

#### SMUDGING, BLESSING, AND CREATING SACRED SPACE

217 Armstrong Hall

Experiential/discussion-based/ritual

Everything in the universe is composed of energy. Each person, place, or thing has its own unique energetic vibration. Our environment and everything around us takes on the energy of people and events. Frequently, this energy has a negative vibration that we can sense or feel. Smudging and ceremonial cleansing clears the emotional imprints that may have been collected over the years. This workshop will introduce you to a variety of tools and techniques used in cleansing and blessing rituals. Discover powerful methods for clearing yourself and your environment using herbs, crystals, and elemental energies. This class includes demonstrations for building an angel altar, shaman's altar, and a synthesis altar, which will help to raise the energetic vibration within your home.

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

#### DANCING THE TAROT: JOURNEY INTO EGYPT

225 Highland North

Experiential/storytelling/movement

Are you curious about Tarot, Astrology, and/or Egyptian lore? The presenters have joined forces to reveal a brand new Tarot deck and exhilarating concepts for our shifting world. Experience the story behind this Journey into Egyptian Tarot with music and profound meditations. Learn about the ancient Egyptian calendar and worldview hidden

within modern astrology through the original oil paintings. Take a journey into the subtle differences in Egyptian astrological signs and come away with a deeper meaning. Move, listen, journey, see, feel, and experience the ancient worldview.

**Nancy Antenucci** is the author of "Psychic Tarot," a full-time tarot reader, and a teacher. She is a favorite at the Women & Spirituality Conference, teaching a card a year for many years, and is also a favorite on Tarot radio programs. Nancy was a keynote speaker at the prestigious Reader Studio 2013. She is a lifelong dancer and choreographer who shifted her talent into facilitating magical space for channeling and focusing energy, taking her knowledge of tarot into the three-dimensional world of dance.

**Julie Cuccia-Watts**, a life-long artist who has traveled to Egypt twice and is the creator of four *multicultural tarot decks*: *The Ancestral Path Tarot* (1996), *the Blue Moon Tarot* (1998), *the Maat Tarot* (2006), and *Journey into Egypt Tarot* (2013). She has been studying tarot, astrology, and symbolism for well over 25 years and is the sole proprietor of New Moon Trading Co.

**Peter J. Watts** is an activist, artist, poet, author of the book "World Tree: The Metaphysical Journey of a Closet Shaman," award-winning science educator, naturalist, hunter, and master gardener. He participates in sacred hunts and fire circles. Peter has done shamanic work through dreams and dance, as well as performing healing work.

#### CLAIM HUMANE: REINVENTING OUR RELATIONSHIP WITH ANIMALS

(also in Session III)

256 Student Union

Talking circle

Many spiritual seekers believe animals have souls, are intelligent and are, without a doubt, sentient. *Moving into The Great Turning* with the ability to design our own conscious evolution begs an essential question: When we are deeply connected to spirit, can we justify using animals as utility and resource? Using the elements of *The Art of Convening*, this workshop allows for a deep and respectful inquiry into transforming our relationship with animals as we utilize the age-old talking circle. All voices are welcome.

**AmyLeo Barankovich** is committed to bringing forth a world that is just and peaceful to and for all beings. She is a lifelong animal advocate whose work has ranged from finding our spirit through dance, to facilitating the *Alternative To Violence Project* in prisons, teaching vegan

cookin, and bringing forth a conversation about how our species might live into a new relationship with animals.

**COPING WITH OUR SPIRITUAL ROOTS**

(also in Session III)

253 Student Union **Experiential/meditation/discussion-based**

In choosing to deepen our relationship with the Divine, we often find ourselves pushing against the framework of our childhood religious training. Exploring the arc of our relationship with the Divine allows us a sense of harmony with those internal conflicts. This guided meditation and discussion will help us recognize the pieces of our past that brought us to this place on our spiritual journey.

**Lisa Spiral Besnett** is the author of, *Manifest Divinity*. She believes that it is a human need to live in a spiritually-full world. She has been called an "Inspirational Priestess," and enjoys the opportunity to walk with others as they explore their own paths.

**THE 4TH HOUSE IN ASTROLOGY: THE WOMB OF YOUR SOUL**

(also in Session III)

303 Armstrong Hall **PowerPoint/computer-based**

The 4th house describes not only our connection to our families, but our connection with all of humanity and Mother Earth. Studying your 4th house will provide you with a better understanding of your roots and your potential. Some of the things we will look at are the possible meanings of the different signs on the 4th house cusp and planets within the house. Bring your chart and discover what clan you belong to, your basic need, and what you are here to learn. Handouts provided.

**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.

**FAIRY AWARENESS-AWAKING TO THE PRESENCE OF FAIRIES IN DAILY LIVING**

(also in Session II)

208 Armstrong Hall **Experiential/story-telling/PowerPoint**

This session will highlight the aspects of historical and cultural folklore, which point to the reality of fairies. It will also give information about the appearance, personalities, and intentions of our fairy friends through personal story and fairy readings during the session. Reflection and meditation on bringing the fairy realm into fuller consciousness is an emphasis.

**Ione Boettcher Butler** has learned to rely on the fairy realm for guidance and companionship in her personal and professional life. Along with fairy readings and workshops, she collaborates with fairy companions when teaching children piano lessons and creating music in her local church and community.

**TURNING TO SOUND AND ART FOR WRITING POETRY**

(also in Session II)

219 Armstrong Hall **Experiential/story-telling/poetry reading/writing**

Participants will be exposed to a process for accessing one's inner emotional landscape on a given day by a particular sound of the alphabet as a way to begin writing poetry. The presenter will share how this process helped her access her own writing voice, and how using visual imagery from her own art and the art of others, has fueled her desire to continue writing poetry. She will share several of her own poems, as well as allow a bit of time for others to experiment with writing their own poetry.

**Sandy Bot-Miller** creates reflective narrative artworks using oil pastels and fibers. She is from St. Cloud, MN, and has a strong interest in reading and writing accessible poetry.

**PRAYER BEADS: SPIRITUAL ART FOR TRANSFORMATION**

(also in Session III)

213 Morris Hall **PowerPoint/experiential/discussion-based**

Would you like to learn the artwork and wisdom of beads and how to use them for transformation – for yourself, an intention, or the world? Did you know that the word *bead* means *prayer*? Come and enjoy a

presentation on the history, the beautiful art, and the meaning and use of prayer beads and amulets. You will have the opportunity to engage with individual beads, participate in discussion, and to design your own prayer beads on paper. Come explore new paths to personal and world transformation.

**Lynn Carpenter** is an artist, teacher, presenter, and InterSpiritual Counselor, and has been assisting people with personal change and healing through many modalities, including art, for over 20 years. She is the founder of HeART Path Ministries in the Twin Cities ([heartpathministries.com](http://heartpathministries.com)).

**SACRED TRANSFORMATIONAL MUSIC**

(also in Session II)

103 Morris Hall **Experiential**

This is an opportunity for you to experience music as vibrational medicine. Crystal bowls and acoustic instruments that resonate with wind, water, wood, fire, and earth are combined to create relaxation, stillness, energy flow, and awareness to the physical, emotional, mental, and spiritual aspects of our being.

**Rahbi Crawford** holds two Master's Degrees in Music, in addition to six years of advanced study with professional conducting organizations, and two years of Sound Healing study with Fabien Maman in the south of France. Besides her extensive musical skills and training, Rahbi brings to her music the benefit of her own emotional healing and spiritual depth.

**LISTENING TO THE VOICE OF GOD TO ANSWER LIFE'S DEEPEST QUESTIONS**

(also in Session IV)

214 Armstrong Hall **Discussion-based**

Deep within each of us lies a roadmap to finding spiritual truth. This workshop will cover different ways that God's voice speaks to us every day and show you techniques so you can learn to listen to what that voice is saying. Come prepared with a question you would like answered. This workshop will give you the basic tools necessary to learn how to follow your own inner guidance in life.

**Linda Duncanson Miller, Arlene Forbes, and Carolyn Walsh** are longtime members of ECKANKAR. They give public presentations around the state on learning how to follow your own inner guidance in life.

**Carolyn Walsh** is also a longtime member of ECKANKAR and has given public presentations as well, along with being a musician and performer.

**BEYOND MEDITATION – CHANTING YOUR WAY HOME TO GOD**

222 Armstrong Hall **Discussion-based**

Do you ever feel there must be something more to a spiritual practice than meditation? In this workshop, you will learn spiritual exercises and techniques that will take you beyond meditation into the vast inner planes of God. Chanting is a dynamic way of reconnecting with the divine life force. Experience what it's like to be an active participant in your spiritual journey. Sponsored by ECKANKAR.

**Laura Ely and Cheryl Seese** are members of the ECKANKAR clergy. They each have used chanting for over 20 years to explore the inner planes of God and have had numerous spiritual experiences. Laura and Cheryl, along with young adult **Arianna Fox**, will share some simple methods of chanting so you too can have your own spiritual experience right in class.

**KARMIC LOVE: SOUL MATES AND TWIN FLAMES**

(also in Session IV)

234 Armstrong Hall **Discussion-based/story-telling**

Have you ever met a stranger and instantly knew that you had met somewhere before? In this workshop, we will discuss karmic and past life relationships, as well as the Twin Flame phenomenon.

**Inga From** is part of the Soul Friends Healing group. She is a Reiki Master, Shamanic healer, and enjoys giving energy healing and intuitive insight to both people and animals.



## LOVE POEMS FOR ME BY ME

Morris Hall 209

Experiential

Do you desire to get in touch with yourself, literally? In this workshop, you'll play with three styles of love poetry to explore the depth of appreciation you feel for you. Bring a writing utensil and paper. You will be encouraged to use your five senses and intuitions without judgment while creating. You will be given an opportunity to share poems at an open stage Saturday, October 12 at the Coffee Hag in Mankato.

**Esther Hoffmann** relishes herself. As a locally and nationally published and awarded poet, she's designed classes for survivors of domestic violence that promote healing and personal empowerment through the spoken word.

## USING THE NATIVE AMERICAN FLUTE AS A MEDITATIVE TOOL

(also in Session II)

225 Armstrong Hall

Experiential

This is an experiential workshop about learning the Native flute. Each participant will have a loaner cedar flute to play with a plastic tube. We will cover the basic Native American scale, which is very easy to learn. Participants will learn about the healing aspects of this instrument and how to use it to facilitate their meditation practice.

**Janalea Hoffman** is a Registered Music Therapist who is in private practice. She has used the Native flute for cancer support groups, bedside hospital programs, and many other therapeutic uses, as well as deepening inner practices.

**Marilyn Miller** is co-owner of Rhythmic Medicine and has many years of experience with Native American flutes.

## CREATE INTENT USING CLOTHING AS A TOOL

(also in Session IV)

123 Student Union

Discussion-based

We will introduce the concept of using clothing as a spiritual tool, not just as ceremonial dress, but incorporating it into everyday wear. We will use examples of persons we know whom have used clothes as a tool to transform and have incorporated this into everyday wear, as well as how we have incorporated clothing into our dress and how this has transformed us. We will share experiences and ideas about this and try on garments to experience and perceive the changes within.

**Christine Holt** and **Siobhana Holt-Thomas** have been co-creators together since 2006 as a mother-daughter team.

## EMOTIONAL MINDFULNESS IN THE EMBODIED SELF

(also in Session IV)

231 Armstrong Hall

Experiential

The explosion of research in neuroscience confirms the importance of touch and contact for human development and well-being—for regulating our emotions and our physiology. 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.

## THE ART OF FEMININE PRESENCE

(also in Session IV)

102 Pennington Hall

Experiential/meditation

This workshop will help women tap into their creative power, their feminine presence. They will learn to use their physical and energetic presence to attract any type of attention they want. Accessing feminine intuition will become easier, allowing women to flow more easily through life.

**Amy Hunt** is the owner of Authentically You LLC, a coaching business that helps people create the life they want using the Heart IQ method. She is also certified in teaching The Art of Feminine Presence, the body of work created by Rachael Jayne Groover.

## UNITY IN DIVERSITY: HINDU SPIRITUALITY

202 Student Union

Discussion/PowerPoint/comparative analyses

The Hindu spirituality has been misunderstood in terms of its beliefs in the Absolute Reality (the God), the world, the self, and the *puja* 'worship' ritual. In this workshop, their philosophical analyses will be presented in order to develop a positive understanding of their representative Hindu culture.

**Indira Junghare** is a professor of Linguistics and South Asian Languages, Literatures, and Cultures at the University of Minnesota.

## THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS

210 Morris Hall

Discussion-based

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.

## PLAYING WITH ENERGY™

110 Pennington Hall

Experiential/didactic

Do you wish to expand your understanding of how energy affects you? We will look at how to deepen our connection to the earth and discuss how to best sustain and encourage growth and expansion through looking at different energy modalities. We will talk about vibrational frequencies and address how to best work with them at this time, while co-creating a relationship that is empowering and builds self-reliance.

**Julianne Malcolm**, MA, has been a Montessori teacher for over 20 years helping children to be self-discoverers and independent learners. She has extensive experience in many complementary and alternative practices including mind/body skills, energy healing, vibrational remedies, whole food nutrition, and other transformative practices.

## DREAM STUDY GROUP

191 Student Union

Experiential

We will present a technique to use when working with dreams. It can be used either when working with our own dreams and/or when doing dream work with someone else and their dream. After demonstrating the technique, the group will break into pairs and try it out. Then, we will come together as a group and share any insights into our dreams gained by using the technique.

**Bonnie Mitsch** is a certified dream leader through the Institute of Dream Studies in North Carolina. She is a member of the International Association for the Study of Dreams and has been actively involved with dream groups for the past 16 years.

**Pat Boyle** is a member of the International Association for the Study of Dreams. He and Bonnie started a dream group five and a half years ago that is still meeting twice a month. He has been recording and analyzing his dreams for over 30 years. See website: [wholedreams.org](http://wholedreams.org).

## STORIES AND SOUNDS OF CHILDBIRTH

(also in Session IV)

314 Armstrong Hall

Experiential/story-telling/singing/chanting

Childbirth is a significant experience in the lives of women worldwide. There are stories, chants, and songs that have helped women understand the deep significance of pregnancy and birth. By accessing her inner self, a woman accesses the spirit of her child. The vibration of the mother's voice surrounds the unborn baby forging a spiritual bond. Stories will be told from times past and from different cultures to evoke the universal nature of birth. Modern day chants and chants from Native American women will be taught and sung. The group will be led in a creative process of making a birth chant of your own.

**Paula Murphy** started her midwifery training at the Santa Cruz Birth Center, California, and for the last 20 years she has been practicing midwifery at Gundersen Lutheran Medical Center, La Crosse, WI. She is a member of the Bluff Country Storytellers Guild, singer with the UW-La Crosse Chorale Union, and a world traveler.

**GATHER THE WOMEN**

211 Armstrong Hall

Experiential

"Gather the Women Global Matrix," is a network of women and women's organizations who are activating the power of women's wisdom on a planetary scale. After a brief background of Gather the Women, we will explain circle principles and the use of a sacred center. We will demonstrate calling the circle, stating the intention, and beginning a conversation. Then we will demonstrate how to close the circle and how to take what we've learned forward. We will explain the use of the Guardian in circle process, talk about how women can create circles in their own communities, and how GTW can support them.

**Suzan Nolan, Mary Kay Carle, and Kathleen Jordan** are regional coordinators of Gather the Women circles in their areas. They have been doing circles for years and they have the wisdom to share about what works and what doesn't.

**Mary Ellen Uptain** is an experienced circle facilitator who has served on the planning committee for Gather the Women events as well as hosting a full moon circle for men and women with her husband, Clay.

**A TASTE OF SOUL BREATHING™**

(also in Session II)

255 Student Union

Experiential

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 constricted 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**, SBF, TBF, RPh., has been in the health profession for over 30 years and has worked in the holistic healing realm for more than a decade. She has received extensive BreathWork training from many masterful teachers, including Robert Winn, Soul Breathing™, Dr. Judith Kravitz Transformational Breath®, and the late Grand Master Choa Kok Sui, founder of Pranic Healing® and Arhatic Yoga®. Terri uniquely combines science and spirituality by blending her work as a Breath Practitioner and teacher and Pranic Healer, along with her profession as a registered Pharmacist. Her goal is to help people change their breath so they can change their lives. She has a private holistic practice in Minnesota and travels extensively offering breath workshops and seminars throughout the US and abroad.

**ANGEL DECODING – CONNECT WITH YOUR ANGELS**

102 Morris Hall

Experiential/meditation

Enjoy an experienced based workshop. Angel Decoding is a means of angel communication. You will learn to comprehend and give meaning to intuitive messages. All you need is an open mind, a loving heart, and a little guidance.

**Maria Gurney Peth**, Ph.D., is a Spiritual Teacher, Angel Therapist, Intuitive Life Coach, and Angel Decoding Specialist, in high demand for her ability to empower people to overcome life challenges, establish loving relationships, and attain personal wellness. Maria has worked with thousands of satisfied clients in personal consulting session, life-affirming workshops, and retreats.

**SACRED GEOMETRY**

201 Student Union

Experiential

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. Come, relax, and explore the subject by looking at ancient wisdom. You will get an opportunity to create your own personal Sacred Geometry Encoding. These encodings have a vibrational quality that can contribute to an individual's health/healing.

**Norma Solstad** is a Spring Forest Qigong (SFQ), Master healer, and certified instructor who creates Sacred Geometric Encodings, which

help balance the body's energy. She teaches SFQ and Sacred Geometry classes at several Twin Cities locations where she is also involved working with individuals doing energy balancing.

**ALTERNATIVES TO VIOLENCE PROJECT-HOW I MAY VOLUNTEER WITH INCARCERATED PEOPLE**

302 Armstrong Hall

Experiential

The core of AVP is a concept we call "transforming power." It is the ability to turn a difficult or possibly violent situation into something positive, or at least non-violent. This involves a belief in the spiritual power of love and the ability to find the good in people. We will do a mini-workshop focusing on activities to build community and practice communication skills for conflict resolution.

**Chris Solyntjes** is a social worker in Mankato and ran a group home for youth referred by the courts for 25 years. She has been facilitating AVP workshops in prison for about 20 years.

**Lee Reinharz** has been facilitating AVP workshops in prisons and community education for 10 years. She also tutors inmates for the GED test.

**A SESSION IN CONSCIOUSNESS SHIFTING**

(also in Session III)

322 Armstrong Hall

Discussion-based

This workshop will look at the four major areas of the life experience: relationship with self (including the body), relationship with career and finances, personal relationships, and relationship with the Universe. The presenter will have a folder of information that will assist in uncovering the thoughts and beliefs that prevent us from having a joyful life experience. We will discover some techniques for changing those thoughts and beliefs.

**Akilah t'Zuberi** focuses on methods and techniques required in shifting consciousness, also known as the science of changing the mind. She is a metaphysician and author of two books, *The You Scriptures*, and, *16 Mondays For People who Hate their Jobs*. Her workplace blog focuses on the transformation of the American workplace in the context of the global shift in consciousness. She publishes a, "Shift in Consciousness," Ezine and is currently working on her third book.

**RESTORING THE TINGLE: WAYS TO ENHANCE SENSUAL PLEASURE AND WELL-BEING AS WE GET OLDER**

208 Morris Hall

Solo focus-no partner required/emphasis/women only/experiential

Our sensuality and our sensual pleasure are important elements of our spiritual and physical well-being, but aging, hormone changes, and changing life circumstances often create an unfamiliar set of challenges to reconnecting to "the tingle." Based on the book, *The 5 Things Every Woman-of-a-Certain-Age Should Have Under Her Bed*, by presenter Fairy Godmother Terre Thomas, this workshop is about ways to enhance and enjoy your own sensual pleasure, whether you have a partner or not. We'll cover information and products in a humorous, blushing-welcome way – if, why, and how to choose the best vibrator, differences in lubricants, choices in erotica and how-to's, and more.

**Terre Thomas (Fairy Godmother)**, author of *The 5 Things Every Woman-of-a-Certain-Age Should Have Under Her Bed*, and **Jill Quednow** have been teaching Restore the Tingle workshops, sharing simple, fun, practical ways that middle-age women can enjoy more sensual pleasure since 2006.

**I LOOK INTO MY SOUL**

310 Armstrong Hall

Experiential

Can you be deeply seen by yourself? Can you give yourself the gift of being seen by yourself? This workshop involves meditation before a mirror, a simple but challenging practice of gazing into your own eyes. Looking into your own eyes will bring you closer to your spirit sources. It can be uncomfortable to sit still and gaze into your eyes for even a few minutes. Some of us may take time in our day to sit still with our thoughts, but this meditation is visual and...surprisingly emotional. We'll go gently into this meditation with breath and intention and allow for reflection in journaling and group sharing.

**Colleen Troy** – Wayfinding is as natural as breathing to Colleen; for self-discovery and as witness to others on their spiritual journey. Colleen



is a certified life coach, supporting middle-aged women to take the adventure of their lives now by finishing their "unfinished business." She is a hospice volunteer and loves to talk about death and dying. At the age of 52, when walking past an empty swing in a park, she'll hop on.

**STRESS BUSTING – VITALIZING YOUR JOYS AND PASSIONS**

(also in Session II)

**213 Armstrong Hall** **Experiential/PowerPoint didactic**  
Do you have an abundance of life force energy to participate fully in all that you care about? Or, like so many caring people, are your desires greater than your vitality? We now scientifically understand, at the causal molecular levels, how 'stress' devitalizes our system and causes most disease patterns, and most importantly, what we can do to turn around 'current reality' and create a bright future personally and collectively. Why 'manage' stress, when you can quickly and easily 'clear' it? And why not include in your health plan the never before nutritional technology based on Nobel Prize winning research that lets you reclaim your youthful vitality for all that you love? Bring home with you the priceless, transformational daily life tools that juice you with vital energies and have your heart singing.

**Maria Turnblom** is a spiritually based, specialized applied kinesiologist, energy psychologist, and trainer-educator, who liberates people's clarity and daring for their bold next steps, in the Soul-infused wholeness and wellness of their lives. Her molecular biology research background helps her make practical applications of today's leading edge scientific break-throughs.

**CHAKRA FOCUSED INTUITIVE DEVELOPMENT**

**233 Armstrong Hall** **Experiential/discussion-based/PowerPoint**  
Chakras are energy centers in the body. Intuitive abilities tend to be associated with the 3rd eye Chakra; but each Chakra is a processor and transmitter of psychic information. Take a journey through the Chakras and begin to manifest your own inner knowing, wisdom, and intuitive guidance. We will provide an overview of the Chakras, intuitive abilities of each Chakra, how to open and close your Chakras, and exercises for discovering and developing your own intuitive abilities (clairsentience, empathy, telepathy, clairaudience, clairvoyance, claircognizance, and more).

**Christina Wilke-Burbach**, Ph.D., RMT, is a health psychologist, educator, ordained minister, and Reiki Master teacher who specializes in holistic healing, 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, mind/body medicine, and energy healing.

**Michelle Wilke**, MA, LPC, is a licensed professional counselor and ordained minister based in Wisconsin. She specializes in EAP and crisis counseling and has a deep appreciation for Tarot, Astrology, and the spiritual journey.

**SESSION II**

**UNLEARNING: FINDING YOUR WAY**

**215 Armstrong Hall** **Discussion-based**  
In the first half of life you learned what others and the culture expect and want from you. But is what you've learned all true for you? In the second half, you may long to discern what rings true and to unlearn and release what feels false. Only you know what is true for you. Learn to live your way by recognizing and unlearning what is not yours.

**Carol Anderson**, after 30 years as an educator, left to follow the wisdom of her soul. She is an inspirational speaker, teacher, coach, and facilitator with *Finding Your Way in the Second Half of Life*.

**BUDDHA BABE BREAKOUT**

(also in Session IV)

**110 Pennington Hall** **Experiential/movement/dance**  
This is a life-changing workshop that incorporates three distinct elements designed to awaken your mind, body, and spirit. Personal coaching and guided visualization provide the opportunity to tune in and pinpoint what's not working in your life. Then fun, flirty dance and simple yoga flow will free your energy, stir your senses, feed your soul, and ignite your powerful, babe-a-licious self. Movement gives way to peaceful meditation where your spirit resides and your truth is honored. You will leave with a personal plan to live the life you love.

**Barbara Badolati**, B.S., holistic wellness coach, yoga-500RT, expressive movement devotee, and soul stirrer, has facilitated self-empowerment workshops for over 30 years.

**BIPOLAR DISORDER: SACRED HOPE FOR FAMILIES**

(also in Session IV)

**209 Morris Hall** **Experiential/story-telling/discussion-based**  
People with bipolar disorder live under the stigma of the disorder and many feel the shame of living in their bipolar world. Feeling strong under these circumstances means people breaking out of isolation and sharing their stories. Stories have power and afford people strength. Both people with bipolar disorder and support people will have the opportunity to share the stories of courage and of barriers. Addition-

ally, participants will receive materials of strong prayers, provocative poems, and sacred wisdom writings from major world religions. You can share your reactions to stories and written materials. Handouts will be available.

**Kay Bernard** was diagnosed with bipolar disorder. Within that time, she has learned to accept her mental illness. Adding to her own journey, she has spent years counseling and coaching people with mood disorders and support people, and at the same time has conducted a major study entitled, "In God's Own Image: Bipolar Disorder and Spirituality." She earned her Doctorate at United Theological Seminary in the Twin Cities.

**FAIRY AWARENESS-AWAKING TO THE PRESENCE OF FAIRIES IN DAILY LIVING**

(also in Session I)

**208 Armstrong Hall** **Experiential/story-telling/PowerPoint**  
This session will highlight the aspects of historical and cultural folklore, which point to the reality of fairies. It will also give information about the appearance, personalities, and intentions of our fairy friends through personal story and fairy readings during the session. Reflection and meditation on bringing the fairy realm into fuller consciousness is an emphasis.

**Ione Boettcher Butler** has learned to rely on the fairy realm for guidance and companionship in her personal and professional life. Along with fairy readings and workshops, she collaborates with fairy companions when teaching children piano lessons and creating music in her local church and community.

**TURNING TO SOUND AND ART FOR WRITING POETRY**

(also in Session I)

**219 Armstrong Hall** **Experiential/story-telling/poetry reading/writing**  
Participants will be exposed to a process for accessing one's inner emotional landscape on a given day by a particular sound of the alphabet as a way to begin writing poetry. The presenter will share

how this process helped her access her own writing voice, and how using visual imagery from her own art and the art of others, has fueled her desire to continue writing poetry. She will share several of her own poems, as well as allow a bit of time for others to experiment with writing their own poetry.

**Sandy Bot-Miller** creates reflective narrative artworks using oil pastels and fibers; she is from St. Cloud, MN, and has a strong interest in reading and writing accessible poetry.

**TEACHING STORIES OF SACRED SPACE: INSIDE AND ALL AROUND**

**305 Armstrong Hall** Story-telling/discussion-based/movement  
 "Teaching stories," assists us in living as expanded consciousness with ourselves, with others, and with our world. We will explore the nature of our teaching stories as healing, particularly related to the diversity of sacred spaces. We will co-create sacred space to support recognizing, claiming, and living our teaching stories of external sacred space and as sacred space. Movement, music, and chant in Dances of Universal Peace style, reflection and sharing, and the power of teaching story will guide our way. Please bring an unused, inexpensive journal or notebook to share in a group ritual.

**Cindy Chicoine**, ACSW, LISW, LMT, is a spiritual director, psychotherapist, bodywork practitioner, and author of *Turning Around the Heart: Stories*, with a mind-body-emotion-spirit focus.

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

**303 Armstrong Hall** Experiential/round table/discussion-based  
 The facilitators will share their experiences of non-traditional paths to success. The presenters have uncovered many ways to becoming more empowered on their separate and connected journeys of mother and daughter and are passionate about sharing their wisdom. The workshop encourages and empowers the participants. These activities and discussion materials are meant to leave the participants feeling affirmed and renewed for the ongoing journey of creating meaningful lives.

**Kathleen Crawford** 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. She is also an adjunct faculty member of St. Mary's University, teaching blended and on-line courses in the Master of Art in Organizational Leadership program. Kathleen enjoys sharing her experiences and stories with others as a way to open the doors for others to seek out their own self-awareness.

**Theresa Crawford** is a licensed Family & Relationship Therapist. She is a counselor and coach, connecting people to their most authentic selves, in order to create intentional lives and relationships. She is post-modern and collaborative in her work, using the power of imagination to manifest life dreams and goals. She is also the mom of Kathleen.

**SACRED TRANSFORMATIONAL MUSIC**

(also in Session I)

**103 Morris Hall** Experiential

This is an opportunity for you to experience music as vibrational medicine. Crystal bowls and acoustic instruments that resonate with wind, water, wood, fire, and earth are combined to create relaxation, stillness, energy flow, and awareness to the physical, emotional, mental, and spiritual aspects of our being.

**Rahbi Crawford** holds two Master's Degrees in Music in addition to six years of advanced study with professional conducting organizations, and two years of Sound Healing study with Fabien Maman in the of France. Besides her extensive musical skill and training, Rahbi brings to her music the benefit of her own emotional healing and spiritual depth.

**SOUND HEALING WITH TIBETAN SINGING BOWLS**

**253 Student Union** Experiential/ritual/worship/instrumental

"Sound will be the medicine of the future." - Edgar Cayce. Our bodies can be considered like an orchestra. When any part of our body is "out of tune," it creates disharmony with the rest of the orchestra, our body. Using Traditional Tibetan Singing bowls and Ting-Shas, we can begin to bring balance back to our self and others.

**Francis Xavier DiCristina** is a Lineage Teacher and continuing student of the Atma Buti School of Himalayan Singing Bowl Healing. This healing comes through the traditional clan knowledge practiced in the Hi-

malayas since the time of Shakyamuni Buddha. In addition, he is a certified Building Biologist, Reiki practitioner, Laying-On-Of-Stones practitioner, Ordained in the Order of Melchizedek, as well as a Dowser.

**SEER'S RITE**

(also in Session IV)

**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 Incan master shamans in order to raise the vibration of this planet in times 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, leader of the Shamanic Journeying, Healing, and Drumming Circle at Lake Harriet Spiritual Community in Minneapolis, and a student of Alberto Villoldo. She has received many of these transmissions directly from Incan master shamans from Peru.

**Ella Davis Suggs** is an ordained minister, practical mystic, computer trainer, and 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.

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

**A DOCUMENTARY:**

**"THE GREAT BOOK ROBBERY" IN ISRAEL/PALESTINE**

**220 Armstrong Hall** Documentary/discussion-based

The spiritual values of a people and/or a nation are reflected in their culture. The written language of a people is often expressed in books and housed in libraries. Examples of the attempt to control a people or to deny their literacy are the Alexandria book burnings, the denial of their language to Native Americans, and the banning of books in Boston. Let us embrace a nation's cultural literature, rather than trying to destroy it.

**Margret Esslinger** was a guest in 1994 of a Palestinian family living in Jerusalem. She experienced the plight of these people, and is now a member of the organization MEPN (Middle East Peace Now) and a participant in many Peace Groups, including JVPC (Jewish Voices for Peace).

**BRING HARMONY AND ABUNDANCE INTO YOUR LIFE WITH FENG SHUI**

**315 Armstrong Hall** Discussion-based/PowerPoint/computer-based

Feng Shui is the study of how to enhance our quality of life by assessing the imbalances in an environment and the cures to correct them. We will be assessing our homes or personal spaces with the use of an individual bagua map of our living space and any elemental imbalances within.

**Peg Ganey**, certified since 2010, is an Essential® Feng Shui Consultant educated through the Western School of Feng Shui. She has been successfully practicing Feng Shui techniques since 2001.

**SHARING GODDESS STORIES**

**310 Armstrong Hall** Interactive discussion/PowerPoint/computer talk/Child-friendly

Participants are invited to bring images, poem, and stories of their favorite Goddesses to share. Presenters will also bring a selection of images from which to choose. The main body of this workshop will consist of sharing and telling Goddess Stories. The workshop will open with a short multimedia introduction to Goddess images from around the world. It will include a few images of Saint Brigid sites in Ireland,



interspersed with contemporary images of Brigid from the Illuminations Art Show.

**Terri Berthiaume Hawthorne**, educator and scholar, M.S. in Women Studies at Minnesota State University, Mankato, BA in Women Studies and Media Communication at Metropolitan State U, has taught Women's Studies as adjunct graduate faculty at the University of Minnesota and for the MN State University system since 1988. She is a long-time community activist, and co-author of, "Stars In Your Bones," an, "The Many Faces of the Great Mother."

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

**Diane Berthiaume Brown** is celebrating retirement. She is an educator, writing consultant for K-12 Assessments, and works with adults with developmental disabilities for St. Paul schools. She is also co-author and illustrator of, "Many Faces of the Great Mothe." She is a mother and favorite aunt of many.

### USING THE NATIVE AMERICAN FLUTE AS A MEDITATIVE TOOL

(also in Session I)

225 Armstrong Hall

Experiential

This is an experiential workshop about learning the Native flute. Each participant will have a loaner cedar flute to play with a plastic tube. We will cover the basic Native American scale, which is very easy to learn. Participants will learn about the healing aspects of this instrument and how to use it to facilitate their meditation practice.

**Janalea Hoffman** is a Registered Music Therapist who is in private practice. She has used the Native flute for cancer support groups, bedside hospital programs, and many other therapeutic uses, as well as deepening inner practices.

**Marilyn Miller** is co-owner of Rhythmic Medicine and has many years of experience with Native American flutes.

### NEW VOICES IN WOMEN'S SPIRITUALITY: PANEL PRESENTATION AND Q&A

210 Morris Hall

Panel

In light of this year's focus: "people of diverse spiritual traditions work(ing) together, understanding and respecting the similarities, and diversities of their own and others' lives and traditions," we as members of the Women's Spirituality Department at the California Institute of Integral Studies (CIIS), will highlight our diverse academic work and personal backgrounds. Come share our perspectives and experiences and focus on the success of our department's unique semi-distance format, which allows individuals from all over the continent to participate in the program. We will share and expose a diverse body of new work being done in the field of women's spirituality.

**Greta Jaeger** is a MA student focusing on new women's visionary writing as a tool for social change.

**Marcelle Grano** is a Ph.D. student focusing on women's ordination as full and equal inclusion of women in the clergy as a mode to effect change from a structured hierarchy towards an egalitarian model of "women-church."

**Alexis Martin** is a MA student focusing on reclaiming women's place in history through the rediscovery of ancient art.

**Barbara C. Daughter** is a Graduate MA student focusing on how spiritual counseling, within the context of women's spirituality, can empower and embolden women to change themselves and their communities.

**Vanessa E. Soriano** is a Ph.D. student focusing on Goddess Temple Leaders and Catholic Nun Leaders: A Comparative Analysis of Power and Leadership in Female-Centered Spaces.

**Claudia Moutray** is a MA alum, and current Ph.D. student focusing on transformative activism, finding reliance on those we oppose.

**Jill MacLeod-Powell** is a Ph.D. student focusing on reclaiming and re-writing women's bodies through spirituality and literature.

### A CALL TO POWER: THE GRANDMOTHERS SPEAK

(also in Session IV)

216 Armstrong Hall

Experiential/story-telling/meditation/  
discussion/child-friendly

Finding balance in a chaotic world involves a call to power. At this time, there is a call to change and help correct the imbalance on our planet, which is the distribution of yin and yang energies. An awakening is needed for all to this energy we call "the deep feminine." In order to do this, we all need to develop an intimate connection with this Feminine aspect of creation. We must understand it, absorb it into our beings by meditative states, and learn to live more consciously, aware of its essence that power is beauty and beauty is power. We will move together, in personal relationships, with each other and the divine, and pass on this wisdom to the next generations to come.

**Deborah Juberian** has a Bachelor's of Science in Psychology, and a Master's of Spiritual Healing, is a Reiki Master/Teacher, is a teacher for Reiki Blessings Academy, performs Qigong I, shamanic extractions, has received all nine Munay-Ki Rites of Passage, facilitates Healing Circles, and facilitates Grandmothers speak group in Minnesota.

**Sandy Murphy** has been a spiritual seeker for 25 years, has practiced meditation throughout these years of seeking, studying for her Reiki Master/Teacher, and performs shamanic extractions, and has received all nine Munay-Ki Rites of Passage.

### HOME FUNERALS AND GREEN BURIALS: ECOLOGICAL, SACRED TRADITIONS

202 Student Union

Story-telling/discussion-based/PowerPoint

The art of family-directed after-death care, common a few generations ago, is re-emerging with people choosing a more intimate, hands-on role, rather than a standard commercial funeral. But most of us lack basic knowledge about this sacred art. We have questions regarding legal requirements, paperwork, transportation, body care, environmental implications, and cost. We also have more options today for the final disposition, including green cemeteries and "flameless cremation." This workshop addresses continuing the care of a loved one in a way that reflects a family's values, dignity, and traditions.

**Carolyn Laine**, M.A., is a Minnesota State Representative who authored the 2010 Family Rights After Death legislation that re-established the right to have a home vigil without embalming and with friends and children present. She belongs to the Minnesota Threshold Network, which educates Minnesotans about conscious dying, home after-death care, and natural final disposition.

**Nancy Manahan**, Ph.D., is a retired community college English teacher whose books include the best-seller *Lesbian Nuns: Breaking Silence*, and the award-winning memoir, *Living Consciously Dying Gracefully: A Journey with Cancer and Beyond*, a description of this home death in Mankato of Minnesota State University professor Diane Manahan, R.N. She belongs to the Minnesota Threshold Network, which educates Minnesotans about conscious dying, home after-death care, and natural final disposition.

### "THINGS WE DON'T TALK ABOUT: WOMEN'S STORIES FROM THE RED TENT" FILM SCREENING

(also in Session IV)

217 Armstrong Hall

Film screening

"Things We Don't Talk About: Woman's Stories from the Red Tent" is a groundbreaking 72 minutes documentary film. Spontaneous and organic, a Red Tent is a red textile space where women gather to rest, renew, and often share deep and powerful stories about their lives. The Red Tent movement is changing the way that women interact and support each other by providing a place that honors and celebrates women, and by enabling open conversations about the things that women don't want to talk about in other venues. To view the trailer for the film, visit: [www.redtentmovie.com/trailer.html](http://www.redtentmovie.com/trailer.html)

**Isadora Gabrielle Leidenfrost** is trained as a filmmaker, a textile historian, a feminist folklorist, and has created 13 films.



**LET'S GET WITCHY**

(also in Session III)

**40 (Basement) Armstrong Hall**      **Experiential/ritual/discussion**  
Witches understand their connection to everyone and everything around them. Sometimes our normal, daily lives leave us feeling like our mundane activities have taken over and make us feel disconnected. This workshop will give you time to reconnect with the spiritual tools you may have forgotten about. It'll get you wanting to dust off your stuff at home, start using them again, and excited about incorporating new magical tools. You don't need to be a Witch to attend, just be someone who wants to enjoy a little 'me' time and get spiritually reconnected.

**Carol Mackel (Moon)** is a Wiccan Priestess who finds it challenging to be a mother of three, wife, high school teacher, yoga teacher, group leader, and a Witch all at one time. She has had to find ways to balance all the things that make up her daily life.

**TELLING FORTUNES USING A DECK OF CARDS AND CRYSTAL BALL READING**

**211 Morris Hall**      **Experiential/child-friendly**  
This workshop will teach participants how to tell fortunes using a regular deck of cards. Participants will have the opportunity to practice telling fortunes. You will also receive an introduction to doing crystal ball readings and will observe a crystal ball reading done by the presenter. There will be time at the end for questions. You are encouraged to bring a deck of cards and your own crystal ball if you have one. Some card decks will be available at the workshop.

**Joann McCracken Young** is a counselor and a mediator. She has 20 years of experience telling fortunes using a deck of cards and eight years of experience as a crystal ball reader. She will complete her spiritual director training this June.

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

**102 Pennington Hall**      **Experiential/singing/chanting**  
Music is the universal language of peace, and raising our voices together brings joy and unity to all who join in. The presenters are sisters who were raised in the oral tradition of sharing song, and have spent a lifetime collecting rounds and chants. They will lead the group in singing rounds and chants from many cultures, as well as improvisational vocalizing. Some movement will be included but not required, and will not exclude people with varying disabilities.

**Mairi Breen Moon** is a home-birth midwife who moonlights as the director of a women's choral group WomanSpirit Singers. She holds Bachelor's degrees in dance and nursing, and Master's degrees in Theater and Midwifery, earned in successive career paths. Mairi has also studied on the priestess path through Diana's Grove, and designs and leads celebrations and ritual dances for life passages. She also designs spirituality retreats for women and girls through Eighth Day Retreats. She lives in Takoma Park, MD with her husband and four children.

**Lia Breen Falls** is a visual artist, member of a sacred theater group, and former facilitator of women's initiation weekends. She holds a BFA from SUNY-Purchase and an MFA from the U of Minnesota, has studied voice with Barbara McAfee, and is a certified teacher of Yoga of the Voice. Lia is a member of the Flowering Women, who released a CD together, offering rounds and chants for all to share. She has also studied on the priestess path through Diana's Grove, and has designed a line of "everyday shrines." She lives in Wisconsin with her husband and two children.

**TRANSFORMATIVE ACTIVISM**

(also in Session IV)

**205 Armstrong Hall**      **Formal paper/discussion-based**  
How do we become reliant on those we oppose? How do we see opposition as a necessity for our own spiritual growth? Returning to the notion of re-sacralization, the presenter will delve deeper into how spiritual feminists understand the interdependence of the sacred self and the sacred other. Rather than positioning themselves as antagonistic towards those they disagree with politically, creative spiritual feminists build upon a foundation of shared humanity and strive for dialogue and

transformation. In our contemporary conflict-ridden world, feminists are developing models of activism that allow for healing and forgiveness as key steps towards long-lasting transformation.

**Claudie Moutray** is a Ph.D. student in Women's Spirituality at the California Institute of Integral Studies. Her concentration is eco-feminist, feminist philosophy, and activism.

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

(also in Session III)

**206 Morris Hall**      **Discussion-based/PowerPoint**  
When St. Joan of Arc was 13 years old, she heard Voices that eventually inspired her to lead French soldiers against English oppression. Extensive historical documentation and subsequent writings have authenticated St. Joan's life, mission, trial, death, and rehabilitation. The presenter has combined photos and information from her two pilgrimages (2000 and 2012, to the historical and spiritual French locations where St. Joan lived and died). The presenter feels privileged to share this extraordinary experience and to discuss what "pilgrimage" means. This workshop will feature prayers, music, slides, web sites for future reference, handouts, and plenty of discussion.

**Debra Nickelson** practiced veterinary medicine in Minnesota and worked in New Jersey and Arizona before moving to Kansas City, MO to work as Product Development Manager with the Consumer Animal Product Group of PBI/Gordon Corporation.

**THE SPIRITUAL MYSTIQUE**

**211 Armstrong Hall**      **Discussion-based**  
Some new age or modern spiritual communities have developed a mystique, not unlike the feminine mystique described by Betty Friedan. Where the fifties housewife was beset by "the problem that had no name," discontent with "having it all," and the expectation that being a wife and mother would fulfill all of her human potential, the modern spiritual woman may be caught in a mystique that has much the same message: spirituality and spiritual goals alone will fulfill her; discontent is a symptom of something being wrong with her. You are invited to talk, reflect, criticize, and energize around this theme.

**Mari Perron** is the author of several books including, "The Given Self," in which she began her work of de-mythologizing the spiritual scene and inviting the return of a person's full range of human and divine potential.

**A TASTE OF SOUL BREATHING™**

(also in Session I)

**255 Student Union**      **Experiential**  
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 constricted 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**, SBF, TBF, RPh., has been in the health profession for over 30 years and has worked in the holistic healing realm for more than a decade. She has received extensive BreathWork training from many masterful teachers, including Robert Winn, Soul Breathing™, Dr. Judith Kravitz Transformational Breath®, and the late Grand Master Choa Kok Sui, founder of Pranic Healing® and Arhatic Yoga®. Terri uniquely combines science and spirituality by blending her work as a Breath Practitioner and teacher and Pranic Healer, along with her profession as a registered Pharmacist. Her goal is to help people change their breath so they can change their lives. She has a private holistic practice in Minnesota and travels extensively offering breath workshops and seminars throughout the US and abroad.

**THE ONCE AND FUTURE GODDESS IN AMERICA:  
THE INFLUENCE OF THE GODDESS FROM OUR NATION'S  
FORMATIVE YEARS AND INTO THE AGE OF AQUARIUS**

(also in Session III)

314 Armstrong Hall

Lecture-based

We will consider in what role the Goddess has been instrumental in the founding of our nation, and how the Divine Feminine continues to influence domestic and world affairs. Through that influence, and considering long-range trends, we will also explore some ways in which the Divine Feminine is instrumental in birthing the Aquarian Spirit in the years ahead.

**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 and psychic counseling, and offers her services for ritual requests.

**CIRCLE OF LIFE-SEVEN GENERATIONS OF HEALING**

(also in Session III)

114 Pennington Hall

Experiential

This workshop offers a healing experience through the continuum of seven generations, either side of the participant. Picture yourself as the center point of the infinity symbol with each loop representing seven generations of your female lineage. The past is to the left and the future to the right. All energy flows through you. All healing flows through you and affects each generation. By your actions and thoughts you can change herstory. A guided meditation will follow discussion.

**Mary Rivard (Artist Rmay)** is a pioneer of generational healing through art. Circle of Life is also an installation of eight chairs representing seven generations of female lineage from her Eastern European heritage.

**HABITS OF SUCCESSFUL RELATIONSHIPS**

(also in Session IV)

213 Morris Hall

Informational based sharing with  
discussion/activities

The presenters see committed relationships as a path to world peace because it is one of the most natural and effective ways to grow one's soul. We will explore evolving research from the fields of neuroscience and relationship studies that give us clear direction on what we need to learn to better get along with each other and expand what appears to be our limitless potential as human beings.

**Artis Salemo**, M. Ed, and **Steven Freund**, M.S., M.F.T., are a relationship teaching and coaching team interested in sharing their knowledge of current relationship research and how it applies to seeing relationships as life's primary spiritual path. They draw their ideas from many sources, but are also certified Prepare/Enrich coaches and Gottman Seven Principles Program Educators.

**PAST LIVES, DREAMS, AND SOUL TRAVEL**

222 Armstrong Hall

Discussion-based

In this workshop, we will help you discover how dreams can become your gateway to 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 upon the teachings of Eckankar.

**Heidi Skarie** has enjoyed doing workshops at the Women & Spirituality Conference for over 12 years. She is a member of the Eckankar clergy, wife, and mother. Heidi has written books on her own past life experiences, kept a dream journal for 40 years, and is fascinated by her soul travel adventures into the other worlds.

**Stella Forsberg** is a spiritual seeker, teacher, workshop facilitator, and inspirational speaker who loves connecting with people and sharing her enthusiasm for spiritual topics.

**WRITING IN SERVICE OF MOTHER/A POETRY GATHERING**

322 Armstrong Hall

Experiential/singing/chanting/  
instrumental/drumming

Working with the concept of earth as our mother, that which sustains, nourishes, and gives us life, we will write of our planet. We will look at the work of environmental writers Meridel LeSeur, Mary Oliver, and

Gary Snyder. We will choose our element, our part of nature, to write about and explore. We will share our work, write to music, set our work to music, perform, and celebrate. Practical ideas of how to use writing and poetry in service of current issues will be discussed.

**Maureen Skelly** hosted a live poetry show on KFAL radio in Minneapolis, and has organized many large multi-arts events in the region including, "A Celebration Of The Feminine Spirit," at St. Joan of Arc Church. She is published in numerous anthologies and her work is available online.

**Susu Jeffrey** is the author of "Songs of the Gypsy Woman," and, "Everything I told You Before Was a Lie, but This is the Truth." Also a former KFAL DJ, she is an environmental writer who has worked tirelessly to preserve Cold Water Spring. She has a CD called, "Mississippi Mother."

**RESTORING THE TINGLE: WAYS TO ENHANCE SENSUAL PLEASURE  
AND WELL-BEING AS WE GET OLDER**

208 Morris Hall

Solo focus for those with partners emphasis/  
women only/experiential

Our sensuality and our sensual pleasure are important elements of our spiritual and physical well-being, but aging, hormone changes, and changing life circumstances often create an unfamiliar set of challenges to reconnecting to "the tingle." Based on the book, *The 5 Things Every Woman-of-a-Certain-Age Should Have Under Her Bed*, by presenter Fairy Godmother Terre Thomas, this workshop is about ways to enhance and enjoy your own sensual pleasure, whether you have a partner or by yourself. We'll cover information and products in a humorous, blushing-welcome way – if, why, and how to choose the best vibrator, differences in lubricants, choices in erotica and how-to's, and more. Most of the workshop focuses on individual pleasure but information, materials, and products include those to use with partners (straight and lesbian).

**Terre Thomas (Fairy Godmother)**, author of *The 5 Things Every Woman-of-a-Certain-Age Should Have Under Her Bed*, and **Jill Quednow** have been teaching Restore the Tingle workshops, sharing simple, fun, practical ways that middle-age women can enjoy more sensual pleasure since 2006.

**INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION**

(also in Session III)

311 Armstrong Hall

Instructive/story-telling/discussion

The sixth sense is a natural sense humans have and animals share. Often, the things that we write off as 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 is 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. Marilyn is active in rescue and animal related issues, and has trained dogs for 20+ years and participates in obedience, conformation, agility, and Schutzhund. She lives with dogs, birds, fish, and a cat.

**STRESS BUSTING – VITALIZING YOUR JOYS AND PASSIONS**

(also in Session I)

213 Armstrong Hall

Experiential/PowerPoint/didactical

Do you have an abundance of life force energy to participate fully in all that you care about? Or, like so many caring people, are your desires greater than your vitality? We now scientifically understand, at the causal molecular levels, how 'stress' devitalizes our system and causes most disease patterns, and most importantly, what we can do



to turn around 'current reality' and create a bright future personally and collectively. Why 'manage' stress, when you can quickly and easily 'clear' it? And why not include in your health plan the never before nutritional technology based on Nobel Prize winning research that lets you reclaim your youthful vitality for all that you love? Bring home with you the priceless, transformational daily life tools that juice you with vital energies and have your heart singing.

**Maria Turnblom** is a spiritually based, specialized applied kinesiologist, energy psychologist, and trainer-educator, who liberates people's clarity and daring for their bold next steps, in the Soul-infused wholeness and wellness of their lives. Her molecular biology research background helps her make practical applications of today's leading edge scientific breakthroughs.

**HONORING THE EARTH AND  
MAKING A DIFFERENCE IN CLIMATE CHANGE**

214 Armstrong Hall

Discussion-based

We need hope, community, and direction in a world where climate change is threatening our survival, and ritual can be a starting point in that process. An opening ritual honoring the earth will be followed by discussion exploring how we can maintain hope through working together as spiritual beings to bring about change, with emphasis on identifying what actions have the best potential for positive results. Considering different beliefs about climate change among people in our country, we will look at how telling our personal stories can open the

way for finding common ground with others, with emphasis on respectful listening and honest communication.

**Eleanor Wagner** is a political activist, author of "Lavender Reflections: Affirmations for Lesbians and Gay Men," as well as two herb cookbooks, and has taught several lesbian workshops at past Women & Spirituality Conferences. A member of Grandmothers for Peace, and active in the Citizens Climate Lobby and Cool Planet MN, she has presented workshops on "Living Beyond War," as well as adult education sessions at her church, Lyndale United Church of Christ, on peace, the environment, and political action.

**REIKI: A HEALING ART**

204 Student Union

Experiential/PowerPoint/computer-based

Reiki is an ancient Japanese healing art in which practitioners place their hands lightly on or just above an individual, with the goal of facilitating a person's own healing response. Reiki is practiced in hospitals, hospice, private practice, and in self-care all over the world as a spiritual healing art. Reiki does not cure illness, but it can have positive effects on overall well-being. Instruction will be provided on techniques for self-treatment as well as for family and friends.

**Caroline Wood** is the owner of Inspired Aging, LLC in Mankato, which provides services that address spiritual, emotional, and physical aspects of individuals as they are. She specializes in yoga therapy, aromatherapy, pet therapy, and Reiki.

SESSION III

**BEYOND BELIEF**

215 Armstrong Hall

Discussion-based

Beliefs are thoughts that you've attached to. You are not your thoughts. When you move beyond belief you are free to trust and know, and be just as you are. Open to the one in you that hears your thoughts and sees what you see and knows what is true. Gently notice what is so as you release from a grip of believing your thoughts. Experience an unconditional trust you don't need to believe but can know is true. Find the power greater than your thoughts. Hold gently what you might wish to believe, allowing it to be true, except when it is not. Perhaps you might no longer believe the thoughts that control you. There is peace and trust beyond belief.

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

**COMMUNICATING WITH OUR GUARDIAN ANGELS**

217 Armstrong 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. You don't need extraordinary psychic or intuitive skills to have a dialog with your angels. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions, and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

**Diane Anderson** is the coordinator for academic appointments and promotions and instructor in Medical Education in the College of Medicine, Mayo Clinic, Rochester, MN. She is a healing arts practitioner

and teacher whose practice includes Reiki, Energy Medicine, Qigong, and Shamanic Healing.

**TAROT SPREADS AND GAMES**

203 Student Union

Experiential

In this fun and interactive workshop, participants will be introduced to several innovative Tarot spreads and games. You are encouraged to bring your own cards and a pen for taking notes. This workshop will provide a better understanding of how to work with Tarot cards through the practice of using different spreads and games.

**Monika Antonelli** has over 20 years of experience as a Tarot reader and teacher. She is designated as a Certified Professional Tarot Reader (CPTA) by the Tarot Certification Board of America.

**Debra Sullens** is a long-time student and practitioner of the Tarot.

**CLAIM HUMANE:  
REINVENTING OUR RELATIONSHIP WITH ANIMALS**

(also in Session I)

256 Student Union

Talking circle

Many spiritual seekers believe animals have souls, are intelligent and are, without a doubt, sentient. Moving into *The Great Turning* with the ability to design our own conscious evolution begs an essential question: When we are deeply connected to spirit, can we justify using animals as utility and resource? Using the elements of *The Art of Convening*, this workshop allows for a deep and respectful inquiry into transforming our relationship with animals as we utilize the age-old talking circle. All voices are welcome.

**AmyLeo Barankovich** is committed to bringing forth a world that is just and peaceful to and for all beings. She is a lifelong animal advocate whose work has ranged from finding our spirit through dance, to facilitating the *Alternative To Violence Project* in prisons, teaching vegan cooking, and bringing forth a conversation about how our species might live into a new relationship with animals.



**COPING WITH OUR SPIRITUAL ROOTS**

(also in Session I)

**253 Student Union** **Experiential/meditation/discussion-based**  
In choosing to deepen our relationship with the Divine, we often find ourselves pushing against the framework of our childhood religious training. Exploring the arc of our relationship with the Divine allows us a sense of harmony with those internal conflicts. This guided meditation and discussion will help us recognize the pieces of our past that brought us to this place on our spiritual journey.

**Lisa Spiral Besnett** is the author of, *Manifest Divinity*. She believes that it is a human need to live in a spiritually-full world. She has been called an "Inspirational Priestess," and enjoys the opportunity to walk with others as they explore their own paths.

**THE 4TH HOUSE IN ASTROLOGY: THE WOMB OF YOUR SOUL**

(also in Session I)

**303 Armstrong Hall** **PowerPoint/computer-based**  
The 4th house describes not only our connection to our families, but our connection with all of humanity and Mother Earth. Studying your 4th house will provide you with a better understanding of your roots and your potential. Some of the things we will look at are the possible meanings of the different signs on the 4th house cusp and planets within the house. Bring your chart and discover what clan you belong to, your basic need, and what you are here to learn. Handouts provided.  
**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.

**LIVING YOUR PURPOSE**

**202 Student Union** **Experiential/discussion-based**  
This workshop is based on the best-selling 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 number one 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 and Chris Attwood as a Certified Facilitator of the Passion Test and Passion Test for Business.

**PRAYER BEADS: SPIRITUAL ART FOR TRANSFORMATION**

(also in Session I)

**213 Morris Hall** **PowerPoint/experiential/discussion-based**  
Would you like to learn the artwork and wisdom of beads and how to use them for transformation – for yourself, an intention, or the world? Did you know that the word bead means prayer? Come and enjoy a presentation on the history, the beautiful art, and the meaning and use of prayer beads and amulets. You will have the opportunity to engage with individual beads, participate in discussion, and to design your own prayer beads on paper. Come explore new paths to personal and world transformation.

**Lynn Carpenter** is an artist, teacher, presenter, and InterSpiritual Counselor, and has been assisting people with personal change and healing through many modalities, including art, for over 20 years. She is the founder of HeART Path Ministries in the Twin Cities (heartpathministries.com).

**LOVE AS INITIATION OF THE FEMININE:  
FOLLOWING ARIADNE'S THREAD THROUGH THE LABYRINTH**

(also in Session I)

**102 Morris Hall** **Formal paper/story-telling/DVD film clips/  
slides/music**

The saga of Ariadne as received from the patriarchal Greeks – in whose hands she is radically humanized, diminished to a footnote to the Hero's quest – is traced backward in time to its matrilineal origins, weaving the tale by following the clew (clue) of Ariadne's imperishable

thread – as the teleological pull of Eros – deep into the windings of her iconic symbol, the Labyrinth of Crete. Ariadne's embodiment of the transformations of the Feminine through love, the *cosmogonic* initiations of Eros, is witnessed in her story as viewed from postmodern, Greek, and matrilineal perspectives, accompanied by music, images from art, archeology, and clips of contemporary film. In these epoch shifting times, the re-emergence of her labyrinth as theatre of initiation, place of epiphany—the showing forth of the sacred—signals the return of the Goddess.

**Alexandra Cichon** is a wounded healer/researcher, actor, and psychodramatist who wrote her doctoral dissertation on the role of love in the transformation of the Feminine in Ariadne's myth. As actor-director, she is a recipient of the Joseph Jefferson Award for Performance in Chicago and in the U.K. Oxford University Dramatic Society's Best Actress Award for a collective women's performance piece she conceived and directed based on the Sumerian Goddesses Inanna and Ereskigal.

**SATURN PATTERNS –****THE FUN WAY TO USE SATURN TO IDENTIFY PATTERNS IN LIFE**

**320 Armstrong Hall** **Experiential/PowerPoint/round table**  
Fifty plus years of living, 27 years of marriage, and using astrology in their everyday lives has given this couple insights into the interesting and helpful patterns Saturn has in our everyday lives. Join them in a class that will explore your Saturn pattern. Saturn often gets a bad rap for being a hard lesson planet. This class is aimed at taking the sting out of Saturn and learning about the useful constructive side of it.

**Julie Cuccia-Watts**, a life-long artist who has traveled to Egypt twice and is the creator of four multicultural tarot decks: *The Ancestral Path Tarot* (1996), *the Blue Moon Tarot* (1998), *the Maat Tarot* (2006), and *Journey into Egypt Tarot* (2013). She has been studying tarot, astrology, and symbolism for well over 25 years and is the sole proprietor of New Moon Trading Co.

**Peter J. Watts** is an activist, artist, poet, and author of the book, "World Tree: The Metaphysical Journey of a Closet Shaman," award-winning science educator, naturalist, hunter, and master gardener. He participates in sacred hunts and fire circles. Peter has done shamanic work through dreams and dance, as well as performing healing work.

**KEEP DEATH UPON YOUR SHOULDER:  
DEATH AS A GREAT TEACHER ON LIFE**

**191 Student Union** **Story-telling/discussion-based/singing/chanting**  
Death – the one experience everyone will have, yet few will acknowledge. How can we make ourselves available to what death has to teach us about life? Through discussion, guided meditation, and journaling, we will explore our fears and hopes related to death, and how to more consciously and joyfully bring life into death and death into life. Clear and wise awareness of our death is ultimately what enlives us in the present moment.

**Charlene Elderkin** is a hospice volunteer, home funeral educator, editor/author of the anthology, *Where the Tree Falls, the Forest Rises: Stories of Death and Renewal*, and co-author of an advance funeral-planning book, *My Final Wishes*.

**Kyoko Katayama**, Ph.D., has been a psychotherapist for over 30 years. She teaches classes on mindful living and conscious dying in Minneapolis, MN. She is a poet and a writer who authored a story that appears in, *Where the Tree Falls, the Forest Rises: Stories of Death and Renewal*.

**VOCAL PLAYGROUND/YOGA OF THE VOICE**

**110 Pennington Hall** **Experiential/singing/chanting**  
In a land where the Earth and the Sky are falling in love, there is joy, there is singing! This workshop explores the voice as a spiritual path to liberation, through vocal meditation, Hindu devotional chanting, simple movement, delightful rounds and songs all taught in the oral tradition (no music to read), and some vocal exercises designed to help free your voice. There will be Yoga of the Voice practices as developed by Silvia Nakkach, author of "Free Your Voice."

**Lia Falls** is a graduate of the Vox Mundi Project, Yoga of the Voice certificate program. She has led community singing for years, and has also led workshops for personal transformation including facilitating for

Woman Within International, and peer-led Big Woods Transformational Theater. Believing there is no such thing as a person who can't sing, Lia is dedicated to creating a safe place for people to use their voices. She currently teaches Vocal Playground/Yoga of the Voice classes in MN and WI, and leads regular community song circles. She lives in Wisconsin with her husband and two children.

#### SACRED QUESTIONS FOR EVERY WOMAN

216 Armstrong Hall      Experiential/movement/dance/  
PowerPoint/computer-based

You will be provided a unique opportunity to enter into the process of self-inquiry and contemplation, crafting sacred questions (What do I want? What is true for me?), to access the wisdom that is within every woman. These questions are like keys that unlock the door to insight and inspiration. We will begin with a short overview of the practice, and then relax the body through meditation before asking the sacred questions. Then we use art and journaling for reflection and self-expression, and finally we will share, in small circles, what we discovered through this process of self-inquiry.

**Julie Gohman** is a parent educator, mother, wife, women's advocate, and is currently conducting research about women's development and feminine spirituality.

#### FOUR HUMANIST WOMEN EXPLORE RESPONSE TO RAPE CULTURE

220 Armstrong Hall      Discussion-based

As we live in a rape culture, recognized now globally, we must require of ourselves more than grief, rage, or shock. We must inspire action, however incremental, to make the changes necessary to render our communities and our world safer day by day from sexual violation. We will examine our responsibility to respond to rape culture. We come from a position, as humanists, of faith in humanity.

**Dale Handeen** is a Humanist Minister, certified by the Humanist Society of the American Humanist Association and serves Humanists of Minnesota, the local AHA Chapter, as a board member. She is a graduate of the Humanist Institute, a graduate of Macalester College, and a graduate of the Takoda Institution, a division of the American Indian OIC.

**Shirley Johnson** is a mother, grandmother, Humanist, former teacher, admitted to the Minnesota State Bar Association, retired, concerned citizen of Minnesota.

#### THE SPIRIT: ACTIVISM FOR THE SELF

(also in Session IV)

310 Armstrong Hall      Experiential/movement/dance/  
discussion-based

This workshop will focus on self-care as a feminist act and what it means to be personally sustainable. Participants will learn how becoming an activist for the spirit of the self is important in supporting a healthy body and mind, particularly as we navigate numerous roles as women, feminists, and proponents of social change.

**Tara Lampert** is an adjunct faculty member in Women's Studies for the University of Alaska, Anchorage.

#### LET'S GET WITCHY

(also in Session II)

40 (basement) Armstrong Hall      Experiential/ritual/discussion

Witches understand their connection to everyone and everything around them. Sometimes our normal, daily lives leave us feeling like our mundane activities have taken over and make us feel disconnected. This workshop will give you time to reconnect with the spiritual tools you may have forgotten about. It'll get you wanting to dust off your stuff at home, start using them again, and excited about incorporating new magical tools. You don't need to be a Witch to attend, just be someone who wants to enjoy a little 'me' time and get spiritually reconnected.

**Carol Mackel (Moon)** is a Wiccan Priestess who finds it challenging to be a mother of three, wife, high school teacher, yoga teacher, group leader, and a Witch all at one time. She has had to find ways to balance all the things that make up her daily life.

#### STORY GERMS: THE IMPORTANCE OF STORY IN OUR DAILY LIVES

102 Pennington Hall      Experiential

We all tell stories all day long. This is a way that we process our lives, and how we learn from our mistakes and our successes, and from the mistakes and successes of others. In this way, we express our spirit from a well deep within us, where our individual stories join the archetypal stories of our ancestors and give rise to the stories we will pass to our children and grandchildren. Since time immemorial, women honored and enriched each other's spirits as they shared stories while they worked, raised children, and gathered around the fire. In this workshop, we will practice various ways to invent stories, individually and in groups, and also play with words in surprising and delightful ways. No experience necessary—just the ability to concentrate and to listen carefully!

**Mairi Moon** is a midwife who moonlights as the Director of a women's choral group, WomanSpirit Singers. She holds degrees in dance, theater, nursing, and midwifery, earned in successive career paths. She has also studied on the priestess path through Diana's Grove, and designs and leads celebrations and ritual dances for life passages. Mairi leads the, "Heart of Midwifery," sessions at the annual meetings of the American College of Nurse-Midwives, including skits, singing, story-telling, and other rituals. She comes from a singing, storytelling family and it is said that she told her first story when she was two—so the story goes! She lives in Takoma Park, MD with her husband and four children.

#### SOUL GUIDANCE FROM SLEEP – INTERPRETING YOUR DREAMS

225 Armstrong Hall      Experiential/discussion-based

This workshop will provide you with exercises to help you to learn about interpreting your own dreams. During this presentation, you will also learn about the background and some history of dreams from the scientific and personal levels.

**Roberta Morgan**, B.S., has been helping people interpret their dreams for over 50 years. In recent years she has begun to teach dream interpretation to others.

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

(also in Session II)

206 Morris Hall      Discussion-based/PowerPoint

When St. Joan of Arc was 13 years old, she heard Voices that eventually inspired her to lead French soldiers against English oppression. Extensive historical documentation and subsequent writings have authenticated St. Joan's life, mission, trial, death, and rehabilitation. The presenter has combined photos and information from her two pilgrimages (2000 and 2012, to the historical and spiritual French locations where St. Joan lived and died). The presenter feels privileged to share this extraordinary experience and to discuss what "pilgrimage" means. This workshop will feature prayers, music, slides, web sites for future reference, handouts, and plenty of discussion.

**Debra Nickelson** practiced veterinary medicine in Minnesota and worked in New Jersey and Arizona before moving to Kansas City, MO to work as Product Development Manager with the Consumer Animal Product Group of PBI/Gordon Corporation.

#### CHAKRA PLAY

225 Highland North      Experiential/movement/dance/  
discussion-based/child-friendly/singing/chanting

This workshop offers participants the opportunity to mediate, dance, drum, and discuss (play) their way through seven spiritual centers of the body. These areas are often referred to as chakras.

**Christine Poortenga (Valley)**, a Wiccan High Priestess for the past 45 years, has offered this workshop at various women's gatherings in Arizona, Illinois, Michigan, and Wisconsin.

**Meredith Beckman (Marigold)** is a teacher of adult business classes in Wisconsin and co-author and co-presenter of this workshop.



**THE ONCE AND FUTURE GODDESS IN AMERICA:  
THE INFLUENCE OF THE GODDESS FROM OUR NATION'S  
FORMATIVE YEARS AND INTO THE AGE OF AQUARIUS**

(also in Session II)

314 Armstrong Hall

Lecture-based

We will consider in what role the Goddess has been instrumental in the founding of our nation and how the Divine Feminine continues to influence domestic and world affairs. Through that influence, and considering long-range trends, we will also explore some ways in which the Divine Feminine is instrumental in birthing the Aquarian Spirit in the years ahead.

**Krisztina Poyondy** 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 and psychic counseling, and offers her services for ritual requests.

**THE POWER OF SUSTAINABLE CHANGE WITH  
HIGHER BRAIN LIVING**

231 Armstrong Hall

Experiential/discussion/child-friendly

Change your brain, change your life. Higher Brain Living's gentle touch technique and 22 step system creates new neural pathways in the brain, changing its physiology. This change results in sustainable change and a life of empowerment, creativity, joy, and more. It is a dynamic, life changing way to step into your Divine Authentic Self with little effort. In this workshop, we will look at the wholeness of who we are as human beings having a spiritual experience and how this technique can give people the opportunity to step out of the unhappy routine, their robotic life, and see the possibilities that when the Light shines on and in them, these possibilities are screaming to be let go and given birth to.

**Marita Rahlenbeck** is a Standard Licensee of the Higher Brain Living® system, and a gifted Intuitive and Soul Mentor. She brings a long history of holistic, alternative wellness to her practice, incorporating a blend of energy and crystal medicine with essential oils. Her practice is currently located in the Twin Cities.

**Gabriel Braaten-Lee** is a Licensed Higher Brain Living® Facilitator and national presenter, as well as a talented filmmaker. He brings a passion and love for science, spirituality, and sacred geometry to his work. He practice is currently located in the Twin Cities.

**THE GRANDMOTHER TREE:  
CELEBRATING THE DIVINE FEMININE THROUGH MUSIC**

302 Armstrong Hall

Singing/chanting

Come join together in circle to celebrate the feminine aspect of nature/the divine/ourselves in song accompanied by harp. Experience the awakening of the heart and sense of belonging that comes with chanting songs about acceptance, inclusion, connecting with the earth, and calling on the Mother. The chants will be interspersed with inspirational readings and very brief periods of silence. Songs will include some of the presenter's original compositions that have titles such as, "Every River Flows to the Ocean," "The Grandmother Tree," "The Earth is a Pearl," and, "Call on the Mother." No singing ability required.

**Andra Riffle** sings and plays Celtic harp and guitar. She has performed her original Divine Feminine music at women's circle in Rapid City, SD since 2009.

**CIRCLE OF LIFE-SEVEN GENERATIONS OF HEALING**

(also in Session II)

114 Pennington Hall

Experiential

This workshop offers a healing experience through the continuum of seven generations, either side of the participant. Picture yourself as the center point of the infinity symbol with each loop representing seven generations of your female lineage. The past is to the left and the future to the right. All energy flows through you. All healing flows through you and affects each generation. By your actions and thoughts you can change herstory. A guided meditation will follow discussion.

**Mary Rivard (Artist Rmay)** is a pioneer of generational healing through art. Circle of Life is also an installation of 8 chairs representing seven generations of female lineage from her Eastern European heritage.

**HOW TO TALK TO YOUR ANGELS...THE EASY WAY**

222 Armstrong Hall

Discussion-based

The purpose of this workshop is to show people how easy it is to connect with their source through their angels and to allow the angels to guide them, thereby making their lives easier and more fruitful. You will learn how to connect with your angels, how to know your angels are with you, how easy it is to begin doing this, and what to look for when your angels answer 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 anyone else who requests it.

**RELEASING THE PAST AND EMBRACING THE FUTURE**

208 Armstrong Hall

Experiential

Through meditation and discussion, we will identify old wounds that keep us from achieving future goals. Through visual reproduction of these wounds (drawings, writings, photos, memorabilia), we will cut the cords that bind us to relationships or events that no longer serve us, releasing those connections on a physical level. Once the negative energy is released, we will call the positive influences into our lives and from there, we will bring the spark of future possibilities within reach.

**Ruth Souther** and **Elaine Cason** are certified Consulting Hypnotists, Shamanic Breathwork Facilitators, ordained Ministers, initiated Priestesse, and Earth-based Practitioners in the metaphysical arts in Springfield, IL.

**A SESSION IN CONSCIOUSNESS SHIFTING**

(also in Session I)

322 Armstrong Hall

Discussion-based

This workshop will look at the four major areas of the life experience: relationship with self (including the body), relationship with career and finances, personal relationships, and relationship with the Universe. The presenter will have a folder of information that will assist in uncovering the thoughts and beliefs that prevent us from having a joyful life experience. We will discover some techniques for changing those thoughts and beliefs.

**Akilah t'Zuberi** focuses on methods and techniques required in shifting consciousness, also known as the science of changing the mind. She is a metaphysician and author of two books, *The You Scriptures* and *16 Mondays For People who Hate their Jobs*. Her workplace blog focuses on the transformation of the American workplace in the context of the global shift in consciousness. She publishes a "Shift in Consciousness," Ezine and is currently working on her third book.

**INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION**

(also in Session II)

311 Armstrong Hall

Instructive/story-telling/discussion

The sixth sense is a natural sense humans have and animals share. Often, the things that we write off as 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 is 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. Marilyn is active in rescue and animal related issues, and has trained dogs for 20+ years and participates in obedience, conformation, agility, and Schutzhund. She lives with dogs, birds, fish, and a cat.



**3 STRATEGIES TO SHIFT LIFE FROM CHAOS TO CALM**

123 Student Union

Discussion-based

This workshop teaches participants the importance of reducing the chaos in their daily life by incorporating three time-tested concepts. Participants will learn the importance of "me" time, learning to say no, and reducing busy-mind syndrome. This information will be taught through stories, discussion, and practical application. You will leave with a customized action plan to propel you forward in your lives. Life is meant to be enjoyed, not tolerated.

**Christy Tryhus** is a certified life management/sales coach, a certified master trainer, and author of the book, *Live Life Beyond the Laundry*, which focuses on several strategies to shift your life from chaos to calm. Her business, Simply Balanced Coaching and Trainin, provides coaching and training to groups, business, and individuals.

**WARRIOR WOMEN YOGA**

254 Student Union

Experiential/movement/dance/  
PowerPoint/computer-based

Warrior women yoga is a series of yoga poses, mantras, and guided meditation designed to promote the empowerment of women. Topics will include communication, establishing boundaries, and practicing assertiveness. Bring your own yoga mat and wear clothing you can move in.

**Caroline Wood** is the owner of Inspired Aging, LLC in Mankato, which provides services that address spiritual, emotional, and physical aspects of individuals as they are. She specializes in yoga therapy, aromatherapy, pet therapy, and Reiki.

**SESSION IV**

**HANGING AROUND WITH TAROT'S FINEST FELLOW**

225 Armstrong Hall Discussion-based/some experiential and ritual

In this exploration of the tenth Major Arcana of the Tarot, discover a way to process change that is beneficial and creative. Find the necessary turn of the wheel in your life currently. Beginners welcomed. Please bring a tarot deck if at all possible.

**Nancy Antenucci**, is the author of "Psychic Tarot", full-time tarot reader, and teacher. She is a life-long dancer and choreographer who shifted this talent into facilitating magical space for channeling and focusing energy and taking her knowledge of tarot into the three-dimensional world of dance.

**BUDDHA BABE BREAKOUT**

(also in Session II)

110 Pennington Hall

Experiential/movement/dance

This is a life-changing workshop that incorporates three distinct elements designed to awaken your mind, body, and spirit. Personal coaching and guided visualization provide the opportunity to tune-in and pinpoint what's not working in your life. Then fun, flirty dance and simple yoga flow will free your energy, stir your senses, feed your soul, and ignite your powerful, babe-alicious self. Movement gives way to peaceful meditation where your spirit resides and your truth is honored. You will leave with a personal plan to live the life you love.

**Barbara Badolati**, B.S., holistic wellness coach, yoga-500RT, expressive movement devotee, and soul stirrer, has facilitated self-empowerment workshops for over 30 years.

**MEDI-TATTING: EXPLORING LACEMAKING AS A SPIRITUAL TOOL**

256 Student Union

Experiential

Learn how the ancient lace technique of tatting can be used as a tool of meditation and quieting your mind. The class will teach you the most basic stitches of tatting and discuss how to use lacemaking as a spiritual tool in your everyday life. Tatting is a way to connect with the past, relax, meditate, and create something beautiful.

**Dagmar Beckel-Machyckova** holds a Lacemaker Degree from the Czech School Institute of Art Manufacturing, Prague, Czech Republic. She teaches both tatting and bobbin lace.

**BIPOLAR DISORDER: SACRED HOPE FOR FAMILIES**

(also in Session II)

209 Morris Hall

Experiential/story-telling/discussion-based

People with bipolar disorder live under the stigma of the disorder and many feel the shame of living in their bipolar world. Feeling strong

under these circumstances means people breaking out of isolation and sharing their stories. Stories have power and afford people strength. Both people with bipolar disorder and support people will have the opportunity to share the stories of courage and of barriers. Additionally, participants will receive materials of strong prayers, provocative poems, and sacred wisdom writings from major world religions. You can share your reactions to stories and written materials. Handouts will be available.

**Kay Bernard** was diagnosed with bipolar disorder. Within that time, she has learned to accept her mental illness. Adding to her own journey, she has spent years counseling and coaching people with mood disorders and support people, and at the same time has conducted a major study entitled, "In God's Own Image: Bipolar Disorder and Spirituality." She earned her doctorate at United Theological Seminary in the Twin Cities.

**THE LAKE, THE BEAR, THE WIND, THE FISH, THE HUMAN BEING: HEALING THE CIRCLE OF DISCONNECT; THE TURTLE, THE WOMAN, THE MAN: UNDERSTANDING SPIRITUAL PERSPECTIVE**

255 Student Union

Experiential/discussion-based/  
story-telling/short play

This play about the circle of life of the water is intended to illustrate the disconnect that evolved between species resulting in a spiritual disconnect in the Human Being. The play, acted out by audience members, creating a self-evolved recreation of the human being's connection to the water and the circle of life and how to reconnect, thus healing that spiritual deficit. The story of the turtle teaches the issue of faith-based spirituality by teaching respect for each individual's perspective of how their faith is expressed in their day. It illustrates that trusting the "behind the scenes" relationship with Spirit creates wholeness by trusting diversity rather than from the perspective of trust derived from unified action determined by one-way, one right thing to do. This workshop is intended to teach that if we have faith in the creator, then we must also have faith in the events around us that we do not understand or that appear to be horrible at first glance.

**Mary Brown** is of mixed heritage, works professionally as a veterinarian, travels, and teaches, as well as facilitates ceremonies and storytelling from the Traditional Native American viewpoint. She also teaches and studies yoga philosophy and has done so for over 20 years.

**Margaret Behan.**

**LOVE AS INITIATION OF THE FEMININE:  
FOLLOWING ARIADNE'S THREAD THROUGH THE LABYRINTH**

(also in Session III)

102 Morris Hall

Formal paper/story-telling/DVD film clips/  
slides/music

The saga of Ariadne as received from the patriarchal Greeks – in whose hands she is radically humanized, diminished to a footnote to the Hero's quest – is traced backward in time to its matrilineal origins, weaving the tale by following the clew (clue) of Ariadne's imperishable thread – as the teleological pull of Eros – deep into the windings of her iconic symbol, the Labyrinth of Crete. Ariadne's embodiment of the transformations of the Feminine through love, the *cosmogonic* initiations of Eros, is witnessed in her story as viewed from postmodern, Greek, and matrilineal perspectives, accompanied by music, images from art, archeology, and clips of contemporary film. In these epoch shifting times, the re-emergence of her labyrinth as theatre of initiation, place of epiphany—the showing forth of the sacred—signals the return of the Goddess.

**Alexandra Cichon** is a wounded healer/researcher, actor, and psychodramatist who wrote her doctoral dissertation on the role of love in the transformation of the Feminine in Ariadne's myth. As actor-director, she is a recipient of the Joseph Jefferson Award for Performance in Chicago and in the U.K. Oxford University Dramatic Society's Best Actress Award for a collective women's performance piece she conceived and directed based on the Sumerian Goddesses Inanna and Ereskigal.

**SEER'S RITE**

(also in Session II)

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 Incan master shamans in order to raise the vibration of this planet in times 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, leader of the Shamanic Journeying, Healing, and Drumming Circle at Lake Harriet Spiritual Community in Minneapolis, and a student of Alberto Villoldo. She has received many of these transmissions directly from Incan master shamans from Peru.

**Ella Davis Suggs** is an ordained minister, practical mystic, computer trainer, and 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.

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

**LISTENING TO THE VOICE OF GOD TO ANSWER  
LIFE'S DEEPEST QUESTIONS**

(also in Session I)

214 Armstrong Hall

Discussion-based

Deep within each of us lies a roadmap to finding spiritual truth. This workshop will cover different ways that God's voice speaks to us every day and show you techniques so you can learn to listen to what that voice is saying. Come prepared with a question you would like answered. This workshop will give you the basic tools necessary to learn how to follow your own inner guidance in life.

**Linda Duncanson Miller, Arlene Forbes, and Carolyn Walsh** are longtime members of ECKANKAR. They give public presentations around the state on learning how to follow your own inner guidance in life.

Carolyn Walsh is also a longtime member of ECKANKAR and has given public presentations as well, along with being a musician and performer.

**KARMIC LOVE: SOUL MATES AND TWIN FLAMES**

(also in Session I)

234 Armstrong Hall

Discussion-based/story-telling

Have you ever met a stranger and instantly knew that you had met somewhere before? In this workshop, we will discuss karmic and past life relationship, as well as the Twin Flame phenomenon.

**Inga From** is part of the Soul Friends Healing group. She is a Reiki Master, Shamanic healer, and enjoys giving energy healing and intuitive insight to both people and animals.

**CREATE INTENT USING CLOTHING AS A TOOL**

(also in Session I)

123 Student Union

Discussion-based

We will introduce the concept of using clothing as a spiritual tool, not just as ceremonial dress, but incorporating it into everyday wear. We will use examples of persons we know whom have used clothes as a tool to transform and have incorporated this into everyday wear, as well as how we have incorporated clothing into our dress and how this has transformed us. We will share experiences and ideas about this and try on garments to experience and perceive the changes within.

**Christine Holt** and **Siobhana Holt-Thomas** have been co-creators together since 2006 as a mother-daughter team.

**EMOTIONAL MINDFULNESS IN THE EMBODIED SELF**

(also in Session I)

231 Armstrong Hall

Experiential

The explosion of research in neuroscience confirms the importance of touch and contact for human development and well-being—for regulating our emotions and our physiology. 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.

**THE ART OF FEMININE PRESENCE**

(also in Session I)

102 Pennington Hall

Experiential/meditation

This workshop will help women tap into their creative power, their feminine presence. They will learn to use their physical and energetic presence to attract any type of attention they want. Accessing feminine intuition will become easier, allowing women to flow more easily through life.

**Amy Hunt** is the owner of Authentically You LLC, a coaching business that helps people create the life they want using the Heart IQ method. She is also certified in teaching The Art of Feminine Presence, the body of work created by Rachael Jayne Groover.

**WOMEN'S VISIONARY POETRY AND SWEDEN:  
TOOLS FOR SOCIAL TRANSFORMATION**

202 Student Union

Formal paper

Come examine the genre of *women's visionary writing* as a whole, and specifically through the work of selected female, Swedish poets: Agneta Pleijel and Ingela Strandberg. As we approach women's writing from this perspective, we gain a new tool for seeing and understanding women's lived experiences. Listen to what the authors are saying in a way that considers visionary perspectives. The presenter's aim will be to approach this material, the theories, and her personal growth in a way that exemplifies the aims and methodologies paramount to the field of women's spirituality. This practice will support her conclusions



that themes of ecology and vision permeate the work of these selected poets, among many others. This workshop will attempt to link the poetic themes with that of Swedish culture as it pertains to feminist history in Sweden, Sweden's history, and Sweden's ongoing reputation for its ability to honor issues of gender in society. This work will also discuss Sweden's national tradition of ecological connectedness.

**Greta Jaeger** holds a Master's Degree in Philosophy, Religion, and Women's Spirituality from the California Institute of Integral Studies and a Bachelor's Degree in Philosophy and Women's Studies from Pacific Lutheran University. She joins us from the perspective of a feminist, a queer female, a person of Nordic and Germanic heritage, a writer, an artist, and a traveler. Greta is from Minnesota.

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

**222 Armstrong Hall**      **PowerPoint/discussion-based**  
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 PowerPoint 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 Quitnats*, 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, and she has performed this over 50 times.

#### A CALL TO POWER: THE GRANDMOTHERS SPEAK

(also in Session II)

**216 Armstrong Hall**      **Experiential/story-telling/  
meditation/discussion/child-friendly**

Finding balance in a chaotic world involves a call to power. At this time, there is a call to change and help correct the imbalance on our planet, which is the distribution of yin and yang energies. An awakening is needed for all to this energy we call "the deep feminine." In order to do this, we all need to develop an intimate connection with this Feminine aspect of creation. We must understand it, absorb it into our beings by meditative states, and learn to live more consciously, aware of its essence that power is beauty and beauty is power. We will move together, in personal relationships, with each other and the divine and pass on this wisdom to the next generations to come.

**Deborah Juberian** has a Bachelor's of Science in Psychology, and a Master's of Spiritual Healing, is a Reiki Master/Teacher, is a teacher for Reiki Blessings Academy, performs Qigong I, shamanic extractions, has received all nine Munay-Ki Rites of Passage, facilitates Healing Circles, and facilitates Grandmothers speak group in Minnesota.

**Sandy Murphy** has been a spiritual seeker for 25 years, has practiced meditation throughout these years of seeking, studying for her Reiki Master/Teacher, and performs shamanic extractions, and has received all nine Munay-Ki Rites of Passage.

#### CELEBRATING THE SEASONS:

##### AN EARTH-CENTERED APPROACH TO HOLIDAYS

**208 Armstrong Hall**      **Experiential/PowerPoint/computer-based**  
Celebrations are an ancient cultural phenomena that help define a community and shape our lives as individuals. They reflect our understanding of the world and through them we affirm our values and bring meaning to our lives. Seasonal celebrations provide opportunities to affirm earth-centered values, to find our rightful place in the cycle of life, and to revel in awe and wonder at the beauty of this world, our home. This workshop will provide a general overview of the history

of seasonal celebrations, build a case for making them central to a modern holiday regimen, and demonstrate a contemporary ritual for celebrating autumn.

**Audrey Kingstrom** is a Humanist Educator and Celebrant. She has MDiv degree from Union Theological Seminary in New York and is currently active in two local humanist organizations, First Unitarian Society of Minneapolis (FUS) and Humanists of Minnesota. For over 12 years she has coordinated the ever-popular Winter Solstice Revels at FUS and led the effort to develop celebrations for each of the four seasons.

#### ALL MY RELATIONS: LEGAL RIGHTS FOR NATURE

**303 Armstrong Hall** **Discussion-based/power-point/computer-based**  
This presentation will be an overview of how the prevailing worldview is starting to evolve from one of stratified power toward a more indigent, spiritual view of connectedness and shared power. Within the old paradigm, nature has been at the lowest level of the stratification. But now, even amidst the environmental destruction and disrespectful manner in which we humans treat air, water, earth, trees, plants, and animals, a small but hopeful movement is emerging. The movement toward Legal Rights for Nature, already recognized in the constitution of several countries, is creating a presumption that Nature's rights originate where the University originates. We will be educating participants about this exciting spiritual and legal movement and how these concepts are being promoted around the world.

**Gayle Klausner** has led workshops and facilitated groups on various topics in the areas of spirituality and the evolution of human consciousness for 30 years. Having been mentored by a Lakota Medicine Man, her orientation is influenced by Native American tradition and centers on personal empowerment.

**John Arnold** is a scientist and researcher, and is interested in climate change and the environment. He has worked for the environment and for animal rights for over 20 years.

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

**210 Morris Hall**      **Experiential**

The first step in developing psychic skills is to pay attention, and auras are an easy and fun way to begin. 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.

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

**253 Student Union**      **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. Counseling, Psychology, CMT, Reiki Master Teacher, Quantum Touch® Practitioner, Life Coach/Counselor, Laughter Yoga Leaders, InterPlay® Leader, dancer, visual artist, playful spirit seeker, and has over 20 years of experience supporting individuals and groups to heal and transform.

#### THE SPIRIT: ACTIVISM FOR THE SELF

(also in Session III)

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

This workshop will focus on self-care as a feminist act and what it means to be personally sustainable. Participants will learn how becoming an activist for the spirit of the self is important in supporting a healthy body and mind, particularly as we navigate numerous roles as women, feminists, and proponents of social change.

**Tara Lampert** is an adjunct faculty member in Women's Studies for the University of Alaska, Anchorage.



### "THINGS WE DON'T TALK ABOUT: WOMEN'S STORIES FROM THE RED TENT" FILM SCREENING

(also in Session II)

**217 Armstrong Hall** Film screening  
 "Things We Don't Talk About: Woman's Stories from the Red Tent" is a groundbreaking 72 minutes documentary film. Spontaneous and organic, a Red Tent is a red textile space where women gather to rest, renew, and often share deep and powerful stories about their lives. The Red Tent movement is changing the way that women interact and support each other by providing a place that honors and celebrates women, and by enabling open conversations about the things that women don't want to talk about in other venues. To view the trailer for the film, visit: [www.redtentmovie.com/trailer.html](http://www.redtentmovie.com/trailer.html)  
**Isadora Gabrielle Leidenfrost** is trained as a filmmaker, a textile historian, a feminist folklorist, and has created 13 films.

### CAN WE PROTECT OUR CHILDREN FROM ONLINE PREDATORS?

**211 Morris Hall** Experiential  
 When my daughter was 15 years old, she ran away from home. I didn't understand why she would do such a thing, as I had spent her entire life trying to keep the children safe. The first police officer dismissed our case concluding that it was just another 15 year-old acting out; the second police officer wondered how my sister and I knew to be at the Chicago bus depot 14 hours later. How could I explain Divine Intervention? My faith helped me locate my daughter. My faith helped me endure the year of legal fall-out that followed. My faith helps me today to keep putting one foot in front of another. With sharing my story, I want to empower other women to take charge of their lives as well and not feel ashamed by what has taken place in their lives.  
**Jeanette Lukowski** is a college teacher, writer, and single mother of two teenagers. She has a BA from the University of Minnesota, an MA from St. Cloud State, and an MFA from Goddard College. She was divorced when the children were two and four years old, and accomplished all of these things post-divorce.

### TRANSFORMATIVE ACTIVISM

(also in Session II)

**205 Armstrong Hall** Formal paper/discussion-based  
 How do we become reliant on those we oppose? How do we see opposition as a necessity for our own spiritual growth? Returning to the notion of re-sacralization, the presenter will delve deeper into how spiritual feminists understand the interdependence of the sacred self and the sacred other. Rather than positioning themselves as antagonistic towards those they disagree with politically, creative spiritual feminists build upon a foundation of shared humanity and strive for dialogue and transformation. In our contemporary conflict-ridden world, feminists are developing models of activism that allow for healing and forgiveness as key steps towards long-lasting transformation.  
**Claudie Moutray** is a Ph.D. student in Women's Spirituality at the California Institute of Integral Studies. Her concentration is eco-feminist, feminist philosophy, and activism.

### STORIES AND SOUNDS OF CHILDBIRTH

(also in Session I)

**314 Armstrong Hall** Experiential/story-telling/singing/chanting  
 Childbirth is a significant experience in the lives of women worldwide. There are stories, chants, and songs that have helped women understand the deep significance of pregnancy and birth. By accessing her inner self, a woman accesses the spirit of her child. The vibration of the mother's voice surrounds the unborn baby forging a spiritual bond. Stories will be told from times past and from different cultures to evoke the universal nature of birth. Modern day chants and chants from Native American women will be taught and sung. The group will be led in a creative process of making a birth chant of your own.  
**Paula Murphy** started her midwifery training at the Santa Cruz Birth Center, California, and for the last 20 years she has been practicing midwifery at Gundersen Lutheran Medical Center, La Crosse, WI. She is a member of the Bluff Country Storytellers Guild, singer with the UW-La Crosse Chorale Union, and a world traveler.

### THE BLESSING OF ANIMAL COMPANIONS

**206 Morris Hall** Experiential/singing/ritual/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 that 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. Participants are encouraged to bring a photo, toy, or other symbol of their special animal companion.  
**Debra Nickelson** practiced veterinary medicine in Minnesota and worked in New Jersey and Arizona before moving to Kansas City, MO to work as Product Development Manager with the Consumer Animal Product Group of PBI/Gordon Corporation.

### ASTROLOGY OF 2013-14: BRIDGING THE CHANGING ERA

**211 Armstrong Hall** Interactive lecture  
 Our world is changing—a map helps. 2012-2015 brings a time of external wild adjustment and internal exploration as chaotic Uranus in Aries and transformative Pluto in Capricorn complete unsettling, era-changing squares, while Neptune in Pisces calls us out of certainty and into a spiritually-connected life. We'll look at the rhythm, mythology, and meaning of these major astrological aspects, explore our own lives and current events for examples, then brainstorm empowered, constructive ways to rid the waves and direct the changes.  
**Heather Roan Robbins**, choice-oriented Astrologer, Intuitive, and Ceremonialist with 30+ years of experience in NM, ND, MN, and NYC, writes Starcodes; astrology by day, not sign, for WeMoon Calendar and SacredPathcenter.com.

### HABITS OF SUCCESSFUL RELATIONSHIPS

(also in Session II)

**213 Morris Hall** Informational based sharing with discussion/activities  
 The presenters see committed relationships as a path to world peace because it is one of the most natural and effective ways to grow one's soul. We will explore evolving research from the fields of neuroscience and relationship studies that give us clear direction on what we need to learn to better get along with each other and expand what appears to be our limitless potential as human beings.  
**Artis Salemo**, M. Ed, and **Steven Freund**, M.S., M.F.T., are a relationship teaching and coaching team interested in sharing their knowledge of current relationship research and how it applies to seeing relationships as life's primary spiritual path. They draw their ideas from many sources, but are also certified Prepare/Enrich coaches and Gottman Seven Principles Program Educators.

### THE MAGIC OF CO-CREATION

**201 Student Union** Discussion-based  
 To do big things in the world, we need both individual empowerment and skilled collaboration with others. How do we find the source of our true power-from-within, our creative and healing power? What blocks us from being empowered, effective, courageous people, and how do we overcome those obstacles? And too often, when we join with others who share our ideals and visions, we founder on the rocks of conflict. How do we learn to co-create joyfully and effectively? Drawing on the insights from Goddess spirituality, magic and permaculture in her latest book, *The Empowerment Manual*, **Starhawk** will guide us in a journey to explore our individual and collective sources of power and explore ways we can structure our groups to navigate conflict and learn to truly support and strengthen one another. We will use the tools of magic, meditation, trance, storytelling, and ritual to empower ourselves individually and as a community. We'll raise and focus group energy in ritual to celebrate our connectedness and nurture our resilient communities.  
**Starhawk**, see page 1 (keynote) for bio.

**ANIMAL COMMUNICATION EXPERIENCE (GUIDED VISUALIZATION)**

311 Armstrong Hall

Experiential/meditative

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

**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. Marilyn is active in rescue and animal related issues, and has trained dogs for 20+ years and participates in obedience, conformation, agility, and Schutzhund. She lives with dogs, birds, fish, and a cat.

**YOGA-NIDRA**

114 Pennington Hall

Experiential/discussion-based/  
PowerPoint/computer-based

Yoga-Nidra is a style of yoga in which practitioners achieve a sleep-like state, while maintaining consciousness. Attendees will learn a brief history, the theories behind this practice, the scientific research that supports those theories, as well as the benefits of regular Yoga-Nidra practice. Participants will need to dress comfortably and bring their own yoga mat, pillows, and blankets.

**Caroline Wood** is the owner of Inspired Aging, LLC in Mankato, which provides services that address spiritual, emotional, and physical aspects of individuals as they are. She specializes in yoga therapy, aromatherapy, pet therapy, and Reiki.

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.

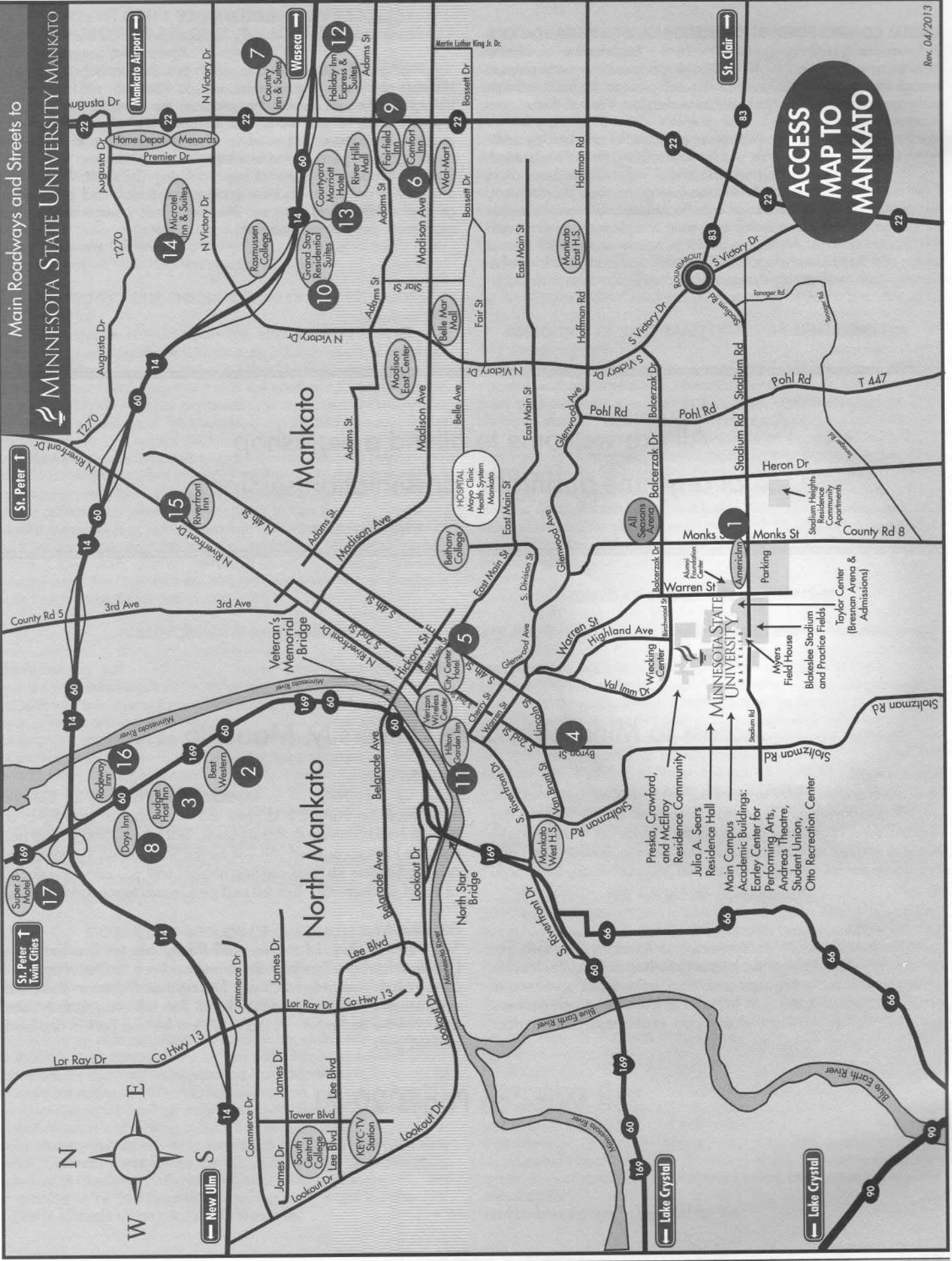
**From the East:**

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.

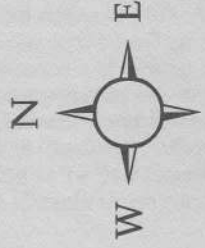
**From the West:**

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 20-21



ACCESS  
MAP TO  
MANKATO





**BUILDING KEY**

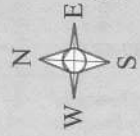
AF	Alumni Foundation Center	TC	Taylor Center
AH	Armstrong Hall	TE	Trafon Science Center E
CC	Caroski Commons	TN	Trafon Science Center N
CR	Crawford Residence Community	TR	Trafon Science Center S
FH	Ford Hall	UP	Utility Plant
GP	Generator Plant	WC	Wrecking Center
HC	Highland Center	WA	Wigley Administration Center
HN	Highland Center N	WH	Wissink Hall
JS	Julia A. Sears Residence Hall Community	MS	Morse-Schmitz Plaza
MC	McTroy Residence Community	OS	Ostrander Student Bell Tower
MF	Myers Field House	PA	Panoray Center for Performing Arts
ML	Memorial Library	PS	Margaret R. Preska Residence Community
NH	Nelson Hall	RE	Center of Renewal Energy (CORE)
PA	Panoray Center for Performing Arts	SU	Centennial Student Union
PH	PH Center for Performing Arts	SH	Stadium Heights Residence Community

Contact: "The Campus Hub"  
507-399-1866 (V), 800-722-0544 (V) or 800-627-3529 or 711 (MRS./TTY) www.msu.edu

**CAMPUS MAP**



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



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

# Conference Information and Services

Past keynote speakers have included: Jeanne Audrey Powers and Alla Bozarth-Campbell; Rita Gross; Maureen Fielder; Rosemary Radford Ruether; Charlotte Black Elk; Valerie Russell; Judith Plaskow; Carter Heyward; Luisah Teish; Neola 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; and Andrea Smith.

**MEALS:** Jazzman's, in the Student Union, will be open on Saturday at 8:30 A.M., and Sunday at 8:00 A.M. The Grille, serving coffee, muffins, sweet bread, bagels, scones and donuts will be open Saturday at 8:30 A.M., and Sunday at 8:00 A.M. There will be a Saturday night buffet at a cost of \$17.00. Please see the Dinner Registration form. Lunch may also be purchased at the Carkoski Commons dorm cafeteria for around \$6 per person. **NO REFUND** of dinner cost after two weeks prior to the conference.

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

Pastas and sauces  
Vege Lasagna  
Tossed Salad  
Breadsticks  
Carrot Cake  
Lemonade, Ice Water, Coffee (decaf)

*Gluten Free Meals by special request only –  
please indicate on your registration form.*

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

**EMERGENCY MESSAGES** can be relayed during the Conference by calling MSU Security (507) 389-2111.

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

- 1) Americinn Motel & Suites - 507-345-8011/1-800-634-3444, 240 Stadium Road \$109.99-2 night stay; \$129.99-1 night, (Women & Spirit Conf)
- 2) \*Best Western Hotel - 507-625-9333, Hwy. 169 N., \$86.99 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 \$107.00 (Women & Spirituality)
- 6) \*Comfort Inn - 507-388-5107/1-800-221-2222, 131 Apache Place, \$94.00 (Women & Spirituality)
- 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/\$112.99 (W&S)
- 13) \*Courtyard Marriott - 507-345-1234, 901 Raintree Road \$129.99 QQ/\$109.99 King
- 14) Microtel Inn & Suites - 507-388-2318, 200 St. Andrews Drive \$65.00 + tax (W&S)
- 15) Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- 16) Rodeway Inn - 507-345-8800, 111 W. Lind Court \$59.95 to \$69.95 (W&S)
- 17) \*Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. \$78.88, (W&S)

## Surrounding Areas

Americinn - St. Peter 507-931-6554/1-800-634-3444  
Konsbruck Hotel - St. Peter 612-483-6771  
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  
Minnesota 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 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/F.**

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

**SCHOLARSHIPS:** If the sliding scale conference registration fee is still prohibitive, we offer the following options:

- Apply for a scholarship for conference registration by contacting us at (507) 389-2077 no later than September 15. 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 15. 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 anywhere on campus or 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@msu.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

Preregistrations 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 \_\_\_\_\_ **if double last name, please circle or highlight name you want registration filed under.**

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**

- \$60 General (includes keynote)
- \$35 Minimum Income, Student or Sr. (age 60)
- \$15 Ages 9 - 17
- \$ 5 Keynote only (name tag required)
- \$17 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 \$4.5 for one day and \$6.5 for both days, per child.  
**Deadline: September 24**

Day(s) Needed:  Saturday, October 12  Sunday, October 13

Children's Names and Ages: \_\_\_\_\_

Emergency Contact/Pager # \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Special Needs: \_\_\_\_\_

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

**FOR THOSE REGISTERING FOR CREDIT/CEU**

You must pay the conference registration fee **in addition** to tuition fees or you must be approved for a conference scholarship. Current Minnesota State Mankato students must register on-line. If you have not been accepted to Minnesota State Mankato, you must contact the Office of Admissions 507-389-1822 for an application. This must be processed along with a university admission fee before you can receive credit. After notification of admission acceptance, register 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 SCENTS:** Please note that we discourage the use of perfumes, colognes and other scents at the conference so that all who wish to participate may enjoy the weekend. For many people, this is a matter of being able to breathe.

2014 Tentative Conference Dates -- TBA



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

NON-PROFIT ORGN.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 202  
MANKATO, MN 56001

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

**Minnesota State University, Mankato**  
**Saturday and Sunday, October 12 and October 13, 2013**  
Registration Check-In begins Saturday 9:00 A.M.

***"WOMEN'S HIDDEN HISTORIES: GODDESSES,  
WITCHES, HAGS, AND WILD WOMEN"***

**Keynote Speaker: Starhawk**

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

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

A member of the Minnesota State Colleges and Universities System and an Affirmative Action/Equal Opportunity University.  
Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Department of Gender & Women's Studies at 507-389-2077 (V),  
800-627-3529 or 711 (MRS./TTY) at least five days prior to the event. This document is available in alternative format to individuals with disabilities by calling the above numbers. WMNS01BR0713