

33rd Annual WOMEN & SPIRITUALITY CONFERENCE

Join us on Facebook <https://www.facebook.com/womenandspirit>

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.

2014 Keynote Speaker



The keynote speaker this year is **Layli Maparyan, PhD.** She is the Katherine Stone Kaufmann '67 Executive Director of the Wellesley Centers for Women and Professor of Africana Studies at Wellesley College. She has served as a Fulbright Specialist at the University of Liberia as well as a Contemplative Practice Fellow of the Center for Contemplative Mind in Society. Her past civic engagements include the National Center for Civil and Human Rights, where she led the Women's Initiative, the University Consortium for Liberia, which she chaired, and Foreverfamily, for whom she served as national board member and chair of the research committee. A graduate of Spelman College, Layli earned an M.S. in psychology from Penn State and a Ph.D. in Psychology from Temple University. In addition to over 30 journal articles and book chapters, Layli has published two groundbreaking works in the field of womanist studies, namely, *The Womanist Reader* (Routledge, 2006) and *The Womanist Idea* (Routledge, 2012).

Schedule

Saturday, October 11, 2014

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 12, 2014

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 2014 Planning Committee:

Amy Anderson, Coordinator
Sammie Hedwall, Co-Coordinator
Amy Anderson, Course Instructor
Cindy Veldhuisen, Business Manager
Jocelyn Stitt, Chair of Gender and Women's Studies
Janalea Hoffman, Opening/Closing Ceremonies

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

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

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



MINNESOTA STATE UNIVERSITY MANKATO

SMUDGING, BLESSING, AND CREATING SACRED SPACE

Armstrong Hall 219

Discussion-based/ritual/worship

Everything in the universe is composed of energy. Each person, place, or thing has its own unique 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 theme altars which will create a focus for your wellness intentions.

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

THE POWER OF STORYTELLING: STORIES MOVE IN CIRCLES*Also in Session II*

Armstrong Hall 315

Storytelling/discussion-based

We believe telling your story is both empowering and life enhancing. After the presenters share their experiences, participants will be guided through a writing exercise to choose a life experience to focus on and share in small group circles. By participants exploring and sharing their life stories, they validate and give meaning to their life experiences. With encouragement, these stories will be told someday in personal journals, verbally for the next generation, in a memoir, or even as a documentary film.

Angela Andrist is an award-winning independent filmmaker, founder of Whole Journey Productions, and a writer.

Barbara Moffett is a life coach to highly sensitive people (HSPs), founder of Real Life coaching, and a writer.

THE RISING SIGN: UNDERSTANDING YOUR POINT OF VIEW

Armstrong Hall 303

Discussion-based/power-point/computer-based

Have you ever wondered why your family and friends view life from a different perspective than you? We all have our own lens in which we view the world, which can be analyzed by examining the ascendant or rising sign of your chart. This lens affects every area of your life. In this workshop, we will discuss all 12 rising signs and their meanings. Bring your chart, if you have one. Handouts will be provided.

Sally Blumenfeld, the "Drumming Astrologer," has studied astrology for more than 35 years. She is an astrological counselor, teacher, writer, and former president of STARS, the MN chapter of the National Council of Geocosmic Research.

PSYCHIC PLAYGROUND*Also in Session III*

Centennial Student Union 253

Experiential

This workshop is designed, through the use of intuitive exercises, to assist others in discovering how their intuition works through and within them. Come experience a fun and lighthearted energy, this is after all, a playground, and people learn best when having fun and mixing multisensory experiences into learning. The class is designed to incorporate information about intuition with exercises and practices to open the student's energy body and allow their unique intuitive expression to come forward.

Anne Brady is a healer, psychic, Reiki Master, and coach. She is certified as a hypnotherapist, and PSYCH K practitioner. Anne has trained with The Ritberger Institute in Hermetic Science and Medical Intuition, and currently studies with Sonia Choquette with 25 years of experience as a healer. She works as a Shamanic Practitioner and uses a multidisciplinary approach, along with a connection to the Divine guidance system, to create a healing process that is unique to each client.

STOP SEEKING THE DIVINE: BE A GROWN WOMAN AND INVITE YOURSELF IN FOR GOD'S SAKE

Armstrong Hall 233

Experiential/discussion-based

According to Patanjali, we are the Divine, we just forgot. This discussion intends to open the door to our right to be not only both (Isvara and a piece of Isvara that is in this material world but not of it) at the same time, but actually a third being, The Observer, by presenting the idea that once we invite the divine in, there is no need to continue to seek it, or to behave as if it is too special for us to enjoy, or to disappear in its presence. We are the presence of The Presence.

Mary Brown is in her fifties, of mixed heritage, a scholar, and a veterinarian who is now a writer. She travels, is a teacher, as well as facilitates ceremony and storytelling from the Traditional Native American viewpoint. She also teaches and studies Yoga philosophy and has done so for over 20 years.

LIVING YOUR PURPOSE*Also in Session II*

Centennial Student Union 202

Experiential/discussion-based

This workshop is based on the bestselling book, *The Passion Test: The Effortless Path to Your Life's Purpose*, written by Janet Bray Atwood and Chris Atwood. This simple yet powerful system is known as the #1 process being used all over the world to help people discover and live their passions. Statistics show that only 20% of working Americans are living their passions, the others are simply going through the motions, rather than living a life of joy and purpose. The Passion Test is a systematic process for helping people discover their passions and true calling in life.

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

FAIRY 101*Also in Session III*

Armstrong Hall 208

Experiential/story-telling/child-friendly

Come get information about the appearance, personalities, and intentions of our fairy friends and sing a fairy tale ballade. Listen to personal stories about experiences with the fairy realm and observe a fairy reading. Imagine a world with fairy guidance and healing.

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

CONNECTING TO YOUR SOUL'S LIGHT: A FIVE STEP PROCESS*Also in Session III*

Armstrong Hall 317

Experiential

This workshop will share a five step process to use each morning that will help people begin their day with an increased sense of connection to the Wisdom of their Soul. The five steps are simple and do not require a lot of time, however, the benefit will be noticed within the first week. This process will help you shift your conscious understanding of the power of your mind and the control you have over the creation of your daily life. It will also help improve your physical health.

Maggie Chula is a spiritual counselor and teacher. She has used her connection to her Soul's Wisdom to help people learn how to be in conscious communication with their Soul Wisdom and interpret the language of their Soul.

SACRED TRANSFORMATIONAL MUSIC*Also in Session III***Morris Hall 103****Experiential**

This workshop is an opportunity to experience music as vibrational medicine. Crystal bowls and acoustic instruments are combined to create relaxation, stillness, and energy flow. This allows for greater brain wave activity to reprogram past injuries and bring healing to the physical, emotional, mental, and spiritual aspects of our being.

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

JOURNEY INTO EGYPT TAROT: THE PIP CARDS (NUMBERED CARDS)**Armstrong Hall 320****Experiential/power-point/round table/art exhibit**

This workshop is aimed at people with or without prior knowledge of Tarot. Pip cards are the meat of a reading, they are the action cards. If courts are the "who," pips are the "how" and "why" of the reading. Come for a journey into Egypt and get a new perspective on the pip cards and their unique ability to add the details of the situation of a reading. Get the in-depth, first hand insights into the presenter's latest creation, *The Journey into Egypt Tarot*.

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

ACCESSING THE UNCONSCIOUS THROUGH TOUCH: THE IMPORTANCE OF HUMAN CONNECTION AS A HEALING TOOL**Centennial Student Union 254****Experiential**

Besides fight/flight and freeze, there is a whole physiological system in the body which facilitates human connection, bonding, calm, nourishment, restoration, peace, and healing. Bodywork stimulates this connection of the body, mind, spirit, and emotions, and taps the hormones of love, peace, and connection that are hard-wired into human beings. 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. In this workshop, we will present some of the new research in neuroscience confirming the importance of human connection, and of understanding human connection as a biological system in the body. It will demonstrate how gentle touch like Rosen Method Bodywork can stimulate this powerful healing system in the body. Rosen Method uses receptive touch and verbal dialogue to assist people in opening long, forgotten experiences and emotions, and to release unconscious limiting beliefs.

Susan Dunhaupt, MS, is a member of ABMP, and RMPA, and practices in Northfield where she is a psychotherapist and Rosen Method Bodywork intern. She obtained her M.S. in Community Counseling from Mankato State University, and her B.S. in Psychology from Marymount Collect in Saline, KS. She studied Rosen Method through the Rosen in the Heartland. Susan believes that Rosen Method bodywork brings an important vitality, aliveness, and connection to essence, which deeply aids the healing process.

Eric Wickiser, MS, is a member of ABMP, and RMPA, and is a Rosen Method intern with training through Rosen in the Heartland. He obtained a M.S. degree in engineering from the University of St. Thomas and after 40 years of engineering and management consulting skills to companies across the US, sought deeper ways of connecting to himself and others. He is also trained in Joanna Macy's, "Awakening The Dreamer, Changing The Dream," and is an advocate for making the earth a much better place for great-grandchildren. He believes Rosen Method helps let go of beliefs that hold us back while relaxing body and mind.

WRITING YOUR LIFE – TELLING YOUR STORY*Also in Session II***Armstrong Hall 205****Discussion with writing exercises**

Everyone has a story inside, but because of cultural pressures, most come out as history. In this workshop, we are going to discuss and explore herstory. We'll talk about writing women's stories, finding a voice for our inner selves, and combating the self-doubt that plagues most women. We'll do a couple of writing exercises to discover our blocks and work to open our literary floodgates. We'll wrap up by discussing how to reclaim our voice and our power through publishing these stories.

Seal Dwyer is a teacher, publisher, student, learner, singer, and a speaker. She has a degree in women's studies, has been a book publisher for 17 years, and is now pursuing a master's in marriage and family therapy. She lives in St. Cloud.

LISTENING TO THE VOICE OF GOD TO ANSWER LIFE'S DEEPEST QUESTIONS**Armstrong Hall 123****Discussion-based**

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

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

TAROT TALK FOR THE VERY BEGINNER**Armstrong Hall 202****Power-point/computer-based**

Tarot is a well-known word with little-known meaning. Come explore the very basics of Tarot. You will be introduced to the history of Tarot, find out what it is, and share some beginning steps to reading the cards.

Jessica Hebert, owner/operator of Intu Tarot and Wellness, specializes in Reiki healing and intuitive Tarot readings. Her lifelong interest in the supernatural and spirituality guided her to this path eight years ago.

POETRY PRAYER BOOK**Morris Hall 101****Experiential**

In a fun and moving workshop, prompted by guided reflections, poetry grab-bag, and group shares, each participant creates a poetry Prayer Book celebrating their daily life. Limited supplies are available, but participants are asked to bring their own paper/journals and favorite pens/pencils. All are invited to share poetry at an open stage hosted at the Coffee Hag, Oct. 11 at 7:00 pm.

Esther Hoffmann has experienced healing and empowerment through the spoken word, is a poet, and has led writing groups for children and adults, and poetry workshops for survivors of violence and "at-risk" teens since 2001. She was born a Virgo-Libra cusp with a Sagittarius moon.

CREATE INTENT IN YOUR LIFE USING CLOTHING AS A TOOL*Also in Session IV*

Centennial Student Union 204

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 some 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.

WHAT I THINK IS WHAT I AM: HOW GETTING CLEAR ON YOUR THOUGHTS, FEELINGS, AND BELIEFS IS THE KEY TO TRANSFORMING YOUR LIFE*Also in Session IV*

Armstrong Hall 102

Discussion-based

Thought is our primary creative force. Yet this magnificent, fundamental process goes overlooked and underdeveloped. Harnessing the power of Thought is the first step in creating goals that succeed, dreams that become reality, and a life that matters. We will explore the potential for transformation through observation, inquiry, and mastery of Thought.

Jackie Jeffery is a joy catalyst, trained life coach, writer, speaker, and an enthusiastic dedicated student of life. She believes in listening to the wisdom within and it is her life's purpose to support those who want to live life by the teaching of their own hearts.

THE APPARITIONS OF MARY, A CLOSER LOOK

Armstrong Hall 215

Lecture/discussion-based/guided visualization

This workshop will examine Marian apparitions within a socioeconomic context: the 1531 Guadalupe apparition's continuing impact on marginalized people and the continuing political controversy surrounding the Fatima apparitions of 1917. Special emphasis is placed on more recent apparitions in Medjugorja and Japan, and their possible implications for world peace and ecological safety. We will conclude with an active imagination visualization and group sharing of personal insights.

Carol Julian has a lifelong interest in Marian apparitions and world religions and has M.A. in Psychology East-West.

THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS

Morris Hall 209

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

TIMELINE SHIFTING

Armstrong Hall 211

Experiential

Timeline Shifting can help people get out of a stuck-state and start realizing their goals and dreams. How one personally experiences the flow of time influences: 1) being stuck in the past, weighed down by past events; 2) seeing a positive future/or no future at all; 3) the ability to plan ahead

or learn from the past; or, 4) the inability to stay present. Participants will have the NLP (Neuro Linguistic Programming) Timeline Shift demonstrated to them and then will try it in pairs. NLP focuses on the submodality processes that happen in our brain to create emotions about remembered or imagined experiences, not the content of the experiences themselves. Come learn to control your internal processing and acquire more choices in relating to memories, the present, and imagined futures.

Patricia Linehan, Ph.D. in Educational Psychology, currently teaches for SMSU, and has a Master's Certification in Neuro Linguistic Programming.

Sarah Johnson has a B.A. in Psychology and is a graduate student in Counseling at MSU/M.

SPRING FOREST QIGONG*Also in Session III*

Pennington Hall 114

Experiential/movement/dance/discussion-based

Qigong (chee gong) is easy to learn and can be helpful in managing and reducing stress. Both physical and emotional problems can be addressed. Overall enhancement of quality of life is the ultimate goal! Come practice the techniques of Spring Forest Qigong to become healthier and happier. Increased health can be accomplished through practice of easy to learn movements and meditations.

Char Lusher is a Certified Level I, Level II Spring Forest Qigong instructor, and Level I Master Healer.

LET'S GET WITCHY*Also in Session IV*

Centennial Student Union 245

Experiential/ritual/discussion-based

"There's a little Witch in all of us," and she needs to come out and play! This workshop will give you that needed play time. You will use magical tools you may have forgotten about, as well as learn about some new ones. It'll get you wanting to dust off your stuff at home and start using them again. You don't need to be a self-proclaimed Witch to attend, just someone who wants to enjoy a little playful, 'me' time.

Carol Mackel (Moon) is a mother of three, wife, high school teacher, yoga teacher, group leader, and a Wiccan Priestess. Connecting with and empowering other women is one of her favorite things to do.

PLAYING THE ENERGY™

Pennington Hall 110

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, 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.

RITE AMONG THE ROCKS: CONNECTING TO THE CELTIC WHEEL OF THE YEAR AND THE ENERGY PATTERNS OF STONEHENGE*Also in Session III*

Armstrong Hall 308

Ritual/experiential/discussion-based

This workshop introduces the participant to the Celtic Wheel of the Year and discusses components of the Earth's cycles and elements. Living in resonance with this cyclical flow results in personal balance and a holistic understanding that all things are connected. The energy pattern of

Stonehenge will be discussed and introduced as a grounding component to personal and group meditation. Ultimately, the group will participate in a ritual that honors the earth cycles and brings our spiritual and physical worlds into balance.

Kristin McHale, DNP, RN, teaches nursing theory and has accompanied many groups to England and Scotland studying ancient healing practices. She is the owner of New Moon Journeys through which she creates opportunities for groups and individuals to travel to mystical and mysterious locations in Great Britain.

Cynthia Severson, MA, RN, has her Master's Degree in Transcultural Nursing, with a focus on alternative ways of healing. She has traveled to England to learn about the earth's healing energies found there and is trained in Reiki healing.

CHAKRAS 101

Morris Hall 213

Experiential

This class will teach the basics of Chakras, Sanskrit for wheel, or vortex of light, that is in every person. It is designed to help you understand the seven major chakras, the chakra system, and how they work with you physically and spiritually. There will be a guided meditation going into the Root Chakra and how it looks to you. You will then have an opportunity to draw what your Root Chakra looks like.

Karen McNamara has been a spiritual healer for over ten years. Her passion is to help people on the sacred path. She is certified in the art of energy healing, as well as trained in guided meditation, life coaching, and counseling, along with many other spiritual aspects of life. Karen became an ordained minister in April of 2012.

DRUMMING THROUGH THE CHAKRAS

Also in Session IV

Armstrong Hall 311

Experiential/singing/chanting/instrumental/drumming

Drumming through the chakras is a workshop that creates community thought drumming, chanting, and movement, while focusing on each chakra and the color and energy it evokes. Come discuss the relationship of drumming and chakra energy, learn the four basic tar (frame drum) strokes, and drum and chant as we entrain with one another and clear our chakras.

Linda Melcher and **Rachel Nelson**, drum superior, are trained health RHYTHEMS facilitators. Linda, EdD, has studied hand drumming for over seven years, facilitates drum circles, and provides soundscapes for theater productions. Her passion is working in circles to create a sense of community and connection. Rachel, MA, studied frame drumming with Layne Redmond, who inspired her to teach in the circle using glen Velez' Handance teaching method. She has taught frame drum classes in St. Paul, Two Harbors, White Bear Lake Alternative School, and the Women's Drum Center. Rachel uses drums and other instruments to create soundscapes and accompany herself in music concerts and her one-woman story/theater musicals.

VENERABLE WOMEN: WORTHY OF LOVE, HONOR & RESPECT

Also in Session II

Morris Hall 208

Experiential/discussion-based/power-point/computer-based

This experiential workshop is for spiritually awake women who know they are here to manifest a kind and loving world. Discover and explore the 27 Venerable Attitudes, known as the V-Attitudes™, which support women on their journey to live the lives they secretly dream of living. Women are most effective at transforming the world when their own world is aligned and on track. Receive a fresh inspiration and concrete, practical tools for living the life of a Venerable Woman.

Dawn Morningstar is the founder of Venerable Women, master certified life coach, author, and former radio talk show host. She knows she is here to remind, inspire, and support women to live their highest and best lives and is committed to practicing that herself.

Dianne Moore joyfully applies her skills and experience as an executive coach and communication connoisseur. She has a passion for helping others show up in their lives in positive playful ways.

THE MYSTIC WITHIN

Also in Session II

Morris Hall 210

Experiential/story-telling/discussion-based/roundtable/singing/changing

Every sacred tradition has mystics who describe a shared experience of communion with the divine and have demonstrated a wide variety of lived expression of this connection in the world. There is a mystic within each one of us. How do we deepen this knowing and release barriers to accessing our essential nature? Utilizing movement, music, spiritual practice, discussion, and reflection we will create an opportunity to more fully explore this Center Within.

Michele Rae is the founder of The Center Within and practices expressing her mystic self in the world through transformational coaching, teachings, writing, healing, and leading. She delights in building community, capacity, and connections during this transformative time in human history.

FROM STRESSFUL SURVIVING TO RESILIENT THRIVING

Also in Session II

Centennial Student Union 201

Experiential/movement/group sharing

Here's the new emerging eco-spiritual leadership model – we are happy, healthy beings with plenty of youthful vitality for making our soulful contribution – and for pure pleasure in the wholeness of our lives. Want to join that Revolution? Come to understand: 1) how "common sense" and good self-care fails us in today's extreme toxic stressful world, wastes our time, and money; and, 2) the pivotal, simple changes we can easily incorporate into our new upgraded lifestyle which support stress resilience and thriving. Life is too precious and fleeting to be anything but energetic and joyful. Go home with a strong jump start for the new you, and the practical leading edge tools to continue your discovery and transformation.

Maria Turnblom, Change Making for Real, utilizes revolutionary science and wellness innovations, high quality kinesiology, and spiritually-based energy modalities to liberate her clients' health, vitality, daring, and life purpose. Besides teaching lay and professional people the skill sets necessary for psycho-spiritual healing and customized optimal self-care, she also teaches UM medical students the causal nature of disease and health, and the neuron-muscular assessment tool of specialized applied kinesiology.

ENHANCE YOUR SPIRITUAL LIFE THROUGH GROUNDING MEDITATION

Also in Session IV

Armstrong Hall 305

Meditation/discussion-based

Come learn how your own spirituality can be deepened through the practice of Grounding Meditation, what that is, and how to do it. You will learn the benefits of meditation and why it is useful to incorporate a spiritual practice in your daily life. We will discuss other methods for deepening our spiritual connection with ourselves and how these methods provide us with quality self-care, which is the foundation for mind, body, and spirit health. We will also discuss self-care methods as a group.

Kristen Wernecke is a non-denominational minister of healing who has been practicing massage therapy and energy healing since 1990, and teaching Grounding Meditation for the last nine years. She has recently published the book, *Choosing Conscious Health for a Vibrant Life*, which is a culmination of her 23 years of experience in helping people heal and prevent disease in all areas of mind, body, and spirit.

TRUTH AND AUTHENTICITY

Armstrong Hall 225

Discussion based

We know our behavior is authentic when we can consistently say *what we mean, do what we say, and say what's so when it's so*. When we summon the courage to risk telling the truth about who we are and are not. When we can tell the truth without blame or judgment to our own selves and all others, our words can be in harmony with our actions, and wisdom and authenticity emerge. The great opportunity and challenge of the second half of life may be to find and live our authentic life; when all that is false strips away and truth and trust emerge. Listen and be listened to as we explore truth, trust, and truth telling as ways of an authentic life.

Carol Anderson, after 30 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*.

THE POWER OF STORYTELLING: STORIES MOVE IN CIRCLES

Also in Session I

Armstrong Hall 315

Storytelling/discussion-based

We believe telling your story is both empowering and life enhancing. After the presenters share their experiences, participants will be guided through a writing exercise to choose a life experience to focus on and share in small group circles. By participants exploring and sharing their life stories, they validate and give meaning to their life experiences. With encouragement, these stories will be told someday in personal journals, verbally for the next generation, in a memoir, or even as a documentary film.

Angela Andrist is an award-winning independent filmmaker, founder of Whole Journey Productions, and a writer.

Barbara Moffett is a life coach to highly sensitive people (HSPs), founder of Real Life coaching, and a writer.

TAROT AND THE MYSTERY OF DEATH

Centennial Student Union 255

Experiential/ritualistic theatre

Using the tarot as a springboard into the Creative Unknown, we dive into the 13th card of the Major Arcana – Death. We will explore the Death card through the 5 stages and the cycle of Death and Resurrection. All experiences warmly invited and challenged. Bring your own tarot desk if possible.

Nancy Antenucci is a seasoned reader, teacher, and author in the Twin Cities and the Tarot world at large for over 25 years. She returns for this conference annually as she teaches various aspects of the system of Tarot cards through the walk of the Major Arcana.

DAILY PRACTICE SUCKS

Also in Session III

Centennial Student Union 254

Discussion-based/experiential

In this workshop, we will engage in a guided meditation, followed by a discussion on how we are helped and hindered in our spiritual journeys by our spiritual history. To make progress in our spiritual journey, we need to come to terms with our spiritual past. We need to become aware of the baggage we choose to carry. We need to explore our biases and find ways to move beyond them. As an author of spirituality-based books, I recommend daily practice, along with most spiritual systems. However, 30 plus years of experience has taught me it's not always easy. If you are interested in establishing a daily practice, or if you are not happy with the one you are doing, this is the workshop for you.

Lisa Spiral Besnett is the author of *Manifest Divinity* and *When Gods Come Knocking*. She's been involved in spiritual exploration all her life, and in the Twin Cities pagan community since the early 80's. She enjoys interfaith work and hospital chaplaincy.

Ember Blackwell is a solitary practitioner, a story teller, and a dog mom. She works from home and welcomes opportunities to share spiritual experiences and practices with other open-hearted people.

FINDING YOUR SOUL COMPANION

Armstrong Hall 233

Experiential/journaling

Have you ever wondered if you have guides, teachers, or angels helping you each day. How do you connect to your Soul Companion? Using guided journaling, you will find your Soul Companion by connecting with colors, stones, art, astrology, and nature through words and drawings. You will be able to continue using the methods from this workshop to connect to your special beings.

Sally Blumenfeld, the "Drumming Astrologer," has studied astrology for more than 35 years. She is an astrological counselor, teacher, writer, and former president of STARS, the MN chapter of the National Council of Geocosmic Research. Sally is an avid bead, textile, and fiber artist, creating pieces that come from her Soul.

Linda Melcher leads workshops and facilitates circles providing a safe space for individuals to delve deeply into their soul's desire. She is a Reiki master, practices Spring Forest Qigong, Tai Chi, and is an avid bead artist whose creations have been displayed in art galleries in the Twin Cities.

LIVING YOUR PURPOSE

Also in Session I

Centennial Student Union 202

Experiential/discussion-based

This workshop is based on the bestselling book, *The Passion Test: The Effortless Path to Your Life's Purpose*, written by Janet Bray Attwood and Chris Attwood. This simple yet powerful system is known as the #1 process being used all over the world to help people discover and live their passions. Statistics show that only 20% of working Americans are living their passions, the others are simply going through the motions, rather than living a life of joy and purpose. The Passion Test is a systematic process for helping people discover their passions and true calling in life.

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

MTRIARCHY IN MINOAN CRETE: A PERSPECTIVE FROM ARCHAEOLOGY AND MODERN MATRIARCHAL STUDIES

Also in Session IV

Armstrong Hall 317

Formal paper

Ancient Crete evokes for many the image of a highly sophisticated civilization: peaceful, artistic, and refined; a society in which women were highly visible and important, and the supreme deity was a Goddess. Yet despite the fact that authorities acknowledge that women played a major role in the Minoan society, and the preeminent Minoan deity was female, there is a gap in the scholarly literature regarding the role of women and matriarchy in Minoan Crete. In this workshop, we will discuss the results of the presenter's dissertation in which using the latest archaeological finds, and the emergent fields of archaeomythology and modern matriarchal studies, she makes a compelling case for a matriarchal Bronze Age Crete based on the definition of matriarchy offered by Heidi Goettner-Abendroth.

Joan Chichon is a retired history professor and reference librarian. She recently received her Ph.D. from the California Institute of Integral Studies in Philosophy and Religion with an emphasis in Women's Spirituality.

WRITING YOUR LIFE – TELLING YOUR STORY*Also in Session I*

Armstrong Hall 205

Discussion with writing exercises

Everyone has a story inside, but because of cultural pressures, most come out as history. In this workshop, we are going to discuss and explore herstory. We'll talk about writing women's stories, finding a voice for our inner selves, and combating the self-doubt that plagues most women. We'll do a couple of writing exercises to discover our blocks and work to open our literary floodgates. We'll wrap up by discussing how to reclaim our voice and our power through publishing these stories.

Seal Dwyer is a teacher, publisher, student, learner, singer, and a speaker. She has a degree in women's studies, has been a book publisher for 17 years, and is now pursuing a master's in marriage and family therapy. She lives in St. Cloud.

BEYOND MEDITATION: CHANTING TO CONNECT WITH DIVINE LIGHT AND SOUND

Armstrong Hall 222

Discussion/experiential/chanting

In this workshop, we will offer tools to aid you on your spiritual journey. Chanting is a dynamic way to connect with the Divine Light and Sound to actively expand your awareness and overcome fear. Learn how to chant and listen to the melody that connects all life with divine love. You will experience more wisdom and peace. The ideas discussed are based on the teachings of Eckankar.

Laura Ely has been doing workshops at the Women & Spirituality Conference for nine years. She is an Eckankar cleric, a business owner, writer, and a long time seeker of spiritual truth.

Cheryl Seese is an Eckankar cleric, wife, mother, and nature lover. She enjoys teaching others how to have direct, personal experiences with the Light and Sound of God/the Divine. For many years Laura and Cheryl have chanted for personal spiritual discovery, balance, and to tune into the Divine Sound Current that supports all life.

INTRODUCTION TO HEALING TOUCH*Also in Session IV*

Armstrong Hall 123

Computer presentation/experiential/child-friendly

This workshop is an introduction to the practice of Healing Touch, which is an energy therapy used to balance physical, mental, emotional, and spiritual well-being. Participants will learn the history of Healing Touch, examine the chakra system, and participate in exercises used to open and balance chakras.

Bridget Galeigh is a Registered Nurse and a Practitioner Apprentice in the Healing Touch International program.

Mary Staiger is a Massage Therapist and a Practitioner Apprentice in the Healing Touch International program.

SACRED QUESTIONS FOR EVERY MOTHER*Also in Session III*

Armstrong Hall 220

Formal paper/experiential/power-point/computer-based

This workshop will highlight new empirical research about how women embrace motherhood. It includes information about how motherhood affects a woman's development, how it is a catalyst for personal growth and transformation, and what motherhood shares in common with feminine spirituality.

Julie Gohman graduated in June of 2014 with her Ph.D. in Psychology. Her new book, *10 Sacred Questions for Every Woman*, has just been published. She lives in Minnesota with her family.

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

Centennial Student Union 245 – session II

Centennial Student Union 255 – session IV

Singing/experiential/chanting

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

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

CELEBRATING JUDY CHICAGO AND 50 YEARS OF FEMINIST ART

Centennial Student Union 204

Interactive discussion/power-point/computer talk/child friendly

Feminist artist, Judy Chicago, is celebrating her 75th birthday and 50 years of creating feminist art, including The Dinner Party, now on permanent display at the Brooklyn Museum. We will highlight the spiritual aspects of the Dinner Party. This media presentation will include a retrospect of Judy's major art themes from current exhibitions, including the 50 year retrospect at Penn State University where Hawthorne attended the spring Symposium on Judy Chicago and Feminist Art Education. We will introduce this curriculum, which is available free online. Hawthorne studied with Judy from 1975 – 1976. Presenters have followed Chicago's work since then. We will update attendees on major developments regarding the preservation of Chicago's work and legacy.

Terri Berthiaume Hawthorne, educator and scholar, M.S. Women Studies, Minnesota State University at Mankato, BA Women Studies and Media Communication, Metropolitan State University, has taught Women's Studies as adjunct graduate faculty at the University of Minnesota and for the MN State University system since 1988. She is a long time media producer and community activist, and co-author of, "Stars In Your Bones," and, "The Many Faces of the Great Mother." Terri is the matriarch in a family of 25.

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 of the St Paul School District, the mother of five 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 the co-author and illustrator of, "Many Faces of the Great Mother." Diane is a mother and favorite Aunt of many.

JOURNALING FOR SPIRITUAL PEACE IN EVERYDAY LIFE

Armstrong Hall 217

Discussion-based/power-point/computer-based

This workshop will include discussion, lecture, and learning how to journal, finding your personal signs, and validation. By sharing personal experiences, you will find fulfillment by recognizing life's greater good, will help you make better decisions, stay on a divine path, and look at life in a more positive manner, finding inner peace on your own journey.

Elaine Hemann-Felton is an Angel Therapy Practitioner, certified by Doreen Virtue, certified in Angel De-Coding by Maria Peth, and certified in Integrated Energy Therapy by Marie Peterson.

HOW TO USE THE NATIVE AMERICAN FLUTE AS A MEDITATIVE TOOL

Armstrong Hall 208
Experiential

In this workshop you will learn how to play the Native American scale to create soulful melodies. It is one of the easiest instruments to learn. Each participant will have a loaner flute to play. The participant will be taught the Native way of creating melodies from the heart. It is wonderful for self-expression and has many therapeutic benefits. Taught by a music therapist, this session is non-threatening and a lot of fun. Come and explore your inner musician. No musical ability is needed.

Janalea Hoffman is a music therapist in private practice specializing in music, wellness, and spirituality through music. She has written a book, *Rhythmic Medicine, Music With A Purpose*, and published fourteen therapeutic music CD's that are used in hospitals.

ORBS AND OTHER WORLDLY EXPRESSIONS OF LIGHT

Armstrong Hall 305
Discussion-based/child-friendly/story-telling/pictures

Evidence of how the, "Expressions of The Light," shows us they are working in our lives today for projects of empowerment for humanity. How, "Orbs and Otherworldly Expressions of the Light," can bring greater clarity to one's path, purpose or even work on this planet, their various energies can awaken, empower, and transform our lives. As our worlds become busier and busier, due to the times, it feels as if there is no time to slow down and be still, to meditate to acclimate to our purpose. These Orb and Otherworldly Expressions, present even in pictures, are a way to receive a download energetically by the angels and beyond, just by looking and meditating with them. For those who have not already opened themselves to these dimensions of divination, the energy will reach you on some level. For ones who are already awake and empowered, the energies of the Orbs and Otherworldly Expressions can feed your spiritual desire to know more energetically. Bring your own pictures of Orbs or experiences you have had to share.

Deborah Juberian has a Bachelor's of Science in psychology, a Master's in spiritual healing, is a Reiki master/teacher, performs Qigong I, Shamanic extractions, and has received all nine Munay Ki Rites of passage. She facilitates healing Circles and a Grandmother Speaks group in Minnesota. To date, she is studying with Cinnamon Moon, a Medicine Woman, through the Spirit Lodge.

Valerie Curtis has a 25-year history in the Metaphysical arts, beginning with a near-death-experience and has studied Para-Psychology and Energetic healing. She is a Natural Tough/Reiki Master, a member of the Grandmother Speaks Group, and has received all nine Munay Ki Rites of passage. She studied Edgar Cayce's Healing remedies and participated in classes at the A.R.E. She is a Psychic Intuitive, does Shamanic work, Ghostbusting/clearings, etc. Bio-Mat Technology is a recent healing modality she is using at this conference to express another form of healing. Valerie is also a promoter and owns her own Natural Healing & Psychic Expo, currently held twice each year in Mankato. She also organizes a Women's Spiritual Retreat twice each year.

MINDFULNESS, RELATIONSHIPS, & CONFLICT RESOLUTION

Armstrong Hall 211
Experiential/discussion-based

"Death is certain. The time of death is not. What should you be thinking about?" Mindfulness is a living quality of life, not meant just for the meditation cushion. Our degree of mindfulness impacts relationships daily. In the heat of the moment, we've all had words leap out of our mouths that we wish we could pull back. But, we can increase our degree of mindfulness. Come learn how to practice mindfulness even in the heat of conflict with two simple NLP (Neuro Linguistic Programming) techniques so you can discuss difficult topics with finesse and well...insightfulness. Now that's worth thinking about.

Patricia Linehan, Ph.D. in Educational Psychology, currently teaches for SMSU, and has a Master's Certification in Neuro Linguistic Programming.

Sarah Johnson has a B.A. in Psychology and is a graduate student in Counseling at MSU, M.

EXPERIENCE PEACE THROUGH REIKI AND MEDITATION

Also in Session IV
Armstrong Hall 302
Experiential

This presentation will offer a deeper understanding of the practice of Reiki. We will lead a group experience in some of the traditional Japanese Reiki techniques including Gassho Meditation, the Reiki Precepts, and guided meditations. Reiki is a gentle yet powerful system of energy-based healing and self-development. Practitioners of Reiki utilize meditation and non-invasive light touch to restore harmony and balance to themselves and others. The Reiki System facilitates the body's natural healing response, promoting an overall sense of well-being.

Ginny Mackles, is a Counselor, Life Coach, and Reiki Master, teaching and practicing Reiki since the mid-1980's. Ginny's journey with Reiki includes studying Reiki's origins in Japan. She is a Reiki Master in Usui Shiki Ryoho (Takata style), Shihan of Komyo Reiki, Reiki Master of Gendai Reiki, and Shihan-kaku of Jikiden Reiki. She is an award winning author of, "The Reiki Journey: Guided Meditations for Mindful Living," CD.

VENERABLE WOMEN: WORTHY OF LOVE, HONOR & RESPECT

Also in Session I
Morris Hall 208
Experiential/discussion-based/power-point/computer-based

This experiential workshop is for spiritually awake women who know they are here to manifest a kind and loving world. Discover and explore the 27 Venerable Attitudes, known as the V-Attitudes™, which support women on their journey to live the lives they secretly dream of living. Women are most effective at transforming the world when their own world is aligned and on track. Receive a fresh inspiration and concrete, practical tools for living the life of a Venerable Woman.

Dawn Morningstar is the founder of Venerable Women, master certified life coach, author, and former radio talk show host. She knows she is here to remind, inspire, and support women to live their highest and best lives and is committed to practicing that herself.

Dianne Moore joyfully applies her skills and experience as an executive coach and communication connoisseur. She has a passion for helping others show up in their lives in positive playful ways.

TAPPING INTO THE LOVE/BELIEF SYSTEM OF THE MIND

Also in Session IV
Centennial Student Union 253
Experiential

"Tapping into the Love/Belief System," uses the powerful techniques of hypnosis to provide a direct and instant benefit to all participants. We will focus on self-love, that special state of bliss, and everyone's right to personal freedom. Come experience this guided meditational trance that will make you feel spiritually re-centered, refreshed, and rejuvenated!

Jean Mueller is a certified Hypnosis Practitioner and is a graduate from a state licensed school that certifies people in persuasion and relaxation fields of study. Her continued education is focused on Social Psychology and the Philosophy of God, Knowledge, and the Conscious Mind.

MỹTrần Choi is the designer and owner of *paperthickink.com*, who uses self-hypnosis for all aspects of her life. Mỹ believes successfully using hypnosis fosters overall well-being and nurtures the soul.

THE MYSTIC WITHIN*Also in Session I*

Morris Hall 210

Experiential/story-telling/discussion-based/roundtable/singing/
changing

Every sacred tradition has mystics who describe a shared experience of communion with the divine and have demonstrated a wide variety of lived expression of this connection in the world. There is a mystic within each one of us. How do we deepen this knowing and release barriers to accessing our essential nature? Utilizing movement, music, spiritual practice, discussion, and reflection we will create an opportunity to more fully explore this Center Within.

Michele Rae is the founder of The Center Within and practices expressing her mystic self in the world through transformational coaching, teachings, writing, healing, and leading. She delights in building community, capacity, and connections during this transformative time in human history.

"FOUND" INSPIRATION: POETRY-WRITING

Armstrong Hall 311

Experiential

This hands-on poetry writing workshop will present information and ideas for writing poetry based on "found" inspiration such as journals, dreams, photos, memories, nature, and other rich but often overlooked sources.

Lindy Obach is a teacher and poet with recent publications in the *Blue Bear Review*, *605 Magazine*, the *South Dakota Review*, and *Midwestern Gothic*. She finds poetry in almost anything: her students, abandoned farmhouses, the prairie, or interactions with others, and she takes Joseph Joubert's view of poetry: "You will find poetry nowhere unless you bring some of it with you."

Marcella Remund teaches writing at the University of South Dakota. She has published poems, short stories, plays, essays, and interviews. She has a poetry chapbook, *Small Religions*, and a full-length collection of poems, *Finger Bones and Other Relics*. She finds inspiration everywhere, especially in the smallest rituals of everyday life.

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*

Armstrong Hall 316

Discussion-based

We will consider in what role the Goddess has been instrumental in the founding of our nations 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 MA in Religious Studies, has been an educator in the public and private sectors, has served as an associate pastor in an alternative spiritual community, presented in varied venues, provides spiritual and psychic counseling, and offers her services for ritual requests.

HABITS OF SUCCESSFUL RELATIONSHIPS*Also in Session IV*

Armstrong Hall 310

Power-point/computer-based

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. In this presentation, 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 relationship

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

Armstrong Hall 304

Discussion-based

We will help you discover how dreams can become your gateway into viewing yourself and your experiences from Soul's perspective. Dreams can lead you to your past lives or into the higher worlds of God/the Divine via Soul Travel. These ideas will be discussed based upon the teachings of Eckankar.

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

Heidi Skarie has enjoyed doing workshops at the Women & Spirituality Conference for over 12 years. She is a member of the Eckankar clergy, wife, mother, and 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.

INTRODUCTION TO ANIMAL/INTERSPECIAL COMMUNICATION

Armstrong Hall 202

Experiential

The sixth sense is a natural sense humans have, and animals share. Often the things that we write off to coincidence are really our underdeveloped sixth sense at work. We each have a natural ability to communicate using thoughts, images, feelings, or words through the use of telepathy. Telepathy is the communication of feelings (pathos) over distance (tele). All living beings are wired to send and receive messages to one another in this way. When an old friend who has been on your mind calls "out of the Blue," it's not just a coincidence. In reality, there's an ancient language at work. One we and our animal companions have in common.

Marilyn Tokach is a compassionate empathy, 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 and Master's studies in psychology and business administration, complement her work with people and animals. Active in rescue and animal related issues, Marilyn has trained dogs for 20+ years and participates in obedience, conformation, agility, and Schutzhund. She lives with dogs, birds, fish, and a cat.

FROM STRESSFUL SURVIVING TO RESILIENT THRIVING*Also in Session I*

Centennial Student Union 201

Experiential/movement/group sharing

Here's the new emerging eco-spiritual leadership model – we are happy, healthy beings with plenty of youthful vitality for making our soulful contribution – and for pure pleasure in the wholeness of our lives. Want to join that Revolution? Come to understand: 1) how "common sense" and good self-care fails us in today's extreme toxic stressful world, wastes our time, and money; and, 2) the pivotal, simple changes we can easily incorporate into our new upgraded lifestyle which support stress resilience and thriving. Life is too precious and fleeting to be anything but energetic and joyful. Go home with a strong jump start for the new you, and the practical leading edge tools to continue your discovery and transformation.

Maria Turnblom, Change Making for Real, utilizes revolutionary science and wellness innovations, high quality kinesiology, and spiritually-based energy modalities to liberate her clients' health, vitality, daring, and life purpose. Besides teaching lay and professional people the skill sets necessary for psycho-spiritual healing and customized optimal self-care, she also teaches UM medical students the causal nature of disease and health, and the neuron-muscular assessment tool of specialized applied kinesiology.

KARMIC LOVE: SOUL MATES & TWIN FLAMES

Armstrong Hall 325

Discussion-based

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

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

SEEKING BALANCE AND SPIRITUALITY IN NATURE

Centennial Student Union 203

Experiential/computer-based

Create a sense of guardianship and foster a deeper relationship with the Earth. Learn several practical techniques for finding, healing, and balance from the Earth.

Larry Wade is a naturalist, teacher, and writer. He has actively been involved in creating energetic connections with the earth for 35 years.

ASCENSION SOUND CONVERGENCE*Also in Session IV*

Armstrong Hall 101

Singing/chanting

I transmit sound that rises the vibration of the receivers facilitating ability to more fully embrace self and the human experience. Opening the heart and quieting the mind to receive more of ones highest potential; creating room to own who, and what, one is becoming.

Shandi Wolfe-Weaver is a shamanic "vibrational translator," or sound medium, working with off planet light beings since 1977. Her service to humanity is facilitating personal empowerment by re-awakening divine memory to reclaim ones divine birthright, supporting DNA reconfiguration, facilitate health on all levels of being, and ultimately, assist those ready for ascension.

SESSION III

GENTLE PATH TO CONSCIOUSNESS

Armstrong Hall 225

Discussion-based

Just notice without judgment or action, gently allow, accept, and trust. Explore a gentle way to shift your life through a gentle practice of noticing. Simple and undemanding, I watch this practice change lives without expectation, demand, judgment, blame, or pressure. Explore how something so gentle and allowing can shift the way you engage with others, how you experience pain and joy, how you find what is true in you, and release the pressure of time and expectation.

Carol Anderson, after 30 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

Armstrong Hall 219

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 experience an angel attunement, 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, Mayo Clinic College of Medicine, Rochester, MN. She is a healing arts practitioner and teacher whose practice includes Reiki, Energy Medicine, Qigong, and Shamanic healing.

MODERN DAY PRIESTESS OF THE GODDESS

Armstrong Hall 202

Experiential/ritual/worship

If the planet is going to survive and heal, then women must live up to their potential and participate as leaders. In particular, the world needs women to reclaim the archetype and title of Priestess. In the first part of the workshop, discover what it means to live and serve as a Priestess of the Goddess. In the second half, attendees will experience the blessings of connecting to the Goddess in sacred ceremony.

Monika Antonelli, in 2003, while on a spiritual quest in Glastonbury, England, she began her journey to become a Priestess. At her ordination in 2014, she dedicated herself to the service of the Great Mother Goddess.

Deb Sullens is a practicing Wiccan for over 40 years. She strives to find the connection to the Goddess in her everyday life.

WHAT MAKES YOU SO STRONG, WOMAN?*Also in Session IV*

Morris Hall 210

Story-telling/discussion-based

Women with bipolar disorder and women who love and support them reach deep into their well of spirit, hope, and endurance to establish and enhance their quality of life. In my doctoral thesis entitled, "Bipolar Disorder and Spirituality," 100 people with bipolar disorder and their support people wrote of their struggles and strengths and their "well." Their wisdom is worth listening to. Each participant will have the opportunity to tell their gifts of strength as well as hear other people's stories. Barriers will also be addressed and connections will be made. Our "wells" of spirit, hope, and endurance will be celebrated.

Kay Bernard holds two Master's degrees and received her Doctorate from United Theological Seminary of the Twin Cities, an ecumenical seminary. She received her diagnosis of bipolar disorder over 20 years ago. A few years later, the diagnosis of general anxiety was added. She believes looking at ourselves as "strong" instead of "sick" gives us power and dependable self-esteem. Kay has spent decades counseling, coaching, giving presentations to large and small groups, and consulting with organizations and corporations. She also works in the area of sexual assault.

DAILY PRACTICE SUCKS*Also in Session II***Centennial Student Union 254**

Discussion/experiential

In this workshop, we will engage in a guided meditation, followed by a discussion on how we are helped and hindered in our spiritual journeys by our spiritual history. To make progress in our spiritual journey, we need to come to terms with our spiritual past. We need to become aware of the baggage we choose to carry. We need to explore our biases and find ways to move beyond them. As an author of spirituality-based books, I recommend daily practice, along with most spiritual systems. However, 30 plus years of experience has taught me it's not always easy. If you are interested in establishing a daily practice, or if you are not happy with the one you are doing, this is the workshop for you.

Lisa Spiral Besnett is the author of *Manifest Divinity* and *When Gods Come Knocking*. She's been involved in spiritual exploration all her life, and in the Twin Cities pagan community since the early 80's. She enjoys interfaith work and hospital chaplaincy.

Ember Blackwell is a solitary practitioner, a story teller, and a dog mom. She works from home and welcomes opportunities to share spiritual experiences and practices with other open-hearted people.

PSYCHIC PLAYGROUND*Also in Session I***Centennial Student Union 253**

Experiential

This workshop is designed, through the use of intuitive exercises, to assist others in discovering how their intuition works through and within them. Come experience a fun and lighthearted energy, this is after all, a playground, and people learn best when having fun and mixing multisensory experiences into learning. The class is designed to incorporate information about intuition with exercises and practices to open the student's energy body and allow their unique intuitive expression to come forward.

Anne Brady is a healer, psychic, Reiki Master, and coach. She is certified as a hypnotherapist, and PSYCH K practitioner. Anne has trained with The Ritberger Institute in Hermetic Science and Medical Intuition, and currently studies with Sonia Choquette with 25 years of experience as a healer. She works as a Shamanic Practitioner and uses a multidisciplinary approach, along with a connection to the Divine guidance system, to create a healing process that is unique to each client.

FAIRY 101*Also in Session I***Armstrong Hall 208**

Experiential/story-telling/child-friendly

Come get information about the appearance, personalities, and intentions of our fairy friends and sing a fairy tale ballade. Listen to personal stories about experiences with the fairy realm and observe a fairy reading. Imagine a world with fairy guidance and healing.

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

CONNECTING TO YOUR SOUL'S LIGHT: A FIVE STEP PROCESS*Also in Session I***Armstrong Hall 317**

Experiential

This workshop will share a five step process to use each morning that will help people begin their day with an increased sense of connection to the Wisdom of their Soul. The five steps are simple and do not require a lot of time, however, the benefit will be noticed within the first week. This

process will help you shift your conscious understanding of the power of your mind and the control you have over the creation of your daily life. It will also help improve your physical health.

Maggie Chula is a spiritual counselor and teacher. She has used her connection to her Soul's Wisdom to help people learn how to be in conscious communication with their Soul Wisdom and interpret the Language of their Soul.

SACRED TRANSFORMATIONAL MUSIC*Also in Session I***Morris Hall 103**

Experiential

This workshop is an opportunity to experience music as vibrational medicine. Crystal bowls and acoustic instruments are combined to create relaxation, stillness, and energy flow. This allows for greater brain wave activity to reprogram past injuries and bring healing to the physical, emotional, mental, and spiritual aspects of our being.

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

JOURNEY INTO EGYPT TAROT – THE COURT CARDS**Armstrong Hall 320**

Experiential/power-point/round table

This workshop is aimed at people with or without prior knowledge of Tarot. Court cards can be the most difficult cards to read because they usually indicate people in a reading. Come for a journey into Egypt and get a new perspective on the court cards and their creation The Journey into Egypt Tarot.

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

SOUND HEALING WITH TIBETAN SINGING BOWLS**Centennial Student Union 255**

Experiential/story-telling/meditation/singing/chanting/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 ourselves and others.

Frank DiCristina is a Lineage Teacher from the Atma Buti (Soul Medicine) Sound and Vibrational School. This healing comes through the traditional clan knowledge practiced in the Himalayas. In addition, he has trained with multiple mentors and has traveled to Nepal to further his training in this field. Frank is a certified Building Biologist, Reiki/Healing Touch Practitioner, Natural Crystal Way Practitioner, Ordained in the Order of Melchizedek, as well as a Dowser.

ISHTA DEVATA – ATTUNE TO THE DIVINE*Also in Session IV*

Armstrong Hall 215

Experiential/discussion-based/singing/chanting/ritual

Yoga teaches that there is one divine source of the universe. However, our human minds often struggle to attune to her in abstract form. In this workshop, you will learn yogic techniques to help you put a face on your perception of the Divine (Ishta Devata) and attune to her. We will discuss ideas for a home practice that might include setting up an altar, singing, chanting, or dancing in honor of one's Ishta. All faith traditions welcome.

Gracia Gimse McKinley (Swami Vidyanda) is an ordained Swami in the Kriya Yoga Lineage. She is the founder and guiding teacher of One Spirit Center for Sacred Study in Northfield, MN.

SACRED QUESTIONS FOR EVERY MOTHER*Also in Session II*

Armstrong Hall 220

Formal paper/experiential/power-point/computer-based

This workshop will highlight new empirical research about how women embrace motherhood. It includes information about how motherhood affects a woman's development, how it is a catalyst for personal growth and transformation, and what motherhood shares in common with feminine spirituality.

Julie Gohman graduated in June of 2014 with her Ph.D. in Psychology. Her new book, *10 Sacred Questions for Every Woman*, has just been published. She lives in Minnesota with her family.

USING TECHNOLOGY TO AMPLIFY THE SPIRITUAL JOURNEY

Centennial Student Union 245

Experiential/discussion-based

Recent developments in technology show us that science and spirituality aren't as unrelated as we once thought. In this workshop, Tracy Jo Hamilton and Emily Eaton will provide an overview of spiritual technology, with a focus on the BodySound® Chaise. They will explain how BodySound technology is based in brain science, and uses sound and vibration to support spiritual growth. They will also provide an opportunity for participants to experience the BodySound Chaise themselves.

Tracy Jo Hamilton is a Certified Ontological Master Coach, trainer, and facilitator specializing in effective change and transition with 15+ years experience. Tracy Jo uses powerful methodology and BodySound technology to help clients mine their own deep spiritual growth for lifetime happiness and achievement.

Emily Eaton is a researcher, writer, designer, and entrepreneur. She is currently researching and writing a book about how technology can help us thrive again after traumatic loss, and she uses BodySound technology in her design practice to help entrepreneurs connect with their soul to make intuitive business decisions.

Tracy Jo Hamilton and Emily Eaton are partners in Sound Mind Services and are founding members of the Global Institute of Spiritual Technology.

LAUGHING WITH OURSELVES AND OTHERS – INTENTIONAL LAUGHTER

Armstrong Hall 123

Lecture/discussion-based/experiential

Hearty group laughter has many benefits for a modern person. It can reduce stress, boost happiness, increase health, reinforce creativity, release blocked emotions, and even make us look younger. Join us for laughter, play, and deep breathing. We will integrate laughter into a variety of short scenarios, speak gibbersih, sing, clap, breathe, and relax. Loose, comfortable clothing and readiness to play will enhance your experience.

Dianne Hansen, BSN, MA Nursing, Ph.D., AHN-BC, is a Certified Laughter Yoga Leader and holistic nurse with LiveWell Health LLC, in St. Paul, MN. In addition to providing hands-on care and coaching, Dr. Hansen teaches university-level nursing courses, and leads seminars, workshops, and groups locally and nationally.

UNDERSTANDING THE UNIVERSE USING ANCIENT MAYAN SPIRITUALITY*Also in Session IV*

Armstrong Hall 303

Story-telling/power-point/computer-based

This workshop will start with a historical overview of the origin of the Mayan calendar and different cultures involved in the beginning, historical parallels to other cultures in the world, and how the Mayan calendar influenced development of a society and culture. We will learn how to reconnect with your own ancestral energies in the universe and how to continue the learning experience and apply it to our lives.

Gina Kingsley was trained by a shaman many decades ago in the Mayan calendar, graduated as a computer programmer and analyst, has some studies of Mayan archaeology at St. Paul Hamline University, and was adviser to the MN Science Museum in the Mayan exhibit in 2013. She has been offering seminars at different universities of Minnesota.

SPRING FOREST QIGONG*Also in Session I*

Pennington Hall 114

Experiential/movement/dance/discussion-based

Qigong (chee gong) is easy to learn and can be helpful in managing and reducing stress. Both physical and emotional problems can be addressed. Overall enhancement of quality of life is the ultimate goal! Come practice the techniques of Spring Forest Qigong to become healthier and happier. Increased health can be accomplished through practice of easy to learn movements and meditations.

Char Lusher is a Certified Level I, Level II Spring Forest Qigong instructor, and Level I Master Healer.

ENHANCE YOUR LIFE THROUGH MINDFUL LIVING

Armstrong Hall 302

Discussion-based/power-point

Mindfulness is the art of paying attention to our current moment experience. By becoming mindful, we learn to respond to our circumstances rather than react to them. The purpose of this workshop is to offer participants a deeper understanding of the benefits of mindful living, while providing experiential opportunities that can be utilized in everyday life.

Ginny Mackles, Therapeutic Counselor, Life Coach, and Reiki Teacher, offers private sessions in SW Twin Cities in-person and anywhere via phone and Skype. Award winning author of, "The Reiki Journey: Guided Meditations for Mindful Living," CD.

RIUAL AMONG THE ROCKS: CONNECTING TO THE CELTIC WHEEL OF THE YEAR AND THE ENERGY PATTERNS OF STONEHENGE*Also in Session I*

Armstrong Hall 308

Ritual/experiential/discussion-based

This workshop introduces the participant to the Celtic Wheel of the Year and discusses components of the Earth's cycles and elements. Living in resonance with this cyclical flow results in personal balance and a holistic understanding that all things are connected. The energy pattern of Stonehenge will be discussed and introduced as a grounding component to personal and group meditation. Ultimately, the group will participate in a ritual that honors the earth cycles and brings our spiritual and physical worlds into balance.

Kristin McHale, DNP, RN, teaches nursing theory and has accompanied many groups to England and Scotland studying ancient healing practices. She is the owner of New Moon Journeys through which she creates opportunities for groups and individuals to travel to mystical and mysterious locations in Great Britain.

Cynthia Severson, MA, RN, has her Master's Degree in Transcultural Nursing, with a focus on alternative ways of healing. She has traveled to England to learn about the earth's healing energies found there and is trained in Reiki healing.

THE BODY AT PRAYER

Pennington Hall 102

Experiential/movement/dance/child-friendly

Come allow your body to comfortably pray through joy, anger, or intercession as it resonates with others. Wear clothes that allow movement.

Marty Meyer-Gad served as a chaplain, trained in healing touch, and conducted numerous workshops on body prayer. Her memoir, *Seventy-Four Cents*, explores her ambivalence in being ordained a Catholic priest in 2010.

Mary Ann Meyer is a perennial attendee of the Spirituality Conference and a Body Prayer presenter. She is a carpenter with experience in yoga, body/mind connection and the healing power of nature.

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

Armstrong Hall 316

Discussion-based

We will consider in what role the Goddess has been instrumental in the founding of our nations 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 Polyondy holds an MA in Religious Studies, has been an educator in the public and private sectors, has served as an associate pastor in an alternative spiritual community, presented in varied venues, provides spiritual and psychic counseling, and offers her services for ritual requests.

RE-EXAMINING WOMEN'S SACRED TEXTS FROM MULTI-FAITH PERSPECTIVES: A RITUAL AND CONVERSATION

Also in Session IV

Pennington Hall 110

Ritual/discussion-based

Grenn and Osborn come from religious traditions with specific worship practices, connected to the central stories and beliefs in the Jewish and Christian traditions. As colleagues in the field of Women's Spirituality, they enjoy sharing those things that help them to experience a connection with themselves, with other women, and with Spirit, often in the form of the Sacred Feminine. The workshop will cover grounding, blessing, and sharing personal stories as related to the texts we consider sacred, as well as those identified as traditional sacred texts. We invite participants to join us as we honor our connection to one another and to Spirit, transcending dogmatic religious beliefs and honoring the diverse ways women and men experience relationship with Divinity.

Sharon Kay Rigby Osborn, M.Div., M.A., completed a Master's Degree in Women's Spirituality at The Institute of Transpersonal Psychology in 2012, with an emphasis in Creative Expression. She is creating a space for a more embodied spirituality, honoring the Sacred Feminine, practicing mindfulness, and rebuilding her spiritual strength from the inside out.

D'vorah J. Grenn, Ph. D. and kohenet/priestess, is Chair and Executive Core Faculty in the Women's Spirituality MA and Certificate programs at Sofia University in Palo Alto, as well as founding kohenet of Mishkan Shekhinah (2007), a movable sanctuary honoring the Sacred Feminine in all spiritual traditions. She founded The Lilith Institute in 1997, producing San Francisco Bay Area women's spirituality/study circles and classes. Dr. Grenn's *Talking To Goddess* (2009) is an anthology of sacred writings of 72 women from 25 spiritual traditions, including blessings, prayer-poems, *oriki*, meditations, and invocations; her essay, "The Kohenet: Keepers of the Flame," appears in, *Stepping into Ourselves: An Anthology of Writing on Priestesses* (2014).

FINDING CRYSTAL CLARITY FOR YOUR LIFE

Armstrong Hall 102

Experiential

As we move through a fast-paced society, our lives can get clouded and chaotic. Are you really living your life how you want it to be. This workshop will present tools and techniques to find crystal clarity about your life, where you may want to see a shift, and how to use specific tools such as meditation, energy work, and crystals to help move your life into a brighter, vibrant space. You will walk away with a new perspective of truly living life with intention and clarity.

Jennifer Salness' passion is being the catalyst for people to find clarity, passion, and joy in their lives and businesses. She has been a Crystal Clarity Coach, Sound Healer, and Soul Entrepreneur for almost 20 years.

GET REAL

Also in Session IV

Centennial Student Union 203

Experiential/discussion-based/role playing

Get Real is about slimming situations down to the bare facts and learning how to choose what we want to do, how we feel, and using the bare facts. This workshop gives you Real steps to change reaction to response and improve every single relationship in your life by understanding simple concepts.

Patrice Swenson, owner of Rainbow in the Puddle, positive life services LLC, is a Personal Coach, Business Coach, Inspirational Speaker, and the author of, "Get Real." Patrice learned much from her experiences as a single mom, starting out more than 20 years ago with a dream to help others achieve anything they want in life.

VISION QUEST: AN INNER JOURNEY

Also in Session IV

Armstrong Hall 315

Experiential/ritual/worship

The journey of the Native American Vision Quest is one of personal inquiry and transformation. Normally taken alone in the wilderness, limited time and resources restrict access to this important rite of passage. This workshop is an experiential, interactive experience based in guided, visual imagery where participants will journey inward, call upon their ancestors, and seek answers to current life questions.

Erica Thibodeaux has a Master's of Science degree in Professional Development, from Winona State University's Counselor Education Department. She has completed two wilderness Vision Quests with a Lakota elder and is a trained instructor of Mindfulness-Based Stress Reduction.

CARDS, CRYSTALS, AND CHAKRAS, OH MY!

Armstrong Hall 325

Discussion-based, experiential, and child-friendly

Come learn about many things metaphysical. Have you ever wondered how to use a pendulum? How do you use an oracle card deck, what about talking to your guides? What crystals are good for? And how do you know if your chakras are moving? This short, interactive class will cover many things. We will bring out Angel and power animal cards, play with pendulums, and learn about chakras, crystals, and much more. Bring a pendulum if you have one.

Soul Friends Healing team, Inga Ulmer and Sara Adams, are Reiki Masters, Shamanic healers, and indigos.

NIA - THE VOICE OF YOUR BODY

Highland North 225

Movement/dance

Empowering choice through body-centered feedback. We will explore tribal cadence and free movement to increase and sustain spirit-body awareness, self-referencing, and divine consciousness. Inviting comfort and safety over obligation.

Shandi Wolfe-Weaver merges mystery of sacred spirit with divine physical, and has been a potent Nia Brown Belt practitioner since 2001. She has used Nia as a springboard from self-discovery to self-empowerment overcoming domestic violence; as well as healing her body from a traumatic back injury in 1987.

SESSION IV

FINDING ENOUGH

Armstrong Hall 225

Discussion-based

What is enough? Is there ever enough? Is anyone or anything enough. Are you enough? In our culture it may seem that there is no such thing as enough, we always want more. Can you say, "I am enough?" How might we find enough, be enough, feel the sufficiency of enough. Engage with me in an exploration of what enough can feel like and how it is to live there. Listen and be listened to in gentle self-compassion as we find the core of sufficiency in the center of our being that is there to live from.

Carol Anderson, after 30 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*.

WHAT MAKES YOU SO STRONG, WOMAN?*Also in Session III*

Morris Hall 210

Story-telling/discussion-based

Women with bipolar disorder and women who love and support them reach deep into their well of spirit, hope, and endurance to establish and enhance their quality of life. In my doctoral thesis entitled, "Bipolar Disorder and Spirituality," 100 people with bipolar disorder and their support people wrote of their struggles and strengths and their "well." Their wisdom is worth listening to. Each participant will have the opportunity to tell their gifts of strength as well as hear other people's stories. Barriers will also be addressed and connections will be made. Our "wells" of spirit, hope, and endurance will be celebrated.

Kay Bernard holds two Master's degrees and received her Doctorate from United Theological Seminary of the Twin Cities, an ecumenical seminary. She received her diagnosis of bipolar disorder over 20 years ago. A few years later, the diagnosis of general anxiety was added. She believes looking at ourselves as "strong" instead of "sick" gives us power and dependable self-esteem. Kay has spent decades counseling, coaching, giving presentations to large and small groups, and consulting with organizations and corporations. She also works in the area of sexual assault.

THE WHITE BUFFALO CALF WOMAN AND KAREN CARPENTER: WE'VE ONLY JUST BEGUN TO LIVE

Armstrong Hall 233

Story-telling/discussion-based

The story of the White Buffalo Calf Woman is retold, as well as re-interpreted, from the perspective of a mixed-blood Arapaho Thunder Dreamer, and reviewed as a road map for the current social agenda. It will be retold as a gift for the future that has yet to pass. Prophecy is a tool for accepting, avoiding, or changing the future as it passes into the present. Karen Carpenter was right, the story isn't over. We are only at the beginning.

Mary Brown, is in her fifties, of mixed heritage, a scholar, and a veterinarian who is now a writer. She travels, is a teacher, as well as facilitates ceremony and storytelling from the Traditional Native American viewpoint. She also teaches and studies Yoga philosophy and has done so for over 20 years.

RITUAL SONGS WITH MOVEMENT

Highland North 225

Experiential

Come sing and dance! We'll co-create a brief ritual with songs you can MOVE to. There will be joyous dancing & drumming. Bring a song to share—if it isn't already set to movement, we'll see what the group can add. All levels of singing and/or movement abilities are welcome— This is a participatory workshop!

Treewommon (Katie Cashel) is the mother of Shooting Star, age 12, and is a Wiccan priestess in her community. They circle with Spiderwimmin in St. Paul, MN. She is also an attorney practicing family law in her mundane life.

Shooting Star is a maiden who has been coming to the conference every year of her life, and for the past two years has participated in the opening and closing ceremonies with her mother and friends.

MTRIARCHY IN MINOAN CRETE: A PERSPECTIVE FROM ARCHAEOLOGY AND MODERN MATRIARCHAL STUDIES*Also in Session II*

Armstrong Hall 317

Formal paper

Ancient Crete evokes for many the image of a highly sophisticated civilization: peaceful, artistic, and refined; a society in which women were highly visible and important, and the supreme deity was a Goddess. Yet despite the fact that authorities acknowledge that women played a major role in the Minoan society, and the preeminent Minoan deity was female, there is a gap in the scholarly literature regarding the role of women and matriarchy in Minoan Crete. In this workshop, we will discuss the results of the presenter's dissertation in which using the latest archaeological finds, and the emergent fields of archaeology and modern matriarchal studies, she makes a compelling case for a matriarchal Bronze Age Crete based on the definition of matriarchy offered by Heidi Goettner-Abendroth.

Joan Chichon is a retired history professor and reference librarian. She recently received her Ph.D. from the California Institute of Integral Studies in Philosophy and Religion with an emphasis in Women's Spirituality.

INTRODUCTION TO HEALING TOUGH*Also in Session II*

Armstrong Hall 123

Computer presentation/experiential/child-friendly

This workshop is an introduction to the practice of Healing Tough, which is an energy therapy used to balance physical, mental, emotional, and spiritual well-being. Participants will learn the history of Healing Tough, examine the chakra system, and participate in exercises used to open and balance chakras.

Bridget Gaeleigh is a Registered Nurse and a Practitioner Apprentice in the Healing Touch International program.

Mary Staiger is a Massage Therapist and a Practitioner Apprentice in the Healing Touch International program.

ISHTA DEVATA – ATTUNE TO THE DIVINE*Also in Session III*

Armstrong Hall 215

Experiential/discussion-based/singing/chanting/ritual

Yoga teaches that there is one divine source of the universe. However, our human minds often struggle to attune to her in abstract form. In this workshop, you will learn yogic techniques to help you put a face on your perception of the Divine (Ishta Devata) and attune to her. We will discuss ideas for a home practice that might include setting up an altar, singing, chanting, or dancing in honor of one's Ishta. All faith traditions welcome.

Gracia Gimse McKinley (Swami Vidyandana) is an ordained Swami in the Kriya Yoga Lineage. She is the founder and guiding teacher of One Spirit Center for Sacred Study in Northfield, MN.

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

Centennial Student Union 245 – session II

Centennial Student Union 255 – session IV

Singing/experiential/chanting

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

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

THE POWER OF FOOD: MEANING AND PRACTICE

Armstrong Hall 304

Story-telling/discussion-based/child-friendly/power-point/computer-based

Food is more than nourishment for the body. It nourishes our souls through our religions, celebrations, communities, and cultures. Therefore, it is important to care for the earth that provides us with land, water, and sun to grow those foods that sustain us.

Jim & LeeAnn (Hanson) VanDerPol, along with their son and daughter-in-law, manage a diversified organic farm. They also direct market products through their Pastures A Plenty Co, which is located on the prairies of western MN. They have been active in agricultural, environmental issues and the local food movement for several years. They mentor beginning farmers, are Slow Food, Land Stewardship and Sustainable Farming Association members. They attended the Slow Food-Terra Madre Conference in 2008 in Turin, Italy, which had 7,000 farmers, educators, and chefs from around the world in attendance. They enjoy exploring new foods through travel and cooking and to share food with family and friends.

CREATE INTENT IN YOUR LIFE USING CLOTHING AS A TOOL*Also in Session I*

Centennial Student Union 204

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 some 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.

WHAT I THINK IS WHAT I AM: HOW GETTING CLEAR ON YOUR THOUGHTS, FEELINGS, AND BELIEFS IS THE KEY TO TRANSFORMING YOUR LIFE*Also in Session I*

Armstrong Hall 102

Discussion-based

Thought is our primary creative force. Yet this magnificent, fundamental process goes overlooked and underdeveloped. Harnessing the power of Thought is the first step in creating goals that succeed, dreams that become reality, and a life that matters. We will explore the potential for transformation through observation, inquiry, and mastery of Thought.

Jackie Jeffery is a joy catalyst, trained life coach, writer, speaker, and an enthusiastic dedicated student of life. She believes in listening to the wisdom within and it is her life's purpose to support those who want to live life by the teaching of their own hearts.

SAVING MONEY, THE PLANET, AND YOUR SANITY

Morris Hall 213

Power-point/photos/story-telling

This workshop inspires personal freedom by sharing an extraordinary lifestyle; one using second-hand and found materials almost exclusively for remodeling, decorating, furnishing, landscaping, and dressing. The presenter has found financial freedom and spiritual peace by living lightly on the earth. The power-point tour of her woodsy home illustrates the physical, mental, and social tools she uses in creating a wonderful life, and introduces some of the stories in her book, *Free, Green, and Frugally Rich: scenes From a Joyful Life*. Participants will leave with a handout full of ideas for saving money and the earth.

Holly Jorgensen has been a teacher, performer, and librarian, among other adventures. As a speaker, writer, and Certified Master Recycler/Composter, her current focus is on inspiring and guiding others toward simpler and more sustainable lives. Visit her website, www.hollyon-thelake.com for glimpses of past productions from Northern Holly Creations, including *Looking-Glass Lovesongs*, *Quality Time with the Quilts*, and *The Diaries and Dreams of Susie Moberly*, as well as samples of her music.

UNDERSTANDING THE UNIVERSE USING ANCIENT MAYAN SPIRITUALITY

Also in Session III

Armstrong Hall 303

Story-telling/power-point/computer-based

This workshop will start with a historical overview of the origin of the Mayan calendar and different cultures involved in the beginning, historical parallels to other cultures in the world, and how the Mayan calendar influenced development of a society and culture. We will learn how to reconnect with your own ancestral energies in the universe and how to continue the learning experience and apply it to our lives.

Gina Kingsley was trained by a shaman many decades ago in the Mayan calendar, graduated as a computer programmer and analyst, has some studies of Mayan archaeology at St. Paul Hamline University, and was adviser to the MN Science Museum in the Mayan exhibit in 2013. She has been offering seminars at different universities of Minnesota.

FEELING, SEEING, AND PSYCHICALLY READING AURAS

Morris Hall 209

Experiential

The first step in developing psychic skills is to pay attention, and auras are an easy and fun way to begin paying attention. Auras are colorful electromagnetic energy fields that surround us as individuals and as groups. Paying attention to your aura can get you started on identifying your psychic skills and help you take advantage of everything the psychic realm has to offer. Individual experiences during the workshop will vary.

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

LET'S GET WITCHY

Also in Session I

Centennial Student Union 245

Experiential/ritual/discussion-based

"There's a little Witch in all of us," and she needs to come out and play! This workshop will give you that needed play time. You will use magical tools you may have forgotten about, as well as learn about some new ones. It'll get you wanting to dust off your stuff at home and start using them again. You don't need to be a self-proclaimed Witch to attend, just someone who wants to enjoy a little playful, 'me' time.

Carol Mackel (Moon) is a mother of three, wife, high school teacher, yoga teacher, group leader, and a Wiccan Priestess. Connecting with and empowering other women is one of her favorite things to do.

EXPERIENCE PEACE THROUGH REIKI AND MEDITATION

Also in Session II

Armstrong Hall 302

Experiential

This presentation will offer a deeper understanding of the practice of Reiki. We will lead a group experience in some of the traditional Japanese Reiki techniques including Gassho Meditation, the Reiki Precepts, and guided meditations. Reiki is a gentle yet powerful system of energy-based healing and self-development. Practitioners of Reiki utilize meditation and non-invasive light touch to restore harmony and balance to themselves and others. The Reiki System facilitates the body's natural healing response, promoting an overall sense of well-being.

Ginny Mackles, is a Counselor, Life Coach, and Reiki Master, teaching and practicing Reiki since the mid-1980's. Ginny's journey with Reiki includes studying Reiki's origins in Japan. She is a Reiki Master in Usui Shiki Ryoho (Takata style), Shihan of Komyo Reiki, Reiki Master of Gendai Reiki, and Shihan-kaku of Jikiden Reiki. She is an award winning author of, "The Reiki Journey: Guided Meditations for Mindful Living," CD.

DRUMMING THROUGH THE CHAKRAS

Also in Session I

Armstrong Hall 311

Experiential/singing/chanting/instrumental/drumming

Drumming through the chakras is a workshop that creates community thought drumming, chanting, and movement, while focusing on each chakra and the color and energy it evokes. Come discuss the relationship of drumming and chakra energy, learn the four basic tar (frame drum) strokes, and drum and chant as we entrain with one another and clear our chakras.

Linda Melcher and **Rachel Nelson**, drum superior, are trained health RHYTHEMS facilitators. Linda, EdD, has studied hand drumming for over seven years, facilitates drum circles, and provides soundscapes for theater productions. Her passion is working in circles to create a sense of community and connection. Rachel, MA, studied frame drumming with Layne Redmond, who inspired her to teach in the circle using glen Velez' Handance teaching method. She has taught frame drum classes in St. Paul, Two Harbors, White Bear Lake Alternative School, and the Women's Drum Center. Rachel uses drums and other instruments to create soundscapes and accompany herself in music concerts and her one-woman story/theater musicals.

TAPPING INTO THE LOVE/BELIEF SYSTEM OF THE MIND

Also in Session II

Centennial Student Union 253

Experiential

"Tapping into the Love/Belief System," uses the powerful techniques of hypnosis to provide a direct and instant benefit to all participants. We will focus on self-love, that special state of bliss, and everyone's right to personal freedom. Come experience this guided meditational trance that will make you feel spiritually re-centered, refreshed, and rejuvenated!

Jean Mueller is a certified Hypnosis Practitioner and is a graduate from a state licensed school that certifies people in persuasion and relaxation fields of study. Her continued education is focused on Social Psychology and the Philosophy of God, Knowledge, and the Conscious Mind.

MỹTrần Choi is the designer and owner of paperthickink.com, who uses self-hypnosis for all aspects of her life. Mỹ believes successfully using hypnosis fosters overall well-being and nurtures the soul.

RE-EXAMINING WOMEN'S SACRED TEXTS FROM MULTI-FAITH PERSPECTIVES: A RITUAL AND CONVERSATION*Also in Session III*

Pennington Hall 110

Ritual/discussion-based

Grenn and Osborn come from religious traditions with specific worship practices, connected to the central stories and beliefs in the Jewish and Christian traditions. As colleagues in the field of Women's Spirituality, they enjoy sharing those things that help them to experience a connection with themselves, with other women, and with Spirit, often in the form of the Sacred Feminine. The workshop will cover grounding, blessing, and sharing personal stories as related to the texts we consider sacred, as well as those identified as traditional sacred texts. We invite participants to join us as we honor our connection to one another and to Spirit, transcending dogmatic religious beliefs and honoring the diverse ways women and men experience relationship with Divinity.

Sharon Kay Rigby Osborn, M.Div., M.A., completed a Master's Degree in Women's Spirituality at The Institute of Transpersonal Psychology in 2012, with an emphasis in Creative Expression. She is creating a space for a more embodied spirituality, honoring the Sacred Feminine, practicing mindfulness, and rebuilding her spiritual strength from the inside out.

D'vorah J. Grenn, Ph. D. and kohenet/priestess, is Chair and Executive Core Faculty in the Women's Spirituality MA and Certificate programs at Sofia University in Palo Alto, as well as founding kohenet of Mishkan Shekhinah (2007), a movable sanctuary honoring the Sacred Feminine in all spiritual traditions. She founded The Lilith Institute in 1997, producing San Francisco Bay Area women's spirituality/study circles and classes. Dr. Grenn's *Talking To Goddess* (2009) is an anthology of sacred writings of 72 women from 25 spiritual traditions, including blessings, prayer-poems, oriki, meditations, and invocations; her essay, "The Kohanot: Keepers of the Flame," appears in, *Stepping into Ourselves: An Anthology of Writing on Priestesses* (2014).

HABITS OF SUCCESSFUL RELATIONSHIPS*Also in Session II*

Armstrong Hall 310

Power-point/computer-based

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. In this presentation, 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 relationship 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.

ACCESSING THE POETIC VOICE OF SPIRIT TO EXPLORE GENDER AND NATURE

Centennial Student Union 202

Experimental/participatory

This workshop is designed to help each person open up to hearing the inner voice of wisdom, which is available to us all through Spirit. Utilizing, "seed," ideas or starters, we will tap into our inner wisdom to understand our own qualities, while also learning how to harmonize the opposites within ourselves and others. We will write down our responses, share them with each other, and engage in an open discussion.

Gail Speckmann is an international award-winning artist, author, and poet who resides in Plymouth, MN.

GET REAL*Also in Session III*

Centennial Student Union 203

Experiential/discussion-based/role playing

Get Real is about slimming situations down to the bare facts and learning how to choose what we want to do, how we feel, and using the bare facts. This workshop gives you Real steps to change reaction to response and improve every single relationship in your life by understanding simple concepts.

Patrice Swenson, owner of Rainbow in the Puddle, positive life services LLC, is a Personal Coach, Business Coach, Inspirational Speaker, and the author of, "Get Real." Patrice learned much from her experiences as a single mom, starting out more than 20 years ago with a dream to help others achieve anything they want in life.

VISION QUEST: AN INNER JOURNEY*Also in Session III*

Armstrong Hall 315

Experiential/ritual/worship

The journey of the Native American Vision Quest is one of personal inquiry and transformation. Normally taken alone in the wilderness, limited time and resources restrict access to this important rite of passage. This workshop is an experiential, interactive experience based in guided, visual imagery where participants will journey inward, call upon their ancestors, and seek answers to current life questions.

Erica Thibodeaux has a Master's of Science degree in Professional Development, from Winona State University's Counselor Education Department. She has completed two wilderness Vision Quests with a Lakota elder and is a trained instructor of Mindfulness-Based Stress Reduction.

ANIMAL COMMUNICATION EXPERIENCE (GUIDED VISUALIZATION)

Armstrong Hall 202

Experiential

What is animal communication and why is it important for our own personal development? Experience your own innate ability to communicate with animals through this guided visualization. This provides the most intimate and complete form of interspecies communication. We will discuss and share our experiences

Marilyn Tokach is a compassionate empathy, 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 and Master's studies in psychology and business administration, complement her work with people and animals. Active in rescue and animal related issues, Marilyn has trained dogs for 20+ years and participates in obedience, conformation, agility, and Schutzhund. She lives with dogs, birds, fish, and a cat.

**ENHANCE YOUR SPIRITUAL LIFE THROUGH
GROUNDING MEDITATION**

Also in Session I

Armstrong Hall 305

Meditation/discussion-based

Come learn how your own spirituality can be deepened through the practice of Grounding Meditation, what that is, and how to do it. You will learn the benefits of meditation and why it is useful to incorporate a spiritual practice in your daily life. We will discuss other methods for deepening our spiritual connection with ourselves and how these methods provide us with quality self-care, which is the foundation for mind, body, and spirit health. We will also discuss self-care methods as a group.

Kristen Wernecke is a non-denominational minister of healing who has been practicing massage therapy and energy healing since 1990, and teaching Grounding Meditation for the last nine years. She has recently published the book, *Choosing Conscious Health for a Vibrant Life*, which is a culmination of her 23 years of experience in helping people heal and prevent disease in all areas of mind, body, and spirit.

SOUL KITCHEN: DEEPLY NOURISH YOUR BODY, MIND, AND SPIRIT

Pennington Hall 102

Experiential

This workshop will encourage people to explore at a deeper level all the ways one is nourished: movement, connection, creativity, mindfulness, rich engagement with the world, as well as food. Soul Kitchen explores the intersection of food and spirituality in a non-dogmatic way. This workshop will include mindful movement, a guided body-based meditation, and culminate with a chocolate meditation.

Michelle Wilson is a certified holistic health counselor, certified yoga instructor, Reiki and Healing Touch practitioner, certified worksite wellness specialist (National Wellness Institute), and completed a nine-month Ayurvedic intensive. Her functional nutrition practice is Radiant Wellness Solutions, where she supports people in finding more freedom, ease, and joy in how they eat, move, and live.

ASCENSION SOUND CONVERGENCE

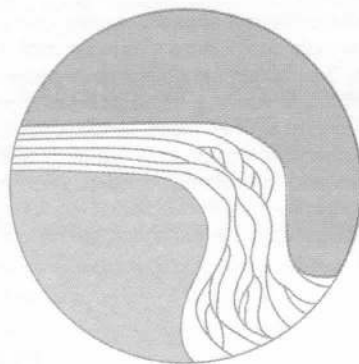
Also in Session II

Armstrong Hall 101

Singing/chanting

I transmit sound that rises the vibration of the receivers facilitating ability to more fully embrace self and the human experience. Opening the heart and quieting the mind to receive more of ones highest potential; creating room to own who, and what, one is becoming.

Shandi Wolfe-Weaver is a shamanic "vibrational translator," or sound medium, working with off planet light beings since 1977. Her service to humanity is facilitating personal empowerment by re-awakening divine memory to reclaim ones divine birthright, supporting DNA reconfiguration, facilitate health on all levels of being, and ultimately, assist those ready for ascension



33rd Annual
**WOMEN &
SPIRITUALITY
CONFERENCE**

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.

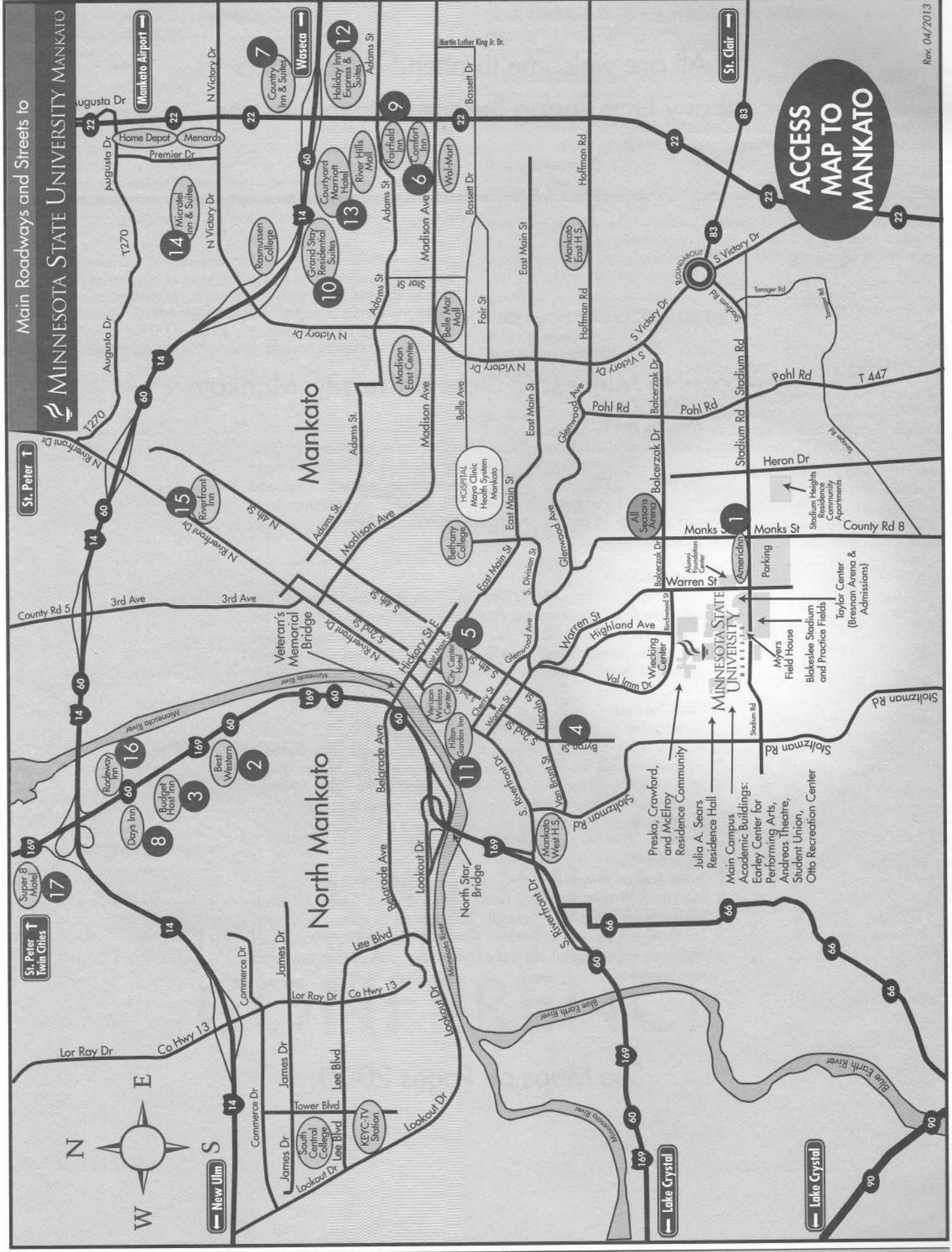
From the West:

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

Main Roadways and Streets to

MINNESOTA STATE UNIVERSITY MANKATO



BUILDING KEY

AF	Alumni Foundation Center	TC	Taylor Center
AH	Armstrong Hall	TE	Trotton Science Center E
CC	Carkoski Commons	TM	Trotton Science Center N
CR	Crowford Residence Community	TR	Trotton Science Center S
FH	Ford Hall	UP	Utility Plant
GP	Generator Plant	WC	Wrecking Center
HC	Highland Center	WA	Wiley Administration Center
HN	Highland Center N	WH	Wisnisk Hall
JS	Julia A. Sears Residence Hall Community		
MC	McDroy Residence Community		
MF	Myers Field House		
ML	Memorial Library		
MH	Morris Hall		
NH	Nelson Hall		
PA	Earley Center for Performing Arts		
PH	Panmington Hall		
PS	Margaret R. Preska Residence Community		
RE	Center of Renewal Energy (CORE)		
SU	Centennial Student Union		
SH	Stadium Heights Residence Community		

Contact: "The Campus Hub"
507-389-1866 (V), 800-722-0544 (V) or 800-627-3529 or 711 (MS/TTY) www.mnsu.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; Neala Schleuning; Carol Ann Russell and Rachel Tilsen; Jean Shinoda Bolen; Karen Warren; Kate Rushin; Mary Daly; Barbara G. Walker; Sister Paula Gonzalez; Leslie Feinberg; Mary Hayes-Grieco; Winona LaDuke; Carol P. Christ; Charlene Spretnak; Vinie Burrows; Starhawk; Shakti Gawain; Marge Piercy; Riane Eisler; Vandana Shiva; Winona LaDuke; Andrea Smith; and Starhawk.

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 \$18.00. Please see the Dinner Registration form. Lunch may also be purchased at the Corkoski 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,
- 2) * Best Western Hotel - 507-625-9333, Hwy. 169 N., \$91.99 one bed, \$101.99 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
- 6) Comfort Inn - 507-388-5107/1-800-221-2222, 131 Apache Place
- 7) *Country Inns & Suites - 507-388-8555/1-800-456-4000, 1900 Premier Road \$105.00 (W&S)
- 8) *Days Inn - 507-387-3332/1-800-325-2525, 1285 Range Street, Hwy. 169 N. \$75 (Woman Spirituality)
- 9) Fairfield Inn - 507-386-1220, 141 Apache Place
- 10) *Grandstay Residential Suites - 507-388-8688, 1000 Raintree Road \$84.90 (MSU Women & Spirit)
- 11) *Hilton Garden Inn, 507-344-1111, 20 Civic Center Plaza \$89.00 + tax (W&S)
- 12) * Holiday Inn Express - 507-388-1880 2051 Adams Street 2 Queen or King/\$114.99 (W&S)
- 13) Courtyard Marriot. - 507-345-1234, 901 Raintree Road
- 14) *Microtel Inn & Suites - 507-388-2818, 200 St. Andrews Drive \$60.00-75.00 + tax (W&S 2014)
- 15) Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- 16) Rodeway Inn - 507-345-8800, 111 W. Lind Court
- 17) *Super 8 Motel - 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. \$78.88 (W&S)

Surrounding Areas

Americinn - St. Pete. 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

Campgrounds

Point Pleasant - Madison Lake 507-243-3611
Minneapolis State Park 507-389-5464

SPECIAL SERVICES: Minnesota State Mankato is wheelchair accessible. Anyone who desires special arrangements during the conference, call us at 507-389-2077 at least 48 hours prior to the conference. A sign interpreter will be provided on request only for the keynote address.

CHILD CARE: due to licensing regulations, the conference can no longer offer child care.

COURSE CREDIT: Those interested in taking the conference for one (1) credit in Gender & Women's Studies need to be aware that additional required on-line classes will be held AFTER the conference 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 11th. 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.**

CONTACT HOURS CERTIFICATE: Those interested in taking the conference for a "contact hours" certificate, Cost is \$25. You may send in one check that combines both this and the conference registration fee.

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 19. 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 19. 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:

- MSU is a chemical-free space. Smoking is NOT anywhere on campus or in any MSU building. Burning of incense and candles violates the non-smoking policy.
- The temperature in conference rooms is not within our control. Rooms tend to be hot... or cold! You may want to dress for hot but be prepared for cold.
- We are not responsible for lost or damaged property. There will be a lost and found site at the registration table.
- **IF YOUR NAME APPEARS TO HAVE A DOUBLE LAST NAME**, we will alphabetize your folder according to the **first** last name unless otherwise indicated.
- Conference participants should plan to bring pens, paper, art pads, drums, and other materials that might be used in workshops.
- A refund for the dinner ticket and/or conference registration fee is available upon request and will be subject to a \$5.00 handling fee. You must provide your social security number. No refunds allowed two weeks prior to the conference.

For answers to any questions, call or write:

• Women and Spirituality Conference
• Minnesota State University, Mankato
• 109 Morris Hall
• Mankato, MN 56001
• 507-389-2077 / Fax - 507-389-6377
• Email - veldhc@mnsu.edu
• Web page <http://sbs.mnsu.edu/women/>
• then go to Women & Spirituality Program

REGISTRATION FORM

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

Pre-registrations must be **postmarked by September 19** 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)
 \$25 Contact Hours Certificate
 General Scholarship **
 Women of Color Scholarship**

Postmarked after September 19

- \$65 (includes Late Fee)
 \$40 (includes Late Fee)
 \$20 (includes Late Fee)
 \$ 8 (includes Late Fee)

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

Total enclosed: \$ _____ Registration fee (includes keynote) check # _____
\$ _____ Keynote Only Fee
\$ _____ Dinner Saturday (Check box below for choice)
\$ _____ Contact Hour Certificate (\$25)
\$ _____ Total amount enclosed (Checks payable to Minnesota State Mankato)

DINNER REGISTRATION (Deadline September 19)

- 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.

FOR THOSE REGISTERING FOR CREDIT

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 on-line.

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.

2015 TENTATIVE CONFERENCE DATES – OCTOBER 24 & 25

