



# 34th Annual WOMEN & SPIRITUALITY CONFERENCE

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

The Women and Spirituality Conference was born in 1981 with the purpose to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among people 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.

The 35th Annual Conference (October 2016) will be the final conference held on Minnesota State University's campus. We are looking for an organization to continue this exciting tradition, if interested please contact Cindy Veldhuisen at 507-389-2077 or email [veldhc@mnsu.edu](mailto:veldhc@mnsu.edu).

## 2015 Keynote Speaker



The keynote speaker this year is **Juana Bordas**, a nationally recognized Latina leader and award-winning, best-selling author. She is a founder of Denver's Mi Casa Resource Center and the founding President of the National Hispana Leadership Institute. Juana was the first Latina faculty at the Center for Creative Leadership, served as vice president of the Greenleaf Center for Servant Leadership, and trustee of the International Leadership Association. Today, Juana is President of Mestiza Leadership International – a company that focuses on diversity, leadership, and organizational change. Her book, "Salsa, Soul and Spirit – Leadership for a Multicultural Age," won the 2008 International Latino Book Award for leadership and is utilized in over 50 Universities. And her newest book, "The Power of Latino Leadership," released in 2013, received the Nautilus Prize for best multicultural book and the 2014 International Latino Book Award for leadership. Juana was initiated into the Colorado Women's Hall of Fame and selected as a Wise Woman by the National Women's Policy Institute. She received the Franklin Miller Award from the US Peace Corps for her life-long commitment to serving communities of color. In 2009, the Denver Post and the Women's Foundation selected Juana as Colorado's Unique Woman of the Year.

### Schedule

#### Saturday, October 24, 2015

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 CSU 245

#### Sunday, October 25, 2015

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 2015 Planning Committee:

Amy Anderson, Coordinator  
Amy Anderson, Course Instructor  
Cindy Veldhuisen, Business Manager  
Shannon Miller, Chair of Gender and Women's Studies  
Carol Mackel, 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

**TELLING THE TRUTH WITHOUT BLAME OR JUDGMENT**

Armstrong Hall 213  
Discussion-based

Angeles Arrien taught that the way of the visionary is to tell the truth without blame or judgment. To say what is so when it is so, to say what you mean, and to do what you say. These are the ways of authenticity. Engage with a circle of others in telling the truth without blame or judgment and finding ways to live in what is true.

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

**REDUCE SHAME BEFORE SHAME REDUCES YOU**

Also in Session II

Armstrong Hall 216

Experiential/story-telling/discussion-based

Most of us know the inner shame voice, "I'm not good enough." These words are held in our bodies, our minds, and our spirit. Nothing inside of us is safe. In this workshop we will connect the inner voice of shame so easily tapped from the other inner critic resulting in our desire to disappear. With the use of six steps, BACICS, we can release the clutch of shame memories and access our inner strengths to ward off future "shame vice-grips." The overall goal of the workshop that participates can chant, "Shame on shame!"

**Dr. Kay Bernard** received her MA in Speech—small group dynamics, and her doctorate writing a thesis on bipolar disorder and spirituality. From her experiences as a person with bipolar and anxiety disorders, she has faced crippling shame. As an ordained minister, she has helped people to understand their "shame" voice and developed a six-action step program to empower people to stand their ground.

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

Also in Session III

Armstrong Hall 308

Discussion-based/PowerPoint/computer-based

In this workshop we will discuss power. We tend to think of power as something negative because of the potential for misuse. If we are only thinking of ourselves and not how we affect others and our environment, then we are misusing our power. However, power can be a good thing, especially if it is approached from a spiritual standpoint or the realization of our connection to each other. We all have potential for individual power as well as collective power. By studying our natal charts, we can discover our strengths and weaknesses as individuals so that we are better prepared to work with others to build a strong and healthier world community.

**Sally Blumenfeld** has studied astrology for over 35 years. She is an astrological counselor, teacher, writer, creator of the *Drumming Astrologer Power Deck@2014*, and past president of STARS, the Minnesota Chapter of the National Council of Geocosmic Research.

**BRINGING YOUR SACRED SELF INTO RELATIONSHIP(S)**

Also in Session III

Student Union 253

Experiential

Sacred space will be created and participants will have the opportunity to examine the ways our relationships invite us into a false self and an authentic self. Our relationship with ourselves, with others, and with the divine will be the points of focus. Time for creativity and self-reflection will be followed with sharing in circle before sacred space is closed.

**Christine Capshew** and **Thomas Capshew** are both Ordained Interfaith Ministers and Social Workers, and they bring their gifts to their private spirituality practices in Fredericksburg, VA. They celebrated their love in an interfaith sacrament of marriage on June 20, 2015.

**MODERN MATRIARCHAL STUDIES: A NEW LIGHT ON AN OLD DEBATE**

Also in Session III

Armstrong Hall 208

Formal paper

For over 100 years, debates have raged in the scholarly world over the existence of matriarchal societies, both past and present. Join Joan Cichon as she discusses the history of those debates, the new field of Modern Matriarchal Studies, and how scholars in this field have defined matriarchy — for they propose a new and exciting definition of matriarchy that does not simply imply "power over" and the reverse of patriarchy. Joan will conclude by reviewing how she has used the new definition of matriarchy proposed by Modern Matriarchal Studies in her own research on Bronze Age Crete.

**Joan Cichon** has a Ph.D. in Women's Spirituality from the CA Institute of Integral Studies. Her dissertation was entitled: *Matriarchy in Minoan Crete: a Perspective from Archaeomythology and Modern Matriarchal Studies*. She is currently training to be a Priestess of Avalon.

**HERBAL WISDOM: THE WISE WOMAN WAY**

Also in Session III

Armstrong Hall 315

Experiential/singing/chanting

Come celebrate the wisdom of the plants that grow around us by singing, forming a circle, and celebrating the wisdom of the plants. An introduction to herbal infusions and the importance of the nourishing herbs will be offered. Participants will have the opportunity to sip herbal infusions as well as learn usual and unusual applications for common plants. Participants will leave inspired to connect or reconnect with the green world.

**Linda Conroy** is an herbalist practicing in the Wise Woman Tradition. She has had the honor of working with plants and women for over two decades.

**SACRED TRANSFORMATIONAL MUSIC**

Also in Session II

Morris Hall 102

Experiential

You will be given an opportunity to experience music as vibrational medicine. Crystal bowls and acoustic instruments are combined to create relaxation, stillness, and energy flow. This will allow 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 Degrees in Music, six years of advanced study with professional conducting organizations, and two levels of sound healing study with Fabien Maman in the south of France. Besides her extensive musical skill and training, Rahbi brings to her music the benefit of her own emotional healing and spiritual depth.

**EIKONS: CREATING PERSONAL IMAGES OF THE DIVINE**

Also in Session II

Student Union 202

Discussion-based/book summary/guided meditation

This interspiritual program empowers participants to create their own image of the Divine. Cosmic Consciousness/Source is unknowable and ineffable. In order to attune to Her, we need to create an individualized image of Sacred Consciousness, or an eikon. An individual's eikon must be consistent with her religious traditions, personal experience, ego personality, and soul — or that of the Goddess within. Holding these four elements in creative tension allows one to "put a face" on the Divine, opening the door to devotion, worship, prayer, and inner wisdom.

**Gracia Gimse McKinley (Swami Vidyandana)** is ordained in the Kriya Yoga lineage and the founder of One Spirit Center for Sacred Study in Northfield, Minnesota.

**T McKinley** is an author, a teacher, and an Interfaith Minister who is working on his second book about reclaiming and creating images of the Divine.

## MAKING ART FOR PEACE & GENDER JUSTICE: WOMEN'S INTERNATIONAL LEAGUE FOR PEACE AND FREEDOM ARTS 20-YEAR RETROSPECT

Student Union 204

Discussion/PowerPoint/computer-based/child-friendly

Over the past 20 years we, the Women's International League for Peace and Freedom Arts Committee (WILPF), a small group of WILPF artists, activists, and scholars, have shared the stories of global women and the United Nations documents on women through the arts in collaboration with other peace and women's organizations. We believe in the power of the arts to effect social change and to illuminate public policies. We will share our 2015 exhibition in video, PowerPoint slides, and art projects. The retrospect exhibition documents our 20 years of art making with images, photos, videos, posters, storyboards, information handouts, books, costumes, quilts, scripts, paintings, posters, and sandwich boards. The stories told raise awareness that "Women's Rights are Human Rights" as illuminated the United Nations 1995 Beijing Platform for Action

**Terri Berthiaume Hawthorne** is an educator, scholar, media producer, and community activist. She holds a Master of Science in Women's Studies and has taught Women's Studies as an adjunct graduate faculty at the University of Minnesota and for the MN State University system since 1988. She is the co-author of "Stars In Your Bones," and, "The Many Faces of the Great Mother." She has been a WILPF member for 25 years and co-chaired the 2015 WILPF Making Art for Peace & Gender Justice Art Exhibition

**Luella Greene** co-chaired the 2015 WILPF Making Art for Peace & Gender Justice Art Exhibition. Luella's professional life as a social worker focused on helping women achieve their potential. The WILPF Arts Committee provided a local community of women who shared her passion to empower women using the arts. She has widely exhibited her collection of women's photographs and history posters called Voices and Images of Women. Luella also organized celebrations to honor women's contributions.

**WILPF Arts Committee**, artists include: Marilyn Cuneo, Liz Dodson, Luella Greene, Terri Berthiaume Hawthorne, Diane Knust, Donna Malum, Naima Richmond, Paula Phillips Staff, and Janika Vandervelde. **Inactive members:** Pat Darling, Debra Olson, Mary Eileen Sorenson, Jill Waterhouse. **Deceased:** Dorothy Crabb, Isabel Rife, Lovey Lein.

## ACCESSING THE UNCONSCIOUS THROUGH TOUCH: THE IMPORTANCE OF HUMAN CONNECTION AS A HEALING TOOL

Also in Session III

Armstrong Hall 306

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 the 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. This workshop will demonstrate how gentle touch like Rosen Method Bodywork can stimulate this powerful healing system in the body, using receptive touch and verbal dialogue to assist people in opening to long forgotten experience and emotions, and to release unconscious limiting beliefs. It is intended to benefit those from all walks of life who want greater physical and emotional aliveness, for those who wish to learn to become more at ease with their own emotions, or emotions in others.

**Dorothea Hrossowyc**, MA, member RMPA, and ABMP is a Rosen Method Bodywork teacher and practitioner in Northfield, Lakeville, and Rochester. Trained with Marion Rosen in Berkeley, CA, she is also trained in Hakomi Body Psychotherapy, Sensorimotor Psychotherapy for Trauma, Development and Attachment Issues, and in Self Leadership Transformational Counseling. She has practiced mind/body/emotional healing for over 15 years.

**JanMarie Roehl**, RMPA & ABMP member, is an eclectic body worker in practice for 30 years and is currently a Rosen Method Bodywork intern. Training includes Energy Balancing & Chelation, Healing Touch, Hospice massage, Reiki & Mari El, Yoga & a variety of Therapeutic Massage

modalities. Her practice focuses on support for personalized approaches to health maintenance and physical and spiritual well-being.

## LOVING YOURSELF THROUGH SPIRIT

Armstrong Hall 217

Experiential/discussion-based

When we learn how to love ourselves through the eyes of spirit, we create a life that is filled with joy, purpose, and fulfillment. When the human ego is strong and the outer world starts reflecting chaos, this is when we need to stop and connect back into our highest power and remember the true nature of our being. Living life from this perspective requires a deep connection with spirit. The first step to deeply connecting with spirit is to begin by loving yourself so that you cannot only experience inner peace, but be a reflection of divine love for the whole world. This workshop will introduce tools to help you connect with your higher self in your everyday life and you will discover the source of your truth and light.

**Julie Lynn Joyce** is a world renowned Psychic, spiritual empowerment mentor, speaker, author, advanced Reiki practitioner, and Shamanic healer. Her business is Pathways to Peace LLC, which helps guide clients towards self-love, self-worth, and self-confidence. Julie helps individuals create new thoughts and energetic patterns that are reflections of their highest self.

## MEMORIES OF A NEAR-DEATH EXPERIENCE

Armstrong Hall 215

Story-telling/discussion-based/child-friendly

Our firsthand knowledge of having a Near-Death experience has brought us to this moment in time, to share with others what we saw, where we went, who we saw there, and what it felt like before, during, and afterwards. Why do we choose to come back, how have our lives changed from this experience? For us, death was just the beginning of a whole new way to live life, the tunnel was the means we used to get there, the exciting journey to the other side and back for each of us. It is time to share this experience with others who would like to know more of the truth of living and dying, and of God's light and unconditional love, and of going home. What are the after effects of having a Near-Death experience and what ways can we support others going through them?

**Deborah Juberian** has a BS in Psychology, and a Master's of Spiritual Healing. She is a Reiki Master/Teacher, a teacher for Yogananda Institute, performs Qigong 1, Shamanic Extractions, and has received all nine Munay Ki Initiations. She has facilitated Healing Circles, and a Grandmother's Speak group in Minnesota. Deborah had a Near-Death Experience on August 16, 1987, and she will share this experience in the workshop.

**Valerie Curtis** has a 25-year history in the Metaphysics arts, beginning with a Near-Death Experience, has studied Para-Psychology, and Energetic Healing. She is a Natural Touch/Reiki Master, and has received all nine of the Munay Ki Initiations. She studied Edgar Cayce's Healing Remedies, worked with Shaman Herbert in Peru, Sound Healing Ceremonies, and she is a Psychic Intuitive. Valerie is a promoter and owns her own Natural Healing and Psychic Expo and she also organizes a Women's Spiritual Retreat.

## THE APPARITIONS OF MARY, A CLOSER LOOK

Morris Hall 210

Lecture/discussion/child-friendly

This lecture examines historical Marian apparitions within a socio-economic context. There is an in-depth analysis of the psychological backgrounds of modern day seers, as well as a brief narrative of meaningful events leading up to the apparitions of Guadalupe, Fatima, Medjugorja, the Middle East, and the United States. We will hold a group discussion and share our experiences.

**Carole Julian** has a lifelong interest in Marian apparitions and world religions, and she has a M.A. in Psychology East West from California Institute of Asian Studies.



**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.

**RE-WIRE YOUR BRAIN FOR HAPPINESS: TIPS & TOOLS**

Also in Session IV  
Armstrong Hall 225  
Experiential

Happiness is a state we can actively choose and promote, regardless of what is happening within us or in our lives. Receive information and experiential exercises and tools designed to promote peace, happiness, the power of intention, and the delight of playfulness. Effective stress reduction tools are also included.

**Spruce Krause, M.A.** in Counseling Psychology, is a Reiki Master Teacher, Life Coach/Counselor, Certified Laughter Yoga Leader & InterPlay® Leader, Licensed Massage Therapist, dancer, visual artist, playful spirit, spiritual seeker, and has over 20 years experience supporting individuals and groups to heal, transform, and live life with more joyful enthusiasm.

**NEW BEHAVIOR GENERATION**

Armstrong Hall 234  
Experiential

Habits are wonderful when they serve us, but not so wonderful when they do not. Unfortunately, habitual behaviors are truly challenging to change. Come learn exactly why they are so hard to change and how to generate new behaviors to take place of those old habitual ways of reacting that you'd love to ditch! We'll be practicing a simple NLP (Neuro Linguistic Programming) technique and leave this session with a new skill. This technique works on rudimentary behaviors like biting your nails or complex ones like having a habitual reaction to something a relative says.

**Patricia Linehan** has a Ph.D. in Educational Psychology, currently teaches for SMSU, has a Master Certification in Neuro Linguistic Programming, and is a long time Buddhist.

**Sarah Johnson** has a MA in Counseling.

**VASTNESS OF THE HEART CHAKRA AND SELF LOVE**

Morris Hall 211  
Presentation/meditation

Come explore and discover the vastness of your heart, along with the need and yearning for self-love. The heart chakra can easily be said to be the most complex of the chakras, and self-love is one of the hardest forms of love that dwells inside the heart. We will explore the heart chakra and how to understand and start loving ourselves. There will be a meditation that will go into what self-love looks like for you and how you can achieve it.

**Karen McNamara** has been a spiritual healer and psychic/medium for over 10 years. Her passion is to help people on their sacred path. She is certified in the art of energy healing, as well as trained in guided meditation, life coaching, counseling, and many other spiritual aspects of life. She became an ordained minister in April 2012.

**INTRODUCTION TO HEALING STONES**

Armstrong Hall 220  
Demonstration/discussion-based

You do not have to be a geologist to use healing stones in everyday life. Come see the basics for using stones for healing and other uses such as medicine bags, chakra cleaning, spiritual healing, energy work, massage, color, and more. Find out how to keep your stones cleared and clean. We will have stones to see and handle. Each participant will leave with a stone.

**Bonnie Pothoff** has collected and worked with stones for over 25 years and makes healing jewelry, pendulums, stone grids, and wands. She also uses healing stones in her Reiki practice and classes as well as her Intuitive Reading Sessions, and teaches classes and workshops on them all.

**Ann Drennen** uses healing stones when making her healing jewelry, and enjoys doing seminars and workshops about healing stones.

**MY ANGELS AND YOURS**

Morris Hall 103  
Story-telling

This workshop will take the form of a beautiful angel story and the presenter's spiritual journey of the last 10 years. He will conduct an angel naming ceremony at the end for any attendees who want to know the name of their angel.

**Dan Rogers**, a Licensed Psychologist for 38 years who works with individuals of all ages, has worked with the Chippewa people on the Fond du Lac Reservation in Cloquet, MN for over 15 years.

**THE DEPTH OF TRAUMA: ACCUMULATION OF EVERYDAY TRAUMA**

Student Union 201  
Experiential

Catastrophic trauma is recognized – war, hurricane, flood – but everyday trauma, especially that experienced by women – those with a lesser voice, those not heard, those rejected and abused – is not. Everyday traumas are viewed as, "not serious enough to stop for;" thus, they accumulate, resulting in a series of symptoms called *complex trauma*. This series appears to be "over-reacting" to incidents, when in fact it is, not so simply, a reaction of present trauma as well as all previous traumas. In this session, we will take steps to recognize everyday trauma/s, the accumulation of such, and suggestions for healing.

**Kay Rutherford**, PhD, LPC, NCC, RN is a private counseling therapist and author of articles and a book on trauma. She helps others become more cognizant of trauma, its symptoms, and its healing. Rutherford shares diverse experiences from teaching two years in China, and seeing the trauma resulting from China's post-cultural revolution and not having a voice. Her frequent hiking experiences contribute to the value of movement, helping people work through emotional, spiritual, physical trauma.

**TOGGLE TO YOUR SOUL**

Also in Session II  
Pennington Hall 102  
Experiential/movement

Explore how to Toggle, or switch the screen of your awareness, from the small ego, personality self to your Soul Wise Self, the part of you connected to the Divine. Gain awareness, through breathwork and BodySoul movement, of living as a spiritual being having a physical experience. Through guided meditation anchor a new aspect of your Soul's light into your physical body.

**Leah Skurdal** offers classes, workshops, Intuitive Massage, and Energy Healing through her business, Mastery in the Art of Living located in Lino Lakes, MN. Leah has been teaching classes, and practicing BodySoul Movement, meditation and bodywork for over 20 years. To learn more, visit [www.MasteryIntheArtofLiving.com](http://www.MasteryIntheArtofLiving.com)

**WomanHeartSong: BEHOLDING ONE ANOTHER**

Student Union 245

Experiential/movement/dance/singing/chanting/  
instrumental/drumming

WomanHeartSong is connecting women at the heart through experience in conversation, music, and movement with power and compassion. As we behold one another, we add our energy using music and simple movement to move us from mindfulness toward rejuvenation of body, mind, and spirit. Chants, rounds, simple sacred dance from diverse faith traditions/cultures, and body prayers connect us as we co-create this experience. Simple percussion instruments provided. Drums welcome.

**Geralyn Sorensen**, MST, retired speech language pathologist, singer, musician, artist, facilitator of retreats, Women's Comfort Days, and Women's Sacred Circles. Dancer of Universal Peace and Healing Art Doll maker.

**EXPLORING LABYRINTHS**

Also in Session IV

Student Union 203

Formal paper/experiential/movement/dance/  
child-friendly with adult/ritual/worship

Prayercraft is combining artistic media with prayer. Participants will draw, color, and embellish finger labyrinths and use them in a group meditation ritual. The labyrinth is a prayer path that can calm and quiet the mind, allowing the walker to more fully engage in a conversation with the Divine. We will also explore several ways to meditate while moving including breath prayer, praying with beads, and meditating while doing daily activities.

**Sue Swanson** is an artist, teacher, and Veriditas certified labyrinth facilitator from Woodbury, MN. She holds a Master of Divinity from United Theological Seminary of the Twin Cities. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality and find Sabbath time in our busy lives. Her company, Purple Apple Arts, provides opportunities to explore traditional crafts such as beadwork, collage, textile arts, and labyrinths.

**AWAKENED ALIVENED**

Also in Session II

Armstrong Hall 219

Experiential/movement/dance/visuals

When we dare to get clear on who we really are and what we are really here for, we liberate robust life force, courage, and creativity. When we say YES to those spiritual butt kicks, and clear the fear-running interference against our "true selves," we open ourselves to joy and fulfillment, absolutely making the world a better place for all life. Come play on this playground of Vitalizing energy Medicine, and start re-wiring yourself with Divine Light and Power for more passion, more blessings, as you give more fully of your gifts. *Creator of All That Is*, is calling your name!

**Maria Turnblom**, Change Making for Real & Reclaim Vitality, is an awakening educator, trainer-mentor, and facilitator of transformational healing, helping people live life on purpose with youthful health and vitality. Her newest endeavor is founding Awakened Alivened, a revolutionary center serving the evolutionary wellness and wholeness of change makers, through leading edge specialized knowledge, profound healing, optimal self-care, and innovations essential for life in a toxic world.

**INTUITION 101**

Armstrong Hall 325

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

You are psychic! You don't need a crystal ball or any special tools. Did you know that even the best of psychics need to practice and learn in order to develop their skills? You too have the ability to develop your psychic senses and use them to improve your daily life. We will discuss what it means to be intuitive, learn what your psychic style is, and how to turn on your psychic receptors. This is a fun interactive class!

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

**Ken Becker** is also part of the Soul Friends Healing team and is a Mental Health Professional who helps his clients get in tune with who they really are.

**Sara Adams** is a Reiki Master, an indigo, and intuitive who owns the Healing Den in Richfield, MN.

**ENGAGING INTUITION**

Also in Session III

Armstrong Hall 211

Discussion-based

Learn to open yourself to a world that in truth is all yours! Want to know how to turn on your psychic ability and tune out when you desire? Desire to gain a unique, no effort way to "protect" yourself when working with reading energy? This is your chance to ask the burning questions you've had about how reading energy works. Time permitting, we'll talk about the guide realm.

**Amy Cerny Vasterling** is a teacher, knitter, cross country skier, cyclist, oil painter, public speakers, writer, and self-taught reader. She has spent her entire life, through observation, studying human behavior which has amply translated to creating in her a powerful clairvoyant.

**FOOD CHOICES FOR THE HEALTH OF OUR PLANET AND ITS PEOPLE**

Student Union 254

Discussion-based

What food we grow and how we grow it is intimately connected to climate disruption, water shortages, and world food justice and security, as well as our personal health. Through information sharing and group discussion, we will touch on several aspects of food and its relationship to what we are called to do in the world. An overview of genetically modified organisms (GMO's) far-reaching effects on our planet, a look at animal agriculture's implications for world food and water supply, and considering the hope for healing the world through regenerative organic farming, will be followed by discussion of what each of us can do to become co-creators with nature of a food democracy, while living healthy lives in a challenging world.

**Eleanor (Elly) Wagner** is a lesbian crone committed to working for world peace and healing the earth, among other passions. She is an audiologist and member of Citizens Climate Lobby, Grandmothers for Peace, and Lyndale United Church of Christ. She lives with her cat Thelma in Edina, MN.

**ENHANCE YOUR SPIRITUAL LIFE THROUGH GROUNDING MEDITATION**

Highland North 225

Discussion-based

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 into our daily living. We will discuss other methods for deepening our spiritual connection with ourselves and how these methods provide us with great 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.

## SESSION II

**DIGGING DEEP: UNDERSTANDING YOUR PATH AND PROCESS**

Highland North 225

Experiential/movement/dance/discussion-based

This workshop will use Kundalini Yoga, which involves an asana practice (Pituitary Gland Kriya) and two meditations (Sodarshan Chakra Meditation and Laya Meditation). The Pituitary Gland Kriya is a clearing Kriya and it helps prepare the body for the two meditations that will work directly with clearing past-life karma. We will then do a combination of journaling, reflection, and discussion. We will make a timeline of your life, marking major events, struggles, and epiphanies, and you will find which chakras are associated with these. We will discuss past-life karma, strategies to address this, and how to use Kundalini Kriya and the two meditations to help you work with past-life karma.

**Laura Adrian** is a gifted Kundalini Yoga Teacher and Cranio-Sacral Therapist. Through these powerful modalities, she helps people overcome challenges and disease so that they can live with more peace, joy, freedom, and prosperity.

**OPENING THE UNEXPECTED GIFTS OF THE SECOND HALF OF LIFE**

Armstrong Hall 213

Discussion-based

Explore with a circle of others the unexpected gifts of the second half of life. Find what awaits you, what is emerging, how to recognize and savor each gift, and whatever emerges. The gifts of the second half of life far exceed any experienced before. These gifts may greatly outweigh the challenges and losses noticed in the second half of life. Knowing the gifts that are waiting to unfold are all internal and you may find them opening without effort. When looking just at what happens externally you can miss the gifts that can't be seen, just felt. Expect to listen and be listened to with gentle self-compassion as you softly open to the gifts that are there for you.

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

**SMUDGING, BLESSING & CREATING SACRED SPACE**

Morris Hall 208

Experiential/discussion-based

Everything in the universe is composed of energy. Each person, place, or thing has its own unique energetic vibration. Our environment and everything around us takes on the energy of people and events. Frequently, this energy has a negative vibration that we can sense or feel. Smudging and ceremonial cleansing clears the emotional imprints that may have been collected over time. 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, vibration, and elemental energies. You will be given instructions for building a personal altar that will help to raise the energetic vibration within your home.

**Diane Anderson** is the Coordinator for Academic Appointments and Promotions and is an Instructor in Medical Education in the College of Medicine, Mayo Clinic, Rochester, MN. She is a healing arts practitioner and teacher whose practice includes Reiki, Energy Medicine, Shamanic Healing, and Holistic Health Coaching.

**PRIESTESS: THE PATH OF SURRENDER AND DIVINATION**

Armstrong Hall 208

Experiential/discussion-based

The world needs women to reclaim the title of Priestess. Find out what it means to surrender your life to the Divine. We will explore the path of divination. You will work with tarot cards to receive messages and blessing from the Goddess. You are encouraged to bring your own tarot cards.

**Monika Antonelli** has dedicated herself to the Great Mother Goddess and enjoys the mysteries of walking a path of surrender. She has been a professional tarot reader for over 25 years.

**REDUCE SHAME BEFORE SHAME REDUCES YOU**

Also in Session I

Armstrong Hall 216

Experiential/story-telling/discussion-based

Most of us know the inner shame voice, "I'm not good enough." These words are held in our bodies, our minds, and our spirit. Nothing inside of us is safe. In this workshop we will connect the inner voice of shame so easily tapped from the other inner critic resulting in our desire to disappear. With the use of six steps, BACICS, we can release the clutch of shame memories and access our inner strengths to ward off future "shame vice-grips." The overall goal of the workshop that participates can chant, "Shame on shame!"

**Dr. Kay Bernard** received her MA in Speech—small group dynamics, and her doctorate writing a thesis on bipolar disorder and spirituality. From her experiences as a person with bipolar and anxiety disorders, she has faced crippling shame. As an ordained minister, she has helped people to understand their "shame" voice and developed a six-action step program to empower people to stand their ground.

**USING DREAMS AND MEDITATION TO ACCESS INNER WISDOM**

Also in Sessions III &amp; IV

Armstrong Hall 214

Experiential/discussion-based/PowerPoint/computer-based

This workshop will give practical tips on how to use dreams and meditation to connect with universal inner-wisdom. You will be given a brief history of how different cultures have used dreams to enhance their lives and given examples of how ancient Egyptians, Greco Romans, and Native Americans valued dreams. This workshop is interactive and will provide tools for participants to use in the future.

**Judy Coughlin** has been teaching yoga and meditation since 2007 and is a 200-hour Registered Yoga Teacher (RYT) and Wellness Coach. She has been working with her dreams since she was nine years old, has a degree in Psychology, and a minor in Women's Studies.

**SACRED TRANSFORMATIONAL MUSIC**

Also in Session I

Morris Hall 102

Experiential

You will be given an opportunity to experience music as vibrational medicine. Crystal bowls and acoustic instruments are combined to create relaxation, stillness, and energy flow. This will allow 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 Degrees in Music, six years of advanced study with professional conducting organizations, and two levels of sound healing study with Fabien Maman in the south of France. Besides her extensive musical skill and training, Rahbi brings to her music the benefit of her own emotional healing and spiritual depth.

**SOUND HEALING WITH TIBETAN SINGING BOWLS**

Student Union 245

Experiential/meditation/instrumental/drumming

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 ourself and others. Come learn about and experience the mystical, magical harmonics of sound healing with Tibetan Singing Bowls. Attendees are encouraged to bring a yoga mat, blanket, and/or a pillow for comfort.

**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 been 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.

**OPENING YOUR HEART WITH LAUGHTER YOGA**

*Also in Session IV*

Student Union 253

Experiential/discussion-based

Laughter yoga was developed over 20 years ago by a medical doctor who saw the positive results in his patients who were open to laughter. There are no jokes, no comedy, and no one needs a sense of humor to participate – this is not yoga stand-up. Through exercised, simple activities, we invite childlike playfulness, eye contact, and human connection. Laughing stimulates health hormones and oxygenates the body. A laughter practice increases self-awareness, ultimately leading to joy and an increased quality of life.

**Heather Fox** lives in Ankey, IA with her husband and her dog. She is a registered yoga teacher through Yoga Alliance, specializes in integrative yoga therapy, and is a certified laughter yoga leader through the Laughter Yoga University and a Reiki practitioner.

**EIKONS: CREATING PERSONAL IMAGES OF THE DIVINE**

*Also in Session I*

Student Union 202

Discussion-based/book summary/guided meditation

This interspiritual program empowers participants to create their own image of the Divine. Cosmic Consciousness/Source is unknowable and ineffable. In order to attune to Her, we need to create an individualized image of Sacred Consciousness, or an eikon. An individual's eikon must be consistent with her religious traditions, personal experience, ego personality, and soul – or that of the Goddess within. Holding these four elements in creative tension allows one to "put a face" on the Divine, opening the door to devotion, worship, prayer, and inner wisdom.

**Gracia Gimse McKinley (Swami Vidyandana)** is ordained in the Kriya Yoga lineage and the founder of One Spirit Center for Sacred Study in Northfield, Minnesota.

**T McKinley** is an author, a teacher, and an Interfaith Minister who is working on his second book about reclaiming and creating images of the Divine.

**TEN QUESTIONS EVERY MOTHER NEEDS TO ASK HERSELF**

*Also in Session IV*

Armstrong Hall 202

PowerPoint/experiential

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, Ph.D.** is a Professor of Psychology at St. Cloud State University, where she teaches Psychology of Women. Her new book, *10 Sacred Questions for Every Woman*, was published this year. Julie lives in Minnesota with her family.

**THE 20TH ANNIVERSARY OF THE BEIJING 4TH WORLD CONFERENCE ON WOMEN: LOOKING BACK, LOOKING FORWARD**

Student Union 204

Discussion-based/PowerPoint/computer-based/child-friendly

It is the 20th Anniversary since Beijing 1995 UN 4th World Conference on Women. This workshop will review the conference and its goals through video and images. It will examine the series of UN documents that led to the Beijing Platform for Action and evaluates the progress made in the last 20 years.

**Terri Berthiaume Hawthorne** is an educator, scholar, media producer, and community activist. She holds a Master of Science in Women's Studies and has taught Women's Studies as an adjunct graduate faculty at the

University of Minnesota and for the Minnesota State University, Mankato system since 1988. She is the co-author of "Stars In Your Bones," and, "The Many Faces of the Great Mother." Terri also co-chaired the 1975 MN Celebration of International Women's Year, served on the steering committee of the 1985 Nairobi in MN conference, and gave over 300 talks after attending the Beijing 1995 UN 4th World Conference on Women. She 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 5 children, and a proud grandmother.

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

**MUSICAL SOLUTIONS – THERAPEUTIC MUSIC FOR HEALING**

*Also in Session IV*

Morris Hall 103

Experiential

The purpose of this workshop is to introduce several innovative techniques for using music as a therapeutic tool. Most people feel there is a power in music but many do not know how to direct this power of music. We will cover specific music/techniques for common ailments. You will be given a brief explanation and theory of why we use music and then we will have experiences with music so you can feel the effects. You will learn the difference between physical and emotional effects of music and how this affects our immune system.

**Janalea Hoffman** is a pioneer in Music Therapy. Her work includes a book, *RYTHMIC MEDICINE – Music with a Purpose*, and 15 therapeutic music CD's. She is known for developing techniques that are used by many health care professionals and has received an award for her innovative work with music and medicine.

**WOMEN AS KEEPERS OF CULTURE, BEARERS OF LIFE**

Armstrong Hall 311

Experiential/movement/dance/singing/changing/PowerPoint/computer-based

Women, are you ready to serve your community as wise elders, keepers of the culture, and protectors of life? You might have that vision but wonder how on earth you will get there. Examples of women from around the world using culture, dance, and music in service of life will inspire our conversation. We will use dance and music to explore how we connect to our ancestors, nurture life, and pass on our wisdom.

**Emily Jarrett Hughes** is a mother, dancer, and healer who is passionate about protecting water and pollinators. To learn more, visit [wisdomdances.com](http://wisdomdances.com)

**UNDERSTANDING THE UNIVERSE: USING MAYAN SPIRITUALITY**

*Also in Session III*

Armstrong Hall 232

Story-telling

You will be given an 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 influences development of a society and culture. The Mayan calendar offers something more amazing that what Hollywood and sensationalist media try to portray. This ancient knowledge is for everyone and offers the tools to understand our own lives, the universe, the planet, and leads to a deep spiritual understanding.

**Gina Kingsley** was trained by a shaman many decades ago in the Mayan calendar, graduated as a computer programmer and analyst, has studied Mayan archaeology in St. Paul Hamline University, was advisor to the MN Science Museum in the 2013 Mayan Exhibit, has offered seminars in various universities in MN, and in 2015, produced radio shows in KFAI FM in the Twin Cities.

**A WITCHUAL IN HONOR OF HER***Also in Session III*

Armstrong Hall 231

Ritual/experiential/discussion-based

She is one of the most strong, powerful, feminist women you will ever meet. She is so amazing, you should pay your respects to her on a daily basis. Come find out who she is and how you can honor her every day. This workshop is designed to help you delve further into your connection with the Green Faced Witch and help you uncover how to express that connection.

Carol Mackel (Moon) is a Wiccan priestess who has been given a mission to tell "Her" story.

**BLAMING, SHAMING, JUDGING, GUILT, AND MAKING EXCUSES: SPIRITUAL ROADBLOCKS***Also in Session III*

Armstrong Hall 225

Discussion-based/experiential

Blame, shame, guilt, judgment, and excuses keep us from moving forward to a deeper spiritual connection and compassion. By redirecting and reclaiming this energy, we can use this to connect with our goals and with other people. By recognizing and understanding how these roadblocks affect us, we can begin to move past them to live our lives more fully in present time.

Kathleen McDowell, MA, is an author and educational speaker about adult survivors of child sexual abuse, the long-term health effects, and recovery. She is a consultant with "I've Got a Message!" on family violence, abuse, and recovery education.

**IT'S NOT ROBERT'S RULES: HOW DOES THE STRUCTURE OF A SPIRITUAL ORGANIZATION INFLUENCE ITS PROCESS, INCLUSIVENESS, AND LONGEVITY?***Also in Session III*

Student Union 203

Discussion-based

How can your organizational structure reflect the diversity of your group members and still be sustainable? Many spiritual groups dissolve or implode under the weight of their operational mode. Our ritual group has lasted over 35 years in part because we have created a minimalist format that has proven to be both flexible and structured. This has allowed us to focus our energy and attention on content: ritual writing and ritual working. The purpose of this workshop is to discuss formats and structures of spiritual groups.

Nell Morningstar, Rogue Buddhist/Pagan/eclectic ritualist, has witnessed the swell of alternative spirituality from the sales counter and classroom of Evenstar Bookstore and Sacred Paths Center in the Twin Cities. Tarot reader, teacher, and shamanic practitioner, she now offers classes and workshops through a variety of venues.

Teisha Magee has been exploring the aspects of spirituality for over 20 years from many perspectives, including helping people at Evenstar Bookstore and Sacred Paths Center in Saint Paul, to raising 4 kids, and being a part of a vibrant, cohesive ritual group. She has a broad perspective to community, ritual, and spirituality.

**WISE WOMEN HERBALS***Also in Session III*

Student Union 238

Experiential/discussion-based

We will discuss the history of herbs in the West, taste some herbal teas, and talk about herbal medicinal weeds in your yard.

Heidi Nemcek is a Massage Therapist with a love of whole foods, plants and healing. She has 20 years of study with MN Herbalists and self-study master gardener, mushroom hunter, general nature lover, forager, now working with Herb Pharm® as an educator for the Midwest.

**THE DEPTH OF BETRAYAL: AWARENESS AND HEALING**

Student Union 201

Discussion-based

Betrayal happens. When it does, we wonder: 1) what we did to deserve it; 2) how to not be fooled again; but then, 3) why we often are fooled again? This session presents the patterns of dishonesty and how to recognize them, how to trust our intuition and our body's signs of recognition, a promising dose of assertiveness and courage, and a discussion about forgiveness – is it necessary? – should we listen to all those who tell us to forgive? We will practice getting out of a "rejected pattern" and on with our lives.

Kay Rutherford, PhD, LPC, NCC, RN is a private counseling therapist and author of a book about betrayal. She helps clients become more self-assertive and reliant in the midst of deceit. Rutherford shares her diverse experiences while teaching in China, and the value of communal thinking after China's Cultural Revolution betrayal and trauma. She also shares the experience of trusting our bodies to tell us what our minds do not, learned from various hiking and travel experiences.

**TOGGLE TO YOUR SOUL***Also in Session I*

Pennington Hall 102

Experiential/includes movement

Explore how to Toggle, or switch the screen of your awareness, from the small ego, personality self to your Soul Wise Self, the part of you connected to the Divine. Gain awareness, through breathwork and BodySoul movement, of living as a spiritual being having a physical experience. Through guided meditation anchor a new aspect of your Soul's light into your physical body.

Leah Skurdal offers classes, workshops, Intuitive Massage, and Energy Healing through her business, Mastery in the Art of Living located in Lino Lakes, MN. Leah has been teaching classes, and practicing BodySoul Movement, meditation and bodywork for over 20 years. To learn more, visit [www.MasteryInTheArtOfLiving.com](http://www.MasteryInTheArtOfLiving.com)

**INTRODUCTION TO ANIMAL/INTERSPECIES COMMUNICATION**

Armstrong Hall 310

Discussion-based

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 is an ancient language at work, one we and our animal companions have in common.

Marilyn Tokach is a compassionate empath, healer, and teacher, seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. Extensive corporate experience in human resources/management in interviewing, training/development, and conflict resolution, combined with Bachelors 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.

**AWAKENED ALIVENED***Also in Session I*

Armstrong Hall 219

Experiential/movement/dance/visuals

When we dare to get clear on who we really are and what we are really here for, we liberate robust life force, courage, and creativity. When we say YES to those spiritual butt kicks, and clear the fear-running interference against our "true selves," we open ourselves to joy and fulfillment, absolutely making the world a better place for all life. Come play on this



## SESSION II

playground of Vitalizing energy Medicine, and start re-wiring yourself with Divine Light and Power for more passion, more blessings, as you give more fully of your gifts. Creator of All That Is, is calling your name!

**Maria Turnblom**, Change Making for Real & Reclaim Vitality, is an awakening educator, trainer-mentor, and facilitator of transformational healing, helping people live life on purpose with youthful health and vitality. Her newest endeavor is founding Awakened Alivened, a revolutionary center serving the evolutionary wellness and wholeness of change makers, through leading edge specialized knowledge, profound healing, optimal self-care, and innovations essential for life in a toxic world.

### WHEN MEDITATION MEETS HYPNOSIS

Student Union 255  
Experiential

People who meditate often ask, "What is the difference between meditation and hypnosis?" This workshop will explain the difference on an intellectual level, as well as experiencing that difference. You will gain an understanding of the powerful subconscious mind that is functioning in each individual.

**Cathy Weber-Zunker** is certified in Clinical Hypnosis, is an ordained Minister, and is certified in Brain Works Recursive Therapy through the Essex Institute.

## SESSION III

### LIVING AN UNCONDITIONAL LIFE

Armstrong Hall 213  
Discussion-based

You have heard of unconditional love, but can you imagine an unconditional life? A life where what appeared was not dependent upon what you did or did not do. A life not earned or deserved but just the life that you are to live, perfect as it is, enough in all ways. What if that life offered is just what you need, when you need it, and you knew how to accept and use what appears without conditions? Imagine living an unconditional life. Join with a circle of others imagining and exploring how to live and love an unconditional life. Expect to listen and be listened to with gentle self-compassion and unconditional acceptance.

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

### COMMUNICATING WITH OUR GUARDIAN ANGELS

Morris Hall 208  
Experiential/discussion-based

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. 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 do not need extraordinary psychic or intuitive skills to have a dialog with your angels. You will discover your angel's name and receive a written message from your guardian angel.

**Diane Anderson** is the Coordinator for Academic Appointments and Promotions and is an Instructor in Medical Education in the College of Medicine, Mayo Clinic, Rochester, MN. She is a healing arts practitioner and teacher whose practice includes Reiki, Energy Medicine, Shamanic Healing, and Holistic Health Coaching.

### DISCOVERING YOUR INDIVIDUAL & COLLECTIVE POWER WITH ASTROLOGY

Also in Session I  
Armstrong Hall 308  
Discussion-based/PowerPoint/computer-based

In this workshop we will discuss power. We tend to think of power as something negative because of the potential for misuse. If we are only thinking of ourselves and not how we affect others and our environment, then we are misusing our power. However, power can be a good thing, especially if it is approached from a spiritual standpoint or the realization of our connection to each other. We all have potential for individual power as well as collective power. By studying our natal charts, we can discover our strengths and weaknesses as individuals so that we are better prepared to work with others to build a strong and healthier world community.

**Sally Blumenfeld** has studied astrology for over 35 years. She is an astrological counselor, teacher, writer, creator of the *Drumming Astrologer Power Deck*®2014, and past president of STARS, the Minnesota Chapter of the National Council of Geocosmic research.

### THE SPIRITUAL LESSONS IN KUNG FU PANDA- PART 1

(Part 2 will be offered in Session IV)

Armstrong Hall 222  
PowerPoint/discussion-based/experiential

This workshop is a presentation and discussion of the spiritual lessons that are illustrated by the movie *Kung Fu Panda*. We will go through the first half of the movie, pausing to point out the allegorical lessons. Then we will have circle discussion of the application of those lessons.

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

### BRINGING YOUR SACRED SELF INTO RELATIONSHIP(S)

Also in Session I  
Student Union 253  
Experiential

Sacred space will be created and participants will have the opportunity to examine the ways our relationships invite us into a false self and an authentic self. Our relationship with ourselves, with others, and with the divine will be the points of focus. Time for creativity and self-reflection will be followed with sharing in circle before sacred space is closed.

**Christine Capshew** and **Thomas Capshew** are both Ordained Interfaith Ministers and Social Works, and they bring their gifts to their private spirituality practices in Fredericksburg, VA. They celebrated their love in an interfaith sacrament of marriage on June 20, 2015.

### MODERN MATRIARCHAL STUDIES: A NEW LIGHT ON AN OLD DEBATE

Also in Session I  
Armstrong Hall 208  
Formal paper

For over 100 years, debates have raged in the scholarly world over the existence of matriarchal societies, both past and present. Join Joan Cichon as she discusses the history of those debates, the new field of Modern Matriarchal Studies, and how scholars in this field have defined matriarchy — for they propose a new and exciting definition of matriarchy that does not simply imply "power over" and the reverse of patriarchy. Joan will conclude by reviewing how she has used the new definition of matriarchy proposed by Modern Matriarchal Studies in her own research on Bronze Age Crete.

**Joan Cichon** has a Ph.D. in Women's Spirituality from the CA Institute of Integral Studies. Her dissertation was entitled: *Matriarchy in Minoan Crete: a Perspective from Archaeomythology and Modern Matriarchal Studies*. She is currently training to be a Priestess of Avalon.

**HERBAL WISDOM: THE WISE WOMAN WAY***Also in Session I*

Armstrong Hall 315

Experiential/singing/chanting

Come celebrate the wisdom of the plants that grow around us by singing, forming a circle, and celebrating the wisdom of the plants. An introduction to herbal infusions and the importance of the nourishing herbs will be offered. Participants will have the opportunity to sip herbal infusions as well as learn usual and unusual applications for common plants. Participants will leave inspired to connect or reconnect with the green world.

**Linda Conroy** is an herbalist practicing in the Wise Woman Tradition. She has had the honor of working with plants and women for over two decades.

**USING DREAMS AND MEDITATION TO ACCESS INNER WISDOM***Also in Sessions II & IV*

Armstrong Hall 214

Experiential/discussion-based/PowerPoint/computer-based

This workshop will give practical tips on how to use dreams and meditation to connect with universal inner-wisdom. You will be given a brief history of how different cultures have used dreams to enhance their lives and given examples of how ancient Egyptians, Greco Romans, and Native Americans valued dreams. This workshop is interactive and will provide tools for participants to use in the future.

**Judy Coughlin** has been teaching yoga and meditation since 2007 and is a 200-hour Registered Yoga Teacher (RYT) and Wellness Coach. She has been working with her dreams since she was nine years old, has a degree in Psychology, and a minor in Women's Studies.

**ACCESSING THE UNCONSCIOUS THROUGH TOUCH: THE IMPORTANCE OF HUMAN CONNECTION AS A HEALING TOOL***Also in Session I*

Armstrong Hall 306

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 the emotions, and taps the hormones of love, peace, and connection that is 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. This workshop will demonstrate how gentle touch like Rosen Method Bodywork can stimulate this powerful healing system in the body, using receptive touch and verbal dialogue to assist people in opening to long forgotten experience and emotions, and to release unconscious limiting beliefs. It is intended to benefit those from all walks of life who want greater physical and emotional aliveness, for those who wish to learn to become more at ease with their own emotions, or emotions in others.

**Dorothea Hrossowyc, MA**, member RMPA, and ABMP is a Rosen Method Bodywork teacher and practitioner in Northfield, Lakeville, and Rochester. Trained with Marion Rosen in Berkeley, CA, she is also trained in Hakomi Body Psychotherapy, Sensorimotor Psychotherapy for Trauma, Development and Attachment Issues, and in Self Leadership Transformational Counseling. She has practiced mind/body/emotional healing for over 15 years.

**JanMarie Roehl**, RMPA & ABMP member, is an eclectic body worker in practice for 30 years and is currently a Rosen Method Bodywork intern. Training includes Energy Balancing & Chelation, Healing Touch, Hospice massage, Reiki & Mari EI, Yoga & a variety of Therapeutic Massage modalities. Her practice focuses on support for personalized approaches to health maintenance and physical and spiritual well-being.

**THE HIVE AND THE WELL**

Highland North 225

Experiential/movement/dance/ritual/worship

The Hive and the Well is a practice that helps you embody your fullest self through movement and community. We dance to be nourished by nature and by Source, for wellness, and to awaken our creative spark and flourish in life. The wisdom within the dances of this embodied wisdom tradition from the Balkans gives you the strength of roots.

**Emily Jarrett Hughes** is a mother, dancer, and healer has completed in-depth training in women's ritual dances. To learn more, visit [wisdomdances.com](http://wisdomdances.com)

**HEALING THE DIVIDE BETWEEN OUR INNER AND OUTER WORLDS**

Morris Hall 209

Experiential/discussion-based

The spiritual life needn't be kept separate from everyday life. In fact, the events in our lives are fertile ground for spiritual growth. As we bring more of our inner self to our outer world, we begin to experience more purpose, joy, enthusiasm, and peace. We will practice several techniques designed to promote awareness of our inner wisdom and explore how we can use them to find a better way to respond to the challenges we experience.

**Jackie Jeffery** is a trained Life Coach, Minnesota native, writer, and speaker. She believes in listening to the wisdom within, and it is her life's purpose to support those who want to live by the teaching of their own hearts.

**FIVE RITUALS WE NEED TO BRING BACK FOR OUR COLLECTIVE SPIRIT***Also in Session IV*

Morris Hall 210

Formal paper/discussion-based

Rituals are fading in our fast-paced, get-to-the-top world. Rituals remind us of what we value and how we want to show up in the world. This workshop will remind us of five rituals common throughout world cultures and religions. We will consider small shifts and steps we can use to build those rituals into our everyday practice, further weaving our lives together in our common journey of humanity.

**Jill Jerabek** is a relationship coach and parenting expert who supports individuals and families in living a more focused, balanced, and nurtured life by healing past wounds, practicing forgiveness, establishing boundaries, and developing relationship with self, others, spirit, and the everyday world of schedules and commitments.

**MOOD CONTROL WITH NEURO LINGUISTIC PROGRAMMING (NLP)**

Armstrong Hall 234

Experiential

We probably all know by now that we are personally responsible for our emotional reactions, including our moods. But knowing that and actually living that are two very different things! Why is it so hard to control our moods and how can we take more control? NLP can help us become masters of our moods, we can feel compassion when we'd like to and confidence when it will serve us. We will be practicing a simple NLP technique and leave this session with a new skill, plus we'll feel really, really good!

**Sarah Johnson**, has a M.A. in Counseling.

**Patricia Linehan**, Ph.D. in Educational Psychology, currently teaches for SMSU, Master Certification in Neuro Linguistic Programming, and long-time Buddhist.

**UNDERSTANDING THE UNIVERSE: USING MAYAN SPIRITUALITY***Also in Session II*

Armstrong Hall 232

Story-telling

You will be given an 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 influences development of a society and culture. The Mayan calendar offers something more amazing than what Hollywood and sensationalist media try to portray. This ancient knowledge is for everyone and offers the tools to understand our own lives, the universe, the planet, and leads to a deep spiritual understanding.

**Gina Kingsley** was trained by a shaman many decades ago in the Mayan calendar, graduated as a computer programmer and analyst, has studied Mayan archaeology in St. Paul Hamline University, was advisor to the MN Science Museum in the 2013 Mayan Exhibit, has offered seminars in various universities in MN, and in 2015, produced radio shows in KFAI FM in the Twin Cities.

**STARTING YOUR OWN ENERGY WORK BUSINESS**

Armstrong Hall 220

Discussion-based

Have you been practicing with energy work or any form of Alternative Health and are ready to venture out and start your own business? You will receive information on what to do first, the work needed to be successful and how gratifying it really can be.

**Michelle Lehn** is a Certified Massage Therapist/Reiki master. Owning her own business for the last 10 years, she also built and managed Cenex convenience stores for 14 years prior to that.

**A WITCHUAL IN HONOR OF HER***Also in Session II*

Armstrong Hall 231

Ritual/experiential/discussion-based

She is one of the most strong, powerful, feminist women you will ever meet. She is so amazing, you should pay your respects to her on a daily basis. Come find out who she is and how you can honor her every day. This workshop is designed to help you delve further into your connection with the Green Faced Witch and help you uncover how to express that connection.

**Carol Mackel (Moon)** is a Wiccan priestess who has been given a mission to tell "Her" story.

**BLAMING, SHAMING, JUDGING, GUILT, AND MAKING EXCUSES: SPIRITUAL ROADBLOCKS***Also in Session II*

Armstrong Hall 225

Discussion-based/experiential

Blame, shame, guilt, judgment, and excuses keep us from moving forward to a deeper spiritual connection and compassion. By redirecting and reclaiming this energy, we can use this to connect with our goals and with other people. By recognizing and understanding how these roadblocks affect us, we can begin to move past them to live our lives more fully in present time.

**Kathleen McDowell, MA**, is an author and educational speaker about adult survivors of child sexual abuse, the long-term health effects, and recovery. She is a consultant with "I've Got a Message!" on family violence, abuse, and recovery education.

**DRUMMING THROUGH THE CHAKRAS**

Morris Hall 213

Experiential

Drumming through the chakras is a workshop creating community by drumming, chanting, and movement while focusing on each chakra, the color, and the energy it evokes. We will learn the four basic tar (frame drum) strokes, and drum and chant as we entrain with one another and clear our chakras.

**Linda Melcher, EdD** is a Drum Superior and is a trained HealthRHYTHMS facilitator. She 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 Nelson, MA** is a Drum Superior and is a trained HealthRHYTHMS facilitator. She studied frame drumming with Layne Redmond, who inspired her to teach in the circle using Glen Valez' Handance teaching method. She has taught frame drum classes in St. Paul, Two Harbors, White Bear Lake Alternative High School, and the Women's Drum Center. Nelson uses drums and other instruments to create soundscapes and accompany herself in music concerts and her one-woman story/theater musicals.

**IT'S NOT ROBERT'S RULES: HOW DOES THE STRUCTURE OF A SPIRITUAL ORGANIZATION INFLUENCE ITS PROCESS, INCLUSIVENESS, AND LONGEVITY?***Also in Session II*

Student Union 203

Discussion-based

How can your organizational structure reflect the diversity of your group members and still be sustainable? Many spiritual groups dissolve or implode under the weight of their operational mode. Our ritual group has lasted over 35 years in part because we have created a minimalist format that has proven to be both flexible and structured. This has allowed us to focus our energy and attention on content: ritual writing and ritual working. The purpose of this workshop is to discuss formats and structures of spiritual groups.

**Nell Morningstar**, Rogue Buddhist/Pagan/eclectic ritualist, has witnessed the swell of alternative spirituality from the sales counter and classroom of Evenstar Bookstore and Sacred Paths Center in the Twin Cities. Tarot reader, teacher, and shamanic practitioner, she now offers classes and workshops through a variety of venues.

**Teisha Magee** has been exploring the aspects of spirituality for over 20 years from many perspectives, including helping people at Evenstar Bookstore and Sacred Paths Center in Saint Paul, to raising 4 kids, and being a part of a vibrant, cohesive ritual group. She has a broad perspective to community, ritual, and spirituality.

**WISE WOMEN HERBALS***Also in Session II*

Student Union 238

Experiential/discussion-based

We will discuss the history of herbs in the West, taste some herbal teas, and talk about herbal medicinal weeds in your yard.

**Heidi Nemcek** is a Massage Therapist with a love of whole foods, plants, and healing. She has 20 years of study with MN Herbalists and self-study master gardener, mushroom hunter, general nature lover, forager, now working with Herb Pharm® as an educator for the Midwest.

**THE DEPTH OF GRACE: STOPPING IN ORDER TO SEE**

Student Union 201

Experiential

How do we find grace in stillness, in our inner core? This participatory workshop encourages meditation and *stopping* in breath, calm, and focus on the *now*. Recognizing reality with our 3rd eye chakra, we will see *what is*, accept this and then... *let it be*. Bringing a mat is fine, though not necessary. Please wear comfortable clothes in which you can move and stretch; also, bring a less-than-10-word phrase of what you would like to "stop and see" (e. g. to eat more mindfully, to forgive or understand the one who hurt you, to be less busy, to focus on, etc.).

**Kay Rutherford, PhD, LPC, NCC, RN** as a private counseling therapist for many years, she helps clients focus by *stopping*—not as easy task in our busy-ness. Rutherford's diverse experiences from two years in China, a medical trip to India, hiking the 500-mile El Camino pilgrimage in Spain and across the Grand Canyon, all contribute to this active, inspirational, and participatory "stopping" session.



**CARING FOR ELDERLY FAMILY MEMBERS, ROLE REVERSAL, AND COMPASSION FATIGUE**

Armstrong Hall 205  
Discussion-based

The relationship with our elderly parents is changing, 22.4 million households provide care to a family member of 50 years and older. Also, 67% of all adult children caring for their parents are working full time. The figures are climbing and the sandwich generation is overwhelmed. This workshop will provide a forum for those who are carrying a load of their own lives, children, work, and then find themselves in a position where their parents are in need of assistance.

**Joy Smith** is a licensed Independent Social Worker in Iowa. She has traveled around the world helping Peace Corps volunteers dealing with trauma. She has been an outpatient therapist for many years, specializing in women's issues.

**ANIMAL COMMUNICATION EXPERIENCE (GUIDED VISUALIZATION)**

Armstrong Hall 311  
Experiential

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

**Marilyn Tokach** is a compassionate empath, healer, and teacher, seeking to empower both animals and humans to bring mutual understanding and harmony into their lives. Extensive corporate experience in human resources/management in interviewing, training/development, and conflict resolution, combined with Bachelors 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.

**MOVEMENT IS LIFE!**

Student Union 245  
Experiential/movement/discussion-based/child-friendly/PowerPoint

You will be presented information that supports the importance of movement for optimal well-being. Several movement activities will be demonstrated to show how easily a lifestyle change that incorporates increased movement can begin. You will be invited to perform several of the movements according to your own skills and comfort. Discussion will include the pros/cons of various exercise activities compared to playing with movement.

**Lisa Turek-Shay** has experienced life as a maiden, mother, and crone, and brings the wisdom of those life experiences to her passion for supporting people on their personal path to optimal wellness. She actively studied health care since 1966, and through the years has practiced healing as an energy healer, nurse, mental health counselor, rehab consultant, vocational evaluator, and health education, in addition to holistic bodyworker. She earned a Doctor of Chiropractic degree in 1995 and takes advanced training in nutrition, botanical medicine, strength and conditioning, physiotherapeutics, gemstones, body energetics, and counseling.

**Ashley Rose (Turek-Shay) Heacock** is licensed as a Massage Therapist and bodyworker in Wisconsin, who grew up in a household of healers and has managed her own Rose Garden Massage business for almost 10 years. She is dedicated to providing hands-on holistic healing services that empower optimal well-being, and to educating her clients about their care of their bodies.

**ENGAGING INTUITION**

Also in Session I  
Armstrong Hall 211  
Discussion-based

Learn to open yourself to a world that in truth is all yours! Want to know how to turn on your psychic ability and tune out when you desire? Desire to gain a unique, no effort way to "protect" yourself when working with reading energy? This is your chance to ask the burning questions you've had about how reading energy works. Time permitting, we'll talk about the guide realm.

**Amy Cerny Vasterling** is a teacher, knitter, cross country skier, cyclist, oil painter, public speaker, writer, and self-taught reader. She has spent her entire life, through observation, studying human behavior which has amply translated to creating in her a powerful clairvoyant.

**HENNA BODY ART**

Morris Hall 211  
Art

We will focus on the beautiful art of Henna. What is henna and what does it do to the skin and hair? A typical henna kit will be broken down and you will be shown how to mix up henna in order to make a great, smooth paste for body art application. There will be instruction on how to do simple designs, and given instructions on applications. Supplies will be passed out for participants to use on each other. Henna is fun and interactive, a wonderful art medium, and it is an art form for everyone.

**Amy Wilde**/Castle Art & Import has been importing henna since 1997 and is well versed in the henna arts. She is certified via International Certification for Natural Henna Arts and has taken many seminars and classes relating to henna.

**SPIRITUAL HYPNOSIS**

Student Union 255  
Experiential

Spiritual hypnosis can balance your chakras, put you in touch with a larger consciousness, is used as a method for contacting your spirit guide, is used for past life regression, as well as accessing information from the spirit realm in life-between-life hypnosis. We will discuss all these topics as well as experiencing hypnosis that will assist you in developing your own psychic abilities.

**Cathy Weber-Zunker** is certified in Clinical Hypnosis, is an ordained Minister, and is certified in Brain Works Recursive Therapy through the Essex Institute.

**FOOD AND SPIRIT: EATING FOR THE CHAKRAS**

Pennington Hall 102  
Experiential

Food and Spirit explores the intersection of food and spirituality in a non-dogmatic way. This workshop will include mindful movement, a guided chakra-based meditation, and discussion about eating for the chakras. Come explore at a deeper level all the ways one is nourished through movement, connection, creativity, mindfulness, rich engagement with the world, as well as food.

**Michelle Wilson** is a certified holistic health counselor, certified yoga instructor, certified Food and Spirit™ practitioner, a Reiki and Healing Touch practitioner, certified worksite wellness specialist (National Wellness Institute), and completed a 9 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.

## SESSION IV

**UNFOLDING THE LOTUS: DISCOVERING & LIVING YOUR PURPOSE**

Highland North 225

Experiential/movement/dance/discussion-based/reflection/journaling

Kundalini Yoga involves an asana practice (Awakening 10 Bodies Kriya), and included in this Kriya is a chant/meditation. The purpose of this is to awaken the practitioner to their path and purpose and it works systematically by balancing the seven chakras, the aura, the pranic body, and the radiant body. We will do a short Indra Nitri meditation, which awakens the soul and intuition, and then we will do a combination of journaling, reflection, and lecture to create a relationship and a deeper understanding of your purpose. You will receive hints when working with your purpose and how it may look to live your purpose and integrate it into your daily life.

**Laura Adrian** is a gifted Kundalini Yoga Teacher and Cranio-Sacral Therapist. Through these powerful modalities, she helps people overcome challenges and disease so that they can live with more peace, joy, freedom, and prosperity.

**LETTING GO OF THE NEED FOR APPROVAL**

Armstrong Hall 213

Discussion-based

Being authentic involves becoming our own authority and trusting our own approval. We may be startled or just delighted when we realize that authenticity has become more important than approval. And when we are conscious of this shift we find that letting go of the need for approval can be natural and automatic. Gather with a small circle of others to explore how we are letting go of the need for approval. Expect to listen and be listened to with gentle self-compassion and acceptance.

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

**TEMPERANCE – THE TAROT ANGEL FOR OUR TIMES**

Student Union 255

Experiential/discussion-based/ritual/workshop

During these times of shifts and unrest, all of us could use true flow with the elements. Temperance, the 14th portal of Tarot, is a perfect meditation of the Middle Path. All levels of tarot knowledge will hopefully walk away with fresh insights to our work in the angelic realm. Please bring your own tarot deck if at all possible.

**Nancy Antenucci** is a seasoned tarot reader, author, and teacher of intuitive and creative strategies. Among various projects, she leads the Twin Cities Tarot Collective in a monthly Meetup and North Star, an annual conference. To learn more, visit [www.betweenworlds.us](http://www.betweenworlds.us)

**EMPOWERMENT THROUGH SPIRITUALITY**

Armstrong Hall 208

Experiential/discussion-based

This workshop will assist women to recognize, claim, and accept their God Power within and live from that context in order to experience a loving relationship with self and a balanced relationship with all others; experience Wholeness – physically, mentally, emotionally, and spiritually; experience abundance in creativity, resources, money, and ideas; and experience their highest God in all areas of their lives.

**Rev. Joanne Biewald** took another path after 34 years working in the brokerage field as a stockbroker. In 2011 she was ordained as a Minister through Centers for Spiritual Living.

**Diana Hansen** worked in the social work field prior to becoming a Licensed Religious Science Practitioner through Centers for Spiritual Living.

**THE SPIRITUAL LESSONS IN KUNG FU PANDA - PART 2**

Armstrong Hall 222

PowerPoint/discussion/experiential

This workshop is the continuation of the spiritual lessons in the second half of the Kung Fu Panda movie. The allegorical lessons in the movie will be pointed out and then discussed amongst the group.

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

**TRITUAL SONGS WITH MOVEMENT**

Pennington Hall 102

Singing/chanting/movement/dance/ritual/worship, instrumental/drumming/child friendly

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

**Katie Cashel (Treewommon)** 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 has twice participated in the opening and closing ceremonies with her mother and friends.

**USING DREAMS AND MEDITATION TO ACCESS INNER WISDOM***Also in Sessions II & III*

Armstrong Hall 214

Experiential/discussion-based/PowerPoint/computer-based

This workshop will give practical tips on how to use dreams and meditation to connect with universal inner-wisdom. You will be given a brief history of how different cultures have used dreams to enhance their lives and given examples of how ancient Egyptians, Greco Romans, and Native Americans valued dreams. This workshop is interactive and will provide tools for participants to use in the future.

**Judy Coughlin** has been teaching yoga and meditation since 2007 and is a 200-hour Registered Yoga Teacher (RYT) and Wellness Coach. She has been working with her dreams since she was nine years old, has a degree in Psychology, and a minor in Women's Studies.

**OPENING YOUR HEART WITH LAUGHTER YOGA***Also in Session II*

Student Union 253

Experiential/discussion-based

Laughter yoga was developed over 20 years ago by a medical doctor who saw the positive results in his patients who were open to laughter. There are no jokes, no comedy, and no one needs a sense of humor to participate – this is not yoga stand-up. Through exercised, simple activities, we invite childlike playfulness, eye contact, and human connection. Laughing stimulates health hormones and oxygenates the body. A laughter practice increases self-awareness, ultimately leading to joy and an increased quality of life.

**Heather Fox** lives in Ankey, IA with her husband and her dog. She is a registered yoga teacher through Yoga Alliance, specializes in integrative yoga therapy, and is a certified laughter yoga leader through the Laughter Yoga University and a Reiki practitioner.

**TEN QUESTIONS EVERY MOTHER NEEDS TO ASK HERSELF***Also in Session II*

Armstrong Hall 202

PowerPoint/experiential

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**, Ph.D. is a Professor of Psychology at St. Cloud State University, where she teaches Psychology of Women. Her new book, *10 Sacred Questions for Every Woman*, was published this year. Julie lives in Minnesota with her family.

**KUNDALINI**

Morris Hall 102

Film/documentary/discussion-based

The focus of this workshop is the documentary film, *Kundalini*. Kundalini is an untapped resource of divinity within us all. It is an evolutionary energy that is designed for humanity's next step toward a luminous physical and spiritual expression. Beyond science, beyond religion, this untapped powerful resource is still unexplained, mysterious, and kept secret until today. This workshop provides helpful and inspiring information about Kundalini for everyone—whether you know nothing at all or have Kundalini awakened. Everyone has this powerful resource within them, waiting to be awakened. Activating and awakening this force brings feelings of peace and harmony, and as well it can be challenging.

**Rosemary Golias** is Kundalini activated and a student of the director of Kundalini Awakening Systems. She coordinates Kundalini film screenings/discussions, and the visits of the director, Chrism, to the Twin Cities (seminar: Nov 14, 15).

**INTRODUCTION TO SPACE CLEANSING**

Armstrong Hall 308

PowerPoint/computer-based

Just as it is important to keep space physically clean, it's important to keep it energetically clean as well. Low vibrations or negative energy in one's home and workspace can impact one's overall well-being. This workshop is geared towards people who are newly spiritual or interested in the metaphysical. Let's explore ways to clear a space, invite positive energy, and maintain it.

**Reverend Jessica Hebert** is a local interfaith minister who heals and empowers through Reiki healings and Tarot readings. Her lifelong interest in the metaphysical guided her to create Intu Tarot and Wellness in 2013.

**MUSICAL SOLUTIONS – THERAPEUTIC MUSIC FOR HEALING***Also in Session II*

Morris Hall 103

Experiential

The purpose of this workshop is to introduce several innovative techniques for using music as a therapeutic tool. Most people feel there is a power in music but many do not know how to direct this power of music. We will cover specific music/techniques for common ailments. You will be given a brief explanation and theory of why we use music and then we will have experiences with music so you can feel the effects. You will learn the difference between physical and emotional effects of music and how this affects our immune system.

**Janalea Hoffman** is a pioneer in Music Therapy. Her work includes a book, *RYTHMIC MEDICINE – Music with a Purpose*, and 15 therapeutic music CD's. She is known for developing techniques that are used by many health care professionals and has received an award for her innovative work with music and medicine.

**HEALING WITH QIGONG**

Armstrong Hall 311

Experiential/movement/dance/ritual/worship

Spring Forest Qigong is a movement and meditation practice that can help you to heal yourself and to heal others. The slow gentle movements help balance your body. A guided meditation will help you build a sense of inner peace. When your body is in balance and connected to love, you can heal more quickly and completely.

**Emily Jarrett Hughes** is a mother, healer, and dancer who has practiced Spring Forest Qigong since 2006. To learn more, visit [wisdomdances.com](http://wisdomdances.com)

**FIVE RITUALS WE NEED TO BRING BACK FOR OUR COLLECTIVE SPIRIT***Also in Session III*

Morris Hall 210

Formal paper/discussion-based

Rituals are fading in our fast-paced, get-to-the-top world. Rituals remind us of what we value and how we want to show up in the world. This workshop will remind us of five rituals common throughout world cultures and religions. We will consider small shifts and steps we can use to build those rituals into our everyday practice, further weaving our lives together in our common journey of humanity.

**Jill Jerabek** is a relationship coach and parenting expert who supports individuals and families in living a more focused, balanced, and nurtured life by healing past wounds, practicing forgiveness, establishing boundaries, and developing relationship with self, others, spirit, and the everyday world of schedules and commitments.

**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 this. Auras are colorful electromagnetic energy fields that surround us as individuals and as groups. Paying attention to your aura can get you started on identifying your psychic skills and help you take advantage of everything the psychic realm has to offer. Individual experiences during the workshop will vary.

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

**RE-WIRE YOUR BRAIN FOR HAPPINESS: TIPS & TOOLS***Also in Session I*

Armstrong Hall 225

Experiential

Happiness is a state we can actively choose and promote, regardless of what is happening within us or in our lives. Receive information and experiential exercises and tools designed to promote peace, happiness, the power of intention, and the delight of playfulness. Effective stress reduction tools are also included.

**Spruce Krause**, M.A. in Counseling Psychology, is a Reiki Master Teacher, Life Coach/Counselor, Certified Laughter Yoga Leader & InterPlay® Leader, Licensed Massage Therapist, dancer, visual artist, playful spirit, spiritual seeker, and has over 20 years experience supporting individuals and groups to heal, transform, and live life with more joyful enthusiasm.

**DRUMMING INTO STORY**

Morris Hall 213

Experiential/story-telling/instrumental/drumming

The Story Circle is an old and powerful structure for sharing stories with others. Can the accessible art of a drum circle invite participants to access stories waiting to be shared? Come experience a carefully facilitated rhythm circle focused on using participatory art to invite your story in. Hear how the presenters are using the safety and support of drum circles to invite group story sharing. Experiment, play, and reflect on your own experiences.



**Linda Melcher** studied drumming/facilitation with Michael Kiley and Christine Stevens.

**Rachel Nelson** studied with Layne Redmond and taught at the Women's Drum Center.

Both presenters are certified HealthRHYTHMS facilitators. The MN State Arts Board funding enabled them to facilitate four long-term drum circle residencies in 2012-2013.

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### **EXPLORING LABYRINTHS**

*Also in Session I*

**Student Union 203**

**Formal paper/experiential/movement/dance/child-friendly w/adult/ritual/worship**

Prayercraft is combining artistic media with prayer. Participants will draw, color, and embellish finger labyrinths and use them in a group meditation ritual. The labyrinth is a prayer path that can calm and quiet the mind, allowing the walker to more fully engage in a conversation with the Divine. We will also explore several ways to meditate while moving including breath prayer, praying with beads, and meditating while doing daily activities.

**Sue Swanson** is an artist, teacher, and Veriditas certified labyrinth facilitator from Woodbury, MN. She holds a Master of Divinity from United Theological Seminary of the Twin Cities. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality and find Sabbath time in our busy lives. Her company, Purple Apple Arts, provides opportunities to explore traditional crafts such as beadwork, collage, textile arts, and labyrinths.

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### **ARE YOU A PSYCHIC SPONGE?**

**Armstrong Hall 325**

**Discussion-based/experiential, child-friendly**

Do you find yourself exhausted by merely being around some people or find that some relationships seem to drain the energy right from you? How do you know what feelings/energy is yours and what feelings may not be yours? Psychic sponges often feel emotions and they are not sure why. They may suddenly feel sad for no apparent reason, or they may feel very happy and then upon entering a room or being among a group of people their mood dramatically shifts. You could be an empath and not even know it. This class is for those emphatic people who feel the energy of those around them and it affects their everyday life. We will discuss the importance of understanding how to be an empath without letting it drain or effect you in a negative way. This is a fun, interactive class that could change your life for the better!

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

**Ken Becker** is also part of the Soul Friends Healing team and is a Mental Health Professional who helps his clients get in tune with who they really are.

**Sara Adams** is a Reiki Master, an indigo, and intuitive who owns the Healing Den in Richfield, MN.

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

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## **Access to Minnesota State University, Mankato**

### **From the North:**

Travel South on Hwy. 169 to Mankato. Take the Riverfront Drive Exit. Turn left onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

### **From the South:**

Travel North on Hwy. 169 to Mankato. Take Riverfront Drive Exit. Turn right onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

### **From the East:**

Travel West on Hwy. 14 to Mankato. Take the Hwy. 22 Exit and travel south on Hwy. 22 to Hwy. 83. Turn right at stop lights on Hwy. 83 and continue to Victory Drive. Turn left on Victory Drive and continue to Stadium Road (this will be the first road on the right). Turn right on Stadium Rd. and continue straight until you come to campus at top of Stadium Hill. Turn left and park in any legal parking area.

### **From the West:**

Travel East on Hwy. 14 to Hwy. 169 South. Take the Riverfront Drive Exit. Turn left onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

**See Maps on Pages 16-17**

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**BUILDING KEY**

AF	Alumni Foundation Center	MF	Myers Field House
AH	Armstrong Hall	ML	Memorial Library
CC	Carkoski Commons	NH	Nelson Hall
CR	Crawford Residence Community	PA	Earley Center for Performing Arts
FH	Ford Hall	PH	Pennington Hall
GP	Generator Plant	PS	Margaret R. Preska Residence Community
HC	Highland Center	RE	Center of Renewal Energy (CORE)
HN	Highland Center N	SU	Centennial Student Union
JS	Julia A. Sears Residence Community	SH	Stadium Heights Residence Community
MC	McEroy Residence Community		

  

TC	Taylor Center
TE	Trafton Science Center E
TN	Trafton Science Center N
TR	Trafton Science Center S
UP	Utility Plant
WC	Wickling Center
WA	Wigley Administration Center
WH	Wissink Hall

  

●	Moro-Schnitz Plaza
●	Jane Rush Gathering Place
▲	Handicapped Accessible Door
■	Bus Shelter

**Contact: "The Campus Hub"**  
 507-389-1866 (V), 800-772-0544 (V) or 800-627-3529 or 711 (MRS/TTY) www.msu.edu



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

This document is available in alternative format to individuals with disabilities by calling "The Campus Hub" at 507-389-1866 (V), 800-627-3529 or 711 (MRS/TTY).  
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# 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 Schleunig, 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, Carol P. Christ, Charlene Spretnak, Vinie Burrows, Shakti Gawain, Marge Piercy, Riane Eisler, Vandana Shiva, Winona LaDuke, Andrea Smith, Starhawk, and Layli Maparyan.

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

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

Pastas and sauces  
Vege lasagna  
Tossed Salad  
Breadsticks  
Dessert  
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 Minnesota State Mankato 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. **Prices may vary.**

- 1) \* **AmericInn Motel & Suites** – 507-345-8011/1-800-634-3444, 240 Stadium Road \$109.99-2 night stay; \$129.99-1 night, (Women and Spirituality Conference 2015)
- 2) \* **Best Western Hotel** – 507-625-9333, Hwy. 169 N., \$93.99 one bed, \$103.99 two bed, two bed poolside \$128.99 (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, \$109.00
- 6) **Quality Inn** – 507-388-5107/1-844-240-6601, 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. \$79.99 (Women Spirituality)
- 9) \* **Fairfield Inn** – 507-386-1220, 141 Apache Place \$89.00 (W&S Conference)
- 10) \* **Grandstay Residential Suites** – 507-388-8688, 1000 Raintree Road \$115.00/Suite \$120.00 (1510 WSC MSU)
- 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/\$109.99 (Women & Spirituality)
- 13) **Courtyard Marriott** – 507-345-1234, 901 Raintree Road
- 14) \* **Microtel Inn & Suites** – 507-388-2818, 200 St. Andrews Drive \$65.00-75.00 + tax (W&S 2015)
- 15) **Riverfront Inn** – 507-388-1638, 1727 N. Riverfront Drive
- 16) \* **Super 8 Motel** – 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. \$78.88 (W&S)

## Surrounding Areas

AmericInn – St. Peter 507-931-6554/1-800-634-3444  
Konsbruck Hotel – St. Peter 612-483-6771  
Viking Jr. Motel – St. Peter 507-931-3081/1-800-221-6406  
Park Row Bed & Breakfast – St. Peter 507-931-2495

## Campgrounds

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

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

**CHILD CARE**—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** is waived but meals are in addition to the tuition fee for credit. You **MUST** attend the 9:00 A.M. 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.

**CONTACT HOURS CERTIFICATE:** Those interested in taking the conference for a "10 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 18. 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 18. Check "Women of Color Scholarship" on your form. You must call for prior approval.
- Note: **These scholarships DO NOT include meals, childcare, or Minnesota State Mankato tuition. Please note that even if you meet the scholarship application deadline there is no guarantee that we will still have scholarships available. Apply early.**

## OTHER INFORMATION:

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

## For answers to any questions, call or write:

Women and Spirituality Conference  
Minnesota State University, Mankato  
109 Morris Hall  
Mankato, MN 56001  
507-389-2077 / Fax - 507-389-6377

e-mail: veldhc@mnsu.edu

web page: <http://sbs.mnsu.edu/women/>  
then go to Women & Spirituality Program

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# REGISTRATION FORM

Currently we do not offer on-line registration or credit card payment.

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

## Walk-ins welcome

Pre-registrations **must be postmarked by October 2.**

Make checks or money orders payable to: MSU 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 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 e-mail address)

### Pre-Registration

- \$60 General (includes keynote)
- \$25 Student at any higher ed institution
- \$10 Student at Minnesota State University, Mankato
- \$35 Minimum income or Senior over 60
- \$15 Ages 9 - 17
- \$ 5 Keynote only (name tag required)
- \$25 - 10 Contact Hours Certificate
- \$17 Saturday night dinner
- General Scholarship\*\*
- Women of Color Scholarship\*\*

### Postmarked after October 2:

- \$65 (includes Late Fee)
- \$30 (includes Late Fee)
- \$15 (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) ck # \_\_\_\_\_  
\$ \_\_\_\_\_ Keynote Only fee  
\$ \_\_\_\_\_ Dinner Saturday \$17 (Check box below for choice)  
\$ \_\_\_\_\_ Contact Hour Certificate (\$25)  
\$ \_\_\_\_\_ Total amount enclosed (Checks payable to MSU)

DINNER REGISTRATION (Deadline October 2) (\$17.00) in CSU lower level

Saturday Night Dinner Option **OR**  Gluten Free Option

\*\* 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 at 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.

## 2016 Tentative Conference Dates - October 22 & 23

