

**Nourishing the spirit, mind and body in troubled times**  
**A conference for educators, activists and community members**

**a free conference (excluding meals)**  
**open to the public**

**FRIDAY DECEMBER 5<sup>TH</sup>. Pitzer College**

1:30 – 1:45 pm: Registration McConnell Living Room, Pitzer College  
2:00 – 5:00 pm: Concurrent sessions (see descriptions below)  
5:00 – 6:30 pm: Dinner Founders Room, McConnell Center  
6:30 – 6:45 pm: Opening ceremony: paying respects - Native American Elders  
7:00 – 9:00 pm Keynote address by Professor Kenneth Klee (UCLA). *Unifying Principles of Alternative Healing and Stress Relief* Founders Room, McConnell Center

**SATURDAY DECEMBER 6<sup>th</sup>. California State University, San Bernardino**

8:30 – 9:30 Registration & Continental Breakfast  
9:45 – 11:45 Concurrent Sessions (see descriptions below)  
12:00 – 2:00 Lunch  
2:15 – 3:15 Concurrent Sessions (see descriptions below)  
3:30 – 4:30 Closing Panel  
4:30 – 5:15 Closing Ceremony & Celebration with Native American Elders

**Sponsored by**

**Pitzer College: Campus Life Committee, Strategic Initiative Funds and Change Makers**  
**College of Education, CSUSB**  
**School of Educational Studies, CGU**  
**Claremont Forum**

**To register or for more information**

[www.claremontforum.org](http://www.claremontforum.org)

or call

Yolanda Romanello (Conference Organizer) 909 214 7421

## Concurrent Sessions Descriptions

### **Concurrent Sessions Friday 2:00 – 5:00 pm**

#### ***The Power Within: From Neuroscience to Transformation* Avery 201**

Alane Daugherty

Every emotion, thought, choice and behavior we choose creates measurable changes in our bodies and brains. This workshop will cover the dynamics of negative emotional reactive patterns, and the possibility and power of intentional positive emotion. We will cover the background and foundation of why intentional cultivation of higher emotional states (love, kindness, compassion and gratitude) has the power to completely shift our perceptions, our physiology and our baseline level of happiness.

#### ***Basic Beginning Qi Gong Theory and Practice* Broad Performance Space**

Jonathan Snowiss

This workshop will focus on fundamental Qi Gong movements and the theory behind them. These movements are simple and will do wonders for stress reduction, relaxation, health and an overall sense of well being. And the best thing is, the movements are so simple, they are hard to forget. You can practice them whenever you feel the need!!!

#### ***Integrating a Spiritual Perspective in the Educational Process* Multipurpose Room, Gold Center**

Sam Crowell & Bob London

This interactive session will explore a variety of approaches to integrating a spiritual perspective in the educational process that are appropriate for a secular setting, consistent with a variety of spiritual traditions, as well as the implications of the new sciences. The two presenters have explored this topic for over ten years, both in the context of their work in the MA in Holistic and Integrative Education, and the Spirituality and Education Network. Appropriate for educators, parents and community activists.

### **Concurrent Sessions Saturday 9:45 – 11:45 am**

#### ***Usui Reiki Workshop***

Sondra M. Buschmann

Reiki means universal energy, an energy that flows through all living beings. People from cultures dating back to ancient times have had the wisdom and tools to use this energy to heal themselves and others. In this workshop, Usui Reiki Master Sondra Buschmann from the Tibetan Healing Center will give an overview of Reiki principles and practices and of current and related scientific research on Reiki healing. Assisted by several volunteer Reiki practitioners, she will give Reiki treatment to workshop attendees and discuss various ways in which this practice can be used by teachers, social activists, and others in their life and work.

#### ***The Power Within: Intentional Practice for Emotional Resilience***

Alane Daugherty

Recent studies in neuroscience and biochemistry have shown tremendous potential in the intentional cultivation of loving kindness, gratitude and compassion. This workshop will cover how and why negative emotions can hijack our bodies and brains, and effective strategies for overcoming those reaction patterns. Special emphasis will be given to learning and practicing emotional re-focusing tools designed to shift our psychophysiology from stress and chaos to calm, connection, loving kindness and compassion.

#### ***Nourishing our Inner Life in Troubled Times.***

Student panel (CGU & CSUSB)

This session will explore how we can nourish our inner life amidst our busy lives. The first hour will consist of a panel sharing their experiences as educators attempting to nourish their inner life, both successes and difficulties. The second hour will be interactive (e.g., small and whole group discussion) and attempt to deepen our understanding of the topic. This session is appropriate for educators, as well as others interested in the topic.

***Nourishing our Inner Life: Three spiritual Educational Perspectives***

Grace Sanders, Steve Smith, Anne Perrah, Julie Durazo

This session will include short presentations from three perspectives: Waldorf education, Montessori education, and a Quaker perspective, followed by a whole group discussion. While this session explores K – 12 education, the session should be useful for parents or anyone working with children.

***Chumash Healing: Coping with Stress in the Modern World.***

Cecilia Garcia

This session will explore how we have evolved and what we have to offer in our traditions that are practical and necessary to know still today.

***Cultivating the Mind of Love***

Larry & Peggy Rowe Ward

Love's healing power is present within each of us. Our adventure is to recognize and cultivate it. This is a real challenge in our busy lives that leave little time to devote to our practice of love. We have an opportunity to create space in our heart and mind for our mind of love to be nurtured and to allow it to flower. In this workshop, we will offer the Buddha's teachings on true love. We will till the soil with an experiential practice on goodness. We will practice a guided meditation on the radiation of loving kindness. We will have an opportunity to enjoy silence, group discussion and meditation. Join us in our offering of stories and practices from *Love's Garden*, published by Parallax Press this summer and recently featured in the Shambala Sun magazine.

***We Are All Multi-storied***

John Winslade

Drawing from narrative practice this session will feature ideas for conversations with young people in schools built on the idea that our lives are fashioned from competing narratives. Some of these narratives are experienced as problematic, totalizing and oppressive, others as enlivening and invigorating. Narrative practice works with people to help them separate from more problematic stories and to step into their preferred stories. Some aspects of this practice will be outlined and briefly demonstrated.

***The Healing Power of the Circle***

Macedonio Arteaga

The workshop will focus on the healing power of the circle. Using Mexican/Native American ways of a traditional talking circle this workshop will guide you on how to conduct a circle and what elements need to exist in a circle in order to keep harmony. We will also discuss rites of passage and how you can create positive rites of passages using the circle for you, your family, and the community.

**Concurrent Sessions Saturday 3:30 – 4:30 pm**

***Learning to Unlearn: Neuro-plasticity, Capacity-Building, and Social Change***

Sam Crowell

This session will connect how new research in neuro-plasticity relates to capacity- building in the classroom and how, metaphorically, we can use “unlearning” to address the social and spiritual issues of our time.

***Nonviolent Communication: Caring for Self and Others***

Laurie Schroeder

This workshop will provide an overview of Nonviolent Communication (NVC) as developed by Marshall Rosenberg, and show how it is a critical component of self care for students, teachers, counselors, and the community as a whole. Special attention will be paid to the connection between NVC and a mindful and holistic approach to learning.

### ***Safe Zone Training: Informational Session***

Thierry Kolpin

Safe Zone training is a program to educate students, faculty, and staff about the concerns and needs of the lesbian, gay, bisexual, and transgender (LGBT) community and a means to develop Allies who are supportive of a discrimination free campus that provides safe access to resources for the LGBT Community.

### ***Education as Healing - Writing from Literacy of Place: Applied Heuristic Inquiry***

Brenda Littleton

In this conversation, the notion of education as healing is explored when learning is situated as an applied heuristic inquiry, in blending reflective writing with awareness that one's personal landscape influences meaning-making in life. Merleau-Ponté said knowledge is not known until it is written, yet the most obvious silence students embody in their relationship with education is in their resistance to expressing a written voice. Perhaps the discoveries of deep meaning found in community, family, and landscape: the literacy of place, the way of personal and mythic meaning-making, will provide imagination and grace for a transformative connection with the processes of knowledge, education, and healing.

### ***Strengthening Our Connection with Nature: A Spiritual Perspective***

Robert London

This workshop will discuss principles, guidelines and methods, from a spiritual perspective, for strengthening students', children's or adults' connection to Nature as part of the educational process. Most of the workshop will be experiential and focus on applying the concepts in the participant's professional or personal situation.

### ***Martial Arts as Healing Arts: Aikido & T'ai Chi Chu'an***

Sifu Harvey Kurland & Chetan Prakash Sensei, Redlands Aikikai

*"The true purpose of Budo (the Way of the Warrior) is Love," Morihei Ueshiba, founder of Aikido.*

In this workshop we introduce the Chinese healing and centering practice of *T'ai Chi Chu'an* and/or *Ba Gua* forms and relate them to *Aikido* movement, both of which enhance health, poise and compassion in the practitioner. We also explore the social dimension of the martial arts by showing how conflict can be peacefully resolved by means of *Aiki*, or moving from a strong center in harmony with the energetic configuration present both within and without. Participants will not need any physical skill other than the ability to walk in practicing the form.

### ***Introduction to Mindfulness Meditation***

Steve Smith

Academic life may alienate our minds from our bodies, our intellect from our heart. The result? A rushed and anxious existence that lacks balance, compassion and peace of mind. Participants in this workshop will learn basic sitting meditation practice (using chairs) and share their insights. Steve Smith, a retired philosophy professor, began meditation in 1981, has edited three books on Zen by Charlotte Joko Beck, and leads two weekly meditation groups in Claremont.

### ***The Depth of Qi Gong: The Varieties of Practice***

Jonathan Snowiss

QiGong literally means to "work" the "Qi" or the "life energy" within the body. While there are many forms of QiGong, they all have the same underlying philosophies and goals. To understand basic Qi Gong, it is important to practice it. We will focus on some simple ways of experiencing the depth and beauty of Qi Gong.

*Diligence prevents a stale emptiness.*

*Patience teaches endurance.*

*Quitting breaks the walls of will.*

*And every ending has a new road around the corner.*

*(Filling the Void, Jonathan Snowiss)*

***Being an Artist***

David Reid-Marr

The presentation is an example of the pedagogy that David Reid-Marr has been presenting in his teaching, writing and art, and in collaborations with Professors Sam Crowell and Bob London. The underlying principle is that we are all imbued with creative insight and that conditioning prevents us from realizing this. After a short theoretical introduction, the participants will create collaborative and individual sculptural projects that explore and demonstrate creative insight.

***Taken to Heart: The Meaning Making Power of Story***

Anne Perrah

Humans are born story-tellers, storytellers and meaning-makers. How do the storied meanings we hold sacred influence our lives? How does the power of Story engage our children's imagination in ways that empower or dis-empower their lives, form and in-form their worldview? We will discuss Dr. Perrah's "Principles of Meaning-making" for parents and teachers, and consider the gifts borne of co-creating healing stories with children.

***Closing Panel***

Professors Sharon Snowiss, Sam Crowell, Robert London, Lourdes Arguelles

***Closing Ceremony*** with Native American Ceremonial Leaders