



DANIEL BIANCHETTA

*Esalen — A convergence of mountains and sea,
mind and body, East and West, meditation and action*

*Esalen — A center for alternative education, a forum for transformational
practices, a restorative retreat, a worldwide community of seekers*

*Dedicated to exploring work in the humanities and sciences that furthers the full realization
of the human potential, Esalen offers public workshops, residential work-study programs,
invitational conferences, and independent projects that support our mission.*

*As a center designed to foster personal and social transformation, we offer those who
join us the chance to explore more deeply the world and themselves.*

Welcome to

Esalen®

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*There came a time when the risk to remain tight in the bud
was more painful than the risk it took to blossom.*

—ANNA NIN

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GENERAL INFORMATION

THE ESALEN INSTITUTE was founded in 1962 as an alternative educational center devoted to the exploration of what Aldous Huxley called the “human potential,” the world of unrealized human capacities that lies beyond the imagination. Esalen soon became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on the spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described in the Seminars section of the catalog are the standard route for coming to Esalen. The “Experiencing Esalen” workshops, scheduled periodically, offer an introduction to practices such as Gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive 28-day work-oriented program for individuals who want to make a directed commitment to self-exploration and growth, and a contribution to the Esalen community. For a description of the Work Study Program, please turn to page 75.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a center for experimental education. We offer neither psychotherapy nor assurances of change.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of Hearst Castle and 10 miles north of Lucia. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

In addition to round-the-clock availability for Esalen guests, the hot springs are open to the general public, by reservation only, from 1 AM to 3 AM. There is a \$20 fee, payable by credit card only. To make a reservation, call 831-667-3047.

Accreditation and Continuing Education

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college. We would be glad to supply information to your school regarding any of our programs.

Esalen is a provider of continuing education for psychologists, MFTs, LCSWs, nurses, and bodyworkers. See page 74 for details.

Disabled Access

Here at Esalen, many of our paths, though paved, are extremely steep due to our cliffside location. In fact, Big Sur is the steepest meeting of land and sea in the continental United States. Nonetheless, we are committed to accommodating guests who have disabilities.

If you have a disability and think you might need assistance, and you would like to visit Esalen, please give the office as much advance notice as possible about your needs. Although we are in the process of increasing our disability access, access to some parts of our property continues to be difficult. With enough plan-

ning, arrangements can be made for access to many of our facilities.

Because of the large volume of guests at Esalen, we require a minimum of 72 hours' notice to arrange for accessible accommodations. If you will need sign language interpreting at an Esalen workshop, we require at least two weeks' notice to arrange for interpreter services. In all cases, we will do our best to assist you with your needs.

Recommended Reading and Mail Order Merchandise

All recommended reading is now available online through our website www.esalen.org. All other bookstore items are available via mail order. For ordering information please call 831-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four “weeks” and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends open to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The specially discounted cost is \$4225 per 26-day period for standard accommodations and \$3335 for bunk bed rooms. No other discounts apply.

If you cancel or change any part of your Residence Program reservation at least five full days before its start, there will be a \$165 cancellation fee. If you cancel with less than five days' notice, the cancellation fee is \$365.

Esalen Is Tax-Deductible

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

John Cleese Supports Esalen with 3 Bay Area Performances

Award-winning British actor and comedian, John Cleese, of Monty Python and *Fawlty Towers* fame, is an Esalen alumnus and supporter. John has graciously offered a series of film and conversations, titled "John Cleese's Life and Times," as a benefit for Esalen.

Michael Krasny, a longtime Esalen workshop leader, host, and senior editor of KQED's award-winning *Forum*, has generously agreed to be one of the event interviewers.

Three venues have been chosen: The Rafael in Marin County, February 10, 2004; the Herbst Theatre in San Francisco, February 11; and the Spangenberg Theater in Palo Alto, February 13.

These events are open to the public, but a special event postcard will be mailed the first week in January, 2004, to 18,000 Bay Area Esalen alumni confirming times, dates, and how to obtain tickets. Please check our website for more information. There will also be a special reception at each event for a limited number of people.

For more information, please contact Serena D'Arcy-Fisher at serena@esalen.org. Event sponsorship opportunities are available.

A New Position at Esalen



Meet Brooke Deputy, Esalen's new Residential Education Coordinator. Brooke, the mother of two grown sons, is a former Esalen work scholar and extended student who served in the kitchen. After her initial stint at Esalen, she spent many years in administrative roles in the California community college system. At Esalen, she oversees the Visiting Teacher program, supports the long-term student program, teaches bioenergetics, and is responsible for developing cooperative educational agreements with schools and colleges. Beginning in the fall of 2004, some work scholars and extended students may receive academic credit for partici-

pating in selected study programs. If you would like to know more about Esalen's educational programs, you can e-mail brooke.deputy@esalen.org or call 831-667-3080.

Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis.

Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and meeting room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Pat Lewine at 831-667-3013.

★ THE FRIENDS OF ESALEN

As a Friend of Esalen you can help ensure Esalen's place in the world. It is through the generosity of friends like you that Esalen can continue its mission of developing human potential. Your support not only benefits current programs but helps secure Esalen's long-term financial future. Donations provide support for the scholarship fund, the movement program, Gazebo School, special projects such as renovations and equipment replacement, and Esalen's Center for Theory and Research. As a way of showing our gratitude, Friends who donate \$50 or more will receive a \$50 reduction on all catalog workshops for the next twelve months. Donors will also receive the Esalen Catalog and a triannual Friends of Esalen newsletter for one year.

Donor Levels:

- Sustaining Donors (\$500+) and above receive a single-use day pass with lunch for two at Esalen, and acknowledgment in the newsletter (unless the donor wishes to remain anonymous).
- Benefactors (\$1000+) receive an autographed copy of Michael Murphy and George Leonard's book, *The Life We are Given*.
- Group 2000 Donors (\$2000+) receive invitations to attend special events at Esalen with staff, board members, and other supporters.
- Founders Circle Donors and above (\$5,000+) receive special benefits which may include additional discounts, complimentary workshops, and property privileges. Please call 831-667-3032 for more details.

If you would like information on how to make a planned gift to Esalen, how to donate stock, or if you have any other questions about gifts to Esalen, please contact Nancy Worcester at 831-667-3032.

- | | |
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Joseph Campbell

A LIFELONG JOURNEY INTO THE HEART OF THE MYSTERY

By Robert Walter

One hundred years ago, on March 26th in 1904, Joseph John Campbell was born in White Plains, New York. Joe, as he came to be known, was the first child of a middle-class Roman Catholic couple, Charles and Josephine Campbell.

Joe's earliest years were largely unremarkable; but then, when he was seven years old, his father took him and his younger brother, Charlie, to see Buffalo Bill's Wild West show. The evening was a high point in Joe's life; for, although the cowboys were clearly the show's stars, as Joe would later write, he "became fascinated, seized, obsessed, by the figure of a naked American Indian with his ear to the ground, a bow and arrow in his hand, and a look of special knowledge in his eyes."

It was Arthur Schopenhauer, the philosopher whose writings would later greatly influence Campbell, who observed that

...the experiences and illuminations of childhood and early youth become in later life the types, standards and patterns of all subsequent knowledge and experience, or as it were, the categories according to which all later things are classified—not always consciously, however. And so it is that in our childhood years the foundation is laid of our later view of the world, and with that, our perception of its superficiality or depth: it will be in later years unfolded and fulfilled, not essentially changed.

And so it was with young Joseph Campbell. Even as he actively practiced (until well into his twenties) the faith of his forebears, he became consumed with Native American culture, and his worldview was arguably shaped by the dynamic tension between these two mythological perspectives. On the one hand, he was immersed in the rituals, symbols, and rich traditions of his Irish Catholic heritage; on the other, he was obsessed with primitive (or, as he later preferred, "primal") people's direct experience of what he came to describe as "the continuously created dynamic display of an absolutely transcendent, yet universally imma-

nent, *mysterium tremendum et fascinans*, which is the ground at once of the whole spectacle and of oneself." (*Historical Atlas*, I.1, p. 8)

By the age of ten, Joe had read every book on American Indians in the children's section of his local library and was admitted to the adult stacks, where he eventually read the entire multivolume *Reports of the Bureau of American Ethnology*. He worked on wampum belts, started his own "tribe" (the "Lenni-Lenape"), and frequented the American Museum of Natural History, where he became fascinated with totem poles and masks, thus beginning a lifelong exploration of that museum's vast collection.

After spending much of his thirteenth year recuperating from a respiratory illness, Joe briefly attended Iona, a private school in Westchester, New York, before his mother enrolled him at Canterbury, a Catholic residential school in New Milford, Connecticut. His high school years were rich and rewarding, though marked by a major tragedy: in 1919, the Campbell home was consumed by a fire that killed his grandmother and destroyed all of the family's possessions.

Joe graduated from Canterbury in 1921, and the following

September, entered Dartmouth College; but he was soon disillusioned with the social scene and disappointed by a lack of academic rigor, so he transferred to Columbia University, where he excelled: while specializing in medieval literature, he played in a jazz band, and became a star runner. In 1924, while on a steamship journey to Europe with his family, Joe met and befriended Jiddu Krishnamurti, the young messiah-elect of the Theosophical Society, thus beginning a friendship that would be renewed intermittently over the next five years.

After earning a B.A. from Columbia (1925), and receiving an M.A. (1927) for his work in Arthurian Studies, Joe was awarded a Proudfit Traveling Fellowship to continue his studies at the University of Paris (1927-28). Then, after he had received and rejected an offer to teach at his high school alma mater,



his Fellowship was renewed, and he traveled to Germany to resume his studies at the University of Munich (1928-29).

It was during this period in Europe that Joe was first exposed to those modernist masters—notably, the sculptor Antoine Bourdelle, Pablo Picasso and Paul Klee, James Joyce and Thomas Mann, Sigmund Freud and Carl Jung—whose art and insights would greatly influence his own work. These encounters would eventually lead him to theorize that all myths are the creative products of the human psyche, that artists are a culture's mythmakers, and that mythologies are creative manifestations of humankind's universal need to explain psychological, social, cosmological, and spiritual realities.

When Joe returned from Europe late in August of 1929, he was at a crossroad, unable to decide what to do with his life. With the onset of the Great Depression, he found himself with no hope of obtaining a teaching job; and so he spent most of the next two years reconnecting with his family, reading, renewing old acquaintances, and writing copious entries in his journal. Then, late in 1931, after exploring and rejecting the possibility of a doctoral program or teaching job at Columbia, he decided, like countless young men before and since, to "hit the road," to undertake a cross-country journey in which he hoped to experience "the soul of America" and, in the process, perhaps discover the purpose of his life. In January of 1932, when he was leaving Los Angeles, where he had been studying Russian in order to read *War and Peace* in the vernacular, he pondered his future in this journal entry:

I begin to think that I have a genius for working like an ox over totally irrelevant subjects. ...I am filled with an excruciating sense of never having gotten anywhere—but when I sit down and try to discover where it is I want to get, I'm at a loss. ...The thought of growing into a professor gives me the creeps. A lifetime to be spent trying to kid myself and my pupils into believing that the thing that we are looking for is in books! I don't know where it is—but I feel just now pretty sure that it isn't in books. — It isn't in travel. — It isn't in California. — It isn't in New York. ...Where is it? And what is it, after all?

Thus one real result of my Los Angeles stay was the elimination of Anthropology from the running. I suddenly realized that all of my primitive and American Indian excitement might easily be incorporated in a literary career. — I am convinced now that no field but that of English literature would have permitted me the almost unlimited roaming about from this to that which I have been enjoying. A science would buckle me down—and would probably yield no more important fruit than literature may yield me! — If I want to justify my existence, and continue to be obsessed with the notion that I've got to do something for humanity — well, teaching ought to quell that obsession — and if I can ever get around to an intelligent view of matters, intelligent criticism of contemporary values ought to be useful to the world. This gets back again to Krishna's dictum: *The best way to help mankind is through the perfection of yourself.*

His travels next carried him north to San Francisco, then back south to Pacific Grove, where he spent the better part of a year in the company of Carol and John Steinbeck and marine biologist Ed



Joseph Campbell at Esalen, 80th Birthday, 1984

Ricketts. During this time, he wrestled with his writing, discovered the poems of Robinson Jeffers, first read Oswald Spengler's *Decline of the West*, and wrote to some seventy colleges and universities in an unsuccessful attempt to secure employment. Finally, he was offered a teaching position at the Canterbury School. He returned to the East Coast, where he endured an unhappy year as a Canterbury housemaster, the one bright moment being when he sold his first short story ("Strictly Platonic") to *Liberty* magazine. Then, in 1933, he moved to a cottage without running water on Maverick Road in Woodstock, New York, where he spent a year reading and writing. In 1934, he was offered and accepted a position in the literature department at Sarah Lawrence College, a post he would retain for thirty-eight years.

In 1938 he married one of his students, Jean Erdman, who would become a major presence in the emerging field of modern dance, first, as a star dancer in Martha Graham's fledgling troupe, and later, as dancer/choreographer of her own company.

Even as he continued his teaching career, Joe's life continued to unfold serendipitously. In 1940, he was introduced to Swami Nikhilananda, who enlisted his help in producing a new translation of *The Gospel of Sri Ramakrishna* (published, 1942). Subsequently,

Nikhilananda introduced Joe to the Indologist Heinrich Zimmer, who introduced him to a member of the editorial board at the Bollingen Foundation. Bollingen, which had been founded by Paul and Mary Mellon to “develop scholarship and research in the liberal arts and sciences and other fields of cultural endeavor generally,” was embarking upon an ambitious publishing project, the Bollingen Series. Joe was invited to contribute an “Introduction and Commentary” to the first Bollingen publication, *Where the Two Came to their Father: A Navaho War Ceremonial*, text and paintings recorded by Maud Oakes, given by Jeff King (Bollingen Series, I: 1943).

When Zimmer died unexpectedly in 1943 at the age of fifty-two, his widow, Christiana, and Mary Mellon asked Joe to oversee the publication of his unfinished works. Joe would eventually edit and complete four volumes from Zimmer’s posthumous papers: *Myths and Symbols in Indian Art and Civilization* (Bollingen Series VI: 1946), *The King and the Corpse* (Bollingen Series XI: 1948), *Philosophies of India* (Bollingen Series XXVI: 1951), and a two-volume opus, *The Art of Indian Asia* (Bollingen Series XXXIX: 1955).

Joe, meanwhile, followed his initial Bollingen contribution with a “Folkloristic Commentary” to *Grimm’s Fairy Tales* (1944); he also coauthored (with Henry Morton Robinson) *A Skeleton Key to Finnegans Wake* (1944), the first major study of James Joyce’s notoriously complex novel.

His first full-length, solo authorial endeavor, *The Hero with a Thousand Faces* (Bollingen Series XVII: 1949), was published to acclaim and brought him the first of numerous awards and honors—the National Institute of Arts and Letters Award for Contributions to Creative Literature. In this study of the myth of the hero, Campbell posits the existence of a *Monomyth* (a word he borrowed from James Joyce), a universal pattern that is the essence of, and common to, heroic tales in every culture. While outlining the basic stages of this mythic cycle, he also explores common variations in the hero’s journey, which, he argues, is an operative metaphor, not only for an individual, but for a culture as well. *The Hero* would prove to have a major influence on generations of creative artists—from the Abstract Expressionists in the 1950s to contemporary filmmakers today—and would, in time, come to be acclaimed as a classic.

Joe would eventually author dozens of articles and numerous other books, including *The Masks of God: Primitive Mythology* (Vol. 1: 1959), *Oriental Mythology* (Vol. 2: 1962), *Occidental Mythology* (Vol. 3: 1964), and *Creative Mythology* (Vol. 4: 1968); *The Flight of the Wild Gander: Explorations in the Mythological Dimension* (1969); *Myths to Live By* (1972); *The Mythic Image* (1974); *The Inner Reaches of Outer Space: Metaphor as Myth and as Religion* (1986); and five books in his four-volume, multi-part, unfinished *Historical Atlas of World Mythology* (1983-87).

He was also a prolific editor. Over the years, he edited *The Portable Arabian Nights* (1952) and was general editor of the series *Man and Myth* (1953-1954), which included major works by Maya Deren (*Divine Horsemen: the Living Gods of Haiti*, 1953), Carl Kerenyi (*The Gods of the Greeks*, 1954), and Alan Watts (*Myth and Ritual in*

Christianity, 1954). He also edited *The Portable Jung* (1972), as well as six volumes of *Papers from the Eranos Yearbooks* (Bollingen Series XXX): *Spirit and Nature* (1954), *The Mysteries* (1955), *Man and Time* (1957), *Spiritual Disciplines* (1960), *Man and Transformation* (1964), and *The Mystic Vision* (1969).

But his many publications notwithstanding, it was arguably as a public speaker that Joe had his greatest popular impact. From the time of his first public lecture in 1940—a talk at the Ramakrishna-Vivekananda Center entitled “Sri Ramakrishna’s Message to the West”—it was apparent that he was an erudite but accessible lecturer, a gifted storyteller, and a witty raconteur. In the ensuing years, he was asked more and more often to speak at different venues on various topics. In 1956, he was invited to speak at the State Department’s Foreign Service Institute; working without notes, he delivered two straight days of lectures. His talks were so well-received, he was invited back annually for the next seventeen years. In the mid-1950s, he also undertook a series of public lectures at the Cooper Union in New York City; these talks drew an ever-larger, increasingly diverse audience, and soon became a regular event.

Joe first lectured at Esalen Institute in 1965. Each year thereafter, he returned to Big Sur to share his latest thoughts, insights, and stories. And as the years passed, he came to look forward more and more to his annual sojourns to the place he called “paradise on the Pacific Coast.” Although he retired from teaching at Sarah Lawrence in 1972 to devote himself to his writing, he continued to undertake two month-long lecture tours each year.

In 1985, Joe was awarded the National Arts Club Gold Medal of Honor in Literature. At the award ceremony, James Hillman remarked, “No one in our century—not Freud, not Thomas Mann, not Levi-Strauss—has so brought the mythical sense of the world and its eternal figures back into our everyday consciousness.”

Joseph Campbell died unexpectedly in 1987 after a brief struggle with cancer. In 1988, millions were introduced to his ideas by the broadcast on PBS of *Joseph Campbell and The Power of Myth* with Bill Moyers, six hours of an electrifying conversation that the two men had videotaped over the course of several years. When he died, *Newsweek* magazine noted that “Campbell has become one of the rarest of intellectuals in American life: a serious thinker who has been embraced by the popular culture.”

In his later years, Joe was fond of recalling how Schopenhauer, in his essay *On the Apparent Intention in the Fate of the Individual*, wrote of the curious feeling one can have, of there being an author somewhere writing the novel of our lives, in such a way that through events that seem to us to be chance happenings there is actually a plot unfolding of which we have no knowledge.

Looking back over Joe’s life, one cannot help but feel that it proves the truth of Schopenhauer’s observation.

Robert Walter was Joseph Campbell’s editor for a decade and is president of the Joseph Campbell Foundation.

See **Dancing with Joseph Campbell: A Centenary Celebration, March 21-26.**

Integral Transformative Practice (ITP)

PRACTICE, PRINCIPLES, AND PROMISE

By Peter Friedberg



One of the most salutary things about the last three decades is the extraordinary amount of research that has gone into the exploration and practice of human potentials. Pioneered by world-renowned Esalen Institute, this research is one of the most profound contributions to the well-being of humanity that one could imagine.

What is equally exciting, and perhaps even more important, is that the results of these intense investigations have increasingly been brought together into synergistic packages, known generically as Integral Transformative Practices, which are proving to be the most effective means of human transformation yet devised.

Leaders in this field are, of course, Michael Murphy and George Leonard, and it is a pleasure to be associated with them and their extraordinary work, which, in my mind, is the culmination of the human potential movement itself. Count me as a grateful supporter and practitioner of this important work.

—Ken Wilber, author of
Sex, Ecology, Spirituality

ESALEN'S CHAIRMAN Michael Murphy and its president George Leonard had been friends, colleagues, and intellectual soul mates for nearly thirty years, yet the two men had never conducted a class together. By the close of 1991, this was about to change. As the year drew to an end, Murphy was putting the finishing touches on *The Future of the Body*, his exhaustive study of extraordinary human capacities and metanormal experiences, and Leonard had just published *Mastery*, a paean to the benefits of long-term practice. Their work had led them to a point where they wanted to try out their ideas together—to see if people with busy lives could transform themselves for the better with long-term practice.

And so in January of 1992, Murphy and Leonard convened an experimental class in what they called Integral Transformative Practice (ITP). That class, which met once a week for two years, generated material, inspiration, and the extraordinary results for their coauthored *The Life We Are Given: A Long-Term Program for Realizing the Potential of Body, Mind, Heart, and Soul*. Since that time, the world has witnessed the launching of an ITP website, www.itp-life.com; a videotape, *The Tao of Practice*; several large-scale university experiments (including a Sonoma State study with university students that produced remarkable results, and a Stanford study with senior citizens); and ITP groups around the globe (“The sun never sets on the ITP Kata,” Leonard has said, only half-joking).

Now Murphy and Leonard, along with Annie Styron Leonard and Barry Robbins, are bringing ITP back home to Esalen. During one unprecedented weekend, March 5-7, the entire Esalen property will be devoted to ITP. Specialized sessions will be held in Esalen's four major meeting rooms, each offering a different aspect of ITP. The Friday and Saturday night sessions will bring all participants together for practice, discussion, networking, and celebration. In addition, there will be a five-day workshop offered April 25-30 for those interested in furthering their ITP training and starting their own ITP group.

The Practice

Integral Transformative Practice is a comprehensive, systematic, holistic approach to personal transformation. It was created as a daily practice intended to tap our latent capacities so that we may, to borrow a familiar phrase, “be all that we can be.” At the heart of the ITP practice is a series of mind-body-spirit exercises called a Kata (Japanese for “form,” or series of movements). A succession of movements, rotations, stretches, twists, contractions, and relaxations, the ITP Kata does not require a lot of time; at a relaxed pace, it can be performed in forty minutes. Drawn from hatha yoga, martial arts, modern exercise physiology, Progressive Relaxation, visualization research, and witness meditation, the Kata is designed to:

- Balance and center body and psyche
- Provide an overall warm-up, raising the heartbeat, increasing blood flow, and sending heat to all parts of the body
- Articulate nearly every joint, enhancing lubrication of the synovial joints (such as shoulder, ankle, or knee, which are surrounded by fluid-filled capsules)
- Provide stretches to increase flexibility in all major muscle groups
- Provide three essential strength exercises
- Offer a complete set of Progressive Relaxation exercises
- Enhance the capacity for deep, rhythmic breathing
- Apply transformational imaging and affirmations, utilizing the power of intentionality to effect positive changes in body and psyche
- Enhance the experience of the ten-minute concluding meditation

The affirmations are not just “New Year’s resolutions.” *The Life We Are Given* contains a statistical breakdown which directly correlates the success of realizing the affirmations with a participant’s degree of focus and commitment to the practice. It is this correlation that helped to produce the book’s many stories of radical transformation of body and being.

The Principles

ITP is based on a set of powerfully persuasive principles. These principles, along with the impressive results compiled in *The Life We Are Given*, provide a strong argument for the most resistant of would-be practitioners. Some of the principles (excerpted verbatim from Leonard and Murphy’s book) are:

- Most of us realize just a fraction of our human potential. We live only part of the life we are given.
- The culture we inhabit reinforces only some of our latent capacities while neglecting or suppressing others.
- Most, if not all, human attributes can give rise to extraordinary versions of themselves, either spontaneously or through transformative practice.
- Extraordinary attributes, when seen as a whole, point toward a more powerful and luminous human nature.
- A widespread realization of extraordinary attributes might lead to an epochal evolutionary turn analogous to the rise of life from inorganic matter and of humankind from its hominid ancestors.
- To last, extraordinary attributes must be cultivated. For a many-sided realization of extraordinary attributes, for *integral transformation*, we need a practice that embraces body, mind, heart, and soul.
- Enduring transformative practices are comprised of several identifiable activities, or *transformative modalities*, such as disciplined self-observation, visualization of desired capacities, focused surrender to emergent capacities, and elicitation of the “relaxation response.” Integral practices incorporate these modalities to produce a balanced development of our entire nature.
- These modalities operate in everyday life to some extent, whether or not we are engaged in a formal practice. In other words, *all of us practice on a daily basis, albeit in a fragmented, largely unconscious manner*. Integral practice...aims to make our fragmented practices conscious, creative, and coherent and harness them for health and growth.
- To last and to be successful, integral practice must be engaged primarily for its own sake, without obsession with ends and results. Its practitioners do best when they learn to enjoy the rewards of long-term, diligent practice.
- The grace-laden nature of extraordinary attributes, and the sublimity, power, and beauty they reveal, strongly suggest that...the world’s primary tendency is to manifest great goods that are hidden in it. That tendency inclines us toward extraordinary life, which can best be realized through integral practices.

The Promise

ITP is not a quick-fix approach. There are no “three easy steps” to fitness, health, or enlightenment, no lightning bolts waiting to vivify us with *Shaktipat*. In fact, it is our search for short cuts and climactic experiences that has helped engender not only today’s pandemic self-destructive and addictive behavior but also the pervasive disillusionment with the very idea of positive human transformation. Long-term change requires long-term practice. And such practice can produce results that appear nothing short of magical.

Integral Transformative Practice is a long-term practice designed to best align the whole person with the “sublimity, power, and beauty in the stuff of the universe.”

—Peter Friedberg edits the Esalen Catalog

See **Body, Mind, Heart, and Soul: A Transforming Path of Practice, March 5-7** and **Body, Mind, Heart, and Soul: Training for a Transforming Path of Practice, April 25-30.**

At the Stanford Center for Research in Disease Prevention we recently finished a three-year investigation into the ITP model and its effect on three cohorts of senior citizens. The first two groups included people who expressed an interest in improving their health and well-being while the third group was comprised of patients diagnosed with atrial arrhythmias, or irregular heartbeats. Each group met for a year and was facilitated by a psychologist practiced in the methods of Integral Transformative Practice. The 150-minute weekly meetings included group practice of the ITP Kata, group sharing, a lecture on some aspect of health and instruction in the development and use of affirmations. The participants were assessed for improvement in quality of life, emotional well-being, cognitive functioning, and physical health, at the beginning and the end of the year of practice. Only the data on cognitive functioning has been completed to date. The results show that at the end of the year the ITP participants demonstrated measurable gains in reaction time, short- and long-term memory, reasoning ability, and global cognitive processing.

— Frederic Luskin, Ph.D.
SAGE Project Director

GUIDE TO WORKSHOPS

THIS IS A GUIDE to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. If you have never been to Esalen or taken an Esalen workshop, you might consider the “Experiencing Esalen” workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

Jan 2-4 • The Tao of Improvising
Jan 2-4 • White Lotus Poetry Workshop
Jan 4-9 • Inside Rhythm: The Song of the Drum
Jan 11-16 • Instant Dreams: The Polaroid Transfer
Jan 16-18 • The Story That Heals
Jan 18-23 • Drawing on the Right Side of the Brain
Jan 18-23 • Love, Eroticism in Latin American Culture
Jan 23-25 • Finding Your Long-Lost Musician
Jan 25-30 • Finding Your Long-Lost Musician
Jan 25-30 • Masks, Puppets, and Magic
Jan 30-Feb 1 • Big Sur Batik
Feb 1-6 • Freeing the Artist: Intuitive Watercolors
Feb 1-6 • The Transformative Power of Storytelling
Feb 8-13 • Painting Sacred Images, Deities, Mandalas
Feb 8-13 • Writing to Illuminate the Soul
Feb 13-15 • Getting Naked: Writing Erotic Scenes
Feb 15-20 • Writing Poems
Feb 15-20 • The Mystical Quality of Stained Glass
Feb 27-29 • Mosaic Art Intensive
Feb 29-Mar 5 • The Feature Screenplay—Part III
Feb 29-Mar 5 • The MAX: Stretching Self-Expression
Mar 7-12 • Alchemical Art: Making Glass Shrines
Mar 12-14 • Opening the Doors of Creativity
Mar 14-19 • The Creative Singer
Mar 14-19 • Falling Awake
Mar 14-19 • The Writer's Way: Opening to Change
Mar 14-19 • Vision Painting
Mar 19-21 • Dancing Cello, Dancing Tao
Mar 19-21 • The Joy of Transformational Theatre
Mar 19-21 • Painting From the Source
Mar 26-28 • Flute Song, Tao Dance
Apr 4-9 • Storytelling as a Healing Art
Apr 9-11 • Writing Through the Senses
Apr 9-11 • Self-Transformation: The Art of the Actor
Apr 9-11 • West African Bronze Casting
Apr 18-23 • With the Grain: The Art of Woodturning
Apr 25-30 • New Poems Week
Apr 25-30 • The Sacred Art of Thangka Painting
Apr 30-May 2 • New Poems Weekend
May 2-7 • The Painting Experience
May 7-9 • Awakening Creativity and Inspiration
May 9-14 • Awakening Creativity and Inspiration
May 16-21 • Painting in the Landscape
May 21-23 • Of Stone and the Self: Stone Carving
May 28-30 • The Soul of the African Drum
May 30-Jun 4 • Art as a Spiritual Path: Soul Mandala
May 30-Jun 4 • Double Your Creative Power
Jun 6-11 • A Big, New, Free, Happy, Unusual Life
Jun 11-13 • Photographing the Seasons of Big Sur

Jun 13-18 • The Magic of Metal
Jun 20-25 • The Path of Grace: Embodying Neruda
Jun 20-25 • Ceramic Insights
Jun 27-July 2 • Improvisation for Fun and Profit
Jun 27-July 2 • Vocal Power

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

Jan 9-11 • Advanced Awakened Mind
Jan 11-16 • Awakening the Mind
Apr 2-4 • Psychic and Intuitive Healing
May 30-Jun 4 • The High-Performance Mind
Jun 6-11 • Become A Medical Intuitive
Jun 11-13 • Introduction to Clinical Hypnosis

CHILDREN / FAMILIES

May 7-9 • Mothers and Daughters
May 14-16 • Healing the Wound that Will Not Heal

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

Jan 11-16 • Meditations on the Unity of Being
Jan 16-18 • Narcissism in the New Age
Jan 23-25 • Compassion Greet the Shadow
Jan 25-30 • Kabbalah of Light and Joseph's Dream
Feb 6-8 • Buddhist Philosophy: A Basic Introduction
Mar 12-14 • A Drop of Nectar
Mar 12-14 • Primordial Meditation
Mar 19-21 • The Direct Path: A Passion for Life
Mar 19-21 • Being Present for Your Life
Mar 26-28 • Recovering Personal Faith
Mar 28-Apr 2 • Uncovering Self-Betrayal
Apr 11-16 • Nonduality and Intersubjectivity
Apr 16-18 • Accompanying the Dying
Apr 18-25 • Tibetan Buddhist Meditation
Apr 18-23 • The Enneagram and the Diamond Approach
Apr 23-25 • American Spiritualities
Apr 30-May 2 • Chanting: Heart of Devotional Yoga
May 14-16 • Buddhism for Cynics in Recovery
May 28-30 • OpenMind Training
Jun 25-27 • Applied Wisdom: Universal Truths
Jun 27-July 2 • Self Awakening

DANCE / MOVEMENT

Mar 7-12 • Body Tales
Mar 14-19 • Falling Awake
Mar 28-Apr 2 • Soul Motion
Apr 2-4 • Eurythmy
Apr 2-4 • Salsa Dancing and the Pursuit of Flow
Apr 4-9 • The Living Spiral—Love's Body
May 30-Jun 4 • The Heart of the Matter
Jun 13-18 • Mountains and Waves
Jun 20-25 • The Path of Grace: Embodying Neruda

DREAMS

Feb 15-20 • Dreamwork for Professionals
May 23-28 • Way of the Dreamer
May 30-Jun 4 • Letting in the Light

HEALTH / HEALING

Jan 16-18 • Facing the Final Mystery
Jan 16-18 • Demystifying Qi: Developing a Practice
Jan 23-25 • Awakening the Breath of the Heart
Jan 30-Feb 1 • Deep Healing
Feb 20-22 • Medical Qigong
Feb 29-Mar 5 • Self-Healing: Health and Vitality

Apr 2-4 • Headache Self-Care
Apr 4-9 • Storytelling as a Healing Art
May 2-7 • Eight Weeks to Optimum Health
May 7-9 • Mindfulness and Heartfulness
May 9-14 • Spiritual Massage: Lightbody Infusion
May 21-23 • Eating, Food, and the Body/Self
May 28-30 • Drugs, the Mind, and the Body
May 28-30 • ITB: In The Beginning
May 30-Jun 4 • SIKE: Ki Energy
Jun 6-11 • Become A Medical Intuitive
Jun 6-11 • Free Your Breath, Free Your Life
Jun 18-20 • Love Yourself—For Everyone Else's Sake
Jun 18-20 • Herbal Medicine
Jun 20-25 • The Healing Promise of Qi
Jun 25-27 • Energy Medicine
Jun 27-July 2 • Chakra Integration

INTEGRAL PRACTICES

Jan 9-11 • The Power of Practice
Jan 30-Feb 1 • Experiencing Esalen
Feb 20-22 • The Tao of Practice
Feb 29-Mar 5 • Quiet Mind, Fluid Body
Mar 5-7 • Body, Mind, Heart, and Soul: ITP
Mar 19-21 • Experiencing Esalen
Mar 26-28 • Holistic Sexuality: Sex and Spirit
Apr 4-9 • Holistic Sexuality: New Integral Approach
Apr 16-18 • Experiencing Esalen
Apr 25-30 • Body, Mind, Heart, and Soul: Training
May 21-23 • Experiencing Esalen
Jun 6-11 • Holistic Sexuality: New Integral Approach
Jun 11-13 • Meditation and ITP Practice
Jun 11-13 • Holistic Meditation
Jun 18-20 • Experiencing Esalen

MYTH / RITUAL / SHAMANISM

Jan 30-Feb 1 • Jungle Medicine
Feb 29-Mar 5 • The Way of the Shaman
Mar 21-26 • Dancing with Joseph Campbell
Apr 4-9 • Visionseeker 3: Shamanic Cosmology
May 23-28 • Way of the Dreamer
Jun 4-6 • Shamanism and Peacemaking
Jun 13-18 • Visionseeker
Jun 20-25 • The Psychomanteum Process

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

Jan 2-4 • Aldous Huxley Revisited
Jan 2-4 • The Tao of Improvising
Jan 11-16 • Philosophical Counseling
Feb 6-8 • Buddhist Philosophy: Basic Introduction
Feb 13-15 • The Philosophical Path
May 7-9 • Ancient Philosophy as Psychotherapy
May 14-16 • Buddhism for Cynics in Recovery
May 28-30 • ITB: In the Beginning
Jun 25-27 • Applied Wisdom: Universal Truths

PROFESSIONAL GROWTH / TRAINING

Jan 25-30 • Organizational Constellations
Jan 30-Feb 1 • Radical Rx for Health Professionals
Feb 15-20 • Dreamwork for Professionals
Mar 14-19 • Transforming Trauma with EMDR
Apr 2-30 • 28-Day Massage Practitioner Certification
Apr 11-16 • Nonduality and Intersubjectivity
Apr 18-23 • Anusara: A Teacher Training
Jun 27-July 2 • Insight Dialogue for Therapists

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

Jan 4-9 • Releasing the Self and Healing the Exiles
 Jan 9-11 • Rest, Rejuvenation, and Renewal
 Jan 9-11 • Sacred Wounds
 Jan 11-16 • Embracing Life's Challenges
 Jan 18-23 • The Orders of Love
 Jan 25-30 • Accepting Life's Transitions
 Jan 25-30 • Love Beyond Addiction
 Feb 1-6 • Gestalt Awareness Practice
 Feb 1-6 • It Won't Hurt Forever
 Feb 6-8 • The Body Keeps the Score
 Feb 8-15 • Not For the Feint of Heart
 Feb 13-15 • Sexual Healing
 Feb 27-29 • Setting Your Heart on Fire
 Feb 29-Mar 5 • The MAX: Stretching Self-Expression
 Mar 14-19 • Choosing Aliveness and Intimacy
 Mar 26-28 • Holistic Sexuality
 Mar 28-Apr 2 • Who Is Running My Life?
 Apr 2-4 • The Transformative Power of Emotions
 Apr 4-9 • The Courage to Change
 Apr 9-11 • Healing of Heart and Mind
 Apr 11-16 • Soul Coaching
 Apr 11-16 • Bioenergetics of Transformation
 Apr 11-16 • Natural Powers
 Apr 16-18 • Elders from the Future
 Apr 23-25 • It's Time: No One is Coming to Save You
 Apr 25-30 • Self-Acceptance—The Heart of Healing
 Apr 30-May 2 • Freedom from Fear
 Apr 30-May 2 • Using Finger Signals
 May 2-7 • The Journey from Abandonment to Healing
 May 9-14 • Gestalt Awareness Practice
 May 14-16 • Focusing: The Inner Relationship
 May 14-16 • Healing the Wound that Will Not Heal
 May 16-21 • Soul Search: Embracing Our Spirit
 May 21-23 • A Tender Invitation
 May 28-30 • Money as a Spiritual Path
 Jun 4-6 • The Spirituality of Trauma
 Jun 6-11 • Holistic Sexuality
 Jun 6-11 • Basic Acupressure: Clinical Applications
 Jun 6-11 • Transition—Having What it Takes
 Jun 11-13 • The Visionary Life
 Jun 13-18 • The Discipline of Happiness
 Jun 18-20 • The Power of Patience
 Jun 20-25 • Completions and Transitions
 Jun 25-27 • Images of Desire

RELATIONSHIP / COMMUNICATION

Jan 2-4 • Truth in Dating
 Jan 4-9 • TLC: A Conscious Loving Workshop
 Jan 4-9 • Process Leadership and Conflict Skills
 Jan 18-23 • The Secrets of Successful Relationships
 Jan 23-25 • Karmic Relationships
 Jan 23-25 • Managing By Agreement
 Jan 25-30 • Love Beyond Addiction
 Jan 30-Feb 1 • Seeing Your Life Through New Eyes
 Feb 6-8 • Undefended Love
 Feb 15-20 • The Heart (and Art) of Relationships
 Feb 27-29 • Communication and Partnership
 Mar 7-12 • Relationship: Living, Loving, Going Deeper
 Mar 12-14 • Couples' Communication
 May 9-14 • I-You-Us
 May 16-21 • Stronger at the Broken Places
 May 16-21 • Finding Love: Relationship for Singles



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May 21-23 • Finding True Love
 May 23-28 • The Authentic Self Connecting
 Jun 4-6 • Close Yet Free
 Jun 25-27 • Images of Desire

SOMATICS

Jan 2-4 • Massage Intensive for Friends and Couples
 Jan 11-16 • Esalen Massage Intensive
 Jan 16-18 • Esalen Massage for Pregnant Partners
 Jan 18-23 • Advanced Esalen Massage and Bodywork
 Feb 8-13 • The Upledger Institute's CranioSacral I
 Feb 15-20 • Esalen Massage Intensive
 Feb 27-29 • Weekend Massage Intensive
 Feb 29-Mar 5 • Esalen Massage and Body in Motion
 Mar 7-12 • Upledger SomatoEmotional Release I
 Mar 7-12 • Body Tales
 Apr 2-30 • 28-Day Massage Practitioner Certification
 Apr 4-9 • The Living Spiral—Love's Body
 Apr 9-11 • Massage for Couples
 Apr 11-16 • Table Shiatsu
 Apr 11-16 • Bioenergetics of Transformation
 Apr 16-18 • Upledger Intro to CranioSacral Therapy
 Apr 18-25 • Standing on Two Feet
 May 2-7 • Esalen Massage Intensive
 May 7-9 • Weekend Massage Intensive
 May 9-21 • Advanced Esalen Massage
 May 14-16 • Focusing: The Inner Relationship
 May 16-21 • Balance: You're Only Young Once But...
 May 21-23 • Rejuvenation
 May 23-28 • Senses Wide Open
 May 23-28 • Upledger Lymph Drainage Therapy I
 Jun 4-6 • Advanced Myofascial Techniques
 Jun 6-11 • Basic Acupressure: Clinical Applications
 Jun 13-18 • Traditional Thai Medical Massage
 Jun 18-20 • Breema Bodywork
 Jun 27-July 2 • Chakra Integration

WILDERNESS / ECOLOGY / ECOPSYCHOLOGY

Jan 18-23 • Personal Sustainability 101
 Feb 1-6 • Vastu Living: A Home for the Soul
 Feb 6-8 • Deep Ecology in Art and Science
 Mar 12-14 • Energy and Environmental Design
 May 14-16 • Cultivating Sacred Space
 May 23-28 • Wild Big Sur
 Jun 4-6 • Walk on the Wild Side

Jun 13-18 • Mountains and Waves
 Jun 27-July 2 • Big Sur Wilderness Experience

WOMEN'S / MEN'S ISSUES

Feb 15-20 • Touching the Body/Healing the Spirit
 Mar 7-12 • Paula's Old Ageless Home
 May 7-9 • Mothers and Daughters
 May 23-28 • Authenticity, Intuition, and Creativity
 Jun 4-6 • Sisters

WORKPLACE / EDUCATION / SOCIAL RESPONSIBILITY

Jan 4-9 • Process Leadership and Conflict Skills
 Jan 9-11 • Resurrection of Our Body Politic
 Jan 18-23 • Personal Sustainability 101
 Jan 23-25 • Managing By Agreement
 Jan 25-30 • Organizational Constellations
 Feb 8-13 • Love, Strength, Awareness in Community
 Feb 8-13 • Life Coaching for Results
 Feb 27-29 • Cycles of Shame and Violence
 Apr 16-18 • Life Coaching for Results
 Apr 23-25 • Transformational Philanthropy
 Jun 11-13 • The Visionary Life
 Jun 13-18 • Co-Active Coaching Fundamentals

YOGA / MARTIAL ARTS / SPORT

Jan 4-9 • Yoga as an Organic Tool for Healing
 Jan 16-18 • Developing a Personal Yoga Practice
 Jan 16-18 • Demystifying Qi
 Feb 1-6 • Yoga: Drawing Back to the Roots
 Feb 20-22 • Medical Qigong
 Feb 27-29 • Yoga Ed. Tools for Teachers
 Feb 29-Mar 5 • Quiet Mind, Fluid Body
 Mar 12-14 • Yoga for the "Yogically Challenged"
 Mar 26-28 • Yoga: Practicing a New Way of Being
 Apr 18-23 • Anusara: A Teacher Training
 Apr 25-30 • Golf in the Kingdom
 Apr 30-May 2 • Rasa Vinyasa: The Essence of Yoga
 May 2-7 • Pose and Repose
 May 7-9 • The Olympic Spirit: The Soul of Sports
 May 9-14 • Tai Chi
 May 14-16 • Freedom Yoga: Cultivating Compassion
 Jun 18-20 • The Yoga of Sound
 Jun 20-25 • Ride the Curl: Vinyasa and Bhakti Yoga
 Jun 20-25 • The Healing Promise of Qi



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Weekend of January 2–4

Aldous Huxley Revisited

Dana Sawyer

Aldous Huxley has now been gone for forty years, yet so many of his recommendations for sane living still apply, as if the ink is still wet on the pages of his books. Huxley believed, as Karl Marx once put it, that “philosophers have only interpreted the world in various ways, the point is to change it.” Acting from this conviction, Huxley was a relentless idea machine, churning out recommendations for taking care of the natural environment, solving social problems, and facilitating the growth of individual consciousness. The viewpoint he articulated, his “perennial philosophy,” became an inspiration for two generations of visionaries—including such writers as Abraham Maslow, Huston Smith, Ken Wilber, and Ram Dass.

This course will revisit Huxley’s ideas, to gain an understanding of his overall perspective, but also with an eye for how his perennial

philosophy can form a platform for personal, social, and environmental activism today. Topics to be explored include: the perennial philosophy and its connections with Hinduism and Buddhism, Huxley’s meditation technique, his social and environmental recommendations, his views on the spiritual importance of art, and the theory of education with which he and Krishnamurti began their school for children.

Recommended reading: Huxley, *The Human Situation* and *Island*.

The Tao of Improvising: Secrets of the Improviser’s Way

Patricia Ryan Madson

Improvising can be seen as a way of approaching life mindfully with intelligence and humor. This course is designed for those who never imagined themselves as improvisers. While some improvisation classes emphasize playing the games as comedy, this workshop focuses on the life lessons that can be learned through this work. You don’t need to be Robin Williams to use the techniques of

attention, cooperation, spontaneity, and trust both on stage and off. The secrets that govern the world of improvisation include these simple principles: (1) Pay attention to reality; (2) Know your purpose; (3) Cultivate acceptance; (4) Notice the contributions of others; and (5) Act constructively *now*.

The course will weave advice from the paradigm known as Constructive Living created by Dr. David K. Reynolds (based on two Japanese psychotherapies) with theory and improvisation games based on the work of Keith Johnstone, founder of Theatresports. “Life lessons emerge,” Patricia Madson writes, “as we laugh, play, make up stories, flounder, fall, pick ourselves up, and help others to do so. The improvisation games foster quick thinking on our feet, social awareness, risk taking, learning to handle mistakes with grace, and creating stories and worlds together. Discover that we are all natural improvisers.”

The Tao of Improvising promises action, laughter, and commonsense advice in the format of improvisation games.

Massage Intensive for Friends and Couples

Brita Ostrom & Robert Helm

Flesh out your New Year's resolution with this weekend of mutual giving and self-care. This workshop is for partners, friends, family members, and caregivers who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home.

CE credit for bodyworkers; see page 74.

Truth in Dating: Bringing Presence and Authenticity to New Relationships

Susan Campbell

Dating and meeting new people can be an exciting voyage of self-discovery. For those on a spiritual path, it can be a vehicle for awakening to our spiritual essence. This interactive seminar will teach you how to use whatever is happening in the moment as a tool for becoming more conscious. Participants will learn how to use the truth of present-centered experience to help one another awaken.

Susan Campbell writes: "With structured communication exercises, role playing, psychodrama, improvisational movement, group encounter, and shared silence, we will learn the difference between *relating* and *controlling*; we will transcend old beliefs about relationships and get beyond where we usually get stuck; we will deepen our capacity for staying open to what each new moment brings instead of getting caught up in future fantasies, fears, defenses, and mind trips; and we will practice letting go of the outcome and being simply honest, perhaps discovering that we are most lovable when we are most transparent."

Some of the things to be learned and practiced: how to ask meaningful questions without being intrusive; how to take risks and reveal your authentic self; how to come back to presence after your button has gotten pushed; how to stay centered in your own truth while deeply connecting with the other; how to give and ask for feedback with warmth, compassion, and humor; how to know when it's over and let go; and how not to take any of this too seriously.

White Lotus Poetry Workshop

Ellen Bass

*Its wonderful root and bud are snow-white, bright.
When was it parted with the western skies?
Nobody knows how deep the mud it grows in is.
When it emerges from the water, we know it is
the white lotus.*

— JOSHU

"In this workshop," writes Ellen Bass, "we will allow ourselves to extend our roots deeply into the mud of our experience in order to give voice to our poems. This is an opportunity to meet the poems that gestate within us and to engage our greatest resources—attention, courage, precision—in bringing them into being. We will strive for language that is accurate, fresh, and interesting in itself and we will work to create poems whose form, rhythm, language, and meaning work as an effective whole."

"This is an opportunity to delve deeply into our writing without distractions or interruptions. In our busy lives, many of us long for more time to write. This weekend will be a way to nurture the creative voice inside us and allow it to speak. There will be time for sharing and for response, hearing what our work touches in others, but mainly it will be a writing retreat—a time to explore and create."

It is well to understand as early as possible in one's writing life that there is just one contribution which every one of us can make; we can give into the common pool of experience some comprehension of the world as it looks to each of us.

— DOROTHEA BRAND

Week of January 4–9

Releasing the Self and Healing the Exiles

Richard Schwartz

All the esoteric branches of the world's religions agree that within us can be found an untarnished essence, a Self, from which flows wisdom, healing, and spiritual energy. Most of us rarely access our Self, however, because it is obscured by parts (subpersonalities) of us that have absorbed extreme emotions and beliefs which govern our life choices. Some of these parts try to protect us by controlling the external world or getting us to withdraw from it. Other parts are swimming in the fear, pain, and shame of past traumas, so we try to exile them, locking them in inner closets.

Richard Schwartz's Internal Family Systems (IFS) model provides a safe, sensitive way to

help you release your Self and then bring the natural compassion and confidence of that state to reassure your protective parts and heal your exiles. In this process people can rapidly achieve a profound transformation of the feelings and beliefs that previously tormented them. Also, as their lives become more Self-led, they are able to find increased harmony not only with their parts, but also with family, community, and planet. Their lives feel more fulfilled, purposeful, and spiritual.

Through individual and group exercises, participants will have the opportunity to directly experience their Selves and their parts, and learn how to continue the transformative work on their own. Those in the helping professions will discover new tools for working with clients.

CE credit for MFTs and LCSWs; see page 74.

Inside Rhythm: The Song of the Drum

Gordy Ryan & Bruce Langhorne

Gordy and Bruce write: "With our voices, hand drums, djun-jun (Yoruban music) or dunun (Malinke music), bells, shekere, and melodic instruments, we'll take a cultural journey from Africa to Big Sur via the Caribbean and New Orleans. Through embodying songs, refining our hand technique, and clarifying our understanding of rhythmic orchestration, we'll open our ability to hear the muse of sweet inspiration and feel the groove as a point of awareness in the body."

From playing traditional rhythms and songs with integrity to finding the source of creativity for composing new music, these sessions are designed to spark new dimensions of consciousness in your musical experience. Bruce and Gordy have lived this music for decades and bring wisdom and Big Fun to the creative moment.

TLC: A Conscious Loving Workshop for Couples

Stewart Esposito

This workshop offers a safe space to explore and expand an educational and developmental opportunity which many of us never had growing up—using powerful sexual energies to harmonize and deeply connect with our partner. "TLC" offers a delightful Western interpretation of ancient Tantric and Taoist practices of intimacy, communication, and

sacred sensual and sexual connections. The “TLC” course addresses:

- Love—Embracing your partner and choice
- Intimacy—Emotional and sexual
- Communication—Feeling heard and seen
- Opening the heart—Honoring your partner so sexual and heart energy merge
- Sacred sexuality—Integrating your spiritual self with your sexuality
- Sexual energy as healing medicine—Using sexual energy to heal old wounds
- Living ecstatically and orgasmically—By loving consciously
- Intimate practices and ceremonies—Bringing beloveds closer together so partners desire each other more

“TLC” brings ancient practices to couples in a simple, contemporary way that is both practical and profound. Stewart and a female associate provide an environment that is sacred, safe, and respectful. There is no nudity or sexual behavior in class. Outside of class optional loving practices are encouraged.

Process Leadership and Conflict Skills: Transforming Conflict in Relationships and Community

Stephen Schuitevoerder & Til Luchau

Whether in our inner lives, in relationship, in society, or between nations, at some point every person and group is faced with conflict. Learning to work with conflict is essential to our personal and societal welfare. This workshop will turn to Process Work (originated by Arnold Mindell) and other leading-edge approaches for the skills to transform difficulties into enriching interactions.

Understanding conflict requires that we understand the history of the other party and the depth of who we are, and that we bring both of these into our discussions. It requires an awareness of relative vulnerability and rank, whether based on the role that each party has (e.g., client and therapist) or an attribute of who each is (e.g., race, gender, even verbal dexterity). And it requires an openness to the other, even if the delivery of the message is not always to our liking.

The leaders write: “We will develop these transformational skills not only in relationships, but also in groups and communities, investigating how family, community, and world issues can be addressed through understanding process fundamentals. We will identify the qualities of effective leaders who inspire others through their vision and



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behavior. We will provide the opportunity for personal growth as well as skill building and professional development.”

This experiential workshop is appropriate for anyone interested in conflict facilitation, Process Work, collaboration, relationships, or community formation.

Recommended reading: Mindell, *Sitting in the Fire*, and *The Leader as Martial Artist*.

CE credit for MFTs and LCSWs; see page 74.

Yoga as an Organic Tool for Healing

Thomas Michael Fortel

“No one can heal us,” writes Thomas. “Healers simply activate and encourage the energy within. The tendency for us humans is to always look outside ourselves for the answer.

“Conversely, the practices of yoga lead us within. Yoga maintains that our energetic body is composed of chakras (energy centers), nadis (energy pathways), and Prana (life force).

Prana, everywhere and in all things, emanates from the sun and is the source of all life.

“The practices of yoga—asana, pranayama, and meditation—are designed to address the physical, mental, and emotional toxicity present within us. The breath and the postures, in particular, stimulate the even flow of Prana, and over time the blockages in our being are addressed and released. The key phrase is *over time*. Yoga practice is not a quick fix; long-term practice is required for the deeper healing of our being.

“We will gather together to engage these practices of yoga. While strong asana practice is a part of our retreat, we will equally engage the

practices of meditation, pranayama, chanting the name of God, and the softer afternoon practice. We come on retreat to gain a deeper experience of the yogic lifestyle, to enjoy the dynamics of our group field, and bathe in the beauty of Esalen.”

Please have a minimum of 6 months’ recent yoga experience. All are welcome.

CE credit for nurses; see page 74.

Weekend of January 9–11

Rest, Rejuvenation, and Renewal: The Courage to Pause

David Schiffman

This is a workshop for people who need to have a break—from working too hard, from concentrating too much, from being stuck under pressure too long, or who are just plain tired from the perplexity and strain over what comes next.

“While we pause,” writes David, “we’ll study the three R’s and how they can be used to cultivate a climate of renewed energy and enthusiasm, the ability to think wisely ahead, and the presence to relate honestly and authentically with others. This weekend will emphasize breathing space and ease of being for deep contemplation. There will be soulful, encouraging company as well as wise counsel available for emotional nourishment.

“We will draw on the power and spirit medicine of Big Sur’s natural gifts for healing and inspiration. A special blend of music and movement will create a mood of playfulness and spontaneity for the rejuvenation of spirit.

Simple activities including ceremony and personal practices will be used to deepen our feelings of being lively and hopeful about our futures.”

This workshop is especially useful for people who are seeking good influences to get clearer and move further.

Masterminding the Resurrection of Our Body Politic

John Vasconcellos

“It’s time we invest ourselves in a new political movement, grounded in a faithful vision and promise of our human nature and potential,” writes California State Senator John Vasconcellos. “We’re living a profound revolution in how we envision human nature—from evil (and therefore needing control) to innocent (and deserving liberation). It is little wonder that traditional politics fails in solving our problems or in inspiring us at all. We champion our ‘new economy,’ cherish our ‘new demography,’ herald our ‘new consciousness’—and yet we’re stuck with the ‘same old politics’ based upon cynical assumptions about who we are as human beings. We deserve a whole new politics grounded in our emerging vision of ourselves: that we humans are innately inclined toward becoming life-affirming, constructive, responsible, trustworthy.” This workshop aims to create:

- A growing political community that recognizes that our politics emerges from (knowing) who we are
- A shared vision, capable of healing our society’s political wounds
- A space for practicing the Politics of Trust, including mastery of vision, collaboration, boldness, and durability
- A pragmatic agenda for new policies and programs grounded upon a faithful view of our human nature and potential
- A plan for enlisting others into our circle of friends and taking action

Plant the seeds of your New Year’s resolution at Esalen! In the words of Jean Houston, “Now is the time, and we are the people!” Attend this workshop if you’re passionately committed to giving rise to a new person-centered politics based on trust and partnership.

The Power of Practice: An Integral Approach to Wholeness

Erik Riswold & Barry Robbins

This workshop will introduce you to the remarkable practice created by Esalen presi-

dent George Leonard and chairman Michael Murphy. Developed through their pioneering research in the field of human potentialities, Integral Transformative Practice (ITP) stands at the leading edge of a cultural shift away from the quick fix and toward long-term, balanced, evolutionary practice.

You will have the opportunity to immerse yourself in a program involving body, mind, heart, and soul, and to learn specific ways of creating an attainable and sustainable daily practice. This will include making affirmations, which can activate the awesome power of human intentionality and effect profound changes in your life. You will learn a forty-minute series of physical, mental, and spiritual exercises, which includes yoga, aikido, relaxation and visualization techniques, and meditation. You will engage in discussions on the art of peaceful communication of differences and other interpersonal processes.

ITP groups are spreading throughout the world, and the practice is currently the subject of a major study by Stanford University’s School of Medicine. Erik Riswold is one of the original ITP trainers with Leonard and Murphy and Barry Robbins heads the largest and longest-running ITP practice in the country. This workshop is for people interested in an experiential, interactive weekend and involves nonstrenuous physical movement. Simply come with beginner’s mind and an open heart.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*.

Advanced Awakened Mind: Biofeedback, Meditation, and Consciousness Training

Anna Wise

Anna Wise writes: “Many of you who have participated in my weekend and five-day workshops have requested a follow-up or more advanced version. This seminar is designed to pick up where we left off, using the basic building blocks of beta, alpha, theta, and delta brainwave training to deepen your knowledge and experience of your own higher states of consciousness. From an extended version of ‘The House of Doors’ theta-development meditation for accessing material in the subconscious, to adding the brainwaves of conscious thought to the brainwaves of meditation for high performance and creative manifestation, to increased experience and awareness of the kundalini energy system, we will continue the journey we began in your

original workshop. We will work with the interrelationship of the state and the content of consciousness to develop increased access to your higher spiritual being.”

As always, you will learn about your brainwaves from the Mind Mirror EEG and your relaxation/arousal from electrical skin resistance meters. Participants must have completed a basic seminar with Anna.

Recommended reading: Wise, *Awakening the Mind*; and *The High-Performance Mind*.

CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

Sacred Wounds

Jan Goldstein

Along with taxes and death, pain is a given in life. Each one of us encounters it, often in many different permutations: physical and emotional abuse, poor self-esteem, divorce, loss of a loved one, alienation from a family member or friend, vulnerability and fear due to world conditions out of our control.

Through a process he calls “draining the profane from the pain,” Jan Goldstein will lead participants from acknowledging the wound to tapping into the illumination that follows, and then uncovering the instructive energy that allows the pain to empower us. Along the way participants will make use of rituals, journal writing, and individual and group meditations that help focus them as individuals and as members of a group dynamic.

Participants will be encouraged to create rituals and meditations of their own in regard to a specific wound. These will be explored as a culmination of the seminar. They will become a celebration of the transformation from wounded to empowered, and allow individuals to lay claim to our “sacred wounds.”

Recommended reading: Goldstein, *Sacred Wounds—Succeeding Because of Life’s Pain*.

Week of January 11–16

Philosophical Counseling as Philosophical Midwifery

Pierre Grimes

Philosophical counseling is the exploration of human problems via philosophical methods. It is the newest and yet the oldest of professions, for in exploring human problems by philosophical means, it resumes the direction that Plato crafted in his Socratic dialogues.

Socrates referred to himself as a midwife's apprentice because he assisted those laboring to give birth to their ideas.

The adaptation of Socratic midwifery by Pierre Grimes centers around the idea that all human problems originate in unsuspected false beliefs about the self that were learned in one's youth. Until we discover what made such beliefs believable, these beliefs will play out their destructive fury against our most meaningful goals. With the uncovering of the conditions that made them believable, we discover how they function, and with that insight there is a paradigm shift in one's view of the self and the nature of reality. As with fractals, the self-similar nature of our problems, dreams, and daydreams brings an insight that there is a higher guide to our development that assists us in fulfilling our personal destiny.

This journey is guided by a series of carefully designed questions, a dialectic, that awakens the mind to its own functioning. As a practice it rivals various spiritual systems and schools of psychotherapy and counseling. As a noninterpretive method, the understanding and insights that are gained arise from the seeker alone.

It is suggested that participants bring a tape recorder to record their talks and dreams.

Space and Light: Meditations on the Unity of Being

Zoran Josipovic

This is a meditation workshop for those who are interested in experiencing the natural unity of unconditioned Being. In our daily lives we frequently experience signs of disconnection from Being's natural unity, from our true self. These can manifest as avoidance, dependency, grandiosity, depression, ambivalence, or rigidity. By practicing meditations that restore us to our original oneness, or non-duality, we can resolve these conditions at their root. This frees us from the trap of dualistic fixations, such as good vs. bad, self vs. other, male vs. female, and spiritual vs. material.

The workshop will utilize meditations from the traditions of Vedanta, Yoga, and Dzogchen, and exercises from Subtle Self Work®. The goal is to open the central channel, also known as the secret pathway of yogis, to arrive and abide at this place of profound mystery—the non-duality of our true nature.

Embracing Life's Challenges: Courage, Faith, and Self-Acceptance

Phyllis Shankman

You so often experience change as though something terrible were happening, when in reality the change is moving you from confinement into freedom, from habit into truth. Crossroads are the call to exploration.

— EMMANUEL

The only thing predictable about being alive is its unpredictability. Life is a river of ongoing changes and challenges. Some are not difficult, but many are troublesome to navigate. Yet each challenge or crisis offers an opportunity for expansion, learning, and healing, a chance to break set and move beyond old patterns. As human beings our work is to develop the courage, faith, and self-acceptance that will enable us to find personal meaning and value in each challenge and grow from it.

This workshop is an opportunity to face these challenges in a safe, supportive space. Honoring ourselves—our fear as well as our courage—and the goodwill of others, participants will engage in personal Gestalt work, group process, discussion, meditation, art-work, and whatever spontaneously arises—all in the context of expanding our capacity to transform challenges into meaningful growth experiences.

Awakening the Mind: Mastering the Power of Your Brainwaves

Anna Wise

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

After assessing the brainwave patterns of hundreds of unusually highly-functioning people, the late C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a program to help access these optimal states.

Brainwaves are affected in specific ways by different methods of meditation, visualization, and psychophysiological relaxation, as well as by specific acts such as tongue, eye, and body positions. This workshop presents techniques for brainwave development of beta, alpha, theta, and delta, and helps you

determine which practices are best for your particular brainwave pattern. It also addresses how to use these optimum states for creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror™ EEG will be utilized to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

Esalen Massage Intensive

Laurie Lioness Parizek & Tom Case

Esalen Massage is a healing, enriching practice that feels as satisfying to give as to receive. Esalen bodywork in its many forms will be demonstrated, practiced, and discussed during five days of learning and relaxation, cradled in the beauty of the Big Sur coast.

The workshop will incorporate specific and integrative massage skills, gentle and deeper touch, grounding, stretching, and energy work. The instructors will present a bodywork style that addresses individual needs, balances the whole person, and honors the healing power of touch. Special attention will be given to self-care, quality of contact, breath awareness, and stress relief. The workshop will utilize meditation, music, and movement, encouraging creative expression to bring forth the energy released by the bodywork.

The workshop is for people who want to develop the ability to give a relaxing, restorative massage, focused on the centered, peaceful, internal connectedness that makes Esalen Massage so effortless. For beginners and experienced alike, it will provide a safe atmosphere for learning and discovery. Please bring comfortable clothes and your favorite music.

CE credit for nurses; see page 74.
CE credit for bodyworkers; see page 74.

Instant Dreams: The Polaroid Transfer

Cynthia Johnson Bianchetta

Often referred to as "crossover" art, Polaroid transfers blur the distinction between photography and watercolor, possessing an ethereal quality that transcends photographic rendition and plays on the viewer's imagination with dreamlike effect. Each image becomes a personal statement with a handmade, one-of-a-kind quality.

Participants in this workshop will learn the



Polaroid transfer process, transferring slides onto watercolor paper and hand-coloring them. The emphasis will be on connecting image-making to internal process so that photography can become a tool for awareness and growth. Movement, intuition, and play will all be vehicles for this journey.

Please bring a 35mm camera (not a Polaroid) with which you are familiar, as well as a journal. The class will include the use of slide printers to create the transfers. A list of film and other necessary equipment will be supplied upon registration.

(\$75 materials fee—for Polaroid film used in slide printers—paid directly to the leader)

- Begin to understand and overcome feelings that keep you from talking about aging, dying, and death
- Participate in exercises designed to initiate these conversations with families, friends, clients, patients, and caregivers
- Create your own action plans, utilizing daily materials and experiences
- Learn about options and resources for end-of-life care
- Share in and benefit from the stories of other participants

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Weekend of January 16–18

Facing the Final Mystery

Laura Larsen

The way you regard aging, dying, and death in your daily life shapes your ability to live intensely and in the moment. Preparation for these inevitable events requires skills and information that you need now, before an emergency occurs and before an illness becomes life-threatening. This workshop is designed to deepen and broaden your attitudes and feelings concerning death and the diminishments of aging and dying. Equally important, the information and experiences allow you to have those delicate conversations, and to take action, concerning complex and subtle end-of-life issues. During the weekend you will:

Developing a Personal Yoga Practice

Thomas Michael Fortel

“In recent years there has been an exploding popularity in the practice of yoga,” writes Thomas. “Although for thousands of years this practice has aided the spiritual and emotional development of millions of people, in this modern day we tend to view yoga as a purely physical practice. While the healing of the body is an important aspect of hatha yoga, there is a far greater depth which we are able to access. We have many choices as we approach the yoga room, yet we assume that our initial encounter somehow defines the breadth of yoga. Just as there are many styles of dancing, there are many forms of yoga. During this weekend we will explore some of them as we build a personal practice.

“We will immerse ourselves in pranayama and meditation, engage the slower and more refined qualities of Iyengar yoga through the

focus on alignment and the use of props, dive into the experience of restorative yoga, express our hearts as we chant in Sanskrit with live music, and purify our bodies with the more vigorous vinyasa style as we conclude our yoga retreat.”

Beginners are welcome. All yoga props will be provided.

CE credit for nurses; see page 74.

Demystifying Qi: On Developing a Clear Understanding and Practice

Andrew Nugent-Head

Often called “energy” in the West, Qi has many different meanings in Chinese. Through exploring what it literally means in the Chinese language, its cultural usages, and contrasting it with current English translations, Andrew Nugent-Head creates a clear understanding of what Qi is and isn’t, from the Chinese perspective. Participants will then integrate this understanding with real experience by learning the Eight Storing Qi and Developing Sensitivity Exercises. These exercises are the foundation practices of medical practitioners and energy-bodyworkers of the Yin Style Bagua tradition, which was part of the Qing Dynasty court at the end of the 19th century. They are designed to increase, store, and move Qi within the body. Nugent-Head will then discuss the different stages and issues involved in affecting the Qi in other people, critical in testing and strengthening one’s own practices. Finally, he will demonstrate by tangibly creating Qi sensations in others at various points on the body.

Andrew Nugent-Head is a translator and practitioner of Chinese traditional arts who lived in Beijing for fifteen years. This workshop is designed as a first step to making Qi a tangible part of one’s life and practices.

CE credit for nurses; see page 74.

The Story That Heals: A Writing Workshop

Deena Metzger

A story is a little world. When we enter into such a story, we enter into its intelligence and vision. Then the story becomes a path that reveals the way of healing our lives and the lives of others.

The goal of this workshop is to begin to discover the individual story that can serve as such a guide for each of us. This living story will be seen to be rich, compelling, and complex and will reveal its psychological, political,

ecological, spiritual, and mythic implications. In the course of the workshop participants will work with the real circumstances of their lives as well as the mysterious communications from the dream world.

In this workshop participants will be carefully guided through a series of writing exercises into the heart of the creative process toward the discovery of the meaning and healing contained in their own tale.

Nothing is required but paper and pen and the desire to enter the inner world for its treasures and revelations. The workshop is designed for writers and nonwriters alike, poets, dreamers, explorers, journal writers, therapists—all those interested in language, awareness, authenticity, and rigorous interchange with the true self.

This workshop will be limited to 30 people.

Nurturing the Pregnant Couple: Esalen Massage for Pregnant Partners

Peggy Horan

Using Esalen Massage as the foundation, this workshop offers ways for expectant couples to nurture each other through conscious touch and massage. The course will present specific techniques for all three trimesters of pregnancy, discuss massage during labor and the postpartum period, and offer an approach for infant massage. Women will learn how to work with their partners, giving massage in ways that are comfortable and easy on their own bodies. In preparation for childbirth, participants will explore music, breath, and meditation to reach a deep level of connection with self, partner, and baby.

CE credit for bodyworkers; see page 74.

Narcissism in the New Age

Zoran Josipovic

...there is narcissism in every characterological adjustment, and narcissistic characteristics can be found, to a greater or lesser extent, in every character structure...

—STEPHEN M. JOHNSON, PH.D.

Why do so many spiritual people forget to be decent human beings?

—EsaLEN WORKSHOP PARTICIPANT

The effects of unresolved narcissistic issues among teachers and students of the various paths and techniques that constitute “New Age” have provided ample material for many sensationalistic books and have been responsible for questioning the credibility of New Age spirituality itself. This workshop will

examine these issues from sociological, psychological, and spiritual perspectives using the theories of Western Self-psychology and Eastern non-dual contemplative traditions.

There will be group discussions to understand the psychodynamics of narcissism and explore the variety of styles it appears in. Through dyad-inquiry techniques, along with guided and silent meditations, participants will have the opportunity to experience firsthand the letting go of attachment to self-image and, as a result, the release of the perfectionism, control, shame, and self-doubt that accompany it. Through learning to abide non-dually in self-knowing awareness, it is possible to reconnect with the natural ease of our unconditioned being.

Week of January 18–23

The Orders of Love: The Work of Bert Hellinger

Judith Hemming

This workshop is a chance to experience the approach to working with family constellations developed by Bert Hellinger and to learn about the hidden systemic “orders of love” operating in human relationship systems. These “orders” refer to invisible forces deep in the soul of the family and the larger system, forces that influence the flow of love.

Judith Hemming writes: “Participants will have the opportunity to work with the internal dynamics of their own family system, releasing a compassionate and healing love felt by all participating, and opening the way

to life-enhancing solutions. Every family is unique, yet all follow certain patterns and tendencies. Bert Hellinger’s approach has identified many common destructive patterns and the sentences, rituals, and movements of soul that can resolve them.”

Working in this way can provide an understanding of the phenomenological/systemic position as a practice for daily life, a position that includes valuing phenomenal experience above belief, practicing open-ended inquiry and love of truth, and taking an active interest in the larger systems of which we are a part.

The Secrets of Successful Relationships

Charlie & Linda Bloom

Having a good relationship means more than just staying together. Unless we enjoy trust, intimacy, caring, and love with our partner, we are sharing an arrangement, not a true partnership. We seek relationships hoping to bring greater fulfillment and meaning into our lives; however, for an alarming number of couples the dreams of infatuation soon dissolve into the disappointment of a cold, joyless relationship or end in divorce.

Yet it is possible for all of us, even those with a history of failed relationships, to create the partnership of our dreams. Strong, healthy relationships are not a function of choosing the right person, having had a happy childhood, or undergoing years of psychotherapy. This possibility is available to any couple that understands and is willing to engage in the practices that these unions require.

This workshop, for individuals and couples,



DANIEL BIANCHETTA

will identify the principles and practices of successful relationships. Participants will discover the qualities that fulfilling partnerships require and, through a series of experiential exercises, begin the process of cultivating those qualities. In addition, the workshop will introduce the art of conscious combat and show how to dissolve repetitive, dysfunctional relationship patterns.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Advanced Esalen Massage and Bodywork

Char Pias, Carl Chase (CC) & Robin Fann

This workshop will be a laboratory to experience current trends in Esalen Massage, enhance your skills, and challenge your ability to push past restrictive routines. The focus will be on presenting approaches that expand your repertoire of techniques, inspire creativity, and easily incorporate into your personal bodywork style.

The workshop will introduce the CC Flow™, a form of massage that keeps the body in a state of constant motion and touch. Based on the idea that life begins for us in a fluid world (the womb) where movement and touch are fundamental, the CC Flow was developed to allow the receiver to experience a feeling of pure liquid freedom. Char and Robin will complement the CC Flow by fostering intuitive and reflective touch through subtle energy awareness.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Drawing on the Right Side of the Brain

Lynda Greenberg

In order to draw, neither previous art training nor manual dexterity is necessary. All that is required to draw is to *learn to see*. This workshop teaches basic strategies of seeing through a combination of studio exercises and lectures that pack a semester-long art course into five days.

Following the lesson plan of *Drawing on the Right Side of the Brain* by Dr. Betty Edwards, the lectures explain the principles of visual perception and creativity that allow students to successfully master the studio exercises. The studio exercises in turn lead to the integration of perceptual skills and the ability to produce high-quality finished drawings. Since it is the right side of the brain that processes spatial information, the exercises are designed to “trick” the left side—domain of

linear data like language, naming, and categorizing—into surrendering control.

In a carefully sequenced process, participants are taught ways of seeing that enable them to skillfully draw their perceptions. More importantly, these new strategies of thinking are useful in general problem solving. Consequently, the workshop teaches more than “techniques of drawing”—it teaches *how to see* in the broader sense, and how to record one’s perceptions in drawings.

Please note: This workshop will have extended hours. A list of materials to bring will be sent upon registration.

The Double Flame: Love and Eroticism in Latin American Culture

Amelia Barili

Evoking images of passionate and romantic love, and of celebration of everyday life, Latin America’s allure is boundless. Those images are present in the work of its storytellers and poets, in its music and dance.

Amelia writes: “We will explore different dimensions of love presented through film, music, stories, poems, and fragments of novels. Using this as a springboard, we will reflect on our own stories and enrich our understanding of these powerful forces. To prepare ourselves to answer some important questions—*What is our definition of love? Can eroticism be independent of love? How can we become better lovers?*—we will look at responses given by such writers as García Márquez in *One Hundred Years of Solitude* and *Love in the Time of Cholera*, Pablo Neruda in his love sonnets and elemental odes, Isabel Allende in *Of Love and Shadows* and *House of the Spirits*, Jorge Luis Borges in his amazing love poems, and films such as *Tango, Il Postino*, and *Y Tu Mamá También*.”

Through lecture, discussion, writing, deep relaxation, awareness exercises, and a tango evening, the workshop is designed to awaken a deeper appreciation of these stories and poems, as well as of our personal histories, and to evoke sensibilities sometimes buried under the stress of a hurried life. It is also a creative path to express our innermost dreams and visions.

The workshop is open to all—no experience required.

Personal Sustainability 101

Maggie Seeley & Zaida Amaral

The refrain “Think Globally, Act Locally” is especially appropriate in today’s world of elec-

trical shortages, the privatization of water, the globalization of agriculture, and the widening gap between rich and poor. Westerners, who represent fifteen percent of the world’s population and use seventy-five percent of its resources, can learn how to simplify, economize, and become conscious of their own consumption patterns—and *have a great time doing it*.

This course on Personal Sustainability starts with an exploration of the Findhorn Foundation’s Eight Levels of Sustainability: ecological, financial, cultural, educational, spiritual, transportation, communication, and environmental. By using the Sustainability Audit (a “personal footprint”), participants will be able to learn how much energy, water, paper, and plastics they use on a daily basis in their homes and offices, in order to make informed, intelligent, conscious choices.

The program will incorporate the ideas of Buckminster Fuller, the principles of Natural Capitalism, the Triple Bottom Line (people, the planet, and profit), and Feng Shui. In addition, meditation, yoga, group process, personal coaching, art, dance, and outdoor exercises will be included to ensure holistic learning—both experiential and rational. Participants will leave with a compelling sustainability vision and an action plan.

Weekend of January 23–25

Compassion Greet the Shadow: Tibetan Buddhist Approaches to Trauma and Transcendence

Steven Goodman

Experiences of fear and some degree of trauma are part of the human condition, but the meaning we give to these experiences and how we integrate them into our lives can vary widely. When terrifying experience lingers as trauma, there is often an unconscious response which can manifest, paradoxically, as a yearning for transcendent experience, a split-off, unstable desire to be whole. In the West, the psychologist Carl Jung called such painful unconscious aspects of our psyche the Shadow, and he discovered ways of integrating such material into the spiritual maturation of the whole person. The rich Eastern traditions of Tibetan Buddhism also preserve powerful and psychologically sophisticated methods for working with the Shadow, emphasizing the healing approaches of relaxed, mindful, and compassionate presence.

In this intensive, experiential workshop, participants will explore a variety of traditional Tibetan Buddhist practices, learning how to engage our innate capacity for accepting and integrating negative material into a confident and responsive way of living. Participants will explore practices of calming relaxation, mindful dynamic awareness, and energetically transformative visualization. These are practices that create contexts of support for discovering and gently releasing emotionally conflicted aspects of the psyche, fostering flexible, confident, and joyful responses to the challenges of living.

Finding Your Long-Lost Musician

David Darling

David Darling's music improvisation workshops have touched thousands of people from all walks of life, including corporate executives, school children, teachers, professional musicians, prisoners, and therapists, opening their hearts to the mystery of sound. David's passion is to provide an environment in which each participant has a chance to discover and work with his/her own unique musical abilities—to find the tools for lifelong inspired musical enjoyment. He has spent the last forty years developing methods that bring people face-to-face with their own wondrous sounds and rhythms.

Working in groups and individually, people will find the classes relaxed and humorous, yet intensely centered on the profound qualities of the wonders of music. Please bring any instruments you play or want to play. No experience is necessary. Piano and percussion instruments are provided.

This workshop is also presented in a five-day format January 25-30.

Karmic Relationships: Healing Invisible Wounds

Charles Richards

Have you ever wondered what the spiritual law of karma is, why it's been discussed from ancient times to the present, or how it might be affecting your relationships and the way you live your life today? Through a simple non-hypnotic process called Soul Journeys, you will be given the opportunity to examine more deeply the hidden influences that condition your behavior.

Many of us face repetitive patterns in relationships, irrational fears related to intimacy or abandonment, and emotional reactions—both

positive and negative—to people or situations that seem irrational and without cause. Some believe that these patterns have roots that extend beyond our current lifetime into past lives and are manifestations of a karmic dynamic. Changing or resolving this dynamic can require a different way of looking into our psyche and relationships.

This workshop will utilize Soul Journeys and various other experiential and group processes designed to clarify and bring greater understanding into the nature of our karmic ties with others.

Recommended reading and listening: Richards, *Karmic Relationships*; and (audio) *The Way of Karma* (available at www.joderegroup.com or 800-569-1002).

Managing By Agreement

Stewart Levine

How can we learn to work toward agreement, rather than let conflict tear us apart? This workshop is a big step in that direction. Managing By Agreement is a simple, elegant approach, presenting a core life-skill: the 10 *Essential Elements of Agreements for Results*. These elements enable you to craft collaborative agreements that live up to your hopes and expectations. You will also learn the 7 *Steps to Resolution* so you can truly resolve the conflicts that stand in the way of effective partnerships. This process deepens relationships, strengthens commitment to goals, and nurtures the spirit of cooperation and teamwork.

The workshop is designed to leave you with both a powerful vision and practical tools to turn potential business and personal conflicts into collaborative partnerships. It offers a comprehensive look at the potential for agreement in the world, and new insights into experiences in which you succeeded or failed. You will learn how to articulate the agreements and collaborations you aspire to, avoid the calamities you fear, and get the results you want.

The seminar is based on *The Book of Agreement*, Stewart's follow-up to his award-winning *Getting to Resolution*.

CE credit for MFTs and LCSWs; see page 74.

Awakening the Breath of the Heart: A Journey into the Miracle of the Present Moment

Dennis Lewis

The ever-increasing speed, stress, and disharmony of the modern world not only condi-

tions us to a way of living in which the future is generally felt to be more important than the present, but also cuts us off from the immediate experience of ourselves as "breathing beings" supported and energized by the earth. As a result, many of us live the lives of unconscious, breathless automatons, rushing faster than time itself into some imaginary future and seldom present to the mystery and miracle of our lives right now and right here.

In this experiential workshop, breath explorer and teacher Dennis Lewis will use material from his forthcoming book *Free Your Breath, Free Your Life* to help you awaken "The Breath of the Heart," a natural, spacious breath of "welcoming" that can relate you more intimately to yourself, others, and the earth. With the help of powerful grounding techniques, self-sensing practices, Authentic Breathing® exercises, special movements, postures, and meditations, and both internal and external sounds, you will learn safe, effective ways of connecting with the earth's energy and allowing this energy to help revitalize your breath, your belly (*hara*), and your heart. This work will not only support your overall health and well-being, but it will also help you live and unfold more consciously and creatively in the present moment.

Recommended reading and listening: Lewis, *The Tao of Natural Breathing*, and (audio) *Breathing as a Metaphor for Living*.

Week of January 25–30

Finding Your Long-Lost Musician

David Darling

For workshop description see January 23-25. This five-day workshop is an opportunity to go deeper, further, and higher with your long-lost musician.

The Kabbalah of Light and Joseph's Dream: The Light Body

Catherine Shainberg

We think of light as coming from outside ourselves, granted us by the distant sun and stars in our firmament. However, the kabbalists tell us, at the beginning God poured light into His vessel Adam, made in His image, which contained all the universe. But it could not hold the radiance and shattered. Since then the dispersed sparks hide in the darkness of our being. Can we find and gather those sparks into a bundle and reignite our light body which God gave us as our birthright?



When we look within ourselves, at first we see only darkness. How do we switch on the inner light? At night, when we lay back, relaxed and undefended, our inner screen lights up, we dream. This lit-up screen is our first glimpse of inner light. If we stay awake to the many colored forms coming and going, as Joseph did, we can grow the light to fill more and more of our being, until it stretches to contain the universe. It is the "soul in the body" secreting its own light in the Image of God. Called also "the robe of many colors," it was handed down to the firstborn of each generation until Joseph was given it, lost it, and regained it. How?

We too have lost our robe of many colors, our true inheritance. Let us trust Joseph to illuminate our way through the maze of our own darkness. Let us walk in his footsteps toward this man of light who gazes back at us, glowing softly and sometimes blazing, from the mirror of our soul. Be ready to close your eyes, wake up, and dream.

Accepting Life's Transitions: Letting Go and Moving On

Mary Goldenson

*Birds make great sky-circles of their freedom.
How do they learn it?
They fall, and falling, they're given wings.*

— RUMI

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships, and careers, and can cause illness, sorrow, and the inability to for-

give. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will present ways to help complete the past, be open to the present, and create a future. Participants will have a safe, supportive environment that includes taking risks, intense bodywork, Gestalt imagery, dance, and meditation in order to support the transitions that keep us committed to the process of discovering ourselves.

Organizational Constellations Learning Forum: Innovative Work with Systemic Change

Judith Hemming

This workshop is an introduction to a radically new approach to organizational change called "Constellations." Constellations provide powerful, creative ways of resolving complex and intractable issues within organizations and communities and among different stakeholders. In critical areas of leadership, relationship management, strategy development, culture change, organizational restructuring, and many others, success or failure often depends on issues that lie "below the radar" of awareness and are usually not amenable to conventional approaches. Constellations enable us to work sensitively, quickly, and effectively with the most problematic and pressing issues.

As a Learning Forum, this workshop is designed for people from a wide range of

organizations and backgrounds (though knowledge and skills in working with groups is an advantage). The aims of this Learning Forum are to enable you to:

- Understand how organizational and community systems function as a whole
- Diagnose and resolve issues from a systemic perspective
- Set up and run a constellation drawing on information from "the knowing field"
- Work with the underpinning forces that help to shape situations

Upon completion of this workshop participants will be eligible to apply for the Intermediate and Advanced forums to be held in the summer and fall of 2004 at locations to be announced. For further information, visit www.nowherefoundation.org.

Love Beyond Addiction

Brenda Schaeffer

Life seems to fear love itself because the moments of experiencing its safety, freedom, and power have been so scarce.

Following her latest book, *Love's Way*, Dr. Brenda Schaeffer, author of *Is It Love or Is It Addiction?*, moves beyond love addiction to challenge participants to a bigger definition of love, beyond the tangle of pseudo-relationships based on projection, compulsion, and trauma. She will illustrate how science is now validating what the mystics and poets have been telling us all along: Love is real, an energy that is readily available.

Though love is easy, because of the common experience known as trauma, being vulnerable to it is not. The workshop will emphasize why it is essential to bring love, the most overused, overdiscussed, and underexperienced word in the English language, to life and relationships. And it will stress that we are meant to experience love in all ways—body, ego, soul, and spirit—and it is time to stop arguing as to which is in charge. Topics to be covered:

- What is love?
- What is love addiction?
- The body in love
- The ego in love
- The soul in love
- The spirit in love

The workshop will include lecture, guided imagery, and experiential exercises, as well as consider the specific needs of participants.

CE credit for MFTs and LCSWs; see page 74.



DANIEL BIANCHETTA

Masks, Puppets, and Magic: Building a Body Sculpture

Sha Sha Higby

Masks are endless source of pleasure in their creation, theatrical imagery, and ability to transform into puppet characters that come alive and perform. In this hands-on mask-making and costumery workshop you'll explore the mysteries of creativity and performance. Using intuition, movement, and poetry, you'll be led through a myriad of methods for constructing a three-dimensional costume.

Create your own performance temple with an iconic image that can come alive as a puppet-like structure, an archetypal spirit-image that you move within during a performance ritual. Learn to cast and mold, recast, add extensions inspired by the natural environment, decorate, and enter another world. At the end of the workshop, following a performance by Sha Sha, all the pieces of the body sculptures will be joined together into a large moving mandala of images.

This class is full of surprises—poignant and powerful, humorous and flamboyant. It is

designed for the beginner as well as the seasoned artist. Children, accompanied by an adult, are welcome.

Note: Please wear loose, dark clothing and bring a flashlight, journal, pliers, sturdy scissors, and any ornamental yarns, colored paper, cardboard, tape, or colored scraps of fabric, sticks, bits, and interesting forms you find.

(\$55 materials fee paid directly to the leader)

Weekend of January 30– February 1

Experiencing Esalen

Experiencing Esalen Staff

We must answer anew the old questions. "What are the limits of human ability, the boundaries of the human experience? What does it mean to be a human being?"

— FROM THE 1965 ESALEN CATALOG

This workshop is designed to introduce the various transformational practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. The emphasis will be on finding those approaches to self-awareness that work most effectively for each participant. Sessions may include: meditation, sensory awareness, Gestalt Practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast.

Deep Healing: The Essence of Mind/Body Medicine

Emmett Miller

"At our essence," says Dr. Emmett Miller, "is a divine 'Knower,' an inner healer and guide. Invalidated and injured by trauma, stress, and neglect, this abused spirit retreats, depriving us of its wisdom and healing. Separated from this spirit, something in us hungers, and unfed, grows weaker, shrivels, and may even die. At every level—personal, family, community, cultural, and planetary—this spirit has been wounded deeply, and is still being wounded. The result: stress, illness, violence, and dysfunction, visible everywhere."

Dr. Miller's goal is to go past the symptoms to the source to reconnect with the spirit, the vital force of love, life, wholeness, and healing. In this workshop, Dr. Miller guides participants in awakening the healer within, both personally and as a community of beings on a small planet. The workshop focuses on:

- Letting go of stress, relaxing deeply, and entering the Healing State
- Exploring how beliefs and images become physical and behavioral events (symptoms)
- Allowing the inner healer to channel thoughts, developing beliefs and images that lead to wellness and peak performance
- Learning tools for integrity of thoughts, feelings, and behavior
- The direct experience of joyful self-awareness, healing, and peace

The workshop features hands-on experience, deep relaxation, imagery and movement, group discussion, and lecture. It is designed for professionals and lay persons, beginners and experts alike.

Recommended reading: Articles and excerpts at www.DrMiller.com; Miller, *Deep Healing: The Essence of Mind/Body Medicine*.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Jungle Medicine—Initiation into Amazonian Shamanism

Connie Grauds

Have you ever felt that you have untapped shamanic powers? Would you like to learn how to access your healing powers? Do you feel a deep connection with nature and indigenous healing wisdom?

"A shaman's mysterious healing practices are a blend of medicine and spirit," says Connie Grauds, shamana of the Amazonian jungle tradition. "Rain forest shamans have an intimate relationship with the healing spirits of nature and plants. They summon these healing forces and transfer these healing plant spirit-energies to their patients."

Connie will share the secrets of the shaman that will help you to discover the shaman within. These secrets will unfold as Connie leads you deep into the jungle in a dramatic slide presentation of exotic animals and powerful medicinal plants as she invokes spirited tales of visionary spirit doctors and their healing powers.

As a spirited healer and teacher of the ways of the shaman, Connie now initiates seekers into the Amazonian shamanic tradition. Participants will take part in powerful "depth drumming" that reveals the core Amazonian shamanic secrets of vision, energy, and power, as well as learn how to direct the healing principles of nature for themselves and others. Healers, health-care professionals, and seekers are all welcome. No experience is necessary.

Seeing Your Life Through New Eyes: Changing Yourself and Your Relationships

Paul & Deborah Brenner

"Healthy relationships have been our quest, reclaiming the soul our dream," writes Paul Brenner. "It is on the path of relationship that we meet our shadow, reclaim our disowned parts, and so become whole."

This hands-on workshop offers you the opportunity to see yourself without blame, judgment, or guilt. Paul Brenner has created a simple, visual psychological model to break those patterns that destroy loving relationships and personal creativity. Utilizing his "Family Triangle" process in conjunction with his technique of silent communication and Deborah's creative arts, unconscious behaviors are revealed that define "how you love and what interferes with that love."

This workshop is designed to free your authentic self and reveal your personal service to life, enabling you to live the life you were intended to live. It is through self-repair that loving relationships and personal spirituality fuse. The practical skills offered here are easily integrated into daily living. This workshop is ideal for individuals, couples, and professionals.

CE credit for MFTs and LCSWs; see page 74.

Radical Rx for Health Professionals: Heal Thyself

Charlea Massion & Bob Stahl

"We care for others," write the leaders, "but how about ourselves? Both in our training and our everyday work as health professionals, we focus on care of patients, clients, and their families. Daily we encounter people who are in pain, suffering intensely, and in major life crises. As health professionals we are expected not only to apply knowledge and technical expertise but to respond with empathy and compassion, regardless of our own physical, emotional, and spiritual difficulties. Typically there are few opportunities to 'metabolize' the grief, sorrow, and discomfort that we intimately experience in our work."

This workshop—for health professionals—will focus on identifying, exploring, and improving health practices of the caregiver. Through training in mindfulness meditation, exercises in transformative writing, group discussion, and other modalities, participants will learn skills that support health professionals in caring for themselves as well as others.

Mindfulness meditation quiets the mind by cultivating nonjudgmental awareness and develops our potential to experience each moment, no matter how unexpected or intense, with serenity and clarity. Participants will learn practices such as the body scan as well as meditations during sitting, eating, walking, and stretching. These practices support the caregiver's own health and can be extended to families, colleagues, patients, and clients.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Big Sur Batik: Colorful Magic Making

Jane Watkins

Originated in Indonesia, batik is an ancient art of fabric dyeing and painting. This program offers you the opportunity to explore and learn, step by step, the fascinating process of creating your own batiks. The class will keep it simple and fun, focusing on African and Indonesian folk-art approaches to this medium. Using melted wax and dyes, you will produce two large silk batik paintings: one sarong or wall hanging (2' x 45") and one scarf or painting (45" square). Both pieces will be hand-finished and ready to wear or display at the end of the weekend.

(\$50 materials fee paid directly to the leader)

Week of February 1–6

Gestalt Awareness Practice

Christine Price & Guest Leader

*The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.*

— LAO TZU

Gestalt Awareness Practice is a form—nonanalytic, noncoercive, nonjudgmental—derived from the work of Fritz Perls, influenced by Buddhist practice, and evolved by Richard and Christine Price. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt Awareness Practice has a strong relationship to some forms of meditation. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intrapersonal* rather than *interpersonal*. Participants are not patients but

persons actively consenting to explore in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. The workshop will utilize group exercises, meditations, and discussion. The format combines introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

CE credit for nurses; see page 74.

It Won't Hurt Forever: The Ordinary Miracle of Healing

Peter Levine & Staff

While trauma is a fact of life, it does not have to be a life sentence. In this workshop participants will have the opportunity to explore the possibility that the traumas and obstacles in their lives also hold the potential for genuine emotional and spiritual growth and self-transformation. For this to happen, it may mean having the courage to give up old "victim identifications" (that have long been our "friends") and trust in the emergence of a deeper, more authentic sense of self.

In this experiential and didactic workshop, Peter Levine, a pioneer in stress and trauma for thirty-five years and author of the best-selling book *Waking the Tiger, Healing Trauma: The Innate Capacity to Heal from Overwhelming Experiences*, will work with individuals in a supportive group setting. In addition, body-centered awareness exercises, small-group work, and journaling will be used to support participants in their healing journey.

This workshop is open to both professionals and nonprofessionals. There will be the opportunity, if participants wish, for short discussion of their work to enhance the learning process. Please bring a notepad and pen.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Yoga: Drawing Back to the Roots

Sarah Mata

The *Yogarahasya* of Nathamuni counsels that yoga practice consider place and time. Place is not only the impact of a location, but also where the mind is placed. Time is not just the time of year or time of day, but the time of life.

Winter is the time when nature draws back to its roots to tend to the essence from which it springs. While in some parts of the world it is a time blanketed in snow, in California it is more often a state of mind. In order to open to your life from your roots, the tradition of retreat can allow the time necessary to synchronize with your inner journey.

Practice must be cultivated from the roots. The art of yoga is to understand the tools of asana, pranayama, mantra, and dharana well enough to apply them to your practice meaningfully—an act as individual as a snowflake. This workshop will explore the relationship between breath and movement, sound and silence, to move toward the intelligence of the heart. It will be an option to observe silence for some of the retreat. There will be time to schedule individual practices as well as to enjoy Esalen Massage and the wilderness waiting nearby.

Recommended reading: Desikachar, *The Heart of Yoga*, and *Health, Healing, and Beyond*.

Vastu Living: Creating a Home for the Soul

Kathleen Cox

This program introduces vastu, the ancient Indian science that predated and inspired feng shui. Conceivably the world's oldest holistic design and décor science, vastu is a sister science of yoga and ayurveda and shares the same philosophy and goal: to improve the well-being of body, mind, and soul. While yoga focuses on the body to increase inner harmony, vastu focuses on our personal environments to achieve this same goal. Kathleen

Cox, author of the first book on vastu published in America, calls vastu "yoga for the home."

The workshop empowers participants to think differently about space and understand how to make meaningful décor and design decisions that can improve how they feel and work. The workshop will:

- Provide an introduction to power of vastu, including its spiritual and holistic philosophy, and experiments that validate vastu's underlying theories
- Discuss how vastu relates to ayurveda and yoga
- Explain vastu's modern adaptation, called Vastu Living, which demystifies vastu and makes it appropriate for our Western lifestyle
- Conduct activities and offer décor remedies that use the therapeutic properties of color and the healing influence of nature to improve the visual and visceral appeal of home and workspace

Recommended reading: Cox, *The Power of Vastu Living* and *Vastu Living*.

Freeing the Artist: Intuitive Watercolors

Helen Jerene Malcolm

You can learn how to create striking watercolors, unique to your individual expression, by seeing within the first blends of colors a theme that is waiting to be developed. Intuitive Watercolor is a painting practice in which you learn how to open and listen to your intuition as it guides you through the development of your painting.



DANIEL BIANCHETTA

Each day will begin with a demonstration of the techniques to be used in that day's process. You'll explore a method of directing the pouring and blending of colors, saving the brightest-value whites as highlights. This process weaves back and forth from negative to positive painting spaces and creates fresh, loose watercolors. You'll learn how watercolors that are worked on thoroughly wet surfaces can combine soft, ethereal areas of mystery with brilliantly vivid, crisp detailing.

Painting meditations will help you understand how intuition is the motivating energy that allows the painting to come alive through you. What is going on within you is reflected in what you see and paint. Intuitive paintings unfold as you relax into a flow of creativity.

For the absolute beginner as well as the professional artist. A list of materials to bring will be provided upon registration.

The Transformative Power of Storytelling

Karen Dietz

Imagine what could be possible for you if you could reach the hearts and minds of people every time you speak. Imagine if you could easily tell stories that inspire others. Then perhaps it's time you turned your attention to learning how to tell magical and powerful stories. If you want someone to remember you or your material, then tell a story. Stories convey ideas, knowledge and wisdom faster than any other form of communication. They are remembered long after facts and figures fade, and are inspiring and fun.

In this workshop, you'll learn to develop powerful, meaningful stories that are uniquely yours. You'll also find out just how enjoyable speaking and storytelling can be. In a safe and positive environment, you'll experience the magic and transformative power of storytelling, no matter what your skill level.

- Learn to transform content into a compelling message that moves others
- Increase your ability to bring out the best in people
- Develop material that touches the hearts and minds of others
- Learn to find and craft the powerful stories that are all around you
- Deliver your stories authentically
- Discover the deeper meaning of your stories in work and life
- Clarify your goals and intentions

Weekend of February 6–8

Deep Ecology in Art and Science

Fritjof Capra & Amelia Barili

Deep ecology is grounded in the awareness of the fundamental interdependence of all phenomena and the embeddedness of individuals and societies in the cyclical processes of nature. It is spiritual in its very essence and provides a common ground for science, art, and philosophy. In this workshop participants will discuss and experience the poetry of Pablo Neruda, the environmental sculptures of Andy Goldsworthy, and the science of complexity and living systems.

Undefended Love: When Close is Not Close Enough

Jett Psaris & Marlena Lyons

The capacity exists in all of us to love without defenses or requirements, so that real intimacy—direct, unmediated, heart-to-heart connection with ourselves and with our partner—becomes a lifelong expression of our deepest nature. This is the power of Undefended Love, a transformative path that guides us beyond close, companion-based partnerships toward intimate relationships, where each moment is a fresh, spontaneous expression of who we genuinely are.

This workshop, open to couples and individuals, offers a vision to cut through personal differences and reach the direct connection—with ourselves and others—that can only occur when the heart is undefended. The focus is on shifting our center of gravity away from our conditioned personality (the places where we feel stuck, confused, hurt, and defensive) toward our essential self (the part of us that is free, whole, connected, peaceful, powerful, and joyful). Through lively experiential practices, participants will learn:

- What unconditional love really is and how to achieve it
- How to sustain our experience of ourselves regardless of what our partner is feeling
- How to “dissolve” rather than “resolve” relationship problems
- When “needs” can be unexpected guides to undiscovered inner resources
- How problems can be entry points to deeper connection
- Why there is no difference between men and women when it comes to intimate loving

- How comfort and safety can prevent rather than promote intimacy

Please bring a pen and a pad of paper.

Recommended reading: Psaris & Lyons, *Undefended Love*.

CE credit for MFTs and LCSWs; see page 74.

The Body Keeps the Score: Mind, Brain, and Body in the Transformation of Trauma

Peter Levine & Bessel van der Kolk

This workshop unites two of the leading figures in the field of trauma research and body-oriented treatment approaches. Together they will explore the implications of recent findings in the neurosciences, from how the brain and body deal with emotional information to an understanding of effective therapeutic action.

The leaders will show how the trauma response is a specific defensive bodily reaction that people initially mobilize in order to protect themselves, and then use against feeling the totality of their horror, helplessness, or pain. However, in the long range this response keeps them frozen, stuck in the past, unable to fully be in the here and now. Fixed in the defensive trauma response, the shame, defeat, and humiliation associated with the original event replays itself over and over again in the body, detached from history, but experienced in the present.

Traditionally, therapies have attempted to change perceptions of the world by means of reason and insight, along with conditioning, behavior modification, drugs, and medications. However, perceptions remain fundamentally unchanged until the internal experience of the body changes. Even after the death of a loved one, physical injury, rape, or assault, people can learn to have new bodily experiences, then come to heal and accept what has happened and create new lives and new communities.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Buddhist Philosophy: A Basic Introduction

Dale Wright

Although philosophy has a reputation for abstraction and impracticality, the point of Buddhist philosophy is the most practical form of self-transformation. Buddhist philosophy begins in the learning of a series of simple principles intended to change the way you understand yourself and the world. In a very relevant

sense, Buddhists make no distinction between philosophy and meditation—deep and principled thinking about fundamental dimensions of human life is one form of Buddhist meditation, and the primary intention of all forms of meditation is to transform the quality and character of your participation in the world.

“This workshop is designed to put Buddhist philosophy at your service in this practical way,” says Dale Wright. “We will work to master the basic principles of Buddhism, and then learn to apply those principles to a variety of real-life situations. Learning these principles in the first place includes basic training in awareness meditation and in the various ways that accomplished Buddhists have learned to keep focused on what is really at stake in the life situations we face. No background in Buddhism is required; we will start from the very beginning and end with a strategy for cultivating Buddhist skills beyond the workshop.”

February 8–15

Not For the Feint of Heart

Mariah Fenton Gladis

This workshop is not for the feint of heart. Nor for the faint of heart. It is designed for people with a passionate commitment toward creating healthy relationships within healthy lives. It offers each participant the opportunity to benefit from intensive individual work, which may involve emotional injuries rooted in the past, recurring themes or patterns of dysfunction, or personal longings in the here-and-now. Whatever the content of your work, this workshop will help you:

- Discover the issues that are immediately obstructing the quality of your life
- Learn contact skills and understand their importance as a measure of healthy functioning
- Risk working more deeply in an atmosphere of trust and mutual support
- Develop more authentic and vital communication skills
- Expand your capacity for generosity and compassion for yourself and others

This workshop is particularly helpful for adult children of dysfunctional families, human-relations professionals, and those on a path of personal betterment. This experiential and didactic workshop will blend individual and group Gestalt work, spiritual practice, and bodywork. Mariah is also well known for her



DANIEL BIANCHETTA

effective and innovative use of music to enrich the workshop experience.

A twenty-three-year survivor of ALS, Mariah speaks with what she calls her “ALS accent.” She will be assisted by Bruce Cornwell, who has a background in psychotherapy and professional acting.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Week of February 8–13

The Upledger Institute's CranioSacral I

Eric Moya

CranioSacral Therapy is a gentle, noninvasive, hands-on technique to help detect and correct imbalances in the CranioSacral System that may cause sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems, including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Half of the class time will be hands-on, developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential as an evaluative and therapeutic process; fascial and soft-tissue release methods; and the pressurestat model which

explains the mechanism of the CranioSacral System. Participants will learn a ten-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to identify and localize significant restrictions and imbalances in the CranioSacral System.

Please note: Registration for this workshop is through the Upledger Institute only. Please call 1-800-233-5880.

Recommended reading: Upledger & Vredevoogd, *CranioSacral Therapy* (chapters 1–6); Upledger, *Your Inner Physician and You*.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Developing Love, Strength, and Awareness in the Fire of Community

Bill Say, Ann Bradney & Lane Arye

How can you use the events of the world to create a deeper understanding and expansiveness within yourself? How can you use your deep personal work to affect the world outside of you?

Community can be your greatest vehicle for transformation. In community there is the support, diversity of people and perspectives, and fire to accelerate your awakening.

The leaders write: “In this workshop you will help create a community experience in which the deepest personal and collective issues can naturally arise. Valuing our own diversity, we will work with and transform conflict into community. You’ll have the opportunity to take what is most repressed, whether fear, weakness, sexuality, race, or power, and begin

to make it your deepest gift. Individual and collective processes will feed each other back and forth, strengthening you and the community. Here you will see your impact on the world and vice versa.”

Using two approaches, Core Energetics, created by John Pierrakos, and Process Work, developed by Dr. Arnold Mindell, you will explore body/mind, emotions, relationships, symptoms, conflicts, and large-group dynamics. This workshop is for laypersons and helping professionals, as well as for people interested in personal growth and collective issues.

CE credit for MFTs and LCSWs; see page 74.

The Art of Painting Sacred Images, Deities, and Mandalas

Paul Heussenstamm

Fourth-generation artist Paul Heussenstamm is a master painter of mandalas and Buddhist Thangkas. In this workshop he will share his creative painting techniques as well as his experiences of traveling the world studying the sacred images, deities, and mandalas of the Buddhist and Hindu traditions. Each student will have the opportunity to complete his or her own painting while learning about the rich cultural and artistic heritage of the East.

No experience is necessary; all the painting techniques, layouts of the deities, and simple tools for painting will be given during the workshop. Paul has been teaching throughout the world for over twelve years and has a palette full of experience traveling and studying painting throughout India, Tibet, and Bali. He brings all this to share and help others create their own sacred painting.

(\$35 materials fee paid directly to the leader)

Life Coaching for Results: An Introduction to The Inquiry Process

Amaran Tarnoff

Whether you are a professional manager, therapist, consultant, or coach, or find yourself wanting to help your children, family, or friends deal with what's stopping them from producing results, this course can give you the tools. It offers the same fundamental coaching tool—the Inquiry Process—that professionals have used for years to support employees or clients with life issues such as career, relationship, and well-being.

Einstein said, “We cannot solve problems at the same level of thinking at which those problems were created.” The Inquiry Process is

a particular kind of conversation, composed of asking and answering questions, which provides us with a post-psychological way of thinking and being. It is based on these premises: (1) Most of the time people already have the answers; what's missing are the right questions; (2) It is much easier for people to listen to questions than to be told what to do; and (3) Something powerful happens in relationships when people ask questions of others instead of already “knowing all the answers.”

This course is designed to teach you how to coach others to:

- Think through their issues and problems
- Manage from support instead of “authority and control”
- Listen powerfully
- Ask questions instead of “having all the answers”
- Create partnership and trust in relationships

For more information on the Inquiry Process visit www.theinquiryprocess.com.

CE credit for MFTs and LCSWs; see page 74.

Writing to Illuminate the Soul

Joseph Hanania

The best stories are personal. Writing the short story—whether fiction or nonfiction—illuminates who we really are. By writing words on paper, we plumb our emotions, looking behind the veil to discover a deeper, often hidden aspect of our souls.

This weeklong workshop encourages participants to both tell and write a story based on a true-life experience or feeling. Participants will then critique each other's work. Classes will consist largely of student discussions and rewrites. Participants will aim at completing a dramatic or moving story, which may also be used as the basis for a newspaper article, novel, or movie.

Recommended reading: Hanania, *Twelve Steps to TV Scripts That Sell* (this *Writers Digest* article will be mailed to registrants).

Weekend of February 13–15

The Philosophical Path

Sam Keen & Robert Solomon

Always the beautiful answer.

Who asks a more beautiful question?

— ee cummings

“The practice of philosophy,” Sam Keen writes, “is a way of life that results from falling in love with questions—the great mythic questions that can never be given definitive answers. Who we are and what we will become is determined by the questions that animate us, and by those we refuse to ask.” Bring your urgent questions to this seminar which explores:

- What is the purpose of my life?
- What can I know?
- What ought I to do?
- For what may I hope?
- Whom do I love? Why?
- What curtails my freedom?
- How can I escape from the constricting social, political, sexual, and economic myths that were imposed on me by my family and culture?
- To what cause, ideal, or faith may I surrender without destroying the integrity of my ‘self’?
- What does it mean to experience the sacred?
- How can I live a spirited life in a world dominated by a secular-technological-economic vision of reality?
- How can we create a more just and peaceful world?
- What is my credo? My philosophy of life?

Sexual Healing: Transforming the Sacred Wound

*Peter Levine, Maggie Phillips
& Laura Regalbuto*

Sexual trauma and abuse can wound us deeply, leaving scars that are physical, emotional, psychological, and spiritual. Fortunately we are endowed with innate capacities that allow us to move through trauma. But why doesn't our natural healing process work more naturally for us? In part, because we're unaccustomed to the sensations of healing; they feel alien to us. We don't realize the signals our body and mind express in attempting to return to balance and wholeness. When we experience the intense energy associated with survival we may be intimidated by its raw power. In addition, because of shame and self-blame, we may shut down and retreat further in isolation or act out promiscuously. Past negative messages that have become habitual beliefs as well as unconscious urges to reenact trauma may also play a part in blocking healing. However, as we learn to own our instinctual power and trust surrender to certain subtle energies, we find that

traumatic emotions can transform to feelings of empowerment, ecstasy, and oneness.

This workshop will explore tools to harness and transform the energies of trauma. This will be done through guided awareness exercises, some individual work in the group setting, Yoga, and selected video material.

Recommended reading and listening: Levine (book), *Waking the Tiger: Healing Trauma*; (audio tapes) *Healing Trauma: Restoring the Wisdom of the Body*; *It Won't Hurt Forever: Guiding Your Child through Trauma*; and *Sexual Healing: Transforming the Sacred Wound*.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Getting Naked: Writing the Emotional Truth of Erotic Scenes

Lisa Palac

Lisa Palac has been writing about and discussing sexuality for sixteen years. "I believe that honesty encourages honesty," she says. "Telling the truth about sex—the most intimate, contradiction-filled, hard-to-be-honest-about subject of them all—has given me the courage to face the rest of my life as honestly as I can."

In this workshop—for both men and women, beginning and experienced writers—you will find the inspiration to write more honestly. Whether you're working on a screenplay, novel, memoir, or simply writing for self-discovery and personal transformation, this workshop provides a process for crafting powerful sexual narratives. By examining your own personal erotic development, you'll discover how to create compelling erotic lives for characters in any genre. The atmosphere is supportive, thought-provoking, and fun. Through writing and candid group discussion, you will learn:

- To harness the creativity of your sexual shadow self
- How to overcome vulnerability and self-doubt
- The courage to speak the unspeakable
- A new level of skill and comfort using explicit language
- A greater understanding of story structure and character

Ultimately, writers learn to capture the emotional truth of any sexual situation—"What do we really want? What are we afraid of? What were we thinking?"—adding texture and essential depth to their work. This workshop falls on Valentine's Day and is a wonderful experience for lovers to share.

Week of February 15–20

Dreamwork for Professionals

Jeremiah Abrams

Dream interpretation is an integral healing art and a time-honored profession. Remember the Old Testament Joseph, who saved Egypt (and himself) from disaster with his incisive explanation of the Pharaoh's dreams? Or the mystery cult of the wounded-healer god Asklepios, which dominated healing in ancient Greece and Rome for well over a thousand years with its practice of dream incubation? Indigenous healing techniques the world over have relied on the ability of a shaman/healer and the supplicant to journey into the Dreamtime world to secure a healing.

Dreams are a unique therapeutic resource: in symbolic language and imagery they concisely deliver self-diagnosis and inner guidance to the dreamer. Our dreaming tells us what we *ought* to know—what we *need* to know—about our conscious circumstance in order to construct a life of meaning. Although the skill-set for working with dreams is innate and the learning curve gentle, dreamwork is an underutilized tool for many professionals.

This workshop is designed for anyone in the helping professions to build confidence in using dream material with clients. It will cover the history and the various methodologies (Jungian, Gestalt, existential, Freudian), while using techniques of active and passive dreaming to provide the content for experiential learning. A special emphasis will be on the "Constructive Approach" to dream interpretation, a practical method of interacting with dreaming that listens for the immediate revelatory message of what may be the right next step in the dreamer's life.

CE credit for MFTs and LCSWs; see page 74.

Esalen Massage Intensive

Vicki Topp & Daniela Urbassek

Esalen Massage is a somatic form of bodywork that is continually evolving. The essence of Esalen Massage is the awareness and presence with which one approaches the work. Through brief lectures and demonstrations along with supervised hands-on practice sessions, this workshop will present the fundamental elements of Esalen Massage such as breath awareness, quality of touch, and long, integrative body strokes.

To support this learning process and the stu-

dent's own body, each day will begin with meditation and hatha yoga. Yoga will also provide a foundation for the leaders to share some of the creative stretches, table movements, and alternate client positions that are currently part of their massage practice.

This workshop is for individuals and partners interested in learning some new approaches to massage, bodywork, and movement. All levels of experience are welcome.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

The Heart (and Art) of Healing in Relationships

Ann Ladd

Even in the most loving relationships, people sometimes feel stuck in defensive, upsetting exchanges that produce nothing of value and chip away at the mutual goodwill. This workshop presents a "map" for understanding these negative loops and practical steps to get off that "here-we-go-again" roller coaster. It will teach you to use these inevitable times of difficulty to deepen the intimacy, compassion, and commitment in the relationships central to your life.

True intimacy can only occur when we are fully present in the moment, no matter what is happening. This course will assist you in using the intensity of upsets with your partner or other loved ones as an opportunity to strengthen and heal your relationship with each other—and with yourself. The key is emotional literacy—having access to the full range of your emotions, making meaning of your internal experience, expressing emotions appropriately for the current situation, and translating feelings into effective communication and behavior.

Through mini-lectures, exercises, and inner work, participants will have the opportunity to learn and practice this new paradigm: that self-awareness, compassion, intimacy, and acceptance can be gained in distressing upsets as well as in the tender, loving moments you share. The workshop is designed for couples and singles who wish to gain a deeper understanding of what caused past relationship breakdowns and seek tools to create healthy relationships that allow each person to grow.

Writing Poems

Sue Wheeler

The writing of poetry is a craft, as well as a way of seeing and knowing. The craft has

tools (such as image, sound, language, timing, line, rhythm) that can be learned. Using the work of published poets as examples and models, this workshop will examine how vision, idea, event, and emotion can be translated into the poem on the page. Participants will write new poems and, through sharing work, begin the process of revision to take each poem to its place of best expression.

Participants may, if they wish, bring up to five pages of recent work for critiquing in one-on-one sessions with Sue Wheeler.

The Mystical Quality of Stained Glass

Esperide Ananas & Piovra Caffè

This workshop provides an opportunity to work with two master artisans and educators who have devoted more than twenty years to the construction of the Temple of Mankind, a five-story underground temple in the Turin region of Italy which features some of the largest stained-glass dome ceilings, doors, and windows in the world. The temple was built in a community called Damanhur, a vibrant artistic and spiritual community known for its advancements in the relationship between the arts and spirituality.

Each participant will be shown the secrets of working with art glass: how to turn an idea into a suitable design, how to cut, mount, and solder. Participants will take home a piece that they have made during the week.

Piovra and Esperide will share some of the techniques used by Damanhur's artists to

enhance creativity and artistic expression. Breathing techniques, inspirational drawing, the use of archetypal symbols and dance movements, as well as specific preparation for dreaming will be utilized to encourage a sense of freedom in the artistic process. This workshop is suitable for the total beginner as well as the advanced artist. For more information you can visit www.damanhur.org.

(\$50 materials fee paid directly to the leader)

Touching the Body/Healing the Spirit: The Rubenfeld Synergy® Method—A Workshop for Gay Men

Rob Bauer

"In this workshop," Rob Bauer writes, "we will honor the dream of gay male wholeness, recognize our diversity, and celebrate ourselves as sexual and spiritual beings. We will pay attention to our body's erotic maleness through which our heart seeks expression of the sacred within us. We shall reclaim our soul, hidden beneath our sexual persona. Many of us have been taught to see touch with another man as sexual and nothing more—we will explore ways to touch each other that are caring and supportive. We will learn the power of touch, emotionally and physically, and experience contact with other men in respectful and nonthreatening ways."

Rob will introduce the Rubenfeld Synergy Method, a powerful system developed by body/mind pioneer Ilana Rubenfeld over the past forty years. This method is based on the belief that the power of touch can initiate

healing and well-being—and do so more effectively than talk alone. Touch is more likely to get through the armor with which we defend ourselves, bring hidden emotions and memories to the surface, and promote physical and emotional healing. Rob will teach through individual demonstrations, group process, body/mind exercises, and hands-on techniques.

Come learn about yourself and how you can be more than you had dreamed possible. Bring your laughter, stories, and feelings, as well as a generosity of spirit. All gay, bi, and trans men are welcome, regardless of age or HIV status, single or in relationship.

Weekend of February 20–22

The Tao of Practice

George Leonard

We've tried them all—the ten easy steps to power and prosperity, the programs offering instant enlightenment or total fitness in fifteen minutes a week—and we've discovered they simply don't work. More and more, people are beginning to say no to the false and often destructive promises of the quick fix. Moreover, new research is showing the efficacy of patient, long-term practice, which, it turns out, is far more important than talent in achieving mastery.

In this workshop, human-potential pioneer George Leonard introduces a path (*tao*) of practice that can bring long-term pleasure and fulfillment. Drawing on the Integral Transformative Practice (ITP) he cofounded with Michael Murphy, Leonard will offer the fundamentals of a program for realizing the potential of mind, body, heart, and soul.

You will have a chance to learn a forty-minute series that includes physical movement, breathing practice, relaxation, transformative imaging, and meditation. You will practice balancing and centering, the use of *chi*, focused surrender, and the creation of effective affirmations. There will be discussions of the principles of human transformation as revealed in a two-year experiment Leonard and Murphy conducted.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*.



DANIEL BIANCHETTA

Medical Qigong—Awakening the Healer Within: Medical Breakthrough for Healing and Empowerment

Roger Jahnke

The National Institutes of Health have finally agreed that Chinese medicine is a treasure chest for the emerging new era in integrative and complementary medicine. If acupuncture optimizes healing resources that are naturally present within the body, then shouldn't the person who owns the body be able to awaken and enhance healing and pain-relieving potential through self-healing practices? Over one hundred million people do this every morning in China's parks with Tai Chi and Qigong (Chi Kung), ancient forms of moving meditation with Daoist (Taoist), Buddhist, and martial arts roots.

You can heal yourself at home, for free, using a remarkable medicine that is produced within the human body and has no negative side effects. This is a medical miracle. The Chinese are sure that acupuncture and Qigong are based in maximizing Qi (Chi, life energy); however, research has made it obvious that the Chinese healing modalities have profound physiological effects as well.

Dr. Jahnke will lead a highly experiential weekend retreat, drawing primarily from his acclaimed first book, *The Healer Within*, based on a very practical form of medical Qigong known as the Vitality Enhancement Method (now used in many hospitals).

For more information see
www.HealerWithin.com.

CE credit for nurses; see page 74.

Week of February 22–27

Esalen will be closed this week for a private conference. There may be limited Personal Retreat space available. Please call the Esalen office.

Weekend of February 27–29

Cycles of Shame and Violence: From the Personal to the Political

Alan Richards & Gordon Wheeler

We live in a world of both political violence and the rhetoric of shame. What is the connection between these two things? How do cycles of national shame, pride, and violence arise? How are they perpetuated? How do

politicians on every side play on our inherent vulnerability to shame—and how can these cycles be broken?

This workshop examines the roots and dynamics of shame, rage, and violence at every level—in our own personal experience, in the perpetuation of shame/rage cycles in families and groups, and in group phenomena at the global political level. Using exercises and discussion, and alternating focus between the personal and the political, participants will explore new ways of understanding the most pressing problems of our world—and how we, as citizens of a shared world, can address them.

The workshop leaders are widely recognized in their fields: Alan Richards in the political economics of the Middle East, and Gordon Wheeler in the psychology and dynamics of shame. Jointly they write: “Join us as we work together to imagine a different model for recognizing and dealing with cycles of shame/violence—and a different world.”

Setting Your Heart on Fire

Raphael Cushnir

What if you could fall absolutely in love with every moment of your life? What if love could rush toward you, and emanate from you, without the need of an external object? What if you could feel love, literally bask in its radiance, throughout even the most troubling times?

All of this is possible when you set your heart on fire. Doing so entails a candid and courageous self-assessment. It requires opening yourself as never before. This workshop, both provocative and practical, is designed to meet you where you are and then call forth your very best. The objective of the workshop is to teach you to:

- Experience all emotions with willingness and compassion
- Uncover and transform your limiting beliefs
- Employ acceptance as a tool for positive change
- Allow the immediacy of death to bring you fully to life
- Unleash the power of your dreams while wide awake
- Turn any relationship into a dance of self-discovery
- Treat the entire global community as your very own beloved

For more information, visit
www.heartonfire.org.

Recommended reading: Cushnir, *Setting Your Heart on Fire*, and *Unconditional Bliss*.

Communication and Partnership

Mary Goldenson

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, father—is the need to communicate. Too often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness. This workshop is about healing the soul-wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul partnership
- Learning new ways to express our fear, sadness, grief, and love
- Defining what we need to change in our relationships
- Learning different language styles to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

Come alone or with a partner. The workshop will provide a safe, supportive environment to learn new practices of breathwork, communication skills, movement, and Gestalt, making it easier to express your truth and take responsibility for your feelings and issues.

This workshop may have up to 34 participants.

CE credit for MFTs and LCSWs; see page 74.

Weekend Massage Intensive

Sherry Galloway, Pablo Piekar & Rachel Fann

This weekend workshop will provide the basic techniques of Esalen Massage blended with the detail that creates a balanced full-body massage. Each session will contain a brief lecture and demonstration followed by hands-on practice with plenty of personal instruction and assistance, as needed. Fundamental elements of bodywork, such as breath awareness, grounding, movement and quality of touch will be introduced. The goal will be to create a firm foundation of massage upon which to build and to have fun in the process. This workshop is designed to enable each student to return home with the ability to give a complete Esalen-style massage.

Please wear loose, comfortable clothing.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.



DANIEL BIANCHETTA

Mosaic Art Intensive: From the Ordinary to the Extraordinary

Laurel True

To invent you need a good imagination and a pile of junk.

— THOMAS EDISON

Mosaic is the ancient art of assembling and adhering variously colored and textured material, such as tile, stone, and stained glass. Known for its rich texture and visual depth, mosaic is found throughout the world. Whether an intricately-tiled portrait or a table in your home, mosaic is a medium that transforms the ordinary into the extraordinary. Adults and children alike can quickly produce striking results.

In this workshop, students will be provided with a wealth of colorful tiles and stones, stained glass, jewels, and trinkets with which to create. (Soon the sound of your favorite dish shattering will ring with the delight of artistic possibility.)

Participants may work on a range of projects—a hanging mirror, a lamp or small table, a sculpture, a garden stepping-stone. By the end of the workshop students will have completed several projects to take home with them.

Laurel True has been making mosaics for more than thirteen years. You can see her work at www.Truemosaics.com.

(\$50 materials fee paid directly to the leader)

Yoga Ed.™ Tools for Teachers

Tara Guber & Leah Kalish

Yoga Ed. Tools for Teachers is a course for those interested in making the benefits of yoga available to children in school and at home. Tara Guber, creator of Yoga Ed., and Leah Kalish, program director for Yoga Ed., will teach yoga-based tools that combine hatha yoga, kinesthetic play, and guided imagery into five simple fifteen-minute, classroom-friendly techniques and sequences that anyone can do. Specifically designed for classrooms, Yoga Ed. Tools for Teachers is currently taught as part of the Los Angeles Unified School District's Intern Certification Program as valuable class-management techniques. Yoga tools help students feel more learning-ready and assist teachers to create a more focused, disciplined, and harmonious environment.

The workshop—open to yogis and non-yogis, as well as parents and teachers—will present simple yoga poses, games, breathing exercises, and visualizations that can be immediately implemented to quickly and effectively de-stress, focus, calm, and integrate students by creating the conditions for productive learning. There will be some required reading and a short presentation. Upon completion, participants will receive a diploma.

Yoga Ed. Tools for Teachers is in the process of

being approved for Continuing Education Credits. For more information, visit www.yogaed.com.

(\$45 materials fee for the Yoga Ed. Tools for Teachers Manual)

Week of February 29–March 5

Quiet Mind, Fluid Body

Jena Marcovicci

The Flow State. The Zone. These terms describe a state of deep concentration, absent of distracting thoughts, in which the sole concern is the joy of the activity itself. In sports psychology, it is the state an athlete attempts to create internally in order to maximize performance. It is a connection to the “core self” and a letting go of the “parts” (or subpersonalities) that subvert one’s sense of well-being, of feeling grounded, centered, and openhearted. “Quiet Mind, Fluid Body” follows a four-step process in which participants:

- Identify the internal parts that sabotage performance and progress
- Come to understand the roles of the inner saboteurs
- Learn to trust the core self and develop compassion for the sabotaging parts
- Allow themselves inner permission to excel

A sports psychologist and former tennis professional who played at Wimbledon and the French Open, Jena Marcovicci has worked with world-class tennis players. Blending Western psychology with Eastern practices, he has developed a process for releasing the conditioned patterns that sabotage the joy of succeeding in any aspect of life. Through yoga, t’ai chi, meditation, visual imagery, drumming, and freeform dance, you can discover how to maximize your potential—to attain “quiet mind, fluid body.”

For more information visit Jena’s website www.danceoftennis.com.

Recommended reading: Marcovicci, *The Dance of Tennis*.

The Feature Screenplay—Part III: Advanced Screenwriting and Getting Your Work Made

Jerome Gary

Filmmaking is arguably the preeminent artistic medium of our time. Mounting a cinematic production often translates into an army of technicians working together in service to

actualizing the vision of one person: the screenwriter.

Part Three in this series of screenwriting workshops will focus on advanced screenwriting craft (rewriting, addressing weakness, cultivating new ideas) and interfacing with the film business (pitching, finding agents and managers, and getting projects made). Ongoing members of this group will workshop their second-draft scripts.

The course is also an appropriate venue for any writer who has a screenplay idea or outline that he or she wants to “grow” and write, or a script to work on. Prospective new participants should be familiar with the fundamentals of screenwriting and should contact Jerome Gary at jsduvg@aol.com.

Self-Healing: Awakening Your Power to Create Health and Vitality

Meir Schneider

You can take charge of your own health. Meir Schneider's Self-Healing Method has helped thousands of people with a wide range of “incurable” conditions and injuries make remarkable gains in health and function. People with nearsightedness and other eye conditions, including diseases and injuries of the eye, have used this method to improve their eyesight. Computer users and health-care professionals can learn how to prevent and overcome repetitive strain injuries. Athletes and musicians can use Self-Healing to enhance performance.

Self-Healing is body/mind work: Every exercise teaches you how to listen to your body and

respond to its needs. It developed out of Meir Schneider's own journey from a teenager with congenital blindness to a man with full functional vision. During this period of intense self-discovery, Meir used his Braille-sensitive hands to craft massage and movement regimens for disabled people that often bring about dramatic improvements. This workshop will present Self-Healing movement, massage and self-massage, visualization techniques, and breathing exercises to nurture various systems of the body. Highlights include:

- Techniques to let go of deeply-held tension and stress
- Natural vision-improvement exercises
- Pool/hot tub exercises for joint mobility
- Exercises to overcome back pain
- Strategies for preventing and overcoming repetitive strain injuries

Recommended reading: Schneider et al., *The Handbook of Self-Healing*.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

CE credit available for physicians, psychologists, and other health-care professionals.

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

The MAX is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, communication, and observation methods designed to expand your limits “to the max” and move you into a new arena of personal creativity and self-expression.

The MAX is extremely challenging.

Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours are longer than usual early in the week (and shorter later in the week). Participants work individually in front of the room, playing to and with other group members. There are exercises that use raw emotion, role-playing, and “dress-up” assignments.

This Leap Year day is an opportunity to take a leap, to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead. This course is not for the faint of heart, but it is full of heart, humor, and irreverence, constructed with the understanding that this kind of risk taking requires a very safe workspace. If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Requirement: Bring a 1-3 minute memorized piece—monologue, poem, song, etc.

Esalen Massage and the Body in Motion

Peggy Horan & Dean Marson

The Esalen approach to massage is a dynamic way of working with the body. The integration of movement in a session allows the practitioner to effortlessly impart a sense of fluidity and ease to the recipient. This workshop will explore the many possibilities for moving the body, including how the practitioner moves him/herself while moving the client.

In the table work participants will be taught various approaches to larger, expansive movements, including the positioning of the body on the table and the use of leverage in stretching limbs, as well as more subtle aspects of motion, such as passive joint manipulation and active point release work. Additionally, group members will be guided to work with their own body through yoga, stretching, and self-care for personal maintenance, as well as by paying close attention to body dynamics while giving a massage.

This course is intended for people with significant hands-on experience who wish to expand and refine their skills. Come and enjoy the opportunity to move and be moved!

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.



DANIEL BIANCHETTA

The Way of the Shaman and The Spirits of Nature

David Corbin & Nan Moss

Since ancient times shamans have entered the mythical realms of nonordinary reality in order to bring back wisdom, power, and healing. This workshop presents the universal methods of the shaman to explore these hidden worlds and access the timeless wisdom of the ancestors. Aided by drumming and movement practices, you will be initiated into the shamanic journey to experience the shamanic state of consciousness and to awaken dormant spiritual abilities. This will also provide the opportunity to discover and work with your own spiritual helpers and teachers—a classic shamanic practice.

Shamans are also well known for their intimate connection with the natural world. This course offers the unique opportunity for advanced work with the Spirits of Nature in the profoundly beautiful and powerful setting of Esalen. By learning from the plants and animals, the rocks and mountains, the wind and waters, and from sun, moon, and stars, shamans helped their peoples live in harmony with the universe. In a world out of balance, the way of the shaman can teach us once again how to respect nature, our planet, and its inhabitants at a deep spiritual level.

This course includes the Foundation for Shamanic Studies Basic workshop, as well as more advanced work. It qualifies participants to take additional advanced trainings with Michael Harner and the faculty of the Foundation.

Please note: Bring a rattle or drum (if you have one), a bandanna, and a pen and notebook to record your journeys.

Week of March 7–12

Relationship: Living, Loving, Going Deeper

Howard Joel Schechter & Barbara Lee

The quality of our relationships—the joy of intimate relationships, the satisfaction of friendships, the nature of workplace associations or casual connections—has a tremendous impact on our happiness. The focus of this workshop is on transforming all forms of human connection into healing relationships to make our lives—and the lives of others—more fulfilling.

While the healing relationship is generally addressed in the context of psychotherapy, this workshop will emphasize how all rela-

tionships can be therapeutic. If we are conscious of the principles of the healing relationship, all our interactions—from the grocery-store clerk to our intimate partners—can provide the opportunity to grow and heal.

The purpose of the healing relationship is emotional and spiritual expansion. Its primary attribute is depth—depth of feeling and depth of connection. We go deep within ourselves to harvest our highest virtues, then connect with others from that place. Through demonstrations, practical exercises, and inner work, participants will learn and practice the seven elements of the healing relationship. With the healing relationship guiding our interaction, others feel better in our presence, willing to drop their masks and share themselves more easily. We can become a force for healing wherever we are.

This workshop is for couples, singles, people in the healing arts, and anyone interested in learning how to transform relationship into spiritual practice.

CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

Alchemical Art: Making Glass Shrines

Dana Zed

Art is a happy kind of magic and glass is a particularly magical medium. Clear as water, strong as stone, transparent yet solid, glass can be invisible and yet act as a barrier. As a synthesis of opposites, it is an ideal medium for us physical humans to express our spiritual nature.

Participants will learn a variety of glass sculpture techniques and use them to give their ideas form. The workshop will begin with making individual glass charms and talismans. From this process, glass will become more familiar and participants can then choose to make a shrine.

Shrine-making is something we already do, whether we are aware of it or not. It can be as simple as a special object, selectively placed. In this workshop, a shrine can take many forms: an individual panel, a diptych, a triptych, an altar box, or a house-like construction. Techniques presented will include: kiln-melting various kinds of glasses, etching on glass, and making clay molds. Participants may also incorporate drawings and objects brought from home.

The workshop is accessible and nonjudgmental. Participants will be encouraged to find the magician within. No experience is necessary.

(\$75 materials fee paid directly to the leader)

Weekend of March 5–7

Body, Mind, Heart, and Soul: A Transforming Path of Practice

George Leonard, Michael Murphy,
Annie Styron Leonard & Barry Robbins

During this extraordinary weekend, all of Esalen's facilities will be devoted to Integral Transformative Practice (ITP), an experimental program founded by George Leonard and Michael Murphy. The Saturday morning and afternoon sessions, as well as the Sunday morning session, will be held in Esalen's four major meeting spaces, each of which will offer participants a different aspect of a long-term program for realizing the potential of body, mind, heart, and soul. The Friday and Saturday night sessions will bring all participants together for practice, discussion, networking, and celebration.

This primarily hands-on workshop is designed to be of value to those who have never heard of ITP as well as to those who already practice it regularly, for those who

intend to start a practice group as well as those who simply want to enjoy a meaningful weekend experience which can point the way toward a long-term, proven practice.

You will have a chance to learn a forty-minute series that includes physical movement, transformative imaging, and meditation. You will practice balancing and centering, the use of *chi*, focused surrender, and the creation of effective affirmations. You will be introduced to the principles that underlie the practice. You will try out a form of "staying current" as well as other forms of interpersonal relations which can help you avoid misunderstandings and enrich your relationships.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading and videotape: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery* and *The Tao of Practice* (videotape); Murphy, *The Future of the Body*.

See essay, page 8.



The Upledger Institute's SomatoEmotional Release I

SomatoEmotional Release (SER) is a healing process that helps rid the mind and body of residual effects of past trauma and associated negative emotional experiences. Joint research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains (rather than dissipates) physical forces resulting from accident, injury, or emotional trauma, and then isolates the dysfunctional area, creating an “energy cyst.”

Although a reasonably healthy body can work and adapt to “energy cysts,” extra energy is required to perform normal bodily functions. As the years pass, the adaptive pattern of the body loses its effectiveness, and symptoms and dysfunctions begin to appear which become more difficult to ignore or suppress.

In SER I, students learn how to assist the patient/client in physically identifying and expelling the “energy cyst” and in reexperiencing and resolving unpleasant memories.

Before participating in this course, students must complete Upledger CranioSacral I and II, either at Esalen or elsewhere.

Please note: Registration for this workshop is only through The Upledger Institute. Please call 1-800-233-5880.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Paula's Old Ageless Home for Postmenopausal Women

Paula Shaw

We are never truly prepared for the reality of aging. Even though we have witnessed others go through it, somehow we are usually in denial that we ourselves will grow old—maybe we won't live that long, maybe it won't happen that way for us, maybe we even suffer the delusion that the effects of aging will be conquered by the time we get there.

“Well, we're there,” says Paula. “The free ride of youth is over. Now we see a face that's wrinkling faster than the creams we're buying can fight it, HRT is itself a health risk, and no amount of medications, alternative herbs, or exercise can reverse our dimming memory, eyesight, or hearing. Is this all we have to look forward to? What lies beyond the physical reality of aging? How will all our ‘raised consciousness’ help us?”

“This workshop is an irreverent exploration into the issues inherent in this journey. We will examine them so as to actualize the wisdom we've gathered along the way—to experience that which is *ageless* in each of us. The course consists of personal processes looking at different aspects of our lives as we age, group sharing, and presentation exercises. Themes include the ‘Lucky 7 C's’ of being older: courage, connection, commonality, compassion, community, creativity, and comedy. We will aim to transform the junior experience of aging into the senior context of agelessness—a way to hold it all as a curious and potentially inspiring adventure into the essential truth of life, with its ultimately mysterious ending.”

Requirement: Bring a 2-4 minute memorized piece (monologue, poem, song, etc.) to share from your experience of this stage of life.

Body Tales: Bringing Our Movement Stories to Life

Olivia Corson

Body Tales interweaves intuitive movement and personal story to encourage creative

expression, communication, and healing. Participants engage in imaginative practices for exploring impulses, needs, and values through improvisational movement, dance, sound, language, and writing.

"Body Tales opens up a wealth of resources—we are touched and inspired by our commonalities and our differences," writes Olivia Corson. "We humans have a tremendous need to share our artistry and our passions. It is not enough to write in a journal forever and have no one read it, not enough to dance alone to the gods. There is something about dancing for your tribe, about being seen, heard, and appreciated, that is tremendously affirming. My joy in this work is tapping into the miracle of the body and making way for our fierce and tender stories—our wisdom. We dance for relatedness and for freedom, for autonomy and for belonging."

This somatic practice, developed over twenty years, enables you to create transformative movement theater embracing the sacred and the mundane, the personal and the planetary. Experience the enlivening and healing power of being witnessed. Encourage and protect your creativity. Come to your senses—in your body, your relationships, and your world.

CE credit for MFTs and LCSWs; see page 74.

Weekend of March 12–14

A Drop of Nectar: An Old Man's Heart Advice

Lama Tharchin Rinpoche

The root of painful and confused emotions is ignorance, the lack of recognition of our own primordial nature. From that root emerge the five afflictive emotions and all of their innumerable branches. Caught in this state of confused mind, we cycle endlessly through states of temporary happiness and suffering, but never reach our goal of permanent, stable happiness. Contained within the essence of that emotional, suffering mind, however, is our enlightened nature.

Enlightenment is not a state that exists outside of oneself. It is our own primordially awakened nature—luminous awareness. The natural display of this awareness is manifest in the five primordial wisdoms. Teaching from his poem, *A Drop of Nectar*, Lama Tharchin Rinpoche will discuss how to distinguish between the five afflictive emotions and the five primordial wisdoms, and introduce participants to our original

enlightened nature according to the Great Perfection (Dzogchen) point of view. He will teach methods to abide in that state, leading to permanent happiness, free from suffering.

The Great Perfection is not a partial or sectarian approach, so these teachings are appropriate for anyone with interest in deepening their spiritual practice. Lama Tharchin Rinpoche has taught throughout the U.S., Europe, and Asia, and has the ability to explain complex spiritual truths with simplicity and gentleness.

Opening the Doors of Creativity: Accessing Intuition

Jean-Claude van Itallie

Theatrical expression is everyone's birthright. In this workshop participants can rediscover what children know: how to speak from feeling. Through movement and meditation, master teacher Jean-Claude van Itallie will prepare participants to access and express their own emotional tales and dreams.

Participants should come prepared to move, as the workshop links intuitive speech to physical movement. Feeling lives in the body, and by moving in specific ways we can locate the center of awareness in the belly. When we speak from the belly, we speak for our senses—we speak our truth. Jean-Claude will provide helpful storytelling rules. Some of these rules are physical, some grammatical, and some vary the point of view of the teller. The rules are like the solid banks of a river through which your personal story can flow.

Jean-Claude believes: (1) in order to live fully we must speak what our hearts yearn to say—and be heard; and (2) disciplined creative expression, which comes from feeling in the body, heals the spirit.

Recommended reading: van Itallie, *The Playwright's Workbook*.

Primordial Meditation

Peter Kingsley

An extraordinary mystical and esoteric tradition lies hidden at the roots of our Western world. Until now it has been a well-kept secret. But the remarkable meditation techniques developed by certain ancient Greeks, and buried in forgetfulness for thousands of years, not only are powerful tools for self-transformation, but also lead to a direct

understanding of the real meaning and sacred purpose of this world we live in.

Many of us turn to the East to fill the terrible emptiness of meaning we have been brought up in, and to an extent this helps provide what we need as individuals. But we are not just the individuals we appear to be; now we have a collective obligation to rediscover Western culture's original purpose. The founders of our Western world were spiritual masters who worked deliberately with other states of consciousness, understood the language of dreams, and were, in the deepest sense, healers. Unless we make contact again with these roots of the West, there is very simply no future for the West.

This experiential workshop will show that the past is alive, and help to unveil the timeless wisdom concealed in our minds and bodies. It will involve a combination of discussion, dreamwork, and silent meditation—the same meditation out of which this Western culture was originally born.

Couples' Communication

Warren Farrell

I've never heard a couple say, "Warren, I want a divorce—my partner understands me."

At the deepest level, most coupled individuals do not feel understood by their partner. Promises of honesty and love begin to fade when we express genuine feelings that our partner perceives as criticism. Criticism begets criticism, and soon the fear of escalation leads to stuffing feelings and "walking on eggshells." The children consume too much time to unravel the feelings, even as they also create a reason to stay together. The result: Couples remain legally married but psychologically divorced, developing a "silent deal" that looks too much like their parents and not enough like the initial promises.

The most important component in this cycle is the inability to handle what our partner perceives as feelings and what we perceive as criticism. Active listening, the best solution, is rarely used. Dr. Farrell has modified active listening to avoid what prevents most couples from using it. When conflict can be fully expressed, he helps couples develop "conflict-free zones." Once the fear of walking on eggshells disappears, he works with couples to replace that fear with an atmosphere of positive associations. The outcome: reigniting passion without sacrificing stability.

Once these methods are mastered with partners, Dr. Farrell helps participants apply them

to our children, then our co-workers, and finally our own parents.

Recommended reading: Farrell, *Women Can't Hear What Men Don't Say*.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Yoga for the "Yogically Challenged"

Deborah Anne Medow

Do you avoid yoga classes because you're "of a certain age," or you're just too stiff, or you don't have a "yoga body"? Here is a yoga workshop designed with you in mind.

In this program—for people who ordinarily wouldn't be caught dead doing the "corpse pose"—participants will be gently guided through breathing exercises (purifications), meditation, asanas (yogic body postures), and the coordination of breath and movement within the asanas. Additional emphasis will be on yogic philosophy and theory.

With regular practice, yoga not only strengthens, rejuvenates, and helps to heal the body, it also calms the emotions, focuses the mind, and uplifts the spirit. Although this workshop is designed for the "yogically challenged," everyone is welcome. With Big Sur's coastal beauty, and the power and spirit of the Esalen land, it will be easy to fall into the natural rhythm of practicing yoga.

Please bring a yoga mat (available in the Esalen bookstore) and a sense of humor (not available in the bookstore).

Leadership in Energy and Environmental Design

Gregory Franta

As our society pushes toward global environmental havoc, can we make a significant difference in the quality of our future? This workshop will explore design strategies leading toward sustainable development. The LEED™ Green Building Rating System, created by the U.S. Green Building Council, will be used as a framework to define levels of building performance. The workshop will address our built environment and its growing impact on energy, water, health, pollution, natural resources, and social economics. Energy efficiency, natural lighting, and environmental quality in architecture will be explored in regard to building design, form, envelope, interiors, materials, and lighting. The format will include slide presentations, a design studio individualized for participants

with diverse interests, and time for personal adaptation and process.

This workshop is an excellent training and exam preparation for those interested in becoming LEED Accredited Professionals.

Week of March 14–19

The Creative Singer: Empowering the Inner Voice

Susie Self & Michael Christie

The voice is the mirror of the soul. Through the voice we can express our deepest wisdom and joyfulness. The focus of this workshop is to empower your unique voice, to help you create vocal sound that combines power with physical ease.

Through simple vocal exercises you will learn to massage your throat with vibrations that create firm sound free of strain, which has the ability to heal and open the chakras. Through group chanting using Tibetan singing bowls, you will enter an inner journey to the core of your authenticity. And through breath, your connection to feeling will lead you to your creative source.

"We will make our own music," write Susie and Michael. "With group work, we will gain confidence to improvise and explore potential building-blocks of music. Using guided visualization, we will develop texts and sounds leading toward the music that is waiting to be discovered within us."

Singer/composer Susie Self and cellist/composer Michael Christie trained at the Royal College of Music. They lead workshops for the English Sinfonia and have both composed for the Royal Opera House Garden Venture and their own company, Selfmade Music Theatre. To find out more about the leaders, their company, and the course, visit www.selfmademusic.org.

Singers of all levels are welcome. Bring any instruments you would like to use in the course.

Choosing Aliveness and Intimacy

Mary Goldenson

We have all experienced moments of feeling totally alive, yet much of our life is spent in a half-asleep, half-committed state of being. While there are many life-situations beyond our control, we choose how we respond to these events. The choice to be passionately

alive is an act of courage. To choose life is to:

- Open ourselves to all of life—suffering, joy, success, failure, love, and grief
- Fully acknowledge the truth of who we are
- Commit to living our deepest values and dreams
- Define what we must change in our relationships
- Learn new ways to heal, forgive, and communicate

The challenge is to honestly address the ways in which we have compromised, given up, or lied to ourselves and others. This workshop is designed to bring to awareness our unconscious choices of how we deaden ourselves and to create the possibility for new aliveness and passionate involvement.

Come alone or with a partner. A safe, supportive atmosphere will be provided, using communication skills, movement, Gestalt, and Reichian work.

This workshop may have up to 34 participants.

CE credit for MFTs and LCSWs; see page 74.

Falling Awake: Experiencing True Nature through Movement and Sound

Byron Brown

By dropping into our bodies we fall awake out of the conditioning of the past in which we have slumbered. This workshop will be an exploration through movement and voice of the ways our body can be a vehicle for directly experiencing our soul and its true nature. By bringing to consciousness the intelligence that inherently guides our body, we can learn to contact the underlying qualities of presence, openness, awareness, dynamism, and oneness.

Byron Brown writes: "We will walk, run, stand, sit, bend, crawl, and lie down with an easy sense of play and discovery. This will give us a break from our familiar activities of thinking, reacting, judging, planning, comparing, worrying, and figuring out. We will find the dance of our breath, our balance, and our heartbeat. We will contact our aliveness in toning, chanting, singing, and voice play. Then we will take time to reflect on our experience and explore the barriers to being more fully present in our physical and energetic life."

Many religious traditions consider that our physical body is a barrier to realizing our spiritual nature. Mystical insight, however, makes it clear that Being is the nature of all manifestation including the physical body. This

means that embodiment can actually be a path to our true nature.

This workshop is based on the Diamond Approach, but everyone is welcome regardless of previous experience in the Diamond Approach or with movement disciplines. The only requirement is a willingness to move your body and a desire to know your own reality more deeply.

The Writer's Way: Opening to Change—A New Path Through the Wilderness

Nancy Bacal

"Change," writes Nancy Bacal, "can be as profound as death, as unavoidable as the reversals of daily life. Rather than feel victimized by what we cannot control, our intention in this workshop is to pick up our pens and use it all as material. The writer's greatest inspiration comes from the truths of our own experience, whatever the territory—love, loss, family, health, work. Writing into the center of it inevitably offers a fresh, often unexpected perspective of life.

"So, in the safety of a group we begin the task of excavating our stories. As the details emerge they bring vitality to our writing. As we recognize ourselves in each other's stories, we come to see that humanity is nothing other than who we are. This process invites us to a place where we can know ourselves in a new and kinder way. For when we claim our experience for the writer, we substitute curiosity for shame and open to the light of acceptance.

"The schedule will include movement, meditation, laughter, tears, moments of resistance, and amazing discovery! With caring support and guidance, we will write daily, in and out of the group, read, and discuss our material. We will learn to identify the critic and soften its hold on our material. More than skill, investigating the human condition intimately and fearlessly are the most important requirements for this late winter week at Esalen."

Recommended reading: Lamott, *Bird by Bird*.

Vision Painting

Helen Jerene Malcolm

What is your vision for your life? What makes your heart sing and brings fulfillment and peace into your life?

Vision Painting is designed to enable you to access deeper levels of consciousness and bring to light your soul's vision. In Vision Painting, you explore how your intuitive responses to color reveal information about the state of your body, mind, and soul. In Vision Painting's meditations, you allow color to express itself through you—in any shape and form. Concepts of "right" and "wrong" are dropped in order to enter a flow state in which you learn to paint with intuitive receptivity, allowing the painting to unfold of its own accord. Natural feelings of excitement and fear that often accompany creative endeavors become catalysts to transform emotion into color and passion into imagery.

Prompted by guided meditations, music, and movement, you can translate the unique perspective of your experiences through your Vision Paintings. Allowing your "inner light" to be expressed in a wide variety of colors brings awareness to the areas of your life that seek healing. Release your expectations of how you should paint and you'll be surprised at the power and wisdom of what comes through you.

(\$45 materials fee paid directly to the leader)

Transforming Trauma with EMDR: Advanced Clinical Workshop and Refresher Course

Laurel Parnell

In this workshop participants will have the opportunity to refresh their technique and review EMDR protocols and procedures, consult on their difficult cases, watch demonstrations, and practice EMDR in small supervised groups. Instruction will focus on using EMDR with complex cases, resource development and installation, target development, and cognitive interweaves.

This EMDR course is for participants who have completed either Level II training or an equivalent EMDRIA-approved course.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Weekend of March 19–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 30–February 1.

Dancing Cello, Dancing Tao

David Darling & Chungliang Al Huang

Two masters—one a master of cello, the other of Tai Ji—are reunited at Esalen to celebrate the Tao of improvisation and the Wu Wei (or "effortless noninterference") spontaneity of creativity. Once again David Darling and Chungliang Al Huang collaborate in teaching the "Dancing Tao" of movement and music, and rejoice in the healing power of friendship, as they share with you their blissful artistry in everyday living. In this collaborative celebration, everyone reclaims the birthright to be the Dancer and the Musician of Life!



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The Direct Path: A Passion for Life

Andrew Harvey

In his passionate and practical book *The Direct Path*, Andrew Harvey challenges two millennia of accepted spiritual wisdom and opens what he calls “a path to God without dogma or priests or gurus, a path of *direct* self-empowerment and self-awakening, in and under God, in the heart of life.”

In this workshop, Harvey presents, in depth and detail, his vision of the Direct Path and how he discovered for himself its transformative power. Special focus will be placed on three aspects of the path: (1) a “map,” drawn from all of the world’s mystical traditions, of the evolution of enlightenment; (2) seven essential mystical practices—practices of mantra, visualization, heart-practice, and prayer—that individuals can use to establish direct contact with their own divinity; and (3) “embodiment and integration”—the physical practices of exercise, yoga, and sexual Tantra that enable the seeker to infuse ordinary life with sacred passion and beauty.

The workshop will be highly experiential, employing sacred music, simple forms of movement meditation, and discussion. Harvey’s hope is that all participants will leave “radically empowered with their own divine truth, equipped with time-tested practical ways of embodying it, and inspired with a vision of service and love-in-action on behalf of all sentient beings.”

The Joy of Transformational Theatre: The Galli Method®

Johannes Galli

Imprints of life events are stored within the body. Left at this unconscious level, these imprints can lead to inner conflict and imbalance. Johannes Galli is a transformational theater facilitator, actor, and coach who has designed a workshop to help you creatively work through these personal issues in a fun, safe environment. The program is based on the premise that through spontaneous role-playing you can access your unconscious levels, express them, and, in the process, unleash your creative powers.

The Galli Method assists participants to delve into the essence of their being, contributing to the creative and healing development of the self. This process helps break through the intellectual strategies individuals unconsciously employ to mask their true feelings in everyday life. It connects participants to their inner world of images, allowing them to

express their hidden issues and access an untapped source of immense energy.

This body-oriented workshop includes: Dance Meditations (with original music by Galli), the Seven Kellerkinder® Energy System, Expressive Games, and performance of theatrical scenes (to enhance your repertoire of roles). You can discover new subpersonalities within your character, enabling you to be more self-confident, powerful, and joyful. The process is designed to leave you energized, balanced, grounded—and blissful.

Being Present for Your Life: Introduction to Mindfulness Meditation

James Baraz

How much are you present for your own life? Most of us spend more time in our own inner world—worrying about the future, replaying the past, or lost in fantasy—than experiencing what life is offering to us right now. The present moment is where we can most directly be intimate with our life—touched by beauty and intimacy, while learning through the difficult lessons how to open our hearts.

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace by learning to be mindful of what is actually happening in the present moment. Using the breath, body sensations, thoughts, and emotions as objects of attention, we can learn to be more fully awake. When we see directly that the nature of reality is change, we begin to let go of clinging to the pleasant or avoiding the unpleasant. We become more capable of meeting each situation with spontaneity, fearlessness, and love.

Participants will be introduced to this meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation as well as discussion, providing a foundation for applying mindfulness practice to everyday life.

CE credit for nurses; see page 74.

Painting From the Source

Aviva Gold

If you’ve considered painting but never thought you could, or if you’re trained in the arts and would like to explore your source of creativity, this retreat is for you. As children, we naturally paint in a powerful, intuitive way, purely for the joy of expression. This freedom can be regained....

You face the empty paper, the rich, vibrant colors; you choose a color, you move your brush on the paper. The process deepens; you may hesitate, emotions may surface. With Aviva’s expert midwifery, in a warm, supportive atmosphere, you begin to paint not from the intellect but from the ever-present, bottomless creative well of personal and universal images. Soon the movement of the colors, the brush, and the water is hypnotic—you get lost in it. Yet you are awake, allowing whatever needs to happen to happen....

Surprisingly touching and satisfying images emerge. You don’t have to be trained in the arts to experience this: It’s your birthright—the possibility of reconnecting is always there. To feel the physical sensuousness of painting, to let yourself play, to go through whatever blocks you need to go through—this ritual of creating soul-touching art is a natural way to stay balanced, healthy, and vital, a spiritual practice that will connect you to your Inner Wisdom Source.

Recommended reading: Gold, *Painting From the Source: Awakening the Artist’s Soul in Everyone* (available through www.paintingfromthesource.org).

(\$20 materials fee paid directly to the leader)

Week of March 21–26

Dancing with Joseph Campbell: A Centenary Celebration

Robert Walter & The Joseph Campbell Foundation

Every year, beginning in 1965 and continuing until his death in 1987, Joseph Campbell spent anywhere from a week to a month teaching at Esalen. As the years passed and word of his lectures spread, Joe and the Esalen staff—as well as a growing number of students and seminarians, colleagues and collaborators—eagerly anticipated his West Coast visits. In the mid-1970s, Joe began to arrange his annual spring lecture tour so that he would be in residence at Esalen to celebrate his birthday (March 26th), a tradition his friends and colleagues at the Joseph Campbell Foundation have continued ever since.

This year, the centenary of Joseph Campbell’s birth, an array of individuals who “danced” with him—creatively, intellectually, and, in some cases, physically—will gather for a special celebration to honor Joe and to benefit Esalen. At catalog publication, confirmed participant/presenters include: Steve Aizenstat,

Rebecca Armstrong, Angeles Arrien, Michael Christie, John Cleese, Phil Cousineau, David Darling, Maren Hansen, Paul Horn, Chungliang Al Huang, Lynne Kaufman, Sam Keen, Mickey Lemle, Gerald McDermott, Edgar Mitchell, Michael Murphy, Susannah Self, Brother David Steindl-Rast, Rick Tarnas, Robert Walter, and special guest of honor, Jean Erdman (Mrs. Joseph Campbell).

In an attempt to survey the breadth of Joe's enthusiasms and the depth of his diverse collaborations, every day of the week will be orchestrated around a different theme, each of which encapsulates one of his passions: *Myth & the Body*, *Myth & the Soul*, *Myth & the Artist*, and *Myth & the Future*. Every morning, several presenters will engage in a public "conversation," a discussion in which they survey the contours of the day's theme; every afternoon, these presenters will then offer a selection of individual lectures, small-group workshops, and experiential activities in which different aspects of the theme are explored in greater depth; and every evening, there will be a review of the day's highlights, a preview of the next day's offerings, and a specially chosen entertainment, followed (for night owls) by an appropriate late-night film or video.

This once-in-a-lifetime Campbell Centenary celebration is a special benefit event for Esalen. The Joseph Campbell Foundation and all presenters are waiving all fees and donating them to Esalen. The rate for standard accommodations is \$1500; for a bunk bed, \$1200; for people with their own accommodations, \$1000. A limited number of sleeping bag spaces are available for \$800. The difference between the normal Esalen workshop rate and the rates for this special event is a tax-deductible donation. For more information about this event and how you can become an event benefactor, please call Nancy Worcester, Friends of Esalen, 831-667-3032, or e-mail nancy.worcester@esalen.org.

See essay, page 5.

Weekend of March 26–28

Recovering Personal Faith

Brother David Steindl-Rast

Do you feel at times that your religious footing is slipping? Are you searching for a spirituality that will give you solid support? If so, this weekend seminar with Brother David might prove helpful to you. It will provide an



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opportunity to take a fresh look at your childhood faith and at the religion in which you grew up. No matter how rusty the pipes of a given tradition may be, they can still channel life-giving water. Adds Brother David, "Together we shall search for its source."

Standing in the Christian tradition, Brother David has had the opportunity to broaden his horizon and to find an all-inclusive approach. He will adjust his presentation to the questions and concerns of participants. The goal is to help you see which of the old teachings need to be expressed in new language, which may be discarded without loss, and which can give you lasting strength for your spiritual journey.

Flute Song, Tao Dance

Paul Horn & Chungliang Al Huang

Paul Horn and Chungliang Al Huang began collaborating at Esalen in the late '70s. For more than a decade, their annual New Year's seminars were legendary. This workshop will be a special return for Paul and a much anticipated reunion between Paul and Chungliang.

Each morning, the artists will "flute and Tai Ji" with seminarians on the deck to entice the emergence of the migrating whales and rejoice with the monarch butterflies in the garden. There will be joyful Tai Ji dancing time with Paul playing his magical flute, and there will be contemplative meditation time. And, the leaders write, "in the evening, we will talk the 's' out of cosmic to share in healing laughter."

Holistic Sexuality: Integrating Sex and Spirit

Ramon Albareda & Marina Romero

This workshop is for individuals who wish to explore how sexuality and spirituality can be integrated to foster evolution and growth. While our sexual/primary dimension brings a sense of vitality and depth to our everyday life, our spiritual dimension is central to guiding our evolution beyond the reach of mental understanding. Tensions between sexuality and spirituality are usually due to structures and tendencies that are incoherent with either the essence or the natural cycles of growth and transformation of these two dimensions.

Through experiential exercises participants will explore those aspects that shape us in connecting or separating these two essential dimensions of life, along with how to embody more fully their integration. The principles and practices of Holistic Sexuality are inspired by life's organic processes, emphasizing nature's creative expressions as a reference of healing and transformation. Far from reduced to sexual expression, *Sexuality* is understood to be the vital primary energy of the person, and *Holistic* to be the different levels—somatic, emotional, mental, spiritual—in which this energy is transformed as well as the wholeness resulting from this transformation.

The fruit of several decades of research and experience, Holistic Sexuality is an approach to integral growth affiliated neither with

tantra nor with other existing methods of working with sexuality.

Please note: Instruction will be in Spanish, with English translation provided.

Yoga: Practicing a New Way of Being

Thomas Michael Fortel

The great saints and sages of India have repeatedly told us that the Divine lies within, that the body is a temple for the indwelling Lord. The practice of hatha yoga is an honoring of the body as a vessel of this energy, this life force, this prana. Yoga is a tool of healing that works on many levels. The physical body heals gradually through the compression and stimulation of the internal organs and glands. The musculoskeletal system gains greater mobility and overall strengthening and toning.

Yet there's much more to yoga than a physical practice. The rhythm of the breath is like a mantra for calming and healing the mental and emotional bodies. In this way, the veils of illusion in the mind drop away and over time an enduring peace develops. The practice of yoga allows a balance of mind and heart and an integration of inner and outer, of the individual with the Supreme. "What we practice on the yoga mat," writes Thomas, "becomes a way of being in the world."

Mornings will begin with pranayama and meditation, a light breakfast, and an active morning practice. In the afternoon the practice will be restorative. Please have a minimum of 3 months of recent yoga experience.

CE credit for nurses; see page 74.

Week of March 28–April 2

Uncovering Self-Betrayal Retreat

Eli Jaxon-Bear & Gangaji

Many people have experienced deep moments of profound realization. Yet even in the face of this knowledge of the truth of oneself, subconscious patterns of misidentification often persist. Uncovering these latent patterns and bringing them to the foreground allows them to burn in the always-fresh light of realization.

Over the years, people have often asked how to uncover and finish these habitual patterns of suffering that seem to continue after realization. This retreat addresses those concerns. The leaders' work with the Enneagram has developed into a new understanding of the structure of ego and the veiling of true nature. The retreat will use this wisdom-mirror to aid the process of self-inquiry.

A large enrollment is expected. Audio and video recordings will be made at this retreat.

Soul Motion™

Vinn Martí

I move the dance eternal and the dance is dancing me. I speak the word of recognition and the word is speaking through me. I breathe the spirit of love and that love provides the moving force for life.

Writes Vinn Martí: "Soul Motion is a movement ministry devoted to the personal passage from the known to the unknown. It is a place of sanctuary to rattle the dream and real-

ize the power of this moment. It is a covenant between the individual and the dancing village, joined in relation to the one, the many, and the One. Each time we assemble to dance we are poised at the open doorway to divine presence. All of creation celebrates as we dance in the eternal moment. The Universe takes notice each time we use our body and mind to shapeshift and tap the forms and textures of creation in one statement of acceptance and inclusion."

Adds Vinn: "All are welcome. All are needed!"

Who Is Running My Life?

Rich Berrett

"I'm in love."

"I'm angry."

"I'm in pain."

"I'm in a love/hate relationship."

Who is the "I" present in each of these statements? Being centered in who-I-really-am can be elusive. Sometimes I feel like a lover; other times I want to run away from love. Which is the real me? When my feelings are hurt are they feelings from the past? Are old injuries running my life? When I run away from openness am I hiding behind my habitual protections? Maybe I experience safety by being "in control." Perhaps "hurt" is the director of my reality. It could be that I am more concerned with looking good to others than being true to myself. Are there times when I feel like I am just joy? Just awake? Just alive in this moment?

Who is running my life in this "now"?

Through imagery, body awareness, dance, dreamwork, and play, this workshop will explore who is running your life.

CE credit for MFTs and LCSWs; see page 74.

April 2–30

28-Day Massage Practitioner Certification Program

David Streeter & Daniela Urbassek

The Esalen monthlong massage program provides professional instruction in fundamental massage skills. This training includes anatomy, movement, meditation, ethics, and self-care. The daily sessions consist of lecture, demonstration, and supervised hands-on practice. Special attention will be given to developing a core from which learning can easily occur and a balance between technique, intuition, and creativity can be achieved.



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Following successful completion of the 150-hour (minimum) program, students wishing to fulfill certification requirements have six months to complete and document 30 massage sessions. Upon payment of a \$100 processing fee, a California state-approved Certificate of Completion will be issued.

This is a professional training group with limited admission. Please request an application form from our office at 831-667-3000. Applications will be reviewed in the order they are received and preference given to applicants who have completed a weekend or five-day workshop in Esalen Massage.

CE credit for nurses; see page 74.
CE credit for bodyworkers; see page 74.

Friends rate: Standard accommodations: \$4620
Bunk bed: \$3590

Regular rate: Standard accommodations: \$4670
Bunk-bed room: \$3640

Weekend of April 2–4

The Transformative Power of Emotions

Sietze VanDerHeide

Emotions are more than feelings. Emotions are deeply interconnected with all aspects of our mind, body, and spirit. They are the fuel that powers us toward our goals and guides us toward satisfying our needs. Activating emotional resources can enhance all aspects of our life.

Emotions are also information. By deepening our connection to our emotional world, we can access the wisdom of our emotions, allowing us to learn what our experiences may actually be trying to teach us. By utilizing this emotional wisdom we can increase the depth of understanding of ourselves and others, allowing for constructive change and growth in our lives.

This workshop will focus on increasing emotional consciousness through the use of trance work, self-exploration, and interpersonal contact. Throughout the workshop individuals will be supported in learning about their emotional patterns and in connecting with the needs and information contained in those patterns, thereby setting the stage for transformation.

Recommended reading: Goleman, *Emotional Intelligence*; LeDoux, *The Emotional Brain*.

CE credit for psychologists; see page 74.
CE credit for MFTs and LCSWs; see page 74.

Eurythmy: Tapping into Our Human Potential through the Art of Movement

Heidi H. Finser

Movement is life's signature. Eurythmy is speech and music made visible through movement. This movement practice brings artistic and healing sensibility to archetypal shapes, dynamics, and rhythms, using the body and the space around us to sculpt the sounds of our verbal communications, which can bring inspirational insights into our potential.

Eurythmy can be a key to transformation. You can explore your life's quest by tapping into the energy fields of formative life forces, creating flowing flexibility in your physical and spiritual being. The aim of this workshop is to help you access the invisible and infinite opportunities to discover the unique contributions only you can make on your life's journey.

Heidi H. Finser has performed, taught, and practiced Eurythmy in Europe and the U.S. for the past 30 years. Her passion is to explore the advancement of human consciousness, through moving into possibilities of new senses and awarenesses.

Eurythmy can be as deeply moving to perform as it is mind-bogglingly elusive to describe. For more information visit www.eurythmy.org.

Psychic and Intuitive Healing

Shelley Hodgen

Knowledge about how energy works—whether from the level of spirit, body, or the manifested world—has been part of human traditions for thousands of years. It has often been part of secret societies and religions where access could be controlled. In modern times, this awareness of energy has been rediscovered through different frontiers of science as well as through more personal explorations. The current term approved by science for psychic healing, prayer, and energy work is “intentional healing.” The rediscovered truth is that intention shapes energy, and energy shapes reality.

In this workshop, Shelley Hodgen will teach you how to pay attention to energy and open up your ability to enhance your everyday life with your intentions. She will teach you how to stay centered (even when life seems to bombard you), protect yourself when necessary, increase your overall energy level, and

develop your natural clairvoyance and intuition. You will explore the meaning of terms such as aura, chakra, clairvoyance, telepathy, and spirit guides, as well as learn how to do energy healing on yourself and others, enabling you to create positive changes in your life.

CE credit for nurses; see page 74.

Salsa Dancing and the Pursuit of Flow

Sarah La Saulle & Michael Kuka

Beautiful music, gleaming wood floors, the excitement of a group of people ready to salsa dance....pure joy!

In this beginning salsa class you'll experience the free expression and movement of your body, the process of learning something new, and the fun of being fully concentrated on the dance. Whether you think you can't dance, don't know how to follow or lead, or are uncomfortable partner dancing; whether you think you need to develop a closer relationship with your body, don't like to be a beginner, or have trouble getting out of your head; whether you avoid new and challenging experiences, compare your performance to others, or don't have enough fun—this course is for you. It is also a great choice if you just love to dance. The goal will be to facilitate pure enjoyment and the experience of being fully present.

Salsa lessons will alternate with an exploration of “flow”: the ability to fully inhabit the current situation in which one finds oneself, with a quiet mind that is fully attentive yet free to respond to the moment. You will be encouraged to stay present as you consider the building blocks that are necessary to learn something new and relax into the sensual expression of the dance.

Please note: Shoes with rubber soles do not work for salsa dancing. Please wear shoes with leather or suede soles.

Headache Self-Care: Everything You Wished Your Doctor Had Told You

Alfred Scopp

This workshop—both didactic and experiential—is for individuals with severe headache problems as well as for professionals who wish to learn and experience a variety of lifestyle interventions. Research has shown these lifestyle factors to be as effective as medication in long-term headache prevention.

The educational part of the course will consist

of documented headache-prevention strategies, including biorhythm regularity, effective stress-management in daily-life situations, exercise, nutrition, and fatigue prevention. Specific strategies will be given for modifying excessive conscientiousness, perfectionism, overdoing, and strong goal orientation. A headache diary will help to identify your unique triggers. Connecting headaches with the whole of your life can empower you to follow through with real change.

The experiential part of the course will consist of easy yoga and introductory meditation. Cognitive behavior theory will be applied to decrease stress in everyday situations by providing more realistic and adaptive interpretations of daily events.

By the end of the course, participants will have experienced a variety of headache-prevention skills and strategies, and learned how to identify and avoid their unique headache precipitants.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Week of April 4–9

Visionseeker 3: Shamanic Cosmology

Hank Wesselman & Jill Kuykendall

Over the past 35,000 years, indigenous shamans developed an experiential methodology for expanding awareness and exploring the many dimensions of reality, generating a rich body of knowledge about the nature and function of the sacred realms. Unfortunately, ever-multiplying overlays of spiritual scripture and esoteric literature have obscured our understanding of these hidden worlds. Today, much of this confusion is being reversed as the techniques of the shaman are being reconsidered by non-tribal Westerners seeking direct experience of the transpersonal realms once again.

Hank Wesselman writes: “This workshop will engage participants in investigative shamanic fieldwork into the numinous regions of the spirit worlds, where all mysteries, great and small, become known. We will deepen our connections with our spirit helpers, our guides, as well as our oversoul and the elder spirits who serve as master teachers on our Cosmic Committee. We will fine-tune our abilities in areas such as divination work and attempt to learn more about those localities where the most creative work of souls is accomplished. We will explore the nature of



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who and what we really are, providing us with an expanded perspective on the destiny of souls.”

This training is open to those who have completed the weeklong Visionseeker 1 workshop, or its equivalent. If in doubt, please contact Hank Wesselman at PO Box 2059, Granite Bay, CA 95746, or e-mail hank@sharedwisdom.com.

Note: Bring a rattle, a drum, a notebook or sketchpad, a set of oil or chalk pastels, a bandanna or eyeshade, and a light blanket. Please refrain from alcohol use during the workshop.

Recommended reading: Wesselman, *The Spiritwalker Trilogy* and *The Journey to the Sacred Garden*.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Holistic Sexuality: A New Integral Approach

Ramon Albareda & Marina Romero

This workshop is for individuals who wish to access the full potential of their vital primary energy, and explore how this energy can be creatively expressed and integrated at somatic, emotional, mental, and spiritual levels. The course is designed to teach you how to connect with this energy not only as a creative force in everyday life, but also as a bridge to the deepest dimension of reality and a catalyst for spiritual growth. It will also assist you in discovering your unique path of evolution through the grounding of your consciousness in your own vital potentials.

The leaders write: “We understand *Sexuality* to mean one’s vital primary energy; *Holistic* refers to the different levels—somatic, emotional, mental, spiritual—in which this energy is transformed as well as the totality of this transformation.” The principles and practices of Holistic Sexuality are inspired by life’s organic processes as references for transformation and healing. The fruit of decades of research and experience, Holistic Sexuality is affiliated with neither tantra nor other methods of working with sexuality.

The leaders will facilitate group process as well as counsel each participant individually to design personalized practices. You will learn how to safely self-regulate your own process from an awareness of your present capabilities and necessary boundaries. This workshop will guide you in:

- Transforming the limiting unconscious tendencies of your vital primary world
- Working through conflicts that hinder your sexual self-expression
- Integrating sexual and spiritual energies to enhance the quality of your life

Please note: Instruction will be given in Spanish, with English translation provided.

The Courage to Change—The Alchemy of Transformation

Malcolm Stern

We live in extraordinary times. All around us are signs of breakdown and decay—the old ways of being no longer work for us. Yet there are also signs of rebirth and beauty with

which we can align ourselves and realize our potential to change outmoded habits and destructive behavior. We need to transform ourselves in order to transform the world around us. And we need the support of others to share the journey into the unknown: to be fellow pilgrims in the search for authenticity and radical aliveness.

We lose our aliveness when we reject the unworthy, shameful, “dangerous” parts of ourselves, when we suppress anger, grief, sexuality, and fear. Once we dare to be our authentic selves, when we honor and accept our shadow, we literally lighten up. From this place of lightness we can see our world with a renewed sensitivity. This renewal represents the possibility for a radical shift in our entire perception. In seizing the courage to change, we can transform ourselves and liberate our potential.

This workshop is an inquiry into the nature of ‘wholeness.’ It seeks to highlight emotional blocks and places where energy is drained or unused. Sessions will utilize group process, dance, bodywork, sharing, ritual, and healing. Participants will explore the parameters of our individual maps, discovering hope for the future within the supportive framework of a group committed to the nurturing process of reflective honesty, compassionate attention, and trust.

Recommended reading: Stern, *The Courage to Love*.

The Living Spiral—Love’s Body: Explorations in Continuum Movement

Cynthia Johnson Bianchetta
& Beth Pettengill Riley

The message of God can be felt in the movement of water... the ocean, our blood, the liquid inside our planet, amniotic and spinal fluid are one.

— EMILIE CONRAD, founder of Continuum

“What is it we are calling a body?” ask the leaders. “What is the relationship between the way we move in our bodies and the way we move in our lives? What are the implications of the forms of movement we engage in—for our personal lives, our community life, the life of our culture and our species? Can we engender more love in our lives through the ways in which we move? These primary questions of Continuum will guide us through this week of inquiry.

“Through movement, sound, and breath we will be expanding our resources for living a meaningful life. Our felt sense of fluid move-

ment will be the basis for our explorations, from micromovements to larger wave motions. We will spend elongated time in open movement and stillness, allowing our own most nourishing life pace to reveal itself within a context of spacious awareness. Moving outside of culturally accepted notions of the body, we can find a new relationship with ourselves as fluid life processes not bound by time and form. The possibilities are infinite. Come rest, move, and renew.”

No previous experience is necessary.

Storytelling as a Healing Art: How the Body Speaks

Nancy Mellon & Ashley Ramsden

In many ancient healing traditions, physicians knew the connection between our organs and our imagination, with its dynamic, subtle picture language. To become aware of these connections gives a new foundation for understanding the meaning and purpose of story lore.

In this workshop participants will discover landscapes, characters, and plots that cast light upon organ function and dysfunction and how these story elements can become diagnostic tools. The workshop will also explore a variety of stories that emerge from the major organs essential for our well-being. Through speech, storytelling, and art exercises, this course will journey into the secret patterning of our hearts, livers, lungs, and other major organs. Participants will have an opportunity to develop a fascinating repertoire of stories as well as techniques for speaking directly to and from specific organs.

This workshop is designed for caring professionals, writers, artists, and those who want to develop a healing presence and a shaman’s eye.

CE credit for nurses; see page 74.

Weekend of April 9–11

Writing Through the Senses: Scent, Memory, and the Imagination

Mandy Aftel & Janet Fitch

In this *scentual* weekend course, perfumer Mandy Aftel and author Janet Fitch work with the power of scent to unlock the room of memory and unleash your imagination.

Marcel Proust wrote his seven-volume *Remembrance of Things Past* under the influ-

ence of the scent of a madeleine dipped in Linden tea. What might scent unlock in your imagination? Capture the fleeting past, or extend your creative vision, through scent and writing exercises carefully orchestrated by two experienced guides.

Healing of Heart and Mind: Choosing to Change

Fred Luskin

Every human being has suffered rejection, mistreatment, betrayal. Yet some people maneuver through these painful experiences while others remain stuck. This workshop will examine why and how this happens. Through sharing and processing experience, participants will move toward understanding how sadness, frustration, and anger arise—and how to change those feelings.

By demystifying the process of healing, we can accelerate this mysterious process, learn to let go of old hurts, and become less likely to create new ones. Using cognitive approaches—lecture along with guided practice in reframing, disputation, and existential understanding—this workshop presents forgiveness as a choice. The cognitive approaches will be complemented by practice in mindfulness, imagery, and heart-centered methods designed to help access the heart’s restorative potential. Journal writing, dyadic exercises, and group discussion will also be used.

Uniting mind and heart and letting go of old hurts is an expression of the soul’s desire for connection and harmony. With insight and practice, it is possible to successfully work with the emotions that prevent us from moving forward in our lives.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Self-Transformation: The Art of the Actor

Jane Marla Robbins

This workshop addresses the miracle of transforming feelings of anxiety and insecurity into feelings of self-confidence and joy—in all areas of one’s life. Physical. Emotional. Spiritual.

The workshop will include the study, exploration, and discussion of at least the following techniques: The Actor’s Physical Preparation; Vocal Preparation; Emotional Preparation; Mental Preparation; Spiritual Preparation; Relaxation; Sense Memory; Personalization; Substitution; Playing a Character; Animal

Exercises; Overcoming Self-Consciousness; and the Psycho-Physical Action.

Students will be shown how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many “real life” situations, ordinarily fraught with worry, can be transformed using the Actor’s Imagination. Students can learn to experience the power and pleasure of being able to create a profound sense of well-being and self-confidence at will.

Massage for Couples

Pablo Piekar & Robin Fann

This workshop is for couples to take time out from the stress of daily life while learning the art of touch. It is also for partners who wish to deepen existing massage skills as well as for those looking to create more time for healing and intimacy in their daily lives.

Participants will explore the basic skills of massage as a way of nurturing and enhancing their relationship as they learn to ask for what they need and give to one another from a loving, heartfelt place. Sessions will include demonstrations and hands-on instruction with plenty of practice time.

Although the emphasis will be on touch and communication between couples, the massage techniques presented are useful for relaxation, pain, and stress. There will be ample time to enjoy the beautiful Esalen grounds and the wonders of the Big Sur coast.

CE credit for bodyworkers; see page 74.

West African Bronze Casting: The Alchemy of Creativity

Bob Lamp & Annee Delaware

This workshop is for all those looking to jumpstart their creativity. It will introduce the ancient West African process of open-faced sand casting and explore the allure of molten metal as a metaphor for transforming our fluid ideas into artistic form. The program will explore the creative potential of using a charcoal-fueled furnace to produce small-scale bronze objects. The workshop will also utilize visualization, guided writing, and the beauty of Big Sur to support group members in carrying their ideas forward to completion.

Participants will return home with a finished bronze of their own design. All levels of experience, from beginner to professional, are welcome.

Week of April 11–16

Table Shiatsu

Jim Gallas

Table Shiatsu is a contemporary adaptation of traditional Japanese Shiatsu, with an awareness that focuses on proper body mechanics. In this workshop, practitioners will learn to give a deeply rejuvenating session while remaining relaxed themselves. By using one’s body weight instead of strength and by learning varied techniques for release along meridian pathways, practitioners will learn to facilitate deep relaxation and enhanced vitality.

Generally practiced with the client comfortably clothed, Table Shiatsu can be easily integrated into any table modality including Swedish, acupressure, polarity, and various forms of energy work. Using the material covered in the class, a practitioner can create a session ranging in length from fifteen minutes to two hours. In this way, Table Shiatsu is excellent for brief on-site work as well as for longer private sessions.

The workshop will be mostly hands-on. Self-care will be taught as an integral part of the Table Shiatsu practice. Gentle yoga stretches, Chi Kung, self-massage, silent meditation, and improvisational games will be used to open participants’ awareness of their own and others’ energy bodies.

(\$20 materials fee, for Table Shiatsu manual, paid directly to the leader)

CE credit for bodyworkers; see page 74.

Nonduality and Intersubjectivity: A Workshop for Psychotherapists

Judith Blackstone

This workshop explores the application of unity consciousness to the psychotherapeutic process. Unity consciousness is our most subtle attunement to ourselves and our environment. It is experienced as vast empty space, which pervades our internal and external life as a whole. Pervading the body, it is the basis of our individual authentic being. Pervading our experience as a whole, it is the basis of our oneness with other people and nature. When two people are attuned to this dimension together, they experience clear-through space pervading them as a unity, and the free flow of emotional, mental, and sensual energies between them.

Contemporary theorists view psychotherapy as a reciprocal, intersubjective relationship

between therapist and client, requiring openness and authenticity on the part of the therapist. Unity consciousness is the basis of that openness. It deepens our empathic access to the internal process of the client and ourselves, *at the same time*. We can also perceive energetic/somatic holding patterns in both the client and ourselves that obstruct the unity and reciprocal flow of the relational field.

Participants will learn the Subtle Self Work® techniques, developed by Judith Blackstone, for attuning directly to unity consciousness, receiving and responding to other people in this dimension, and releasing energetic/somatic holding patterns. The course will cover the relevance of unity consciousness for all facets of psychotherapy, and compare Eastern spiritual concepts of nonduality and emptiness with psychoanalytic intersubjective theories.

Recommended reading: Blackstone, *Living Intimately*.

CE credit for MFTs and LCSWs; see page 74.

Soul Coaching

Denise Linn

Soul Coaching is a pathway that takes you deep into the realm of your authentic self, as you learn to “clutter-clear” your physical and emotional environment to access the messages of your soul. During this course you will embark on inner space-clearing, applying methods such as guided meditations, movement exercises, and journaling. Additionally, you will learn little-known information about how to space-clear your home. You will also discover the dramatic effect that the clutter in your home has on your life—and specific methods for what to do about it. As a result of all this inner and outer clearing, you can more easily listen to your soul, discover your calling, and pinpoint your passion.

Author of the recently published *Soul Coaching*, Denise will also share with you how to use the 28-Day Soul Coaching program featured in her book. Denise is also the author of two books on space-clearing, and has appeared on Oprah to discuss her best-selling *Sacred Space*.

Wilhelm Reich: The Bioenergetic Basis of Emotional Transformation

Richard Blasband & Patricia Frisch

*The trap is man’s emotional structure,
his character structure.*

— WILHELM REICH



DANIEL BIANCHETTA

When we are open we experience pleasure, liveliness, and vitality. All too often, however, we are contracted and feel tense, frozen, asexual, heavy, trapped, and ill. These symptoms are communications from the depths of our past, rooted in the present in our character structure and body armor. To free up our life energy we must become conscious of our most habitual styles that twist our body/mind into distortions of who we really are.

This workshop is an intensive, confrontational, personally demanding process for those who wish to transform their emotional structure. The workshop will present Reich's findings on the qualities of life energy and energy balance along with their role in human growth and development. The program will discuss in detail the origin and dynamics of characterological and muscular armoring, how they bind anxiety, and act as an interface with the outside world. These themes will be illustrated by character interventions and direct work on the muscular armoring of workshop participants. Jung's model of the transforming self will provide an additional context in which to understand the personal transformation.

Within a dynamic, supportive group process, individuals can experiment with their structure in bold and profound ways that insist on change. Dreams, guided imagery, and movement will deepen the exploration and provide material for a trusting exchange within the workshop community. Dr. Blasband and Dr. Frisch have a combined clinical experience of over fifty years in the orgonomic approach.

CE credit for psychologists; see page 74.
CE credit for MFTs and LCSWs; see page 74.

Natural Powers: Making a Real Life out of Our Heart's Desire

David Schiffman

"This workshop," writes David Schiffman, "is for people who seek the courage, skill, and support to live their lives with true originality, passion, and integrity. It will be a time to explore the realms of unconventional logic and the mysteries of spirit, the fundamental realities of those who are self-made, spiritually independent, and visionary in orientation and ways. Our aim will be to cultivate the resources, rhythms, and wisdom that come from deep self-knowledge and self-mastery.

"In a climate of mutual support, simple trust, and honest interest in each other, our aim will be to bring ourselves entirely toward whatever we hope for and cherish. A wide variety of psychological themes and attunement practices, both dynamic and meditative, will be used to illuminate the character of our commitment to ourselves and our style of relating to others. Together we will see what we can do to strengthen our faith and adeptness at applying the logic of our hearts to our own self-care as well as to our relationships, careers, community, and the understanding of our life's true mission."

Weekend of April 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 30–February 1.

Life Coaching for Results: An Introduction to The Inquiry Process

Amaran Tarnoff

For workshop description see February 8–13.

Passion and Transformation in Accompanying the Dying

Frank Ostaseski

*All too often death is talked about as the enemy.
There is another possibility...*

The encounter with death is a time of intense aliveness—full of passion: love, despair, fear, grief, joy, intimacy, and devotion. As a compassionate companion we learn that dying has a life of its own which we come to recognize and serve. How do we live in the crucible of transformation? How do we open to this territory of mystery and unanswerable questions?

This experiential workshop takes the innovative approach of using the universal and timeless wisdom of teaching stories and poems as lenses to gain insight into the unique challenges of accompanying the dying. These voices can encourage, inspire—dare us to take risks and help us discern the voices of longing, belonging, and discovered meaning in service.

There will be time to write, share personal stories, and draw on the collective wisdom of the group. The course will balance these two days of reflection with periods of silent mindfulness practice alongside guided lovingkindness and compassion meditations. This is not a writer's workshop, but please bring writing materials. No experience with poetry, storytelling, or writing is required. If you like, bring along a brief story or poem on a related theme to share. Or just bring a listening ear.

The workshop is open to all, but may be of particular interest to those accompanying the dying

CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

Elders from the Future: Bearing and Sharing Seeds of the Evolving Human

Sidney Lanier & Barbara Marx Hubbard

Sidney Lanier and Barbara Marx Hubbard join together to share their wisdom and experience of evolutionary transformation as a couple. As "elders from the future," having lived through 70–80 years of the twentieth century, they stand at their own horizon, getting "newer" every day, as they reach out to their own growing edge—and, every now and then, fall off!



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Says Sidney: "All the archetypes are up for renewal." Sharing their stories, they aim to evoke new archetypes through in-depth expression and dialogue on new themes guiding the emerging human, such as: the quest for new vocations; men supporting the social creativity of women, while women nurture the feminine in men; evolutionary/spiritual sexuality as a process of giving birth to the greater Self; women's journey from menopause to "regenopause" and regeneration.

"As I am getting older," Barbara says, "I am simultaneously becoming more creative. Vocational arousal is mounting! The rise of

creativity seems to be activating a vital energy at the cellular level." What lies ahead from the experience of two elders from the future? The weekend will be a twenty-first century "seminary" to experience together and plant within ourselves new seeds of the evolving human. All ages are invited.

The Upledger Institute's Introduction to CranioSacral Therapy

Cheeta Llanes

CranioSacral Therapy is an effective and increasingly popular form of bodywork that readily complements many other healing

modalities. This workshop introduces basic concepts of CranioSacral Therapy, emphasizing hands-on experiences.

CranioSacral Therapy encourages the body's own natural healing mechanisms to enhance general health and resistance to disease. The practitioner uses a light touch to improve the functioning of the brain and spinal cord, and to dissipate the negative effects of stress. In this gentle, hands-on therapy, corrections are made by assisting the body in its own rehabilitation process.

The CranioSacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. An imbalance in this system can result in sensory, motor, and neurological dysfunction. The CranioSacral system has a subtle rhythm that one can learn to feel. Participants will learn the palpation skills necessary to explore this rhythm. This exploration provides the foundation for evaluating the client's CranioSacral system and restoring balance.

Participants will also learn to do restorative work using the natural energy of human touch, the power of intention, and the release of fascial restrictions.

(\$25 materials fee, paid directly to the leader, for CranioSacral study guide)

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

April 18–25

The "Pointing Out" Way of Tibetan Buddhist Meditation

Daniel Brown

This workshop—designed for either novice or advanced meditators—serves as an integrative approach to the practice of meditation, with an emphasis on intensive concentration meditation using the traditional Tibetan Buddhist "Nine States of Mental Calming/Staying," a widely-used method for training the mind to stay on its meditation object and to calm mental content. This approach was developed to correct common problems that develop in meditation practice, such as bad habits that prevent realizations, or reaching a plateau that makes progress difficult.

Participants will also be introduced to classic Tibetan emptiness-meditations as well as the "directly pointing out" practices about the nature of mind. A balance of mental-stabilization and realization-of-emptiness practices will serve as a foundation for many types of

advanced or “extraordinary” practices, such as tantric meditations based on complex visualizations to transform affective states, and working with energy transformations within the body, both of which serve direct realization of the nature of mind. This relational-based instructional style emphasizes directly pointing out the meditation methods used and the states likely to occur, balanced with actual practice, followed by a description of experiences and further instructions. The emphasis is on short, repeated meditation-practice periods, with additional, more refined instructions interspersed between each practice set.

Please bring a meditation cushion, if you have one.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Standing on Two Feet: Cortical Field Reeducation® and Feldenkrais®—Week II

*Harriet Goslins, Sybil Krauter
& Carol Lessinger*

Most adults, without realizing it, habitually stand more on one leg than the other. A history of physical trauma or pain in one area asks the body to compensate by bearing weight in another area. Emotional traumas may also distort posture.

When there's a leg we don't stand on, we are gradually deteriorating our joints, from both underuse and overuse; we hold old compensations in place, preventing complete healing from old injury and increasing the risk of new injury from falls, lifting, or athletics. Emotionally, there may be some viewpoint we don't have available, some behavior we feel not at choice about.

Through floor work and table work, participants will address remaining problems in eyes, neck, shoulders, ribs, spine, pelvis, knees, ankles, and feet. The metaphoric question “Are you able to stand on your own two feet?” will be answered by increased permission for personal power, self-trust, compassionate boundary-setting, and having what you want. Healing is learning.

Please note: This workshop is open only to those who have completed Harriet's introductory seven-day workshop.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Week of April 18–23

Anusara and the Eight Limbs: A Teacher Training

Thomas Michael Fortel & Judy Pollet Narvid

Anusara yoga is a system of practice and study which connects the heart with the universal flow of consciousness. The eight limbs of yoga, originally described by the sage Patanjali, are steps of equal importance which move us from the external world to the inner sanctuary of our being. By studying the eight limbs and the principles of the Anusara system, the path to self-realization through yoga is revealed.

This workshop is designed to deepen and broaden your experience of all eight limbs. It will focus on the principles underlying yamas and niyamas. Participants will practice asana and pranayama, and will develop an understanding of pratyahara, dharana, dhyana, and samadhi. The studies will examine various methodologies for teaching yoga, the Anusara universal principles of alignment, therapeutic techniques, and the art of “language.” The retreat will concentrate on the three A's: attitude, alignment, and action—with particular emphasis on differentiating muscular and organic energy, focal points, loops, and spirals. The group field will be open for questions, discussions, sharing, and exploration.

The yoga retreat is always fertile ground for self-exploration and growth, uniting heart with the joy of practice. This workshop is for students and teachers alike. Full credit will be given toward Anusara teacher certification. All yoga props will be provided.

CE credit for nurses; see page 74.

Nine Faces of the Soul: The Enneagram and the Diamond Approach

Sandra Maitri & Joyce Lyke

The enneagram of personality describes nine cognitive, emotional, and behavioral patterns that our consciousness—our soul—takes as a result of losing contact with our spiritual ground in early childhood. While much about the psychology of the nine types is available, the spiritual context for this shaping of our souls is seldom recognized or taught.

This workshop will explore the Diamond Approach's view of the soul, the characteristics of the soul, and how they are reflected in the enneagram. It will focus on the inner flow—the dynamic movement from one point

to the next—in terms of what it represents regarding the loss of contact with our spiritual depths. The Diamond Approach provides an invaluable perspective, showing us how we can use the enneagram as a guide to help us wind our way back through the labyrinth of the personality to the spiritual dimensions within. In the process, the continuum of our psychological patterns and our spiritual depths becomes apparent, indicating skillful means for inner development.

The workshop is designed to enable participants to experientially grasp what this movement within our souls symbolizes in terms of our development. Additionally, the program will explore what the inner flow describes about the child within—our soul child—and its relationship to our ennea-type. The workshop will contextualize and explore this inner child, opening access to the dimensions of Being that it encapsulates.

Although not necessary, some knowledge about the enneagram is helpful, as basic information on the ennea-types will not be covered in depth.

Recommended reading: Maitri, *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul*.

With the Grain: The Art of Woodturning

Jerry Kermode

Have you ever wondered at the elegant craftsmanship, the labyrinthine grain, the sensuous feel of a maple bowl or a walnut platter that seems almost to improve upon nature? Jerry Kermode will bring his school of woodturning to Esalen for a weekend of demonstrations and hands-on instruction in turning technique and philosophy. Enjoy an opportunity to learn a craft that brings together the thrill of creating with the sensuality of working with wood. In a relaxed, informative, and pragmatic style, Jerry will share his love of trees and the beauty they hold within. His style of woodturning is based upon the ability to allow the wood to be cut, rather than forcing it to the turner's will.

All materials, including mini-lathes and carving chisels, are supplied, with two people sharing each lathe. The learning will be individual and shared, increasing the exchange of ideas. Turning terms and their application will be introduced, and each participant will have the opportunity to turn several items, such as a carving mallet, a spindle, a plate, and a bowl.

(\$75 materials fee paid directly to the leader)

Weekend of April 23–25

It's Time: No One is Coming to Save You

Mary Goldenson

*You don't get to choose the time you have
but you do get to choose what you do with it.*

How much of your life is taken with waiting, waiting, and more waiting? How much of your life is spent looking at what is not happening? Are you asking yourself: Why am I not happy? Why don't I feel really alive?

The bad news is: No one is coming to save you, and the good news is: *You can save yourself!* Relationships present profound opportunities for personal development and spiritual fulfillment. When you embrace the challenges of your relationships, they become great teachers by reflecting the unseen and often rejected parts of yourself. Relationships provide the opportunity to experience both your greatest pain and your greatest joy.

This workshop is for couples, individuals, parents, children, or lovers who want to emerge:

- Out of survival and into aliveness
- Out of the past and into the present
- Out of suffering and into happiness
- Out of unconsciousness and into awareness

In a safe, supportive environment, the workshop will utilize didactic and experiential exercises drawn from individual and group experiences. Participants will have an opportunity to address how they can create Playing Big, Getting Grateful, and Opening to Possibilities in their lives.

This workshop may have up to 34 participants.

CE credit for MFTs and LCSWs; see page 74.

American Spiritualities

Catherine Albanese

"I'm spiritual but not religious"—that's what lots of people are saying. But if you are "spiritual" or want to be "spiritual," what does that mean? And how do you do it? This workshop explores different meanings of spirituality in present-day American culture. The course will: (1) examine spiritual "knowing" and identify and explore four ways of knowing spirit—through the body, through the heart, through the will, and through the mind; (2) look at the diverse ways that these four kinds of spirituality manifest in our lives and times; and (3) try to figure out where we stand in relationship to them. Are we drawn to ritual?

Do we like to come from the heart? Are we burning with a strong desire to change at least one piece of the social world? Or do we find that entering the silence—out in nature or deep within ourselves—is the way to connect with spirit?

Writes Catherine Albanese: "As we get in touch with all these forms of meeting spirit, we will especially focus on the last. This one—also known as *metaphysical spirituality*—seems to be what most people are talking about when they say they are spiritual but not religious. So we will pay attention to, and experiment with, the various ways that we can do metaphysics—through different forms of meditation (does it matter if you focus on the breath? draw attention to the point three inches below your navel, or your third eye? recite a mantra?); through chanting; through meditative use of the body that puts the *mind* into the body (like tai ji or yoga); through conscious eating, and the like.

Transformational Philanthropy

Corinne Bourdeau & Ann Downing

The world of fundraising is filled with opportunities and challenges. This workshop addresses fundraising as a vehicle of transformation for both the fundraiser and the potential donor. The course offers innovative approaches to fundraising and introduces effective exercises and presentation materials that will be vital to participants in their professional and personal lives. The workshop is designed for fundraisers, development officers, executive directors, board members, and business and foundation leaders. Areas of discussion include:

- Creating authentic relationships—connecting with the heart
- Leadership and being of service
- The cultivation process as transformation
- Addressing the fear of the ask from the fundraiser's and the prospect's viewpoint
- Developing corporate partnerships aligned with a corporation's values
- Stewardship—partnership and co-creating
- Advancing the donor's interests while advancing the interests of the organization
- Conquering fundraising burnout—revitalization and renewed enthusiasm
- Keeping the donor involved throughout the fundraising process
- The art of acknowledgment
- Powerful questions

Week of April 25–30

Body, Mind, Heart, and Soul: Training for a Transforming Path of Practice

George Leonard, Michael Murphy,
Annie Styron Leonard, & Barry Robbins

This workshop offers practical training in each of the elements of Integral Transformative Practice (see **Body, Mind, Heart, and Soul: A Transforming Path of Practice, March 5-7**). It is especially recommended for but not limited to those who plan to start an ITP group.

Recommended reading and viewing: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery* and *The Tao of Practice* (videotape); Murphy, *The Future of the Body*.

See essay, page 8.



DANIEL BIANCHETTA

New Poems Week

Sharon Olds

Critics who love imagery, risk taking, and an accessible voice have praised the poetry of Sharon Olds. Michael Ondaatje has called Olds's poems "pure fire in the hands."

Writes Sharon Olds: "This workshop is a time for writing new poems and practicing a deep openness and alertness to each other's work, as participants form a circle of community. Each of us will hope to write first drafts which in some way move beyond what we have written before."

There will be no writing exercises or assignments, and during the gatherings no xeroxed copies.

To apply, send a letter with your name and address, and three pages of recent poems, typed (no more than one poem per page). Do not include a SASE; poems will not be returned. Send them to Olds 5-Day Poetry Workshop, c/o Esalen Institute, Big Sur, CA 93920. Be sure to specify that you are applying for Sharon Olds's 5-Day workshop. Your poems must be received by February 14, 2004. Participants will be notified of their acceptance by March 6, 2004.

This workshop is offered in a weekend format April 30-May 2 (if accepted into either workshop, it is not possible to switch).

Self-Acceptance— The Heart of Healing

Joe Cavanaugh

*The heart has reasons which
reason knows nothing of.*

—BLAISE PASCAL

We commonly hear the axiom "Love is letting go of fear." There is, however, another possibility: "Love means loving ourselves *even* when we are afraid." This applies to all so-called "negative emotions": fear, anger, doubt, jealousy, and so on. We simply cannot be who we are *not*. Accepting who we *are* allows healing to begin. Judging ourselves, we lose sight of the deeper message our feelings bring to us, reinforcing the very negativity we are attempting to dissolve.

Joe Cavanaugh writes: "Through personal and interpersonal processes, we will see how our judgments, beliefs, and attitudes can undermine our self-esteem and personal effectiveness. We will create a space to heal our wounds from the past while enhancing our capacity for greater love and compassion. In a context of mutual support and safety, we will

learn to love and accept ourselves for who we are in the present moment. We will then discover how these so-called 'negative emotions' were in fact angels in disguise, guiding us toward our Authentic Self."

This workshop is designed for all those wishing to enrich the quality of their lives, as well as for therapists seeking to enhance their therapeutic skills.

Prerequisite: Be willing to abstain from alcohol and nonprescription drugs for the duration of the workshop.

Recommended reading: Cavanaugh, *Who Am I, Really? How Our Wounds Can Lead to Healing*.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Golf in the Kingdom: An Exploration of the Deeper Game

Steve Cohen & Andy Nusbaum

*Ye'll come away from the links with a new hold on
life, that is certain if ye play the game with all your
heart.*

—MICHAEL MURPHY (AS SHIVAS IRONS),
Golf in the Kingdom

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the deeper game will be utilized, as well as principles from psychosynthesis and Gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* and *The Kingdom of Shivas Irons*; Gallwey, *The Inner Game of Golf*; Shoemaker, *Extraordinary Golf: The Art of the Possible*.

(greens fees—about \$145—paid directly to the leaders)

The Sacred Art of Thangka Painting

Jamyong Singye

Thangka painting is the ancient Buddhist method of depicting sacred images and man-

dalas. In this workshop, participants are invited into the world of the Tibetan Thangka, a place of rich imagery and profound sacred meaning. Jamyong Singye, a former monk and a renowned master of the Karma Gardri style of Thangka painting will be your teacher and guide for this meditative art form.

Slides of ancient as well as recently-painted Thangkas will inspire participants to follow the traditional guidelines of measurement and technique. Each participant will create his/her own diagrammed line drawings of Buddha's face, then Buddha's whole body, gradually adding robes, landscape, clouds, lotus flowers, water, and wish-fulfilling jewels. Students will be taught to make their own paint in the Tibetan style using semiprecious minerals and flowers. They will also learn to make brushes and to stretch canvases by traditional methods.

This hands-on drawing and painting intensive will benefit both beginning and advanced artists. It is appropriate for those who intend to use the techniques in a continuing study of Thangka painting, or for those who would like to bring new elements to other art forms.

(\$35 materials fee paid directly to the leader)

Weekend of April 30–May 2

New Poems Weekend

Sharon Olds

For workshop description see April 25-30. This weekend workshop differs from its five-day counterpart in duration only.

To apply, send a letter with your name and address, and three pages of recent poems, typed (no more than one poem per page). Do not include a SASE; poems will not be returned. Send them to Olds *Weekend Poetry Workshop*, c/o Esalen Institute, Big Sur, CA 93920. Be sure to specify that you are applying for Sharon Olds's *Weekend* workshop. Your poems must be received by February 19, 2004. Participants will be notified of their acceptance by March 11, 2004.

Rasa Vinyasa: Savoring the Essence of Yoga

Shiva Rea

This retreat will be dedicated to cultivating *rasa* through an integration of vinyasa flow yoga, ayurveda, and yogic art as a celebration of life. *Rasa* has many meanings: in the arts,

rasa is the transforming “taste” that brings inner satisfaction to the beauty of dance, music, or painting. Within yoga and ayurveda, rasa is the “inner juice” associated with longevity, joy, devotion, and flexibility. Without rasa, it is said, our experience of yoga, and life, becomes “dry, rigid, routine.” Rasa, the rejuvenative juice, restores our essence and enhances our moment-to-moment satisfaction in being fully alive.

In vinyasa yoga, the breath and the flowing sequence of asanas becomes the river in which to awaken our full potential. Shiva's classes explore the art of yoga in practical, creative, and inspiring ways. She brings classical yoga alive for modern practitioners through the integration of movement meditation, yogic philosophy and art, and spontaneous humor and joy. Morning practices will focus on virya vinyasa, the cultivation of inner and outer strength without strain; afternoon sessions on shanti vinyasa, living peace through restorative vinyasa yoga, ayurveda, philosophy, and meditation. The retreat includes a special rasa-inducing yoga trance dance, joining with Jai Uttal. Simple yet effective ayurvedic practices such as abhyanga (self-massage) and rasayanas (herbal tonic teas) will be integrated so that participants can return home with skills to enhance the flow of rasa in their lives.

Chanting: The Heart of Devotional Yoga

Jai Uttal

Embark on a vocal journey through the sacred sounds of ancient India. With call-and-response group chanting and storytelling, Jai Uttal creates a space of invocation, prayer, and heartfelt expression.

Drawing from an unbroken tradition of Indian devotional singing, Jai will introduce the ancient practice of *kirtan* (chanting), the heart of devotional yoga. This meditative practice of calling to the divine creates a bridge between the individual and the eternal, opening the heart and welcoming the spirit. Jai will relate stories from the spiritual epics of India as well as from his personal experiences to create a modern context in which to explore this tradition.

“These ancient chants,” writes Jai, “contain a transformative power and healing energy. By singing these prayers and expressing a full range of emotions through our voices we join a stream of consciousness and devotion that has been flowing for centuries. The chanting

begins as a faint spark and is fanned into a flame of ecstatic awareness by repetition, rhythm, and remembrance of the divine.”

No previous experience is needed. This is an exploration of the heart, independent of vocal or musical technique.

Freedom from Fear

David Richo

Only a paradox comes close to comprehending the fullness of life.

— C.G. JUNG

There are three simple steps toward handling neurotic fear:

First, *admit* you feel fear. This breaks through all the rationalizations by which you talk yourself out of the fear or make it into something else. Instead of saying “I am uncomfortable around her,” say “I am afraid of her.”

Second, *feel* the fear fully, with no attempts to get rid of it. Shake, shudder, do whatever it takes to experience the emotion.

Third, and most difficult, *act as if* fear could not stop you. Act as if you were fearless. This is the truth. Since you actually contain all opposites, you *do* have fearlessness inside you. It is only that you have not accessed it. This adds resourcefulness to your defenselessness.

When you follow these three steps, you begin to trust that you really can live through fear. That makes courage real. You have counterpoised reality to unreality, true evidence to false. This makes you trust yourself and enriches your self-respect.

Admit, feel, and act is paradoxical because you are doing the very thing that you feared! “I am afraid of this roller coaster, so let's buy the tickets.” You trick yourself into getting over the fear. You fear the water and integrate it by learning to swim. The way to integrate fear is to admit it, feel it, and act over it. This is freedom from fear.

This weekend workshop will be spent applying these principles to real-life situations.

Using Finger Signals to Tap the Wisdom of the Inner Mind

Adam Crabtree

Everyone has experienced the power and wisdom of the inner mind for bringing about healing and growth. The question is how to be able to tap this rich resource when we have the need, and, importantly, how to be able to obtain information from the inner mind that is free from the distortions that arise from

rigid analytical thinking, irrational subconscious complexes, and the influence of the expectations of group and cultural forces that surround us.

What is needed are approaches that can bypass these obstructions and allow the wisdom of the inner mind to come through undistorted. This workshop will explore the use of finger signals and other methods that circumvent the blocks and filtering mechanisms arising from these obscuring influences.

The approaches explored make use of “automatisms” that avoid ordinary conscious thinking and its verbal expression. The workshop will help participants become familiar with methods for establishing these “ideodynamic” signals for themselves and helping others use them. It will also offer ideas for employing finger signals as an aid in the practice of various healing arts, including psychotherapy, counseling, and emotional bodywork.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

Week of May 2–7

Eight Weeks to Optimum Health (in Five Days)

Dennis Gates & Tom Cronin

Everyone wants spontaneous healing and health. This workshop is designed to enhance what you intuitively know: how to be fit and healthy in a natural way, and how to incorporate healthy principles into your busy life. The course is for all seekers of optimum health—cancer and heart-attack survivors, people at risk (diabetes, high cholesterol), those desiring stress reduction or weight control, as well as people who simply want to improve.

Dr. Dennis Gates, a graduate fellow of Dr. Andrew Weil's program, and Tom Cronin, a Healthy Life Coach, have adapted and expanded Weil's book, *Eight Weeks to Optimum Health*, to a workshop format. They will guide you through a nutritional, mental, physical, and spiritual Eight-Week Program—in five days. You will study nutrition by combining Esalen's food and kitchen with Dr. Weil's principles and recipes. In interactive sessions, you will be taught the use of organic foods, toxin elimination, and supplements. Through breathing, meditation, and other Esalen approaches, you will practice immune

enhancement and stress reduction. The fitness aspect will emphasize simplicity: walking, hiking, dancing, and muscular exercise without machines, amid the beauty of Esalen.

This is a proven program for taking full advantage of your body's natural healing power. The goal is for participants to leave with knowledge and a sense of purpose, having already begun a naturally healthy lifestyle.

Recommended reading: Weil, *Eight Weeks to Optimum Health* and *Spontaneous Healing*.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Awakening the Creative: The Painting Experience

Stewart Cubley

Awakening the Creative is a journey into the wild territory of painting directly from intuition, a leap beyond the predictable, a venture into color, form, and image where no rules apply. It is free play, reflecting your true nature, genuinely and gently, without words. What you'll discover is what you most secretly desire: your deepest response, free from comparison, criticism, and self-control.

Join Stewart Cubley, cofounder of The Painting Experience in San Francisco, in an adventure of free-expression painting. Explore the power of spontaneous creation to touch your core and awaken your passion. This workshop will appeal to you whether your interest is in:

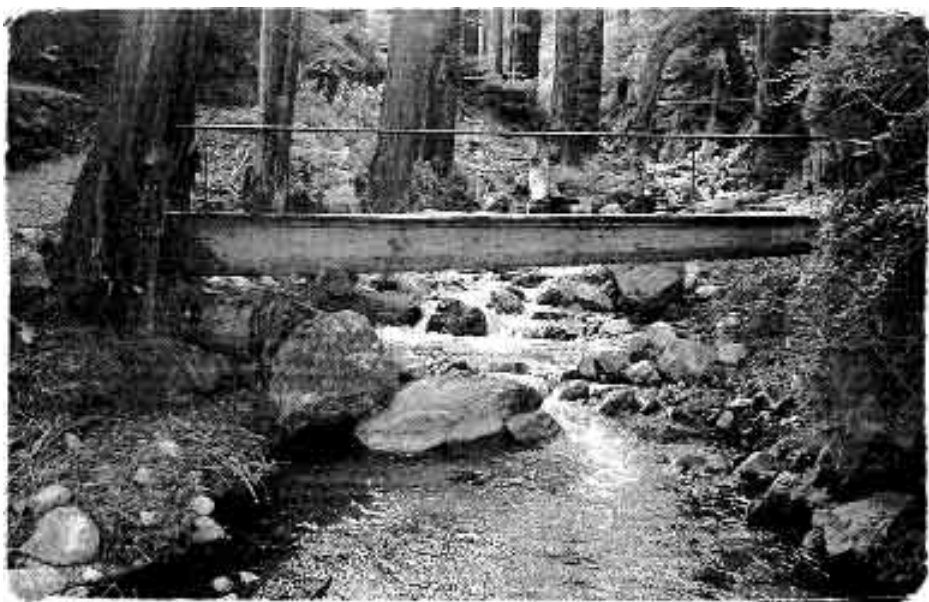
- The artistic/creative—Learn to trust your creative impulse in a safe atmosphere that honors individual differences.
- The healing/therapeutic—Not knowing allows innocence. Accepting imperfection yields compassion. Risking vulnerability connects us with others.
- The meditative/spiritual—Free-expression painting is an engaged spirituality, a practice of learning to stay in the face of whatever arises. It is a journey into the Great Mystery.

All levels of experience are welcome (everyone is a beginner). All materials are supplied. For more information visit www.processarts.com. You may also send a request to contact@processarts.com for a free CD preview of the workshop.

Recommended reading: Cubley (coauthor), *Life, Paint and Passion: Reclaiming the Magic of Spontaneous Expression*.

CE credit for MFTs and LCSWs; see page 74.

(\$50 materials fee paid directly to the leader)



DANIEL BIANCHETTA

Pose and Repose: Yoga as a Balance of Active and Receptive

Thomas Michael Fortel

"It seems apparent on the mundane and worldly plane of life that multiplicities, paradox, and polarities are normal," writes Thomas. "The teachings of yoga indicate that on the spiritual and metaphysical level, Oneness is the essence of everything. The practices of yoga lead us in the direction of unifying life's polar opposites, and, over time, bring the Light of God and the Darkness of Shadow into full integration and embrace.

"Yoga is neither all effort nor all surrender. A certain amount of effort is required in a yoga practice to keep showing up, and for the body structure to hold the form of the pose. Yet this effort is in complete balance and equipoise with softening, letting go, opening, and surrender. In this retreat we will focus on the limbs of asana, pranayama, and dhyana (meditation) in the context of effort and receptivity. Inherent in the exploration of yoga is the experience of Love and Joy and living from heart-balanced-with-mind."

All are welcome to this retreat. Please have a minimum of 3 months of recent yoga asana practice. All props are provided.

CE credit for nurses; see page 74.

The Journey from Abandonment to Healing

Susan Anderson

"Abandonment is the most primal human fear," says Susan Anderson, "and the main underlying issue of most emotional distress and dysfunction." Author of *The Journey from*

Abandonment to Healing and *Black Swan: The Twelve Lessons of Abandonment Recovery*, Anderson is the founder of the Abandonment Recovery movement and has studied this field for twenty-five years.

In this workshop she presents a highly effective program of emotional and spiritual healing that provides the means to reverse the universal wound of abandonment. Participants will learn specific exercises for each of the five stages of abandonment (shattering, withdrawal, internalizing, rage, and lifting); how to overcome self-sabotage and "abandoholism"; how to make new connections; and the twelve steps of healing from abandonment. She will also share recent findings from the field of brain science that shed new light on the biological and chemical processes that underlie our emotional response to loss.

Whether you're experiencing a recent breakup, the loss of a loved one, or a lingering wound from the past, this workshop can help you begin to restore your sense of self and increase your capacity for love.

Recommended reading: Anderson, *The Journey from Heartbreak to Connection*, *The Journey from Abandonment to Healing* and *Black Swan: The Twelve Lessons of Abandonment Recovery*.

CE credit for MFTs and LCSWs; see page 74.

Esalen Massage Intensive

Brita Ostrom & Lioness Parizek

Esalen Massage is a healing, enriching practice that feels as satisfying to give as to receive. Esalen bodywork in its many forms will be



PETER JAMES MEYERS

demonstrated, practiced, and discussed during five days of learning and relaxation, cradled in the beauty of the Big Sur coast.

The workshop will incorporate specific and integrative massage skills, gentle and deeper touch, grounding, stretching, and energy work. The instructors will present a bodywork style that addresses individual needs, balances the whole person, and honors the healing power of touch. Special attention will be given to self-care, quality of contact, breath awareness, and stress relief. The workshop will utilize meditation, music, and movement, encouraging creative expression to bring forth the energy released by the bodywork.

The workshop is for people who want to develop the ability to give a relaxing, restorative massage, focused on the centered, peaceful internal connectedness that makes Esalen Massage so effortless. For beginners and experienced alike, it will provide a safe atmosphere for learning and discovery. Please bring comfortable clothes and your favorite music.

CE credit for nurses; see page 74.
CE credit for bodyworkers; see page 74.

Weekend of May 7–9

Mothers and Daughters

Julie Bowden & Dondra Lopez

This program invites mothers and daughters for a weekend of exploring the relationship that is the most formative in a woman's life. Celebrate the joys, and explore and heal the hurts, while gaining a deeper and more appreciative understanding of each other. Join moth-

er-and-daughter team, Julie and Dondra, in creating a safe and loving environment in which to strengthen and honor your relationship.

Please note: This workshop is for mother-and-daughter couples only.

Mindfulness and Heartfulness: The Healing and Transformation of Mind and Body

Mark Abramson & Fred Luskin

This program is designed to integrate the practice of mindful awareness with directed heartfulness in order to facilitate growth, healing, and change. It is based on Dr. Luskin's research at Stanford Medical School on the healing effects of forgiveness and heartfulness and Dr. Abramson's work as the director of Stanford's Mindfulness Based Stress Reduction Program.

The workshop introduces the practical application of techniques of mindfulness and heartfulness to transform emotional states and unleash the great potential for deep healing of the body. The goal is to learn new ways of relating to experience that allow greater opening, understanding, and the possibility of transformation. "Our work," the leaders write, "has shown us that this creates an increasing experience of gentleness, kindness, and respect for oneself and others."

The program offers guided practice in mindfulness meditation, body movement, breathing practices, and heart opening, interspersed with lecture and interactive discussion. While the practices are especially helpful for people who are experiencing emotional or physical

concerns, the universality of the experience makes this program valuable for all.

CE credit for psychologists; see page 74.
CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

The Olympic Spirit: Reviving the Soul of Sports

Phil Cousineau & Stuart Brown

For nearly twelve hundred years athletes, philosophers, poets, and pilgrims gathered in ancient Greece to compete for the honor of the olive wreaths at the Olympic Games. The Games reflected the Greeks' passionate pursuit of *arete*, or excellence, through competition in every arena of life, from athletics to poetry to history. The ancient Olympics were so revered they lasted nearly twelve centuries, but the modern Games symbolize the paradox of modern sports. Four billion people watch the Games on television and athletes from two hundred nations compete, but the Games are riddled with scandal, commercialism, and an obsession with winning at any cost. Meanwhile, recent studies reveal that 75% of American kids permanently stop playing sports by age 12.

Inspired by the return of the Olympics to Athens this summer, mythologist/filmmaker Phil Cousineau and psychologist/play-expert Stuart Brown will lead this multimedia workshop that explores the role of play, games, and competition in sports, from ancient to modern times. Through film clips, slides, poetry, biological and psychological research, and group discussion, they will present a far-ranging look at the relevance of the Olympics, and sports in general, for athletes, coaches, and spectators alike. Topics will include the evolutionary role of play, the sacred dimension of sports, athletics as initiation, the coach as mentor, and the Olympic ideal of pursuing excellence in mind, body, and spirit. This workshop is designed for athletes, coaches, parents, fans, teachers, psychologists—anyone seeking deeper understanding of the interplay between competition and cooperation.

Awakening Creativity and Inspiration

Jayson Fann & The Esalen Arts Center Staff

Let the beauty we love be what we do.

— RUMI

The most beautiful thing we can experience is the mysterious. It is the true source of all art and science.

— ALBERT EINSTEIN

Jayson writes: "This workshop is for those wanting to immerse themselves in a week of

abundant creativity. Silk painting, clay sculpting, mask making, mosaic, and print making are some of the mediums we will explore to entice what lies beneath in the ocean of your imagination."

What makes this workshop special is the opportunity to work with several guest artists who will share their knowledge in a variety of artistic approaches and mediums that are accessible and enjoyable. The workshop is structured to provide the guidance, the materials, and a supportive environment for you to awaken and explore your creativity and artistic passion. For added inspiration, there will be live musical accompaniment woven throughout the workshop.

(\$50 materials fee paid directly to the leader)

Weekend Massage Intensive

Vicki Topp & Tom Case

The essence of Esalen Massage is the awareness and presence with which one approaches the work. This workshop will provide a safe and supportive environment for you to explore sensitivity and connection through touch. The fundamental elements of Esalen Massage—breath awareness, quality of touch, long integrative body strokes, and creative table movements—will be presented through brief lectures and demonstrations followed by hands-on practice. The goal will be to create a firm foundation of massage upon which to build. Sessions will include plenty of personal instruction and assistance to support this process of learning massage.

Come prepared to touch and to be touched, both in the workshop and by the beauty, power, and spirit of Esalen and the Big Sur coast. All levels of experience are welcome.

CE credit for bodyworkers; see page 74.
CE credit for nurses; see page 74.

Ancient Philosophy as Psychotherapy

Michael Grosso

Ancient philosophy was concerned with questions like: Is there a right way to live? Can we ease suffering and achieve serenity, vitality, and happiness? Without exception, every ancient philosophy was a school of what today we call "psycho-therapy" or "care for the soul."

Now, in our time when psychiatry has turned into pharmacology and approaches to counseling and psychotherapy are reaching out in all directions, we stand to gain by looking to ancient wisdom traditions for guidance and reorientation.

This program will survey the practical teachings of Buddha, Socrates, the Stoics, and the Epicureans. Certain common themes emerge that speak to us today, for example, the virtue of *enkrateia*, or self-mastery, the importance of the will, and the need for healing friendships. For the old masters, philosophy consisted of spiritual exercises and criticism of dysfunctional worldviews. The workshop will describe these exercises and discuss the elements of worldview-making. Participants will have the opportunity to present for group discussion an everyday human problem, which may be their own, someone else's, or a fictional one.

Designed to facilitate a group encounter with ancient wisdom, the workshop is meant for therapists and counselors seeking to broaden their repertoire and for individuals curious to explore ancient wisdom as a way of dealing with everyday problems.

May 9–21

Advanced Esalen Massage: A Twelve-Day Intensive

*Carl Chase (CC), Deborah Anne Medow
& Perry Holloman*

The Esalen Massage School presents this twelve-day seminar for advanced students who are seriously pursuing the practice of massage and who wish to expand their knowledge of the Esalen approach to bodywork/massage.

Esalen Massage reflects the rich history of Esalen Institute in Somatics, a field dedicated to understanding and working with the body to support psychological growth and spiritual development. Moshe Feldenkrais, Ida Rolf, Milton Trager, Charlotte Selver, and Dr. Randolph Stone are just a few of the pioneers whose work has been incorporated into the ever-evolving form of Esalen Massage.

This workshop will focus on expanding the practitioner's grasp of intuitive touch. In addition to learning how to interpret the client's needs as a session progresses, students will experience (1) how different forms of touch can be utilized within an Esalen Massage format, and (2) how changes in depth, pressure, and rhythm can influence the quality and effectiveness of a massage session. There will be instruction in advanced massage techniques, such as stretches, twists, deeper work from underneath the body, and subtler forms of energetic work which support tissue

change and healing. Yoga, meditation, and other forms of movement will be practiced daily as a way to care for one's own body and focus the mind.

Please bring your favorite CDs for massage and moving, a sense of humor and play, and a strong intention for learning.

CE credit for nurses; see page 74.
CE credit for bodyworkers; see page 74.

Friends rate: Standard accommodations: \$2665
Bunk-bed: \$1995

Regular rate: Standard accommodations: \$2715
Bunk-bed: \$2045

Week of May 9–14

Gestalt Awareness Practice

Christine Price & Guest Leader

For workshop description see February 1–6.

Awakening Creativity and Inspiration

Jayson Fann & The Esalen Arts Center Staff

For workshop description see May 7–9. This five-day format presents an opportunity for more—more depth, more exploration, more passion, more creativity, more fun.

(\$75 materials fee paid directly to the leader)

I-You-Us: Pleasure, Intimacy, and the Search for Connectedness

Terry Hunt

This workshop is about healthy relationships—in love, in friendship, in daily life. The focus is on how to nurture our own vitality in situations where we long for connections that are more real, more safe, or more rewarding.

Pleasure is essential for healthy relationships. Add the erotic element and the potential for pleasure grows exponentially. But whether in love or friendship, in same- or opposite-gender relationships, the reality of sustaining delight in one another over time is often a mystery and a struggle. We substitute old avoidance patterns for intimacy as we play out the Good Girl and Super Guy roles we developed during traumatic childhoods and adolescences. Or we repeatedly act and react out of fear, sadness, or rage, keeping our relationships locked in the "cultural missionary position." Giving up carefully honed "pain avoidant" habits releases new energies for the

pursuit of personal fulfillment in relationships.

This workshop is designed to help individuals and couples identify myths that block the flow of joy. Terry Hunt writes: "Together we will redefine the role of pleasure in our lives and create updated images of our sexual and sensual selves. We will explore new language that more honestly communicates our desires. We will encourage each other to approach our gender gaps with intention rather than fear, assertion rather than suspicion. We will follow our instincts for pleasure into enriching and creative moments of wholeness."

Come alone or with an intimate.

Recommended reading: Hunt & Paine-Gernée, *Emotional Healing and Secrets to Tell, Secrets to Keep*.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

Spiritual Massage: Lightbody Infusion

Maria Lucia Sauer Holloman

Spiritual Massage is a hands-on healing practice that works directly on the energy body, balancing the chakras, cleansing old thought forms, and gently facilitating release of emotional, physical, and spiritual blockages, allowing for infusion by the Lightbody.

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where Spiritism—receiving healing knowledge from the spirit world—is familiar to much of the population. In 1979 she came to Esalen and was sponsored by Esalen cofounder Dick Price while she learned Spiritual Massage from Brazilian healer Luiz Gasparetto.

This workshop presents practical methods for using the hands as instruments of physical and spiritual healing. Incorporating hands-on and energetic work, it emphasizes intentionality as the fundamental tool of any healing art for moving energy. The course includes exercises for grounding and attuning to energy as well as Afro-Brazilian shamanic practices for self-protection. Emotional release work and group process will be integrated as they emerge.

This work is accessible to anyone—nurses, bodyworkers, businessmen, therapists, and all those interested in working with energy and people's bodies.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Tai Chi

Catherine Elber-Wenner

Tai Chi began thousands of years ago; the stories of its evolution are varied, colorful, often contradictory, and always fascinating. The most important factor in its history, however, is that it's a living history. Tai Chi has moved like a river through the centuries as a well-spring of relaxation, rejuvenation, strength, and clarity. The gifts of Tai Chi are as alive now as they were thousands of years ago and we, in the present, can easily partake of the endless, timeless nourishment this discipline provides.

There are many forms, styles, and schools of Tai Chi to choose from yet, regardless of the mode or system, it is the internal energy, the *chi*, that is being cultivated. This workshop presents one of the simplest yet most powerful methods of Tai Chi; deeply personal results can be experienced immediately, regardless of physical ability. The circulation of *chi* is cumulative in effect, and every time we practice we add more *chi* to our internal reservoir. In this way, our understanding deepens in regard to the endless benefits bestowed by this ancient practice, permeating every level of our existence with balance, healing, deep calm, and powerful inner peace.

Weekend of May 14–16

Why Aren't You Smiling? A Buddhist Weekend for Cynics in Recovery

Wes Nisker

*Oh wondrous creatures,
by what strange miracle
do you so often
not smile?*

— HAFIZ, Sufi poet

"At this very moment," writes Wes Nisker, "there are apparent miracles taking place all around us and within us. We have only to look closely in order to become amazed and to fall in love with ourselves and the world. In this workshop we will make creative use of some of the most important Buddhist meditation techniques as we explore the wondrous experience of being human. With an attitude of curiosity and playfulness, we will examine the workings of our bodies and minds, our nature 'as' nature, and our place in the grand scheme of things. In the process we will hopefully find some relief from our personal dramas, and a new sense of value and meaning in our lives."

The workshop sessions will include guided meditations on the life of the body; on our vital "animal" conditioning; on death and dying; on the nature of consciousness. The talks and discussions will present both traditional Buddhist views of self and reality as well as some of the latest information from evolutionary biology and psychology to support and guide the meditations. Crazy wisdom will also be present in the workshop.

Focusing: The Inner Relationship

Ann Weiser Cornell

Focusing is a body-centered technique for reaching beyond familiar thoughts and feelings to an underlying "felt sense" of something. Instead of the usual internal chatter, you start to listen in a relaxed and friendly way to the parts of yourself that do not normally get attention. Out of this deeper bodily listening, creative and transformative openings can emerge.

This highly experiential workshop is a deep introduction to the spirit, attitudes, and methods of Focusing. You'll learn how to tune in to "felt senses," messages from your deeper self that are held in your body. You'll learn how to create a climate of acceptance and welcome within so that you can hear from these parts of yourself without judgment. You'll learn how to receive the messages that lead to relief and release in your body when you do.

The workshop will provide a safe and supportive atmosphere in which your inner sense of rightness is respected, even to whether and when you speak in the group. You'll learn how to guide yourself through a Focusing process, and you'll practice partnership skills that support making Focusing a regular and trusted part of your life.

Those who aren't familiar with the Focusing process will begin to learn to use it immediately. Those who are familiar with it will go even deeper. Helping professionals will learn powerful tools for working with clients.

CE credit for MFTs and LCSWs; see page 74.

Healing the Wound that Will Not Heal: A Retreat for Grieving Parents

Ken Druck & Charlie Bloom

You don't think you'll live past it and you don't really. The person you were is gone. But the half of you that's still alive wakes up one day and takes over again.

— BARBARA KINGSOLVER

Ask 100 parents their worst nightmare. The

chances are that 99 will say “losing a child.” The thought itself is so horrible, so unimaginable, it’s almost impossible to hold in consciousness. Sadly, the unthinkable becomes reality for 100,000 parents in the U.S. each year. These parents experience the choiceless, inconceivable pain of losing a child. Their grief is overwhelming. Accidents, illness, suicide, and acts of violence claim not only the lives of their children, but the hopes and dreams of families. Gone forever is joy, beauty, pleasure, and meaning, leaving only pain and emptiness. Or so it seems. How is a mother or father to go on? How can we begin to heal our lives? Our families? Our souls? What can we do to survive the pain? Is it possible to keep our hearts open when they have been shattered? And how can we honor our children in the way we live out the rest of our lives?

This weekend workshop is for parents, grandparents, and parent-figures who have experienced the loss of a child (of any age). Group process, presentations, music, and spontaneous sharing will allow participants to experience the support, love, hope, compassion, and understanding necessary to go on.

Freedom Yoga: Cultivating Compassion

Hala Khouri

“One of the greatest lessons that yoga can teach us is compassion,” says Hala Khouri. “Compassion for ourselves is the foundation for our healing and opening to authenticity and joy. Yoga asanas are valuable tools that bring to the surface our unhealthy—and healthy—thought patterns and beliefs.

Practicing yoga is one way to begin to discover and transform the ways in which we keep ourselves stuck and unhappy. The root of this healing is in cultivating compassion.

“We get ‘stuck’ when guilt and shame prevent us from experiencing the ease and flow we so desire. Fear and resistance keep us constantly battling with ourselves. What we all ultimately crave is freedom, freedom to love and be loved, freedom to play. When we release the thought patterns and behaviors that prevent us from fully loving ourselves, a wellspring of energy becomes available to us for healing, growth, and pure joy!”

In this workshop, participants will be led through a creative asana practice that includes music, dance, and spontaneous movement, followed by discussion, journaling and interactive exercises. Participants should have at least three months of yoga experience and a basic knowledge of yoga asanas.

Cultivating Sacred Space: Gardening for the Soul

Elizabeth Murray

“A garden is a place where we are invited to make an intimate relationship with nature,” writes Elizabeth Murray. “Working in the beautiful Esalen Garden, we will learn to garden as a sacred union with plants, soil, water, and light. We will garden as a meditation, a healing practice, and an art form, using color, texture, design, scent, and light.”

Be inspired, nurtured, and enriched in the life-sustaining gardens and nature of Esalen. Cultivate your own inner sacred space as you

learn practical gardening methods in the organic vegetable and flower gardens. Learn how to transform your own garden into sacred space, imbued with personal meaning and universal sacred symbols.

Gardening is a way to bring the sacred into daily life, and participants will be inspired by talks in the evenings, with slides of sacred gardens from around the world, stories, poems, and personal sharing. The creation of an altar and rituals, as well as hands-on work in the garden, will invite intimacy with each person. Using the garden as personal metaphor, the workshop will draw parallels between our life experiences and garden cycles of gestation, regeneration, expansion, and, finally, fruition and harvest.

Bring gardening clothes and a journal; cameras and watercolors are optional.

Recommended reading: Murray, *Cultivating Sacred Space: Gardening for the Soul*, and Monet’s *Passion: Ideas, Insights, and Inspiration from the Painter’s Garden*.

Week of May 16–21

Painting In the Landscape

Adam Wolpert

Throughout history artists have turned to nature for inspiration. The spectacular beauty of Esalen, with its radiant gardens, flowing waters, and rugged coastline, provides the perfect setting to engage in this age-old human endeavor. Through hands-on practice, exercises in contemplative seeing, demonstrations, lectures, and group critiques, participants will learn how to paint in the landscape.

The bulk of each day will be devoted to painting (outdoors, weather permitting) rapid watercolor sketches and more developed small oil paintings. Instruction in setting up a palette, using mediums, mixing colors, and brushwork will be balanced with slide presentations on visual theory, composition, and special issues in landscape painting.

Painting out-of-doors is a profound experience. Faced with nature’s dynamic forces, we are challenged to develop visual sensitivity, flexibility, and resilience. In the living landscape, we come into a deeper relationship with the wind and sun, the moving shadows, the glimmering ocean—and ourselves.

Bring a hat and walking shoes, layers for warmth, and skin protection. Also bring a portable easel if you have one, as well as slides



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or a portfolio (if you have any) of your past work to share with the group. Adam Wolpert's work can be viewed at www.adamwolpert.com.

(\$75 materials fee paid directly to the leader)

Stronger at the Broken Places: Relationship Challenges as Initiatory Experiences

Linda & Charlie Bloom

The mind seeks an easy relationship.

The heart seeks a spiritual partner.

Many factors draw us into relationships: physical attraction, a desire for intimacy, financial concerns, to name a few. Then there are our deeper, often unconscious agendas, matters of the heart that are usually less apparent, although certainly no less compelling. A soulmate is someone with whom we can learn the lessons required for our deeper purposes to be fulfilled. These lessons have to do with freeing ourselves from limiting patterns of behavior and beliefs that interfere with our ability to be free, whole, and loving beings.

This process of liberation often pits us against challenges that stretch our capacities, that confront us with unhealed wounds and incompletions. This is the deeper purpose of relationships: to compel us to go beyond the edges of our familiar reality and into the terrain of the unknown. Each time we successfully move into and through these painful ordeals of the heart we claim increasingly larger aspects of ourselves, bringing us to progressively higher levels of consciousness.

In this workshop, participants will be shown how to embrace and take full advantage of the teachings that relationships provide for us as we strengthen the capacity to stand more firmly and openly in the face of the fire.

Please note: This workshop is for couples only.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Balance: You're Only Young Once But You Can Feel That Way Forever

Jean Couch

How do you walk through the world? Are you open, strong, expansive, active, alive? Or are you closed off, weak, in pain, constricted, passive? How you walk, stand, and sit in the world reveals who you are.

This workshop is for anyone from yoga practitioners to runners, walkers, or computer nerds, and everyone in between. The goal is to

teach you—no matter what your age—the fundamentals of using your skeletal system to support your body in balance so that your muscles remain pliant, flexible, and powerful throughout your life.

Aging is usually associated with stooped, shortened, weakened bodies. In this workshop, you will be shown how to achieve a balanced posture that increases your flexibility, maintains length in your torso, and dramatically reduces the stresses and strains that cause chronic pain and discomfort. You will learn to walk and sit in a way that frees you from pain and constriction, and empowers you with strength and self-confidence. Other benefits:

- Learn how to realign your bones as you walk, stand, sit, bend, and sleep
- Dramatically improve your walking and running as you acquire balance
- Dissolve aches and pains
- Receive personalized feedback throughout the class

CE credit for nurses; see page 74.

Finding Love: Relationship Success for Singles

Marvin Cohen & Narrye Caldwell-Cohen

This experiential training is designed to provide you with the tools, information, and support to find the "life you love, and the love of your life." It is appropriate both for singles desiring a life-partner and people wanting clarity in their existing relationships.

The leaders write: "First you will develop a vision of your perfect life and examine who you are and what you want. We will use collages, Mind Mapping, values clarification, journaling, and guided visualization. Then we help you look at your significant relationships and identify harmful and/or helpful patterns. Relationships include past and present romantic partners, parents, siblings, teachers, friends and other nonromantic relationships. You will also assess your own personality and develop a comprehensive and specific set of requirements, needs, and wants for your life-partnership. And finally, you will create a detailed relationship plan with timetables, milestones, and measurable objectives."

Bring a notebook or journal, pen, and a few of your favorite magazines to cut up. Scissors, glue, and coloring implements will be provided.

(\$30 materials fee paid directly to the leaders)

Soul Search: Embracing Our Spirit

Richard Balaban & Julie Bowden

The leaders write: "Childhood has a way of disconnecting our true self, the self that is deeply connected to our soul. Growing up—even in a 'normal' family, much less one with trauma, abuse, or neglect—conspires to create a system of defenses to protect us from future pain. These defenses become a barrier from our true feelings and awareness. We are cut off from our own sense of spirit—that spirit which allows us our deepest pleasure, our clearest awareness, and our most profound access to ourselves and a higher power.

"This workshop is designed for individuals who desire to move beyond pain, trauma, numbness, or meaninglessness. In our soul search, we learn to embrace the spirit within us which enables growth, well-being, and emotional health. We learn to listen to ourselves and receive guidance from this reconnected spirit. This allows us to navigate with intention and awareness through life's joys as well as challenges.

"Using experiential exercises, imagery, writing, dialogue, and introspection in a safe (and drug-free) environment, we will co-create a journey to acknowledge and nurture our inner voice, explore our strengths, enhance our relationships, and enliven our spirit. Therapists will learn techniques for use in their own practices."

CE credit for MFTs and LCSWs; see page 74.

Weekend of May 21–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 30–February 1.

A Tender Invitation

David Schiffman

"Our aims for this weekend are simple," writes David Schiffman. "To join together and share the magical, timeless realities of Big Sur's sea, sky, and mountains. To feel emotionally and physically restored, healed, and cleansed. To rediscover the lovingly creative inner resources of our own music, poetry, and prayer. To feel ready again to face whatever comes next in our lives.

"Together we will create a mood of sanctuary and a time to be met by kindred spirits. The



approaches utilized will be drawn from a wide variety of practices aimed toward physical, emotional, and spiritual attunement in order to restore our gratitude and appreciation for being alive.”

Rejuvenation: Reverse the Effects of Aging, Stress, and Injury

Anat Baniel

As we age, the wear and tear of life manifests positively, through increased capabilities, knowledge, and autonomy, and negatively, through aches, pains, stiffness, loss of strength, and, maybe worst of all, dimming of the vitality with which we experience our lives. As children, we continuously learn to do, think, and feel in new ways, exploring movement, feeling, and thought without knowing the outcome in advance. We have no idea of what is not possible—we are free to dream, grow, and be vibrantly healthy.

Anat Baniel, during many years of working with Dr. Moshe Feldenkrais combined with twenty-five years of working with children, musicians, dancers, athletes, and people with a wide range of limitations, discovered that by reintroducing and intensifying the qualities

of youthfulness, individuals can rejuvenate readily, no matter their age or condition. In this workshop you will learn to identify these lost abilities and to reintegrate them into your life to restore the sense of vibrancy and possibility we had as children. Through gentle movement lessons that transform limitation and pain into greater comfort, flexibility, and strength, along with hands-on exploration, theory, and discussion, you will learn:

- To transform old limiting beliefs into a world of new possibilities
- How to reclaim your youthful movement
- Simple techniques to overcome back, neck, and joint pain and avoid future injury
- How to move with strength and agility for better sports performance
- An at-home program to continue reversing the effects of aging

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Of Stone and the Self: Stone Carving for the Soul

Arthur Weinfeld

Stone is a medium that affords the opportunity to experience the deep satisfaction of trans-

forming something inanimate into something truly personal. In this workshop, the process of stone carving will be used as a creative vehicle for both artistic expression and self-discovery. The experience of selecting a stone, working with hand tools, and sharing this process in a group will offer participants a chance to explore the medium and deepen their emerging creative potential. Thus this endeavor becomes a metaphor for our lives.

Even if you have never carved stone, by the end of the workshop an artistic creation will emerge that is unique to your individual creativity.

(\$35 materials fee paid directly to the leader)

CE credit for MFTs and LCSWs; see page 74.

Finding True Love

Daphne Rose Kingma

“Love,” says Daphne Rose Kingma, “is an experience of emotional and spiritual awakening to the unbounded bliss that is the true condition of our souls. Love is our one true human quest and an intimate romantic partnership its most fond and luminous expression.”

In this workshop, you will be guided in the

spiritual and emotional preparations necessary to attract love into your life. Focusing on the four keys to true love—Faith, Intention, Trust, Surrender—you will be led on a step-by-step journey to self-knowledge that can liberate your heart. As you move through each process—resolving emotional issues from your past, healing relationship wounds, examining your myths about relationships, identifying your life theme (and discovering its effects upon your past relationships)—you can discover your own internal barriers to intimacy and gradually release them.

“This workshop,” writes Daphne, “is for people who are looking for a love in the highest and deepest form. It is for those who want to finally heal the pain of old unresolved relationships as well as those who can’t seem to bring themselves into alignment with the love that is already waiting to approach them.”

Activities will include meditation, exercises, and group process.

Recommended reading: Kingma, *Finding True Love*.

Eating, Food, and the Body/Self

Jerome Front

Eating, food, and the body/self are intimately intertwined. Tapping into these connections using the practices and metaphors of food and the body can lead to healing, transformation, and awakening. In a retreat atmosphere, you’ll be taught contemplative, somatic, and

psychological tools for feasting on the experience of being alive.

Dimensions of eating and food that are experienced with mindful awareness can lead to a reopening of psychological depth, a fuller embodiment, and a deeper sense of the creative, relational, and spiritual aspects of being alive. Otherwise, unacknowledged hungers, unrecognized feelings, trances, wounds, and personal mythologies around eating and the body misdirect our energies into filling these voids and away from being free and fully alive. This workshop offers neither a diet plan nor medical advice, but it does provide tools to help you focus on sources of true nourishment. Topics include:

- Your unique food mythologies, patterns, and trances
- Interconnectedness of Self, Other, and Cosmos
- Communal stories and release of shame and secrets
- Cultivating embodiment, depth, and creative, spiritual energies
- Eating and the body as practice for renewal, contemplation, and meditation

There will be silent community meals, self-assessment stories, music and ritual, meditation, and deep relaxation. Teachings and activities will alternate with periods of silence. Open to all, the workshop is an especially rich resource for therapists and nurses.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Week of May 23–28

Way of the Dreamer

Robert Moss

In this high-energy adventure in Active Dreaming—Robert Moss’ original synthesis of modern dreamwork and ancient shamanism—learn to find and fulfill your heart’s desires with the help of a warm and supportive circle. Master a fun, fast way to share dreams and take creative action to bring their energy and insight into waking life that you can practice anywhere, anytime. Discover how use dreams for guidance and healing, how to dream the future and change it for the better, how to free the creator and healer in you—and live a life filled with natural magic. The course will present the ancient shamanic arts of dreaming, including:

- Dream travel—journeying smoothly beyond the body into other times and other dimensions
- Dream reentry—using personal dream images as portals to multidimensional reality
- Tracking—entering a partner’s dreamscape (with permission) to bring guidance and healing
- Timefolding—scouting the possible future and visiting other life experiences
- Shapeshifting—journeying with the animal powers
- Dream enactment—developing personal rituals, performance, and spontaneous art to celebrate the powers that speak to us in dreams

The group will share sacred teaching stories and travelers’ tales and learn how to work with dream energy to become “poets of consciousness,” capable of shapeshifting reality and living a life of natural magic.

What to bring: Your dream journal, a small crystal, and a drum or rattle (if you have one).

Recommended reading and listening: Robert Moss, *Conscious Dreaming* and/or the *Dream Gates* audio series.

Wild Big Sur

Steven Harper with Michael Newman

“Big Sur in springtime declares ‘Green!’” writes Steve Harper. “This workshop is an immersion into the raw, emerging springtime beauty of Big Sur—and our selves. Spring is a season of re-creation, a time for the rebirth of



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creative energies. With wild nature—both inner and outer—as our inspiration we will set forth on day-hikes into Big Sur’s wild back-country to let our souls (and soles) be touched.”

The group will venture out on five hikes, 4-10 miles in length. Each hike begins after breakfast and concludes in time to enjoy the hot springs and dinner at Esalen. Evening sessions include an introduction to basic awareness practices from aikido and meditation, informal sharing, and useful outdoor skills.

All levels of experience are welcome. Participants should be prepared for the invigorating challenge of physical activity as well as the opportunity to simply sit still in quiet reflection. More information will be sent upon registration.

Senses Wide Open: An Active Exploration of Presence

Johanna Putnoi

Scene: You shake hands with a stranger. Warmth and kinship seem to flow into you. Your body says, Pursue this relationship. You tell yourself, I must be imagining things. You turn away.

Scene: You go on a long walk. You return home feeling fit and refreshed. Your body says, I feel great. But when you look in the mirror you tell yourself, I’ll never look the way I should.

Scene: Your lover’s touch feels rough, insensitive. Your muscles tense. You can’t seem to get in a romantic mood. Your body says, I really don’t like the way this feels. You tell yourself, There must be something wrong with me.

Our body, in its wisdom, continually sends us signals. We know we should pay attention, but our mind takes over. We reject the body as wrong—too weak, too lustful, too fat, too old. Instead of listening to our body’s natural wisdom we do the opposite, then wonder why we don’t feel better.

Learning to live fully in your body changes your relationship to everything—to yourself, to others, to the earth. This workshop in the Lomi Somatic tradition integrates Western psychological and bodywork perspectives with Eastern spiritual disciplines. The tools are presence, perception, contact, and practice. The disciplines used are meditation, conscious movement, bodywork, breathwork, and Gestalt. This is an opportunity to practice interrupting your habits of body, heart, and mind by expanding your ability to see, hear, sense, feel, and be existentially present.

Recommended reading: Putnoi, *Senses Wide Open: The Art and Practice of Living in Your Body*.

CE credit for bodyworkers; see page 74.

The Upledger Institute’s Lymph Drainage Therapy I

Lymph Drainage Therapy (LDT), developed by Dr. Bruno Chikly, is an original hands-on method of lymphatic drainage that incorporates techniques from general medicine, osteopathy, and oriental medicine. The LDT process uses methods of manual listening to teach practitioners how to tune to the rhythm, direction, and quality of the lymph flow. This enables advanced practitioners to perform a “lymphatic mapping” with their clients to find the precise pathways for draining the lymph.

Proper functioning of the lymphatic system is critical to our body’s ability to detoxify and regenerate tissues, filter out foreign substances, and maintain a healthy immune system. If lymph circulation stagnates, toxins accumulate and cellular functioning is compromised, opening the way to physical ailments and hastening the aging process. LDT is highly valuable when such dysfunctions occur.

The LDT procedure involves subtle manual maneuvers applying light touch, easy to use and not tiring to perform. Practitioners work with flat hands, using all the fingers to simulate gentle, wavelike movements. This enables them to feel the rhythm of the body fluids and thereby stimulate circulation in connective tissue as well as muscles, articulation, periosteum, bones, and viscera.

Please note: Registration for this workshop is through The Upledger Institute only. Please call 1-800-233-5880.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

The Authentic Self Connecting

Lynne Kaufman & Glenna Gerard

If you want to make contact with the most authentic and creative aspects of yourself and from that place connect with others, this workshop offers you a way to do just that. If you want to invigorate your mind/body/spirit and bring your private and public self into closer harmony, this workshop provides the opportunity and skills.

“Our goal,” write the leaders, “is to meet each other in a ‘yes-and’ approach. We will learn the art of opening ourselves to what comes toward us, acknowledging the gift, and adding

to it from our own unique perspective. This ‘yes-and’—rather than ‘no-but’—approach to life creates new connections and fosters aliveness and vitality. Energy flows, transformation happens, new ideas and possibilities unfold in an atmosphere of trust and expansiveness. We come fully alive. This week is about shifting from the stress and depletion of ‘no-but’ to the vitality and joy of ‘yes-and.’”

Participants will engage in guided conversation circles (based on the work of David Bohm), listening deeply, examining assumptions, engaging in inquiry and reflection to reach shared meaning. Awareness/improvisational exercises will embody the talk with playfulness and spontaneity.

Add the leaders: “There will be no discussion of traumatic pasts or parents’ failures. We will meet each other in the moment in laughter and friendship. As each day passes, we will become more present, more alive, and more authentically connected to everyone in the room.”

Authenticity, Intuition, and Creativity: A Workshop for Gay and Bisexual Men

Justin Hecht

Many gay and bisexual men desire a more satisfying and creative life. The readily accessible resources of the gay community don’t always create a real sense of connection and honesty. In this workshop, participants will form a supportive group to explore living more authentically and to learn how to let go of defensive ways of being in order to become more spontaneous, joyful, and whole.

Living authentically is what leads to a deeply satisfying life. The workshop will help you contact your inner wisdom to make your life more creative and fulfilling. The course will use group process, guided meditations, and music to enable you to connect with your intuition. Focused small-group work will cultivate depth, while larger-group work will cultivate broader connections and support.

The workshop is ultimately designed to help you connect deeply with different aspects of your self—your personal history, your intuition, and your potential—and to tap your creativity in seeking positive responses to areas of your life that feel neglected or unsatisfying. The week will conclude with structured exercises to help you make specific changes for your ongoing personal growth.

For more information, contact Justin Hecht at 415-673-0283 or justinhecht@prodigy.net.

Weekend of May 28–30

Money as a Spiritual Path: The Courage to Value Money

Mary Goldenson

You must give to feel richer, never to become poorer.

It takes courage to be rich. Choosing wealth as a goal requires facing everything about your money—bravely, honestly, and with soul-searing openness. Do you have the courage to explore:

- Yours, mine, and ours
- How you define value and worth
- Creating your financial destiny
- Starting over
- The business of love

What would it cost you to change course in your life? For you to feel rich in every possible way, including your heart? What would it take for you to say aloud to yourself in the mirror, “Things are going to be different—starting now”?

This workshop is for everyone who wants to contribute, to make a difference, and to practice gratefulness—lovers, friends, exes, children, parents, enemies, rich and poor who want to answer the question “Whose world is it anyway?”

In a safe, supportive environment, the workshop will utilize didactic and experiential exercises drawn from individual and group experiences. Participants will have the opportunity to address: the courage to connect to the world; cultivating abundance; and giving too much, giving too little, and giving the right amount.

This workshop may have up to 34 participants.

CE credit for MFTs and LCSWs; see page 74.

OpenMind Training: Innovations in Meditation and Mind/Body Healing

Ron Alexander

OpenMind Training provides instruction in meditation and mind/body healing from both a psychological and a spiritual perspective. The focus is on the practice, experience, and benefits of meditation and self-healing in daily life.

Meditation cultivates self-regulation through relaxation and the development of attention. Training in mind/body healing facilitates awareness of the inner resources of the Core Self—trust, comfort, time, and curiosity—to



activate the healthy and creative aspects of the unconscious mind. This promotes insight, wellness, and individuation.

Meditative practices of various Buddhist schools—particularly Tibetan and Zen, as well as Advaita (Vedic non-dual)—will be explored. These methods utilize mindfulness, insight, visualization, and presence to activate physiological and psychological energies whose merger can produce powerful states of mind to penetrate into the reality of our being and experience a spacious quality of freedom. The workshop will present teachings on the principles of Buddhist psychology and their applications for resolving afflictive factors of mind, mood, and happiness.

Participants will also be taught forms of breathing, chanting, trance states, and mind/body healing exercises. The workshop offers skills to calm the mind, regulate affect states, and develop trust with the unconscious. It is designed for anyone from beginner to advanced. There may be up to 45 participants.

Recommended reading: Goldstein & Kornfield, *Seeking the Heart of Wisdom*; Epstein, *Thoughts Without a Thinker*; Tolle, *The Power of Now*; Rossi, *The Psychobiology of Mind-Body Healing*.

CE credit for psychologists; see page 74.
CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

Drugs, the Mind, and the Body

David Presti

Chemical substances that influence the mind, brain, and body are more popular today than

ever. From Prozac to melatonin to Saint John's Wort, kava to coffee to Viagra, chocolate to marijuana to LSD to ayahuasca, drugs are a central part of contemporary society.

This seminar provides a comprehensive overview of the biological, ethnobotanical, psychological, behavioral, and sociological properties of a variety of familiar and perhaps unfamiliar drugs, ranging from chemicals that are used to alter consciousness, to ones that are used to regulate mood and modify personality, to substances that are used to promote sleep, lose weight, and maintain a youthful body.

Participants will develop a comprehensive and deep understanding of drugs, the mind, and the body, from molecular and chemical properties to historical and ritual relationships. The workshop will be of interest and value to anyone, including health professionals from all clinical areas, wishing to expand their knowledge about drugs that influence human behavior.

CE credit for psychologists; see page 74.
CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

The Soul of the African Drum

Ayo Adeyemi & Carole Zeitlin Adeyemi

We are all drummers and dancers—ever since the beginning of time. Our first drum is our heartbeat. Everything we do or say, or even think, has a rhythm, a dance, a song.

This workshop is an opportunity to gather as a community to learn the language of the Drum and the sacred ritual rhythms, dances, and chants to praise the Orisas. When we

immerse ourselves in a culture, we find that the music, dance, art, and traditions of the culture are all connected by its spiritual teachings. In the Yoruba tradition of Orisa worship, drumming is a highly respected source of healing and prayer. *Ori* means head, *asa* means to cultivate. We cultivate our head, or higher self, by drumming for the spirits. We celebrate life by giving thanks.

This weekend will culminate with an authentic ceremonial celebration, Yoruba style. Bring white ceremonial dress and something for the altar that represents all that is good and everlasting.

Aboru, Aboye, Abose. May your prayers and your offerings be accepted.

ITB: In the Beginning—An Integrative Practice Based on Creation

Sondra Barrett

In the beginning, was the void, the sound, the word, Creation. But is creation a one-time event only? Can we see our lives as an ongoing creative process and learn from myth and molecules how to embody that wisdom? Biological creation depends on three things:

- The cell—three states of tension influence the cell to reproduce, mature, or die
- The molecule—three letters of the DNA code create the recipes for some of our physical ingredients
- The brain—three “brains” (brain stem, limbic and cerebral cortex) influence our potential

Many spiritual traditions talk about three powers for creation and life—e.g., Christianity’s Father, Son, and Holy Spirit, and Hinduism’s Brahma, Vishnu, and Shiva. Metaphysical creation also looks to the three-some. Sacred geometry, for example, shows that the first stable form is the triangle.

The “Law of Three”: Three things are required before something can be created or changed. Expanding on the idea of ITP, created by Michael Murphy and George Leonard, ITB posits that if we bring the “Law of Three” to our daily practice, our intentions for change, creativity, and transformation may be attained more easily.

Sondra Barrett writes: “Through our bodies we will learn somatic practices rooted in the inner codes of our cells, sacred geometry, and spiritual traditions. We will explore creation—mythic, scientific, and personal—as we learn body prayers and energy practices based on the Law of Three. Through lecture, discus-

sion, movement, and viewing sacred and cellular art we will embody the inner codes of creation to discover how they may inform deeper change. The goal is to be both scientist and mystic while having fun. We will rattle our brains and move our muscles toward learning how to create and enact intent in real life. It’s as simple as one, two, three.”

Week of May 30–June 4

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

The high-performance mind is clearer, sharper, more flexible. Emotions become more available, easier to transform. Information flows readily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy. Having a high-performance mind means being able to enter at will the state of consciousness most beneficial for any given circumstance—and then understanding how to use that state.

Through brainwave training for beta, alpha, theta, and delta, this workshop teaches you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to help develop a high-performance mind for self-healing, increasing creativity, improving relationships, and developing greater awareness.

The workshop combines biofeedback monitoring with meditation, visualization, and deep psychophysiological relaxation to help you master your own states of consciousness. The Mind Mirror EEG will be used to measure brainwave patterns, and Electrical Skin Resistance Meters will measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

Art as a Spiritual Path: Discovering Your Soul Mandala

Paul Heussenstamm

It is the artist’s mission to penetrate...in the womb of nature, in the primal ground of creation where the secret key to all things lies hidden.

— PAUL KLEE

The mandala, an ancient symbol and concentric map of the psyche, has been used by various cultures around the world, including Tibetan Buddhists, Aborigines, and Native Americans. This workshop will introduce you to the mandala, and through it, to the mystery of the soul and the passionate world of the inner artist. It offers a supportive initiation for all participants, regardless of experience, to open to their natural creativity through art, meditation, ritual, and music. Each participant will complete a colorful personal mandala as a symbol to live with, to study, and to begin a process of learning, growing, healing, and artistic development.

Discover your soul symbols as powerful tools for personal and professional transformation. Come to a deeper understanding of your own creative forces. Mandala painting can open your eyes in a heart- and soul-connected way—to see and feel things you may never have experienced before.

No previous experience is necessary.

(\$50 materials fee paid directly to the leader)

Letting in the Light: Group Work With Dreams

Jeremy Taylor

We all dream every night, whether we remember the dream or not; each night we produce incredible dramas and sometimes all we recall are what feel like “silly” fragments. Snippet or epic, all dreams come in the service of health and wholeness. The trick is to figure out more of the deeper meanings and symbolic language of dreams, and that’s not easy to do alone.

Although only the dreamer can say for sure what a dream means, it is extremely difficult to discern that meaning without the help of others and their projections on our dreams. Dreams speak the universal, archetypal language of myth and metaphor, which means that projections on our dream by others will likely awaken the “aha” of recognition, not only in us, but in the group as well. Working on dreams in this way releases extraordinary creative energy and emotional awareness that can lead to deep healing and release.

The workshop will look at fundamental assumptions and techniques for group dream work and for working with dreams on your own. It will explore the Dark Shadow (in nightmares) as well as the exciting world moving beyond the Dark Shadow: the integration of the Bright Shadow, along with

many other universal themes in dreams such as the Trickster and the Wise Counselor.

This seminar is open to all. Dream work puts beginners and experts on an equal emotional footing from the outset.

Recommended reading: Taylor, *The Living Labyrinth: Exploring Archetypal Images in Myths, Dreams and the Symbolism of Waking Life*; Where People Fly and Water Runs Uphill; or *Dream Work*.

Double Your Creative Power— An Intuitive Secret-Story Writing Workshop

S. L. Stebel

First I dream the painting, then I paint the dream.
— VINCENT VAN GOGH

This course is for everyone, from coffee-house scribblers to published authors, who has felt the pull of a story struggling to emerge from an ocean of words, only to fall back, unable to determine the story's direction before it slips away. The story is not irretrievable. Using techniques developed over decades, Sid Stebel—whom Ray Bradbury calls “the best writing teacher that ever was!”—will help participants realize their creative potential.

First, we dream... Through simple exercises participants will be asked to produce, during that twilight zone between sleep and waking, the kind of inner-directed automatic writing that comes from the subconscious. Next, with input from the group, under Stebel's guidance, each individual will attempt to decipher what at first may appear to be random meanderings. During this process a story emerges, emotionally meaningful not only to its author but to its audience as well. By its creator connecting in this deeply-felt way with the story, the story will connect in a similar way with its audience, becoming, almost by definition, profound and universal.

Then we paint the dream... Once the story has emerged, its author can bring to bear all the storytelling talents of which s/he is capable. Using guidelines espoused by Aristotle, as expounded upon by Stebel in his book, a variety of structural devices and storytelling techniques for enhancing the story will be discussed, with the goal of choosing those that best realize the story's potential. For more about Stebel, see www.timetrek.com/stebel.

Recommended reading: Stebel, *Double Your Creative Power!*

SIKE: Health and Healing Through Ki Energy—The Exuberance of Wellness

Mallory Fromm & Therese Baxter

Spinal Integration/Ki Energy (SIKE) is a hands-on experience in the curative powers of Ki (qi) energy. Mallory and Therese have synthesized an acclaimed holistic healing art hitherto available only in Japan with Western alignment techniques to create SIKE. The SIKE Technique is elegant and effective, and uses the transmission of Ki energy rather than manipulation to induce healing and structural realignment through mind/body relaxation.

SIKE combines the systematic with the intuitive in treatments for preventive medicine, pain relief, digestion disorders, sleep disorders, stress management, female health and hygiene, and liberating the body from the domination of the mind. Participants give and receive individual bodywork. The goal: by workshop's end, each participant will have changed structurally, acquired a new perception of our innate potential for health and healing, and had a lot of fun in the process.

“Ultimately,” write Mallory and Therese, “knowledge of and facility with Ki energy provide insight into the human spirit, elevating our understanding and compassion. Come experience the magic of true relaxation through profound and lasting mind/body change. Come retrieve your childhood exuberance and vigor.”

To learn more, visit www.sikehealth.com

Recommended reading: Fromm, *The Book of Ki and Qi Energy for Health and Healing*.

CE credit for nurses; see page 74.
CE credit for bodyworkers; see page 74.

The Heart of the Matter

Kathryn Altman & Jonathan Horan

“In this workshop,” write Kathy and Jonathan, “we explore the direct link between the state of our body and the state of our emotions. Dancing Gabrielle Roth's 5Rhythms™, a cathartic form of ecstatic moving meditation, we free our bodies and feel what is held in our hearts. The Heart of the Matter is a journey into the land of forgotten feelings, where we learn the art of befriending our emotions, expressing them with purity and directness. Along the way, we reclaim our power to love.

“We will practice the embodiment of the 5Rhythms in this ancient and healing land where mountains meet ocean. We will share time exploring connection to self, partner,

and tribe, reflecting our lives in the vast pool of the dance.”

Recommended reading: Roth, *Sweat Your Prayers and Maps to Ecstasy*.

Weekend of June 4–6

Walk on the Wild Side: Hiking the Big Sur Country

Steven Harper

“What's the quickest way out of the city?” John Muir is reported to have asked a stranger on the street of the metropolis in which Muir had just arrived. “Where do you want to go?” the man asked. Muir replied, “Anywhere that is wild.”

This weekend is simple. Participants day-hike the mountainous paths into the wilds of Big Sur, breathe in the fresh mountain air, soak in Esalen's natural hot springs overlooking the waves of the Pacific—in short, let themselves touch and be touched by Nature. “Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul,” said Muir. Drawing from various wisdom traditions, the group will be introduced to basic practices that encourage openness to self and nature. As Muir discovered, “I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in.”

Hikes (3-6 miles in length) begin after breakfast and return in time to enjoy the hot springs and wholesome food of Esalen. Participants should be prepared for the challenge of invigorating physical activity as well as the opportunity to simply sit still in quiet contemplation. More information will be sent upon registration.

Muir wrote, “The mountains are calling me and I must go.”

The Spirituality of Trauma

Robert Grant

Traumatic events have the power to place victims on a path that shamans, mystics, and mythic heroes have been walking for thousands of years. Trauma has the power to deconstruct foundational beliefs and any self-image that the ego can create. Trauma can bring victims into contact with their Deeper Self/soul and the transpersonal dimensions of consciousness. While adherents of other spir-



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itual practices often have the luxury of getting off the path at will (for theirs is not a life-or-death struggle), victims of trauma must either work the territories exposed by their traumatic experiences or be overcome by them.

Some of the issues to be covered in this workshop are: experiences of marginalization, ego loss, the meaning of suffering, encounters with individual and institutional evil, the hard road back to connection with others, and whether forgiveness is appropriate or not. The lives of various holy men and women such as Francis, John of the Cross, Hildegard von Bingen, Ignatius Loyola, Gandhi, Christ, and Buddha, along with humanitarians such as Martin Luther King and Nelson Mandela, will be examined in regard to how traumas were often their source of conversion experiences.

This workshop is designed for anyone seeking to move to the next level of awareness and/or people accompanying those struggling with the impact of traumatic experiences.

Recommended reading: Grant, *The Way of the Wound*.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

Advanced Myofascial Techniques for the Spine and Low Back

Til Luchau

Since 1989, this series of seminars has been offered in association with the Rolf Institute™ and other leading institutions. It presents

body therapy practitioners with advanced and little-known myofascial techniques which can be easily incorporated into existing styles. Drawing on a wide range of disciplines, the focus is on fresh approaches that will both expand technique repertoire and inspire creativity and innovation. Potential topics include:

- Specific techniques for common structural and functional complaints
- Utilizing both active and passive movement to enhance effectiveness
- Precision in working with specific tissue types and body layers
- Combining indirect/subtle work with deep/direct work
- Ways to work sensitively, safely, and comfortably at very deep levels

This series of workshops presents a comprehensive system for working with the body in its entirety, and leads to an optional 'Certified in Advanced Myofascial Techniques' credential. Workshops may be taken individually, or combined in any order, in any location.

Prerequisite: This course is limited to trained practitioners and students of hands-on body therapies (Physical Therapists, Massage Therapists, Rolfers, Chiropractors, and other somatic practitioners). You may contact the instructor about prerequisites at info@advanced-trainings.com. A brief list of anatomical structures to review prior to the course is at www.advanced-trainings.com/ana-treview.html.

Please note: Although taught by Rolf Institute

faculty member Til Luchau, Rolfing® is taught only in the Rolf Institute's certification program.

(\$15 materials fee—for required course manual with photos of techniques covered—paid directly to the leader, or ordered in advance from www.advanced-trainings.com.)

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Close Yet Free: The Path to Making a Good Relationship Even Better

Gerald Smith

How can we be open and vulnerable to love another person, and, at the same time, free in order to continue to grow as an individual? The balance of merging and still maintaining a clear sense of self is never completely worked out, because each partner is continually changing. But this dilemma of competing needs can be dealt with in ways that will add to the aliveness in the relationship. In fact, a thriving relationship will enhance each person's deepest growth.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to increase openness, support, and affection, as well as skills to resolve differences without producing "scar tissue." Also, since play is an essential part of a vital relationship, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples.

Shamanism and Peacemaking

Myron Eshowsky

To indigenous societies, conflict is a message directed to the entire community but expressed through the individuals embroiled in the conflict. Therefore, all conflict is community conflict. [It] must be assimilated and resolved successfully to serve the greater good of the community.

—MALIDOMA SOMÉ

Shamanic traditions believe that there can be no peace without justice. In shamanic tradition, justice is about restoring balance, harmony, and healing to our relationships—with ourselves, with others, with our communities, with the world at large, with the spirit in all things.

Our greatest spiritual wound is the illusion of separation. As spiritual beings we influence and are influenced by what is happening around us. In shamanic traditions, peace is not the absence of conflict, but rather how we respond to bring healing. This workshop

explores how these traditions can help us heal conflicts and bring peace to our times. Topics include:

- Methods for bringing internal peace and healing
- The elements and how they can be used to promote peace and healing
- Conflict-resolution rituals for healing
- Models of circle justice
- The role of place and history in larger conflicts
- The use of emotional release to resolve conflicts

Prior experience with shamanic journeying is helpful but not required. Dress comfortably so you can move easily. Please bring a drum and rattle (if you have them), clay and drawing supplies, a journal, and a blanket.

Sisters

Lenore Lefer & Cheeta Llanes

“Come celebrate the intimacy, the power, and the uniqueness of being sisters!” write the leaders, who are themselves sisters. Bound by blood, history, memory, and parents, the relationship between sisters is complex and generally not explored. Being and having a sister bring with it joy, friendship, laughter, tears, discomfort, love, difficulty, security, and much more.

Through the use of imagery, dialogue, story, dance, and gentle touch, this workshop will provide a nurturing and safe environment to heal what is possible while renewing the relationship with our sisters and our Selves. Take

this opportunity to enjoy what works and to look at what stands in the way of creating a more positive sisterhood. Bring your sister(s) to explore one of the more challenging and fulfilling human relationships.

Please note: This workshop is for biological sisters only. Participants must come with a sister. Please bring a recent and a childhood photo of you together with your sister(s).

Week of June 6–11

Holistic Sexuality: A New Integral Approach

Ramon Albareda & Marina Romero

For workshop description see April 4–9.

A Big, New, Free, Happy, Unusual Life: Self-Expression and Spiritual Practice

Nina Wise

Most of us are conditioned not to express ourselves freely, but once encouraged to feel our inner impulses and to follow them with abandon, we encounter a vast landscape of characters, memories, stories, and images that lead us toward freedom. Through movement, vocal exercises, meditation, song, and dance, this workshop offers physical and spiritual tools to translate your inner life into theater.

“Everyone has a story to tell,” says Nina, “and stories reside as much in the body as in the mind. So we begin with movement—slow stretches to open the body. We open the voice

with playful classical and jazz-based exercises. We meditate to calm the heart, dance to free the spirit, find a way to effortlessly compose with language. The journey leads to giving voice and physicality to the private characters and inner realities that live in the subconscious mind and the cells of our bodies.”

This workshop is like dreaming on your feet. Expect to surprise yourself, and to become more playful and at ease before an audience. You might even find that the sense of well-being achieved during the workshop not only expands your creative abilities but also enhances your experience of daily life. And while it is *not* therapy, Improvisational Being can be surprisingly, delightfully, holistically healing.

Recommended reading: Wise, *A Big, New, Free, Happy, Unusual Life*.

Become A Medical Intuitive

Nancy Clark

“Future medicine will depend on the ability to ‘see’ distortions in human energy fields and then restructure them back to their original pattern,” writes Nancy Clark. “By seeing and sensing the energy flows, medical intuitives are able to discover not only physical problems but also their cause and how to restore the body to coherence.

“Imbalance begins with stressful thoughts that affect the emotions and finally impact the physical body. Distortions appear first in the mental, emotional, and etheric bodies. Pain is the result of a blocked energy flow, so by moving congested energy there is an immediate end to discomfort. Often it takes only minutes to realign the lower (mental, emotional, etheric) bodies and restore harmony. The result is increased energy, balance, and a sense of well-being.”

This seminar provides an opportunity to get a working knowledge of the subtle energy fields and engage in exercises to develop suprasensory abilities. It also offers an understanding of the role of the chakras in daily living. Students learn how to “key in,” or entrain, their brain waves with those of their clients to discover the origin of their problems. All energy techniques can be used personally as well as with clients.

Classes include instruction, meditation, and the practical experience of working on one another.

CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.



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Basic Acupressure: Clinical Applications

Aminah Raheem & Susan Grant

This new course was developed for both health-care professionals and lay persons who want to learn simple, powerful ways to support the body's own balancing and healing processes. Based on the 4000-year-old healing tradition of acupressure and combined with the powerful touch of interface from Zero Balancing, Basic Acupressure is highly effective for soothing all kinds of common stresses and symptoms.

This class teaches you how to locate and use with confidence 36 special acupoints. The work is done on a massage table, on clothed bodies, in pairs or on oneself. The course presents acupressure formulas which can be used alone for balancing, centering, and energizing the body, or applied with another modality, such as massage or physical therapy, for energetic enhancement. The class combines acupressure instruction, demonstrations of acupressure formulas, and ample practice time. Basic Acupressure can be given to another or done effectively on oneself. Developed by Process Acupressure originator Aminah Raheem, the course presents:

- The special touch method of interface, taught in Zero Balancing and Process Acupressure, which promotes clear boundaries and strong energetic results
- The Process Acupressure whole-body balancing protocol
- Specific acupressure formulas to address symptoms and conditions including: whole-body balancing, stress release, spinal energizing, immune system support, headaches, PMS, and overall health and well-being
- Chakra Tai Chi for centering, balancing, and energizing body, mind, and spirit

Supporting material is provided in a Study Guide and clinical handbook which come with the course.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Free Your Breath, Free Your Life

Dennis Lewis

The ever-increasing speed, stress, and disharmony of the modern world not only conditions us to a way of living in which the future is often felt to be more important than the present, but also cuts us off from the immediate experience of ourselves as living, breathing beings. As a result, many of us live the

lives of unconscious, breathless automatons, seldom present to the miracle of our lives right now and here. For many of us, our breathing is so constricted and incomplete that it undermines our health, our vitality, and our consciousness. Such breathing also deprives us of one of the great joys of living: the expansive sensation of a free, easy, boundless breath that engages the whole of ourselves and opens us to the fullness of life.

Using ideas and practices from his new book *Free Your Breath, Free Your Life*, Dennis Lewis will take you on a journey of presence into the physiology, psychology, and spirituality of natural, boundless breathing. You will learn and practice the seven ways of working with the breath: conscious breathing, controlled breathing, focused breathing, movement-supported breathing, position-supported breathing, touch-supported breathing, and sound-supported breathing. Through safe, powerful Authentic Breathing® exercises—as well as through special movements, postures, sounds, meditations, qigong practices, and dialogue—you will learn how to integrate conscious, whole-body breathing into your life to support your health and your quest for self-transformation.

Recommended reading: Lewis, *The Tao of Natural Breathing*, and *Free Your Breath, Free Your Life*.

CE credit for nurses; see page 74.

Transition—Having What it Takes

David Schiffman

Are you a passionate, romantic, spiritually independent type facing a period of transition in your life? Would you like to be inspired by your own dreams and blessed with practical support that you can depend on?

“Our mission for this week,” David Schiffman writes, “will be to face the emotional challenges of life changes, risk, and transition. Together, we will forge an ongoing community based in honest mutual interest, genuine support, and authentic personal presence. It will be a soulful exploration using a uniquely proven blend of natural powers, native intelligence, and wisdom teachings, both traditional and modern.

“Emphasis will be on developing a keen, mature sense of self-appreciation and personal timing, and the life skills necessary for moving forward on your own terms. Communications skills—both energetic and expressive—will be investigated with potent, simple emotional clarity as our shared aim. This workshop is especially useful for the self-

made, mystically-inclined wisdom seekers who are guided by their own hard-won reckoning.”

Weekend of June 11–13

Meditation and ITP Practice

George Leonard & Phillip Moffitt

Integral Transformative Practice (ITP), founded by George Leonard and Michael Murphy (see essay on page 8), provides a balanced relationship of body, mind, heart, and soul. This hands-on workshop offers an introduction to ITP with special emphasis on meditation, demonstrating how spirit is involved in every aspect of the practice, and of life itself.

During the weekend, you will have a chance to learn the ITP Kata, a forty-minute series of exercises that includes physical movement, transformative imaging, and meditation. You will practice balancing and centering, the use of chi, focused surrender, and the creation of effective affirmations. You will be introduced to the principles that underlie the practice.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading and viewing: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery* and *The Tao of Practice* (videotape); Murphy, *The Future of the Body*.

Introduction to Clinical Hypnosis

Eric Simon

This seminar presents some of the basic theories, concepts, and applications of clinical hypnosis. Topics to be covered include:

- The history of hypnosis
- Theories of trance and hypnosis
- The neurophysiology of hypnosis
- Stage hypnosis
- Traditional/directive hypnosis
- Ericksonian/indirective hypnosis

Participants will learn beginner-level trance-induction skills. This is an interactive, experiential workshop, and participants will learn through practice and application on fellow participants.

Please note: This workshop is intended for health-care professionals.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Photographing the Seasons of Big Sur

Cynthia & Daniel Bianchetta

Big Sur abounds with natural beauty in every season. It is a land where the waves of the Pacific caress the rugged California coastline, where the sun and the fog perform their perennial dance through magical redwood forests and over grassy slopes.

Participants in this workshop will contemplate with a camera the beauty of Big Sur. On Friday night the group will meet to prepare for Saturday's photographic excursion by invoking the use of photography as a tool for meditation, healing, self-growth, and spiritual connection. Saturday will be a time for connecting with Big Sur in its late spring attire: the wildflowers, the sunsets, the misty panoramas. On Sunday morning, thanks to the miracle of overnight film processing, the group will gather to share its creativity together.

No experience is necessary and all levels are welcome. Please bring a 35mm camera you are familiar with, your favorite print film, a journal, and any existing photos you want to share with the group.

(\$12-per-roll fee for overnight film processing)

Holistic Meditation: An Embodied Inquiry into Integral Spirituality

Ramon Albareda & Marina Romero

In an age of spiritual confusion, a consensus is growing among religious leaders and thinkers about the importance of cultivating an integral spirituality that honors the voice and wisdom of the body, instincts, heart, mind, and consciousness. Integral spiritual practice seeks the co-creative participation of all these human attributes in our spiritual lives. This workshop introduces Holistic Meditation, which involves contemplative physical contact between practitioners that allows listening to the voice of these human dimensions. After a brief introduction, the leaders will facilitate group process, guide an "interactive embodied meditation," and moderate a period of sharing and dialogue.

The tools presented can be incorporated: (a) *intrareligiously*, both to strengthen spiritual vitality and community, and to rescue human dimensions that may have been historically overlooked; and (b) *interreligiously*, to deepen interfaith encounters by moving them beyond mere individualistic practice and verbal exchange through the inclusion of interpersonal forms of meditation. The workshop is designed for:

- Those who have attended a Holistic Sexuality workshop and want to deepen its spiritual potential and expand on the knowledge that emerged
- Religious practitioners who wish to: (1) become familiar with contemporary participatory and integral spiritual approaches; (2) explore the relational and interpersonal dimensions of meditative and contemplative practice; (3) learn innovative tools for interreligious exchange
- Meditators and spiritual seekers in general

Please note: Instruction will be in Spanish, with English translation provided.

The Visionary Life

Robert Maurer

In the past, psychology's usefulness has traditionally been limited by its focus on people with problems. Recent studies, however, have centered on those who have succeeded in the major challenges of life, from vocation to relationships. How did they achieve and sustain success?

This weekend program explores one of the key attributes common to all successful people: vision—the clear sense of purpose that guides and sustains actions and emotions, particularly during times of crisis. During these challenging times, people of vision and commitment are essential. What are the skills of the visionary? How are these skills developed and maintained? This program will not only provide the remarkable research findings but will demonstrate these qualities in filmed and live interviews.

The quest for a visionary life is a journey that each of us is capable of. The focus of this workshop will be on creating vivid dreams, discovering the path to get there, and finding the courage to travel the road.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Week of June 13–18

The Discipline of Happiness

Devers Branden

Devers Branden writes: "We know that people who are predominately happy process their everyday experience differently from people who are predominately unhappy; they live from different 'life scripts' that generate different self-fulfilling prophecies. There is a *discipline* to being happy and it is the basic pur-

pose of this workshop to understand that discipline and learn to practice it."

This largely experiential program introduces a variety of processes aimed at developing greater self-understanding, learning to live more consciously, growing in self-esteem—clearing obstacles to the natural state of happiness that is our birthright. Rejecting the notion that it is external factors that determine our happiness or unhappiness, the workshop looks at the mental processes within us that generate feelings of well-being—or the opposite.

Branden adds: "In exploring our subpersonalities we will see which parts of us sabotage our efforts to create a fulfilling life. Our unrecognized or disowned and rejected sub-selves play a major role in our unhappiness. Integrating subpersonality work with sentence-completion work and Energy Psychology methods, we will learn how to heal the psychic wounds that keep us trapped in negativity. Also, I will teach my mirror technique for integrating the outer and inner selves."

This program, offered for the second year, is always tailored to attending participants.

Recommended reading: N. Branden, *The Six Pillars of Self-Esteem*.

Traditional Thai Medical Massage

Richard Gold

Traditional Thai Medical Massage is a primary component of the 2500-year-old medical system of ancient Siam, now known as Thailand. Developed within the context of the Theravada Buddhist culture of Thailand, this traditional form of bodywork combines elements of acupressure, yoga, and meditative mindfulness.

Thai Massage is based on an energetic paradigm of the body-mind-spirit that has been historically influenced by ancient India and China. This bodywork was traditionally administered by Buddhist monks in the *wats* (monasteries) of Thailand.

Thai Massage is practiced very slowly, without the use of oils or lotions. The practitioner utilizes his/her hands, feet, knees, and elbows. The work is done on mats or futons on the floor while the client remains fully clothed in loose-fitting clothing.

This workshop will be a practical, hands-on experience in the learning, giving, and receiving of Thai Massage.

Required reading: Gold, *Thai Massage: A Traditional Medical Technique*.

CE credit for nurses; see page 74.
CE credit for bodyworkers; see page 74.

The Magic of Metal: Blacksmithing, Welding, and Sculpting

Helmut Hillenkamp, Christy Hengst & Friends

There's a magic about metal that mesmerizes those who work with and appreciate it. The ability to take hard metal rods and bars, heat

them, twist them, hammer and shape them in a clay-like fashion . . . the result can be beautiful—and infinitely useful.

The focus of this workshop will be on learning the basics of blacksmithing and welding. Technical skills will be emphasized through hands-on instruction and practice with the goal of each student creating his or her own sculptural or functional piece.

All levels are welcome. No experience is necessary.

(\$50 materials fee paid directly to the leaders)

Mountains and Waves: Wilderness and Continuum

Susan Harper & Steven Harper

Wilderness is a primary teacher of movement, creativity, and awareness whose richness and beauty awaken our senses to the world around us; Continuum movement takes us inward, heightening our awareness of inner experience. This workshop combines two practices, integrating day-hiking in the magnificent Big Sur backcountry with the subtle inner explorations of Continuum movement.

The hikes will introduce participants to basic and increasingly refined awareness practices to enhance sensitivity to all that wilderness can offer. In so doing, there will be not only contact with the natural world but also the opportunity to reawaken those elements of wilderness within.

During the indoor Continuum sessions, participants will explore movements that express and embody what they have taken in during the hikes, enlivening their ability to feel what they experience in nature as well as in their own inner nature. In this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This will be a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance.

Co-Active Coaching Fundamentals

Jil Windsor & Craig Carr

People seeking powerful results and change in their lives are hiring professional coaches every day. Whether focused on specific goals, personal growth, or transition, Co-Active Coaching emphasizes that authentic living aligns with three fundamental principles: (1) honoring core values is basic to a fulfilling life; (2) choices from there lead to a life in balance; and (3) awareness of moment-to-moment experience sustains our aliveness and purpose.

Co-Active Coaching refers to the collaborative, proactive, and client-designed relationship that allows the coaching to be dynamic and effective. This experiential, skill-based seminar will include intuition, curiosity, listening, self-management, and deepening client learning while forwarding action as essential elements to artful coaching. You will coach and be coached in carefully designed one-to-one and group exercises, and specific



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feedback will be offered to accelerate the learning of new skills and new tools.

This program is appropriate for curious beginners as well as seasoned coaches, those incorporating coaching skills into their current profession, or individuals wanting to develop valuable communication and life skills. It is the foundation workshop of the Coaches Training Institute, fully accredited by the International Coach Federation toward certification as a professional coach. For more information visit www.coachingelements.com and www.thecoaches.com.

Recommended reading: House, Sandahl & Whitworth, *Co-Active Coaching*.

This class is licensed for CE credit for MFTs and LCSWs through the Coaches Training Institute.

Visionseeker: Shamanism and the Modern Mystical Movement

Hank Wesselman & Jill Kuykendall

The rediscovery of shamanism has emerged as a major thrust in the spiritual reawakening of the Western world. Virtually everyone in this movement is a seeker of direct experience of the sacred. The techniques of traditional shamans provide an extraordinary method for accessing hidden dimensions of reality and connecting with inner sources of power and wisdom.

Hank Wesselman writes: "We will rediscover our indigenous heart through the classic shamanic journey, reestablishing connections with our spirit helpers, teachers, and ancestors, as we engage in visionary fieldwork and examine the nature of health, illness, and

healing from the perspective of spirit medicine." The workshop offers a clear introduction for those new to the shaman's path, and, for the more experienced, provides unique material on the soul cluster from the Hawaiian kahuna perspective. The week concludes with a powerful healing ritual.

Wesselman has worked for more than thirty years with scientists investigating the mystery of human origins in East Africa and has spent much of his life with indigenous people. In the 1970s, doing fieldwork in Ethiopia, he began to have spontaneous visionary experiences strikingly like those of traditional shamans. His wife Jill Kuykendall is a physical therapist and transpersonal medical practitioner, specializing in soul retrieval.

Bring drums and rattles, a notebook, sketchpad, a small set of oil or chalk pastels, a bandanna or eyeshade, and a light blanket. Please refrain from alcohol during the workshop.

Recommended reading: Wesselman, *The Spiritwalker Trilogy* (*Spiritwalker*, *Medicinemaker*, and *Visionseeker*), and *Journey to the Sacred Garden*.

CE credit for MFTs and LCSWs; see page 74.
CE credit for nurses; see page 74.

Weekend of June 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 30–February 1.

The Power of Patience: A Weekend for Stressed-Out Folks

M. J. Ryan

Dear God,
I pray for patience.
And I want it RIGHT NOW!

— OREN ARNOLD

Work piles up as fast as FedEx can deliver it. Urban sprawl leaves us gritting our teeth in traffic. The cell phone won't stop ringing. Our fast-paced world can make us feel frantic and rushed, stressed and unhappy nearly all the time. "Indeed, the faster things go, the less patience we seem able to muster," writes M.J. Ryan. "First, this is a problem because life has a certain degree of built-in delay in the form of lines and automated message systems. More important, our lack of patience creates difficulties because the more complex of life's challenges—illness, relationship conflicts, job crises, parenting—require that we practice patience not merely to cope, but to grow in love and wisdom."

This experiential workshop looks at this old-fashioned virtue from a broad spiritual, inspirational, and practical point of view. Through discussion, lecture, journaling, one-on-one and small-group interactions, participants will explore what emotional, physical, and spiritual benefits come to us from patience; what neurological research teaches us about how to cultivate this heart-quality; and simple practices to develop more patience where each of us needs it most.

"Patience helps us reclaim our time, our priorities, and our ability to respond to life and all its demands," says M.J. "With patience, we are in the driver's seat of our own lives, content with who and where we are."

The Yoga of Sound

Russill Paul

The Yoga of Sound is a 3500-year-old spiritual system that offers an effective vocabulary of sonic tools to heal the body, the mind, and the heart. Drawing from his rich experience as a monk, educator, and professional musician, Russill Paul guides you into profound mystical experiences through ecstatic chanting accompanied by exotic instruments and superb musicianship.

You will learn Vedic, Tantric, and Devotional mantras in combination with yogic breathing and movements. Treating the voice as a barometer for spiritual conditions and understanding how the palate functions as a blue-

print for the body's nervous system, you can learn how to reduce stress, enhance emotional well-being, and awaken the flow of energy in the body, leaving you in a state of expanded consciousness and wholeness.

Without demands on your physical body or your vocal capabilities, Russill Paul introduces you to the wide scope of possibilities available through sonic yoga. Russill's *The Yoga of Sound*, a 3-CD program, will be available to help support an ongoing practice after the workshop.

Recommended reading: Paul, *The Yoga of Sound: The Healing Power of Chant and Mantra*.

Love Yourself—For Everyone Else's Sake

Mark Abramson

This workshop offers an experience of two trainings taught at Stanford University Medical Center. As director of Stanford's Mindfulness Based Stress Reduction Program, Dr. Mark Abramson has modeled his work after Jon Kabat-Zinn's program (featured on Bill Moyers' PBS series "Healing and the Mind").

He has also established a new program at Stanford called "Love Yourself—For Everyone Else's Sake." This course focuses on the wisdom of self-love and kindness, directly challenging the confusion surrounding the issue of self-love. Self-love is the most altruistic of all practices. When you are free to be kind and loving to yourself, the world and all the people in your life are touched.

Incorporating the latest research on mind/body medicine, this workshop introduces practices that create a profound physiological well-being, plus the heartfulness to transform emotional states and unleash the great potential for deep healing of the body. The goal is to learn how to use the awareness and mindfulness practices to experience your own love in a peaceful, healthy body.

"This work," Dr. Abramson writes, "has been shown to create an increasing experience of gentleness, kindness, and respect for oneself and others." While the practices are especially helpful for people experiencing emotional or physical concerns, the universality of the experience makes this program valuable for all.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Breema Bodywork: The Art of Being Present

Jon Schreiber & Denise Berezonsky

Breema® teaches practical steps that anyone can take to unify the energies of mind, body, and feelings to become present. The Breema system uses the body to connect you to the harmony of life as it actually is in the moment.

In a joyful, nonjudgmental atmosphere, participants will explore the Breema's Nine Principles of Harmony and practice Breema's rhythmic movement sequences. The flowing movements and postures of Breema partner bodywork and Self-Breema exercises are profoundly comfortable and natural. They nourish and energize body, mind, and feelings and can lead you to a totally new experience of yourself. The key to the method's many benefits is contained in the Nine Principles of Harmony, which you can use in any situation to become more present and to help you respond harmoniously to the opportunities and challenges of life.

Note: The movement sequences are received fully clothed. Workshop participants will be sitting and working on a padded floor.

Recommended reading: Schreiber, *Breema: Essence of Harmonious Life*; Schreiber & Berezonsky, *Self-Breema: Exercises for Harmonious Life*.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Herbal Medicine

Brigitte Mars

Brigitte Mars first became interested in herbs watching her French-Canadian grandmother practicing folk medicine. As a teenager she developed her passion for herbal medicine by treating schoolmates with homemade herbal remedies. Later she spent two and half years in the Ozarks eating only wild plants. She brings a lifetime of experience to this workshop.

Participants will explore the edible and healthful properties of local plants, herbal preparations, effective dosages, and safety issues. Brigitte will provide information on using herbs to treat common health conditions such as insomnia, fatigue, and depression; to improve immunity; as natural first aid; and to enhance energy, sexuality, and longevity.

The workshop will provide participants with an understanding of how the flavors of plants

correspond to their properties. Participants will learn to incorporate herbs, food, and essential oils for health and vitality.

Week of June 20–25

The Path of Grace: Embodying Neruda

Amelia Barili & Ellen Watson

*And I, infinitesimal being,
drunk with the great starry
void,
likeness, image of
mystery,
I felt myself a pure part
of the abyss,
I wheeled with the stars,
my heart broke loose on the wind.*

— PABLO NERUDA

Pablo Neruda is considered the greatest love poet of our times. The beauty of his poetry invites us to recover a personal sense of meaning and open our hearts to celebrate life. This feels like a revelation—like grace that helps us to know who we are and make us whole.

Neruda invites us to rediscover that grace, to sing to our beloved's hands, to broken things, to our feet, to our childhood, to the birth of a fawn, to the moon on the sea, to the lemon, to salt, and, by bringing an attentive gaze, to every minute as precious.

Writes Amelia Barili: "We will read Neruda's poems, letting their grace flow in our hearts. We will support and enhance our feelings with music and dance, turning our inner process into moving poetry and then, assimilating it through breathing, deep relaxation, and centering, we will express in words what has come up through our body and soul."

This workshop is an opportunity to evoke and acknowledge your own grace, inspiration, and insights, to get in touch with your longings, to see deeper meaning in all that surrounds you. It will be a week of discovery and awakening, of poetry, and a celebration of life through movement and words.

The Psychomanteum Process: Seeking Contact with Lost Loved Ones—and More

Arthur Hastings & Psychomanteum Staff

The psychomanteum is a draped, quiet, dimly lit chamber with a mirror at one end to focus attention. Over the past few years, Dr. Arthur Hastings and a team from the Institute of



DANIEL BIANCHETTA

Transpersonal Psychology have developed a process for the psychomanteum to address bereavement. This seminar allows you to use this process to explore a possible reunion with friends or relatives who have passed on.

Arthur Hastings writes: "Almost everyone who goes through this process reports reductions in grief, sadness, guilt and unresolved feelings. About half report feeling the presence of a deceased friend, relative, or pet, which may come through imagery, inner dialogue, an apparition, a message, touch, and other modes. Feelings of loss have shifted for deaths as recent as a few weeks up to decades old. We don't claim that these are actual spirits and the consciousness of deceased persons, or whether these experiences come from some other source. This is up to you."

Each participant will be led through one or more individual sessions in the psychomanteum for bereavement or personal explorations. You are invited to bring photos and other mementos to remind you of the person you seek to contact. There will be group meetings on bereavement, evidence for life after death, creativity, altered states, and discussions of personal experiences. The psy-

chomanteum may also be used for creativity, problem solving, and personal questions. You can choose to explore these areas during the seminar.

Recommended reading: Moody, *Reunions: Visionary Encounters with Departed Loved Ones*.

Ride the Curl: Vinyasa and Bhakti Yoga to Melt the Heart

Govin Das (Ira Rosen)

"As we mature in our practice of Vinyasa and Bhakti Yoga," writes Govin Das, "we experience many stages of evolution. We see that for the most part our tools (asana, pranayama, meditation, and chanting) remain the same, yet what changes is our relationship to them. The initial stages of resistance in the body, mind, and heart gradually transform into acceptance and peace. Finally our practice blossoms into a heart-based spiritual offering.

"In our Vinyasa sessions, we will ride the curl, surf through our bodies, and, using traditional yoga asanas linked with breath control, turn ourselves into an energetic wave. As we organically open, the awakened energy will

be directed to the heart, the center of our Highest Love. In our Soul Kirtan sessions, we will sing the names of the gods and goddesses of ancient India—all in celebration of the glory of the One. The repetition of singing mantras stabilizes and focuses the mind while the swirling myriad of melodies and emotions are used to explore the mysterious nature of the heart."

With care and gentleness, Govin Das will guide participants to listen to their intuitive voice and live their highest purpose. Come prepared to sweat, pray, and sing!

Completions and Transitions—Letting Go and Moving On

Mary Goldenson

Often in our lives we feel incomplete with the past. Unresolved issues inhibit us from moving into the present with an open and generous heart. Though we experience them as "finished," old memories continue to haunt us. When we exist more in the past than in the present, it is time to make the distinction between "finished" and "complete." Transitions without completions foster

unsuccessful marriages, friendships, and careers, producing sorrow and, some believe, the causes of illness.

Transitions are crossroads in our lives that give us the opportunity to complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop is an in-depth review of our lives to try to discover what needs to be transformed from “finished” to “complete.”

The workshop will provide a safe, supportive environment that includes risk taking, intense bodywork, Gestalt, imagery, movement, and meditation to keep us committed to the process of discovering ourselves.

This workshop may have up to 34 participants.

CE credit for MFTs and LCSWs; see page 74.

Qigong Retreat: The Healing Promise of Qi—Health Maximization, Healing, and Personal Transformation

Roger Jahnke

Chinese Yoga, known as Qigong (Chi Kung) is emerging as the self-healing tool of choice in many people's lives and in hospitals, HMOs, and retreat centers throughout the world. This training is designed for those who seek healing and empowerment as well as those who may wish to investigate the possibility of teaching Qigong to others.

The retreat will begin with the simplest levels of self-healing known as Dao Yin, including gentle Tai Chi-like movements, self-massage, breath practice, and meditative mindfulness. Then, drawing on Dr. Jahnke's most recent book, *The Healing Promise of Qi*, participants will penetrate rarely explored insights of the ancient Qi masters, reveal the original meaning of Tai Chi, and learn the potent Nine Phases Method of Qi cultivation and mastery.

Throughout the training participants will explore Chinese medical theory, take journeys into the inspiring philosophies of the Taoists, Buddhists, and Chinese Alchemists, and make enlightening comparisons with Western physiology and quantum physics. Simple methods of transmitting Qi to others will be introduced as well.

Writes Roger Jahnke: “For those who seek healing this is an opportunity for deep immersion in Qigong learning and practice. For those who seek personal maximization, this retreat is an exploration of one of the most eloquent personal empowerment systems ever developed by the human family.

For those who seek to deepen spiritually, Qigong is a clear path to revealing inner radiance. For all of us, we will be intently creating and bathing in a field of pure and radiant Qi.”

For more information see www.FeeltheQi.com.

CE credit for nurses; see page 74.

Ceramic Insights

Embree De Persiis

This workshop explores the infinite creative possibilities offered to us by that most primal of substances: clay. Embree De Persiis writes: “The material used will be a smooth and tactile porcelaneous clay that is ideally suited to the ancient method of stone-burnishing with agates to produce a lustrous sheen. A palette of colored clays will be available to further enrich the surfaces of our work. As spontaneous forms emerge, many techniques can be investigated to help achieve one's personal vision—inlaying of colored clays, pinching, coiling, and sculpting.

“A variety of firing techniques based on age-old methods of pit-firing will be explored in daily (and nightly) firings, so that results of our work can be studied on an ongoing basis. Big Sur seaweed will be an important ingredient in our firings as it imparts its minerals to the clay surfaces. The concluding event will be a celebratory pit-firing on a cliff above the ocean ... each piece will emerge from the fire with its own imprint of the Big Sur coast.”

No previous experience is required to enjoy this workshop, and it provides an opportunity to truly immerse oneself in a uniquely compelling medium of self-expression.

(\$20 materials fee paid directly to the leader)

Weekend of June 25–27

Applied Wisdom: Universal Truths in the World's Philosophies and Religions

Huston Smith

Approaching the world's religions as data banks of the human spirit, this workshop will run a strainer through them to lift from them truths that remain relevant for our lives today. Similarities and differences will be noted, with both seen to be important. The question of how one can be true to one's own faith while availing oneself of insights from others will be explored. There will be ample time for discussion to relate what is learned to where participants are in their own life journeys. In

addition, the program will give serious attention to how all of this applies to a world that has burst into flames since 9/11.

Energy Medicine: A Hands-On Experience

Donna Eden with David Feinstein

By learning how to work with your body's energies, you can improve your health, increase your vitality, and enrich your life. In a class designed to be both transformational and fun, Donna Eden will show you how health concerns can be a path to a more harmonious and joyful relationship with your body. Your body is designed to heal itself and feel good. Energy medicine can bring you into better alignment with this design.

This is a hands-on training. You will be shown how to test for energy blocks and dysfunction and how to move energy in yourself and others. You will be given tools to improve the harmony of all the body's systems and help alleviate pain and stress. You will discover how to boost your energies when you are exhausted, strengthen your immune system, and feel more alive. You will also learn how health problems can be helped, if not overcome, by intelligently shifting the energies that are diminishing them.

Caroline Myss predicted that Donna's book *Energy Medicine* “will stand as one of the backbone studies as we lay a sound foundation for holistic medicine.” Jean Houston called Donna's approach “perhaps the most comprehensive and effective system in the genre that I have ever seen.” This workshop is for anyone interested in awakening the body's potentials and learning to heal with energy. Assisting Donna will be husband David Feinstein, a clinical psychologist and longtime Esalen workshop leader.

Recommended reading: Eden, *Energy Medicine*.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Images of Desire

Jaqueline Lapa Sussman

We all have secret images within us, as unique as our fingerprints, which can transform us into the natural, carefree sexual beings we were born to be. We can uncover those images in our own minds because our natural sensuality remains intact, stored within us.

Today many people's images of sexuality have been shaped by parents, social upbringing,

television, and fashion advertisements, and thus no longer arise naturally from their core selves. The natural images of our original sexuality have been buried under layers of false social impositions. Eidetic images can heal and restore one's natural sensual abilities, allowing the true self to flourish. Jackie Sussman writes: "We will learn to restore the sexual potential we have lost and free ourselves to experience our most genuine sensual self, allowing us to experience the joy, sensual passion, pleasure, love, and intimacy which is our gift from the gods." This workshop will guide you through simple, step-by-step processes to:

- Reclaim your natural sensuality
- Discover the roots of your suppression
- Learn the primary differences between male and female sexuality
- Learn to keep passion, whether in new relationships or after years of marriage
- Discover sexual mysteries of the ancient Hindus and Greeks
- Resolve intimacy problems

This workshop is for those seeking to enrich their personal lives as well as for mental-health professionals seeking new tools. For more information, visit www.jacquelinesussman.com.

Recommended reading: Sussman, *Images of Desire*.

CE credit for MFTs and LCSWs; see page 74.

Week of June 27–July 2

Big Sur Wilderness Experience

Steven Harper

Esalen is the trailhead to one of the most spectacular mountainous coastlines in the world. With the Big Sur wilderness as the primary teacher, participants will explore the beauty of this alive and wild coast from ancient redwood-forested canyons to dramatic coastal beaches, from rugged rocky mountains to the soft grassy slopes of the Big Sur hills. Drawing from nature and various awareness practices, individuals will be encouraged to open both to the natural world and to the landscapes of their inner world. It is said that Big Sur is not just a place but a state of mind. This wilderness experience seeks to merge mind and place, then to embody what is learned.

Weekend workshops will take two day-hikes (3–6 miles in length). Weeklong workshops

will venture out on five day-hikes (4–10 miles in length). Each hike begins after breakfast and concludes in time to enjoy the hot springs and dinner each evening at Esalen. Evening sessions include informal sharing, basic awareness practices, and useful outdoor skills. All levels of experience are welcome. Be prepared for the invigorating challenge of physical activity and the opportunity to simply sit still in quiet reflection. More information will be sent upon registration.

Insight Dialogue for Therapists

Gregory Kramer & Sharon Beckman-Brindley

Both therapists and clients are drawn to psychological work out of a deep desire to heal personal suffering. Similar motivation leads many of us to meditation. A personal meditation practice helps us to find calm and presence in the midst of turmoil.

"In this workshop," write the leaders, "we will extend traditional Insight Meditation practice beyond the personal to develop deep mindfulness while speaking and listening in relationship. Through Insight Dialogue practice, we will explore how the application of Wise

Understanding, Wise Energy, and Wise Mindfulness can elevate therapy from the personal to the transpersonal, from the ordinary to the extraordinary. With the support of clear guidelines and practices, every relationship, including psychotherapy, can become a deep meditation practice.

"From a practical viewpoint, keen mindfulness enables us to investigate resistance, projection, transference, and countertransference from a place of kindness and safety, allowing these patterns to open and reveal their wisdom and teachings. We will explore how both client and therapist can become locked into ideas of self and other that may arise from conditioning. Learning to trust what emerges in Insight Dialogue meditation allows us to move beyond habitual processes into the energy of healing—and even transcendence."

This workshop will interweave silent practice, lovingkindness practice, and listening and speaking meditation. Participants may work in any healing profession but must have meditation experience and a committed meditation practice.

CE credit for psychologists; see page 74.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.



DANIEL BIANCHETTA

Improvisation for Fun and Profit

James Sherman

Improvisational theatre at the Second City in Chicago has been the training ground for such talents as Bill Murray, Gilda Radner, George Wendt, and Michael Myers. But the improvisational exercises first developed by Viola Spolin (mother of Second City founder Paul Sills) were designed to be practiced by nonprofessional actors, children and adults alike, in neighborhood community centers.

James Sherman, longtime member of the Second City Theatre and faculty member of the Second City Training Center, teaches improvisation as training for both theatre and life. In a safe, supportive, fun-filled atmosphere, Sherman guides participants through a series of theatre games and exercises quickly leading to fully improvised scenes. As Sherman sums it up: "We talk and listen; we give and take; we heighten and explore. We build scenes together. We discover how working with partners on stage relates to interactions with everyone in our lives."

As a transformative practice, Sherman calls improvisational training "Theatrical Aikido." As in Aikido, improvisational actors are fully committed to each moment and blend their energy with their partners'. In a balanced, grounded, and fully aware stance, participants learn to be present for each and every encounter—on stage and off.

Self Awakening: The Ultimate Medicine

Leonard Laskow

Do you ever find yourself longing to be so quiet inside, so at peace, that you can wholly relax into the moment and appreciate the sheer wonder of existence? Busy creating livelihoods, healthy relationships, and meaningful work, many of us feel as if the seams of our lives threaten to burst from our hectic pace to 'do it all.' We have forgotten how to simply *be* who we truly are.

Using the themes of Self Awareness, Love, and Healing, this retreat guides you toward awakening to who you are beyond the experiences and perceptions of the personality. Using step-by-step processes that blend ancient wisdom with modern scientific research, you will be encouraged to release the limitations that veil your essential nature. These processes help to quiet the mind, bring you more peace, joy, and abundance, and allow an intuitive, loving presence to unfold. This loving presence empowers you to:

- Clear past conditioning and "treasured" wounds that foster illness and suffering
- Release ancestral patterns that have adversely affected your entire family for generations
- Support your body to heal, unimpeded by mental and emotional blocks

As the mind rests and the heart opens, the truth of who we are is revealed. The search for love ends the moment we discover it to be ever present within ourselves.

This workshop is suitable for therapists and helping professionals as well as all those interested in exploring a loving presence.

CE credit for MFTs and LCSWs; see page 74.

CE credit for nurses; see page 74.

Chakra Integration: A Comprehensive Guide to Health and Healing

Laurie Lioness Parizek
& The Esalen Teaching Staff

The chakras help us to map, understand, and balance our physical, emotional, and spiritual energies. Chakras are life-enhancing centers with roots deep in our core. Backed up by nerve plexuses and endocrine glands, they open into our energy field and are a three-dimensional sensing and integrating system. When balanced, they refine the mainstream current in the central nervous system and help attune the body. Chakra integration brings greater understanding and connectedness, and is a potent tool for deep conscious healing, useful for addressing restrictive behavior patterns and strengthening the immune system.

This workshop incorporates movement, personal and interactive awareness exercises, sound, creative expression, and supportive hands-on exchanges. The focus is to bring a dynamic balance to the chakras and the mainstream spinal current, and to gently and consciously open this channel that connects heaven and earth through our bodies. Meditation, qigong, and yoga will be used to encourage serenity and to build strength and resiliency. Healthy eating will be encouraged. Paying attention to the nutritional content and vibrancy of food replenishes the chakras and helps streamline and energize the physical body.

The workshop addresses those interested in a workable knowledge of this ancient practice and is of value to those in health care and education. The schedule makes use of Esalen's beautiful grounds and facilities. Please bring your favorite music.

CE credit for nurses; see page 74.

CE credit for bodyworkers; see page 74.

Vocal Power—Harnessing the Power Within

Arthur Joseph

In many traditions, the throat is the center of creative power. The voice reflects this power and has the capacity to help access our full creative expression. This course combines the powerful practices of Vocal Awareness with principles of creativity theory to help participants realize their creative potential.

The Vocal Awareness approach—which views the voice as a metaphor representing an individual to the world—includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants work individually and in groups exploring breathing, toning, and vocalizing.

Not only do singing and speaking offer an immediate outlet for creative expression, but the voice can also be a springboard for other forms of creative expression, such as writing, drawing, movement, and problem solving. Seen in this way, the voice represents the whole person as an integrated creative being. Consequently, this workshop can be not only a vocal training class but a step toward empowerment along life's path.

For further information visit www.vocalawareness.com.

Note: Please bring a tape recorder, if you have one.

CE credit for nurses; see page 74.

CONTINUING EDUCATION PROGRAMS

ESALEN is an approved provider of continuing education for: **psychologists**, approved by the American Psychological Association (Esalen maintains responsibility for the program; California psychologists are required to report their hours to the NICEP Accrediting Agency); **MFTs and LCSWs** by the California Board of Behavioral Sciences (**provider number PCE1594**); and **massage practitioners and bodyworkers** by the

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A (**provider number 043062-00**). Workshops for which CE credit has been approved are listed below and also noted in the Seminars section. For further information, contact Brita Ostrom at 831-667-3040.

The Board of Registered Nursing has approved Esalen as a provider of continuing education for

registered nurses (provider number 01152). For additional information on CE courses for nurses, contact Mary Anne Will, R.N., 831-667-3000.

Please note: All two-day workshops offer 10 hours of CE credit and all five-day workshops offer 26 hours. If you wish to receive a certificate, please notify your workshop leader. There is a \$10 fee for each certificate of completion, payable to the office.

DATES	COURSE TITLE	PSYCHOLOGISTS	MFTs & LCSWs	NURSES	BODYWORKERS
Jan 2-4	Massage Intensive for Friends and Couples				■
Jan 4-9	Releasing the Self and Healing the Exiles	■			
Jan 4-9	Process Leadership and Conflict Skills	■			
Jan 4-9	Yoga as an Organic Tool for Healing		■		
Jan 9-11	Advanced Awakened Mind Training	■	■		
Jan 11-16	Awakening the Mind	■	■		
Jan 11-16	Esalen Massage Intensive		■	■	
Jan 16-18	Facing the Final Mystery	■	■		
Jan 16-18	Developing a Personal Yoga Practice		■		
Jan 16-18	Demystifying Qi		■		
Jan 16-18	Esalen Massage for Pregnant Partners			■	
Jan 18-23	The Secrets of Successful Relationships	■	■		
Jan 18-23	Advanced Esalen Massage and Bodywork		■	■	
Jan 23-25	Managing By Agreement	■			
Jan 25-30	Love Beyond Addiction				
Jan 30-Feb 1	Deep Healing: Mind/Body Medicine	■	■	■	
Jan 30-Feb 1	Seeing Your Life Through New Eyes	■			
Jan 30-Feb 1	Radical Rx for Health Professionals	■	■		
Feb 1-6	Gestalt Awareness Practice		■	■	
Feb 1-6	It Won't Hurt Forever	■	■	■	
Feb 6-8	Undefended Love		■		
Feb 6-8	The Body Keeps the Score	■	■	■	
Feb 8-15	Not For the Faint of Heart		■	■	
Feb 8-13	The Upledger Institute's CranioSacral I		■	■	
Feb 8-13	Love, Strength, and Awareness in Community	■			
Feb 8-13	Life Coaching for Results	■			
Feb 13-15	Sexual Healing: Transforming the Sacred Wound	■	■	■	
Feb 15-20	Dreamwork for Professionals		■		
Feb 15-20	Esalen Massage Intensive		■	■	
Feb 20-22	Medical Qigong		■		
Feb 27-29	Communication and Partnership	■			
Feb 27-29	Weekend Massage Intensive		■	■	
Feb 29-Mar 5	Self-Healing: Create Health and Vitality	■	■		
Feb 29-Mar 5	Esalen Massage and the Body in Motion		■	■	
Mar 7-12	Relationship: Living, Loving, Going Deeper	■	■		
Mar 7-12	Upledger SomatoEmotional Release I		■	■	
Mar 7-12	Body Tales	■			
Mar 12-14	Couples' Communication	■	■	■	
Mar 14-19	Choosing Aliveness and Intimacy		■		
Mar 14-19	Transforming Trauma with EMDR	■	■	■	
Mar 19-21	Being Present for Your Life		■		
Mar 26-28	Yoga: Practicing a New Way of Being		■		
Mar 28-Apr 2	Who Is Running My Life?		■		
Apr 2-30	28-Day Massage Practitioner Certification		■	■	
Apr 2-4	The Transformative Power of Emotions	■	■		
Apr 2-4	Psychic and Intuitive Healing			■	
Apr 2-4	Headache Self-Care	■	■		
Apr 4-9	Visionseeker 3: Shamanic Cosmology	■	■		
Apr 4-9	Storytelling as a Healing Art		■		
Apr 9-11	Healing of Heart and Mind	■	■	■	
Apr 9-11	Massage for Couples			■	
Apr 11-16	Table Shiatsu				■
Apr 11-16	Nonduality and Intersubjectivity		■		
Apr 11-16	The Bioenergetics of Emotional Transformation	■	■		

DATES	COURSE TITLE	PSYCHOLOGISTS	MFTs & LCSWs	NURSES	BODYWORKERS
Apr 16-18	Life Coaching for Results		■		
Apr 16-18	Accompanying the Dying		■	■	
Apr 16-18	Upledger Intro to CranioSacral Therapy		■	■	
Apr 18-25	Tibetan Buddhist Meditation	■	■	■	
Apr 18-25	CFR and Feldenkrais—Week II			■	■
Apr 18-23	Anusara and the Eight Limbs: Teacher Training			■	
Apr 23-25	It's Time: No One is Coming to Save You	■			
Apr 25-30	Self-Acceptance—The Heart of Healing		■	■	
Apr 30-May 2	Using Finger Signals to Tap Your Wisdom	■	■		
May 2-7	Eight Weeks to Optimum Health (in Five Days)		■	■	
May 2-7	Awakening the Creative: Painting Experience		■		
May 2-7	Pose and Repose: Yoga			■	
May 2-7	The Journey from Abandonment to Healing		■		
May 2-7	Esalen Massage Intensive			■	■
May 7-9	Mindfulness and Heartfulness	■	■	■	
May 7-9	Weekend Massage Intensive			■	■
May 9-21	Advanced Esalen Massage			■	■
May 9-14	Gestalt Awareness Practice			■	
May 9-14	I-You-Us: Pleasure, Intimacy, Connectedness	■	■		
May 9-14	Spiritual Massage: Lightbody Infusion			■	■
May 14-16	Focusing: The Inner Relationship		■		
May 16-21	Stronger at the Broken Places		■	■	
May 16-21	Balance: You're Only Young Once But...			■	
May 16-21	Soul Search: Embracing Our Spirit	■			
May 21-23	Rejuvenation			■	■
May 21-23	Of Stone and the Self: Stone Carving		■		
May 21-23	Eating, Food, and the Body/Self			■	■
May 23-28	Senses Wide Open				■
May 23-28	Upledger Lymph Drainage Therapy I			■	■
May 28-30	Money as a Spiritual Path		■		
May 28-30	OpenMind Training		■	■	■
May 28-30	Drugs, the Mind, and the Body		■	■	
May 30-June 4	The High-Performance Mind		■	■	
May 30-June 4	SIKE: Health and Healing Through Ki Energy			■	■
June 4-6	The Spirituality of Trauma	■	■		
June 4-6	Advanced Myofascial Techniques			■	■
June 6-11	Become A Medical Intuitive		■	■	
June 6-11	Basic Acupressure: Clinical Applications			■	■
June 6-11	Free Your Breath, Free Your Life			■	
June 11-13	Introduction to Clinical Hypnosis	■	■	■	
June 11-13	The Visionary Life		■	■	
June 13-18	Traditional Thai Medical Massage			■	■
June 13-18	Co-Active Coaching Fundamentals		■		
June 13-18	Visionseeker: Shamanism		■	■	
June 18-20	Love Yourself—For Everyone Else's Sake	■	■	■	
June 18-20	Breema Bodywork			■	■
June 20-25	The Healing Promise of Qi—Qigong Retreat			■	
June 20-25	Completions and Transitions		■		
June 25-27	Energy Medicine			■	■
June 25-27	Images of Desire		■		
June 27-July 2	Insight Dialogue for Therapists	■	■	■	
June 27-July 2	Self Awakening: The Ultimate Medicine		■	■	
June 27-July 2	Chakra Integration			■	■
June 27-July 2	Vocal Power—Harnessing the Power Within			■	

★ WORK STUDY PROGRAM



DANIEL BIANCHETTA

DANIEL BIANCHETTA

THE WORK STUDY PROGRAM is a 28-day program for those interested in an intense involvement with the Esalen environment. A work- and service-oriented program, it is emotionally and physically challenging, and only rarely is it restful. Participants work 32 hours per week in one of Esalen's departments and participate in that department's program.

During four to five evenings and one weekend intensive, work scholars are together in one of two groups (see below). Each group emphasizes one type of growth practice, such as Gestalt, meditation, creative arts, massage, or somatics work, and has a specifically assigned leader(s) who is with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions. Applicants must state their preferred group and be prepared to stay at Esalen for the entire month.

In addition to the evening program, work scholars may participate in regularly scheduled

movement classes, use the Art Barn (if available), attend the weekly Wednesday night programs, and enjoy round-the-clock access to the Esalen baths.

Selection of work students is done by Work Study Coordinator Mary Anne Will. Since this is a work and service program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the study/process groups. Because the work can be physically challenging (lifting, bending, etc.), it may not be suitable for all who wish to apply. First-month work students, in particular, are assigned to departments largely on the basis of community need (usually the kitchen or housekeeping).

Please note: *The Work Study Program is designed to explore and apply human values and potentials. It is not intended as a substitute for therapy or as a "cure."*

Work Study Programs scheduled for this catalog period are as follows:

January 4–February 1

Each of us is born with an inherent drive for self-expression. As we grow up, our sense of self and our ability to be spontaneous often become blocked. Knowing who we are, and what we feel and want, can be difficult when our self-knowledge is distorted by family experiences and cultural expectations. The focus of a month with **Dorothy Charles** will be Gestalt Practice, using group process to enhance communication and conflict resolution skills and to develop empathy for self and others. Expressive arts will be part of the curriculum.

Please note: There will be a \$20 materials fee paid directly to the leader.

Vicki Topp will facilitate a monthlong journey weaving hands-on and movement-meditation practices drawn from approaches including Esalen Massage, Body-Mind-Centering®, and meditation. Using music from around the world, the group will explore breath and movement, integrating cross-cul-

tural healing practices inherent in all living beings. Special focus will be on developing the ability to contact, trust, and support—to listen and respond to impulses and feelings and apply this to bodywork and healing. The program is designed to awaken your senses, emotions, and inner spirit. Come prepared to move and be moved, to touch and be touched, to support and be supported.

February 1–29

Shamanism is the oldest spiritual system in the world. **David Corbin & Nan Moss** offer a monthlong exploration of the shaman's ancient and universal methods to enter non-ordinary reality for problem solving, well-being, and healing. Participants will be guided to enter the shamanic state of consciousness and be initiated into the shamanic journey to experience the same sources of profound wisdom and compassion known to our ancestors. The group will seek to restore spiritual power and to apply shamanism in contemporary daily life to help heal oneself, others, and the planet.

Change can sometimes be unbearably difficult, yet it is both inevitable and yearned for. Learning to be comfortable with change may actually call for *unlearning* and being *uncomfortable*. This program with **Anja Hueber & Mark Nicolson** will explore the capacity to manage transition in the company of others. The program will utilize the relationships within the group to understand how we relate in all areas of our lives, how we mask our deeper needs and longings, and what we are ready for now. The month will provide the support to find authentic expression of joy, fear, need, love, and increased contact—instead of withdrawal—during difficult times. The program will include practices of nonviolent communication, movement and bodywork, and a relational approach to coaching informed by Gestalt Process.

February 29–March 28

Soul Motion™ is an ecstatic dance practice that encourages participants to cultivate the ability to relax while in motion and to listen to their body. Developed and led by **Vinn Marti**, Soul Motion uses the interior landscapes of the mind and body as well as the outer environment to enable participants to discover the simple yet profound revelation that emerges when the intellect is hushed and

intuition is opened: *We are movement*. This guided movement experience weaves together creative personal expression, relationships, and divine dialogue. Through movement and stillness, the program is designed to enable participants to “know again the boundless Presence available to each and every one of us.”

This Gestalt month with **Dorothy Nell Thomas** will focus on individual process (open seat work) within a group setting. Emphasis will be on investigating the different “folks” that make up the whole of who we each are. The group will also “play” with group process, and explore *being* states of consciousness through such practices as short meditations and social silence. Participants will be encouraged to practice a deeper level of authenticity by surrendering to the *truth of what is*, in the moment, and to pay attention to what flows out of that process. Structured fun and creativity will be thrown into the mix as well.

March 28–April 25

Maria Lucia Sauer Holloman will lead a monthlong program teaching spiritual massage and healing—the laying on of hands, a practice that integrates hands-on and energetic healing. Joining Maria Lucia will be **Carlos Sauer**, who brings a lifetime of shamanic experience and purification practices to assist participants in journeying to different realities. Beginning Silat (Balinese martial art) movements, dance, and a sweat lodge ceremony will be incorporated to complement the energy work and to help bring participants in tune with their bodies. The program will integrate emotional release work as it organically emerges.

Of the personal qualities that most people respect in themselves and others, none is more highly valued than integrity. This word, which literally means “whole,” brings to mind a collection of human traits including strength, reliability, honesty, trustworthiness, and respectability. In a month with **Charlie Bloom**, participants will develop a deeper understanding of what it means to live in integrity with the truth of one's being and embody it in words, deeds, and relationships. The program will focus on identifying the patterns that may be compromising or diminishing our experience of integrity, in order to develop new responses that enhance our connection to the truth on an ongoing basis.

April 25–May 23

This program with **Robin Fann & Johanna Holloman** will focus on helping you create a daily yoga practice that is just right for your body, regardless of your level of skill. Presenting yoga to free the body and develop self-awareness, the program is designed to give you greater vitality, increased breath, and an expanded sense of well-being. It will introduce the principles behind yoga, with an emphasis on meditation, asanas (postures), pranayama (breathing exercises), and self-care. There will be stronger optional morning yoga classes; evenings will be devoted to gentle yoga, along with guided meditation, journaling, and movement practices. The program will also cover diet, partner yoga, and Thai massage.

A month with **David Schiffman** is intended for people in transition who would like to cultivate the life skills necessary for dealing effectively with change and uncertainty. The program will focus on individual and community reflection using movement, ceremony, and guided group exercises. A unique blend of ancient and modern practices, the curriculum will emphasize developing resourcefulness, imagination, and honest self-assessment. The goal is to study what can be used to call up native intelligence and spirituality to maximize our physical, emotional, and soulful realization in dealing with life changes. In addition to the evening sessions, there will be weekly time for counsel and problem solving in smaller groups.

May 23–June 20

Helen Jerene Malcolm guides a month of Vision Painting—painting as a process to expose the limitations of the conditioned mind. An atmosphere of exploration and acceptance will encourage participants to suspend judgment, enabling the creative impulse to play, take risks, and face fears. The course will utilize emotional awareness, visualization, meditation, music, and dream images to evoke creative expression from one's inner source of intuitive wisdom. Through the language of color, the soul can unfold its message to the painter. The colors one chooses relate to the colors in one's electromagnetic field and reflect the painter's state of consciousness. There will be painting-gestalt sessions to explore the soul-talk of Vision Painting.

Please note: There will be a \$45 materials fee paid directly to the leader.

Most of us have a desire to be healthy and whole. The body offers a doorway to increased self-awareness, which then allows change to occur on physical, emotional, and spiritual levels. In a program facilitated by **Patrice Hamilton**, you will explore who you are and how you move. Using Cortical Field Reeduction® (CFR) and Gestalt Awareness Practice, the program will investigate the patterns that lock you into behaviors and attitudes that no longer serve you. CFR, based on the teachings of Moshe Feldenkrais, uses a gentle form of movement exploration to help the body release deep, long-standing muscular contractions that limit mobility or prevent healing. The program addresses not only symptom elimination, but the deeper life issues involved. Music, journaling, and other forms of expression may also be utilized.

June 20–July 18

Til & Loretta Carridan Luchau will lead a monthlong group in Process-Oriented Coaching Skills for working both with ourselves and with others. Blending light-hearted experiential study, somatic practices, group work, and contemplation, the focus will be on developing ways of living and relating that bring a sense of purpose, connection, and fulfillment. Drawing from the work of Arnold Mindell and other seminal thinkers, topics will include health and body symptoms, life or professional path, and relationships and community. The program also offers skills to become effective catalysts for meaningful transformation in our selves, in our relationships, and in the world. This course is relevant for those working with others, as well as for anyone interested in becoming more conscious about how to support and effect meaningful change.

Kenn Chase leads a monthlong intensive exploration of the entire Yang-style T'ai Chi Ch'uan sequence. Students will study the fifty-four postures of this ancient movement meditation, with hours of practice and refinement. Kenn will integrate Feldenkrais® Awareness Through Movement exercises into the class, helping students to free the body for more efficient mastery of the T'ai Chi forms. Movement analysis and Functional Integration will also be part of the program, helping to relieve stress and pains arising from chronic misuse of posture.

July 18–August 15

This month with **Peter Meyers** will be a dynamic exploration of theater as a playground and a springboard to personal discovery. The group will develop key ensemble skills in movement, voice, and improvisation while promoting individual self-assurance, physical presence, and communication skills. The program is designed to create a safe and supportive environment for experiencing heightened awareness within the group and developing a form to communicate a collective vision. Emphasis will be on listening to the creative impulse, trusting the intuitive response, expanding expressive skills, and finally preparing an original theater performance for the Esalen community. (Academic credit may be available for college students.)

Experiencing and expressing emotions are integral to being alive. Yet, for many of us, emotions remain mysterious, confusing, and difficult to constructively express. As a result, our relationships may be unsatisfying and the choices we make may not reflect our innermost desires or our true selves. Learning to fully experience feelings and express them in healthy ways enables us to be authentic and to have more fulfilling relationships. In this month of Gestalt Awareness Practice and group process with **Dorothy Charles**, participants will develop awareness of self and others, explore feelings as sensations in the body, and learn self-expression and communication skills. Mini-lectures, paired exercises, and expressive arts will be part of the curriculum.

Please note: There will be a \$20 materials fee paid directly to the leader.

Commitment to the Work Study Program is from 4 PM of the first Sunday to 4 PM of the final Sunday. Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay.

Fees: A deposit of \$400 in U.S. currency is required with your application. You may pay in full at the time you apply. *Prior to March 28, the work scholar fee is \$795 for the first month, \$745 for the second month, and \$695 for the third month. Beginning with the March 28 program, the new fee schedule will be \$895 for the first month, \$845 for the second month, and \$795 for the third month.* Work students may be invited to remain for a second or third month depending on space available and community needs (foreign nationals should contact the

Work Study office for information on staying longer than one month). Work scholars may not stay longer than three months in a calendar year, nor longer than three consecutive months. There are no scholarships available for the Work Study Program. Occasionally it is possible to stay for a longer period as an Extended Student.

Food and Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen. Housing and meals, often with home-grown organic produce, are included in your tuition.

Transportation: When making travel plans, note that the closest airport to Esalen is Monterey. With at least 48-hour advance reservations, van service to Esalen is available from the following locations on the Sunday of your arrival:

Monterey Airport: Departs 2 PM; Cost: \$40

Monterey Transit Center: 2:20 PM; \$40

San Francisco Airport: 11:45 AM; \$80

For van reservations call 831-667-3010 or e-mail workstudy@esalen.org.

Please note: Application is not registration in the program. Registration is made only after approval of application. If you do not pay in full at the time of application, the balance of the fee is due on arrival and is nonrefundable thereafter.

Cancellation policy: If you choose to cancel, you will be charged the following amount: 15+ days prior to start, \$100; 8-14 days, \$200; 3-7 days, \$300; 0-2 days, \$400.

Please mail the application form (see next page) with your personal statement and deposit to:

Work Study Program
Esalen Institute
55000 Hwy 1
Big Sur, CA 93920

or fax to:

Work Study Program
831-667-3069

We will contact you regarding your status within 14 days of receipt of your application. For more information contact the Work Study Office at the above address or phone: 831-667-3010; fax: 831-667-3069; e-mail: workstudy@esalen.org.

WORK STUDY PROGRAM APPLICATION

PLEASE PRINT LEGIBLY.

Name _____ ☐ Male ☐ Female Today's Date _____

Phone: Evening (_____) _____ Day (_____) _____ Cell (_____) _____

Home Address _____ City/State/Zip _____

Country _____ E-mail Address _____ Date of Birth _____ Age _____

Occupation _____

Do you have any limiting physical/emotional conditions (e.g., bad back, severe depression) which might affect your full participation in this program? ☐ Yes ☐ No Are you currently taking any medication? ☐ Yes ☐ No

If yes to either of these questions, please include details in your personal statement.

If a former Work Scholar, list where you worked and approximate dates _____

The Work Study Program is for 28 days, beginning and ending at 4 PM on Sunday. Sometimes particular dates and/or leaders are not available. List below, in order of preference, the dates/leaders for which you are available.

Please note: Space may become available up until the program start date. You must let us know if you wish to be removed from a wait list; if you're on a wait list and space becomes available, you will be automatically placed and then notified. If you cancel after placement, you will be charged a cancellation fee.

START DATE

Choice 1 _____ Preferred Leader _____ If full, wait list? ☐ Yes ☐ No

Choice 2 _____ Preferred Leader _____ If full, wait list? ☐ Yes ☐ No

Choice 3 _____ Preferred Leader _____ If full, wait list? ☐ Yes ☐ No

Choice 4 _____ Preferred Leader _____ If full, wait list? ☐ Yes ☐ No

If your application is approved and we cannot give you your first choice, we will place you in your next available choice.

Work students may be invited to remain for a second or third month, depending on space availability and the needs of the Esalen community.

Please indicate your availability for such an invitation (no obligation): ☐ No extension ☐ One-month extension ☐ Two-month extension

We encourage ridesharing. Are you bringing a vehicle? ☐ Yes ☐ No; Are you willing to give a ride? ☐ Yes ☐ No; Receive a ride? ☐ Yes ☐ No;

I wish to rideshare from (if different from above address) _____

Assignments to departments are made according to community labor needs (usually kitchen or housekeeping). However, if you have preferences in housekeeping, kitchen, maintenance, gardening, or groundskeeping, please list them below (skills not always necessary).

☐ Place me wherever I'm most needed – OR – note my preferences below.

Choice 1 _____ Skills/Experience _____

Choice 2 _____ Skills/Experience _____

Choice 3 _____ Skills/Experience _____

Please attach a personal statement about your interest in the Work Study Program, telling us why you'd like to participate and what you hope to take with you when you leave.

All applicants are required to sign a standard release-from-liability and assumption-of-risk form as a condition of participation in the Work Study Program. This form will be mailed to you upon acceptance to the program.

Do you want van service? From ☐ Monterey Airport, 2 PM (\$40 fee); ☐ Monterey Transit, 2:20 PM (\$40); ☐ San Francisco Airport, 11:45 AM (\$80).

Payment ☐ \$400 deposit ☐ \$795 ☐ \$895 (after 3/28)

☐ Check (U.S. banks only), attached and payable to Esalen Institute

☐ MasterCard ☐ VISA ☐ American Express

If you are making a credit card deposit, the balance will be automatically charged to your card five days before your arrival.

Card No. _____

Credit Card Expiration Date _____

Name and phone number (if different from above) _____

Authorizing signature _____

Please Note: No pets, drugs, or violence allowed. We cannot accommodate children of work scholars.

Applications cannot be considered without a deposit and a personal statement included.

A

Jeremiah Abrams has worked for 30 years in the helping professions. Director of the Mt. Vision Institute (www.mtvision.org), a certification counseling program in Marin County, he is author of *Meeting the Shadow*, *The Shadow in America*, and *Reclaiming the Inner Child*. p. 28

Mark Abramson is a part of the Stanford Center for Integrative Medicine and heads the Mindfulness Based Stress Reduction Program at Stanford Hospital and Stanford University. He teaches at Stanford's School of Medicine and is on staff at Stanford Hospital. p. 52, 69

Ayo Adeyemi, was born in Ijebu, Nigeria, and cofounded (with his wife Carole) Yoruba House in Los Angeles. In addition to being a master of the Yoruba rhythms, he is a Babalowo in the Ifa' religion. p. 60

Carole Zeitlin Adeyemi cofounded Yoruba House in Los Angeles in 1992 with her husband Ayo. Together they have introduced thousands of people to the Yoruba culture and the spirituality of community drum and dance. p. 60

Mandy Aftel is the founder and president of the Artisan Natural Perfumers Guild. She works with pure and natural essences creating one-of-a-kind individual perfumes, as well as formulating private label fragrances. Her latest book is *Essence and Alchemy: A Book of Perfume*. p. 43

Catherine L. Albanese is professor of religious studies at the University of California, Santa Barbara, directing dissertations from American Daoism to bluegrass festivals and national parks. Her writings include *Nature Religion in America* and *American Spiritualities*. p. 48

Ramon Albareda is a clinical psychologist, theologian, and sexologist. He is the founder/director of Estel, a center of personal growth in Barcelona, and creator of *Holistic Sexuality*. He is the coauthor of *Nacidos de la Tierra: Sexualidad, Origen del Ser Humano*. p. 39, 42, 64, 66

Ronald Alexander, a mind/body psychotherapist practicing in Santa Monica, has explored meditation and healing disciplines since 1971. Originator of the OpenMind Training, teaching mind/body healing, he is a business consultant, focusing on leadership, creativity, and communication. p. 60

Kathy Altman is on the teaching faculty for Gabrielle Roth's institute, *The Moving Center*, and has studied with Gabrielle for 25 years. She cofounded *The Moving Center School* in California, and maintains a teaching practice in Mill Valley. p. 62

Zaida Amaral is an architect, feng shui practitioner, and ecovillage developer. She is from Porto Alegre, Brazil, and is executive director of the Sustain Ability Trust. p. 19

Esperide Ananas leads seminars on healing, inspiration, and perception all over the world. A graduate of Damanhur's School of Spiritual Healers in Italy, she is a member of Damanhur's Way of the Oracle, researching dreaming and subtle energies. p. 29

Susan Anderson is a psychotherapist who specializes in helping people overcome heartbreak, loss, and abandonment. She is the founder of *Abandonment Recovery*, a worldwide program of techniques and support groups that help people overcome their abandonment wounds past and present. p. 51

Lane Arye teaches Process Work and conflict resolution worldwide. He leads a UN project in the Balkans working on ethnic tensions and community building, has a doctorate in psychology, and is the author of *Unintentional Music*. p. 26

B

Nancy Bacal, lyricist, screenwriter, and longtime Esalen leader, edited Leonard Cohen's anthology *Stranger Music* and wrote and produced *Raga*, a film starring Ravi Shankar. She conducts ongoing writing workshops in Los Angeles, San Francisco, and Honolulu. p. 37

Richard Balaban, a licensed clinical psychologist and certified group psychotherapist, has taught at Indiana University and SUNY at Buffalo. His passion is for his family, his work, and life's journey. p. 56

Anat Baniel began studying the Feldenkrais Method in early childhood in her native Tel Aviv and later became the student and apprentice of Moshe Feldenkrais. She works extensively with infants and children, health-care professionals, and musicians. p. 57

James Baraz has taught vipassana insight meditation retreats and classes since 1977. Cofounder of Spirit Rock Meditation Center in Marin County, Calif., he holds an MA in psychology and has a counseling practice in Berkeley. p. 38

Amelia Barili is an Argentine-born journalist and university professor who teaches Latin American literature at UC Berkeley. Coauthor of *Conversations with Borges*, she is the author of *Jorge Luis Borges y Alfonso Reyes and the forthcoming Borges, A Weaver of Dreams*. p. 19, 25, 69

Sondra Barrett, teacher, award-winning photographer, and "recovering scientist," has taught healing practices for more than 25 years. A student of shamanism, qigong, and expressive arts, she is author of the CD *Molecular Messengers of the Heart* and the forthcoming book, *Mystic Molecules*. p. 61

Ellen Bass has supported, encouraged, and inspired writing for over 20 years. She has published a dozen books, including poetry, nonfiction, and children's stories. She recently won the Pablo Neruda Prize for Poetry and has a new volume, *Mules of Love*. p. 13

Rob Bauer has been working with gay men for more than 15 years as a body-centered psychotherapist. He has presented his workshops across North America, including Esalen and Omega Institutes and Rowe Conference Center. p. 29

Therese Baxter has trained in and practiced medical ki for 20 years. She is an instructor of PhysioSynthesis with 26 years' experience in the Alexander Technique. She has a private SIKE practice in Los Angeles, and works extensively with performing artists. p. 62

Sharon Beckman-Brindley is a clinical psychologist working in both public and private settings for 23 years. She has over 20 years of meditation experience and for 8 years has taught mindfulness practices to Virginia therapists in yearlong seminars on *Unconditional Presence*. p. 72

Denise Berezonsky is associate director of The Breema Health and Wellness Center, a senior instructor at The Breema Center, and coauthor of a book on *Self-Breema*. She teaches Breema worldwide and leads wellness retreats. p. 69

Richard Berrett has committed the past 34 years of his professional life to enhancing awareness. A clinician, university professor, and past president of Imagery International, he has an extensive background in body awareness, imagery, family systems, Gestalt, and deep learning. p. 40

Cynthia Johnson Bianchetta is a photographer, movement artist, and authorized Continuum Movement teacher, teaching dance and movement for more than 30 years. Former director of the Weston Photographic Gallery, her websites are www.sacredearthphotography.net and www.movingspirit.net. p. 16, 43, 66

Daniel Bianchetta has been teaching meditation and intuitive practice at Esalen for over two decades. A photographer as well as Esalen's media coordinator, his photographic interests are the Big Sur coast and Native American rock art. p. 66

Judith Blackstone is a meditation teacher, psychotherapist, author, and founder of *Subtle Self Work*, a method of realizing nondual consciousness. She is director of Realization Center in Woodstock, N.Y. p. 44

Richard Blasband, an internationally recognized exponent of Wilhelm Reich's work, is a psychiatrist in private practice in Sausalito, Calif. Formerly on the medical faculty of Yale University, he is past-president of the American College of Orgonomy. p. 44

Charlie Bloom is a teacher, consultant, and therapist specializing in relationship issues. He has designed and facilitated experiential seminars since 1982, and codirects The Empowerment Network with his wife Linda. p. 18, 54, 56, 76

Linda Bloom is a psychotherapist, seminar leader, and codirector of The Empowerment Network. She has facilitated relationship workshops throughout the U.S. as well as internationally. p. 18, 56

Corinne Bourdeau is the president of 360 Degree Communications. Former associate publisher of Los Angeles Magazine, she has worked with numerous nonprofits, including Women in Film and City of Hope. p. 48

Julie Bowden, psychotherapist and author, specializes in childhood trauma, substance abuse, and forgiveness. Coauthor of *Recovery: A Guide for Adult Children of Alcoholics* and *Genesis: Spirituality in Recovery from Childhood Traumas*, she has been teaching at Esalen for 16 years. p. 52, 56

Ann Bradley is a senior faculty member at the Institute of Core Energetics East, has a private Core Energetics counseling practice in New York City, and has led numerous workshops in New York and California. p. 26

Devers Branden is a personal-development consultant, corporate coach, and the coauthor of *What Love Asks of Us*. She is recognized for her pioneering work in relating the field of subpersonalities to that of self-esteem. p. 66

Deborah Brenner, an artist displayed in galleries internationally, is an art therapist devoted to exploring the creative process of relationship. She and her husband Paul have offered workshops throughout the U.S. and Canada. p. 23

Paul Brenner holds doctorates in medicine and psychology. Moderator of the PBS series "Healing Through Communication," he is the author of *Seeing Your Life Through New Eyes* and *Buddha in the Waiting Room*. p. 23

Byron Brown has taught the Diamond Approach since 1990 and is the author of *Soul Without Shame: A Guide to Liberating Yourself from the Judge Within*. For many years he taught and performed improvisational dance and voice and brings that experience to his spiritual teaching. p. 36

Daniel Brown has a group private practice in Cambridge, Mass., and is on the faculty of Harvard Medical School and Simmons School of Social Work. He is author of 12 books, including *Transformations of Consciousness* (with Ken Wilber and Jack Engler). p. 46

Stuart Brown is a psychologist, filmmaker, and a leader in the study of evolutionary play. He was executive producer of *The Hero's Journey: The World of Joseph Campbell*, and his article for *National Geographic* on animals and play is the most requested article in their history. p. 52

C

Piovra Caffè is an accomplished painter and sculptor who specializes in artistic glass techniques, including Tiffany. She supervises all artwork for the Temple of Humankind at Damanhur (Italy) and is directly involved in designing and making art pieces for its halls. p. 29

Narrye Caldwell-Cohen is a doctor of Traditional Chinese Medicine, spiritual guide, shamanic practitioner, relationship and life coach, and wellness coach and counselor. p. 56

Susan Campbell has written six books on interpersonal relationships, including two bestsellers: *The Couples' Journey: Intimacy as a Path to Wholeness* and *From Chaos to Confidence: Survival Strategies for the New Workplace*. p. 13

Fritjof Capra, physicist and systems theorist, is the author of several international bestsellers, including *The Tao of Physics*, *The Web of Life*, and *The Hidden Connections*. His website is www.fritjofcapra.net. p. 25

Craig Carr comes to the coaching profession from a background in psychology and body/mind medicine. He is a senior trainer with the Coaches Training Institute and maintains an international clientele of business and professional leaders. p. 67

Tom Case has been practicing massage for the past 13 years. He has been on the Esalen massage staff since 1993. p. 16, 53

Joseph Cavanaugh is a licensed psychotherapist in private practice in the Sierra foothills, a psychology instructor at a local community college, and has facilitated personal growth workshops throughout California for the past 30 years. p. 49

Dorothy Charles is a Gestalt practitioner whose primary interest is in combining Gestalt Practice with artistic expression. p. 75, 77

Carl Chase (CC), developer of the CC Flow, is a bodyworker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft-tissue manipulation. p. 19, 53

Kenn Chase has taught traditional Yang-style Tai Chi Ch'uan for 30 years and has studied with several Tai Chi masters. A certified Feldenkrais teacher, he is a stress management consultant for Cardiology Associates of Marin. p. 77

Michael Christie studied cello, composition, and piano at London's Royal College of Music, where he won the Bliss Prize. Involved in musical projects throughout Europe, he teaches and composes for groups from the English Sinfonia to children's development pieces. p. 36

Nancy Clark, psychotherapist, author, and international workshop facilitator, has been involved in projects to reduce stress in post-Communist countries. In 1991, she spontaneously began to see inside the body and started teaching energy medicine. p. 64

Marvin Cohen is president and cofounder of Relationship Coaching Institute Silicon Valley (formerly LifePartnerQuest), a six-year-old relationship, coaching, and education company with over 400 licensees worldwide. He is a teacher, relationship and life coach, and counselor (MFT intern). p. 56

Stephen Cohen, Gestalt practitioner and longtime golf hacker, is founder and president of The Shivas Irons Society, a non-profit organization dedicated to enhancing golf's beauties and virtues. p. 49

David Corbin is a shamanic practitioner and teacher with a private practice in shamanic counseling and healing in Maine. He is a faculty member of the Foundation for Shamanic Studies. p. 33, 76

Ann Weiser Cornell has taught Focusing in fifteen countries on five continents. She is a student and colleague of Gene Gendlin, the developer of Focusing. Her book is *The Power of Focusing: A Practical Guide to Emotional Self-Healing*. p. 54

Olivia Corson is a pioneering movement/story artist, teacher, and performer. *Body Tales*, infused with her lively devotion to Earth's sacred and creative powers, has inspired people internationally. Her website is www.bodytales.com. p. 34

Jean Couch, author of *The Runner's Yoga Book*, is director of the Balance Center in Palo Alto, Calif., gleaming new knowledge about fitness by studying populations of people who have no back or joint pain. p. 56

Phil Cousineau is a writer, filmmaker, photographer, adventure travel leader, and the author of 18 books, including the recent *The Olympic Odyssey: Rekindling the Spirit of the Great Games, Once and Future Myths, and The Art of Pilgrimage*. p. 52

Kathleen Cox, founder of vastuliving.com, is the author of *The Power of Vastu Living* and *Vastu Living*. A vastu consultant and speaker, Cox is credited with building vastu awareness in America. p. 24

Adam Crabtree is a Toronto psychotherapist and writer in the history of hypnosis, multiple consciousness, and psychotherapy. He is a participant in the Esalen Survival Colloquium. His latest book, *Trance Zero*, is about trance states in everyday life. p. 50

Tom Cronin is a Healthy Life Coach, a Certified Trainer, cancer survivor, heart-attack survivor, and teacher of Eight Weeks to Optimum Health workshops for Gilda's Clubs, cancer centers, and other wellness groups in Chicago. p. 50

Stewart Cubley is cofounder of The Painting Experience in San Francisco and coauthor of *Life, Paint and Passion*. Originally a scientist, he has led seminars in creativity for over 25 years. p. 51

Raphael Cushnir, recently featured in *O, The Oprah Magazine*, has been a teacher, activist, screenwriter, and film director. His own heart was rekindled after a period of profound grief. Since then, he has held frequent talks and workshops throughout the country. p. 30

D

David Darling is a cellist, teacher, and composer. He is cofounder of Music for People, an organization dedicated to self-expression through music and improvisation. His latest recordings include *8-String Religion*, *Darkwood*, and the Grammy-nominated *Cello Blue*. p. 20, 37

Govin Das (Ira Rosen) has a great love for the awakening of the heart. He sings kirtan and teaches vinyasa yoga in Santa Monica and also leads retreats and workshops internationally. He makes frequent pilgrimages to India and is a devotee of Neem Karoli Baba. p. 70

Annee Delaware is a psychiatric nurse, counselor, and a Life Purpose Process Coach. She is a visual and performance artist and has facilitated workshops for 15 years, with a focus on creativity, healing, and life purpose. p. 44

Embree De Persiis has worked and taught at her Big Sur studio for more than 20 years. Her work has been exhibited in galleries and private collections throughout the United States and Canada. p. 71

Karen Dietz is a folklorist, story expert, consultant, and coach. She has over 20 years of experience working with Fortune 500 executives, politicians, professional speakers, community leaders, and activists in stories and storytelling. p. 25

Ann Downing heads the Esalen Campaign for the Future. As a planning and resource development professional, she has worked on the staff of and as a consultant for national nonprofits in the fields of the arts, environment, community development, and health care. p. 48

Ken Druck began the Jenna Druck Foundation in 1996 following the death of his daughter Jenna. The Foundation's Families Helping Families program reaches thousands of bereaved parents annually. He leads "Healing Your Life After the Loss of a Child" workshops throughout the U.S. p. 54

E

Donna Eden is among the world's most sought, most joyous, and most authoritative spokespersons for energy healing. Her book, *Energy Medicine*, is becoming the classic in the field. p. 71

Catherine Elber-Wenner has been a student of yoga since 1964, of tai chi since 1970, and a teacher of tai chi since 1975. Renowned for her distinctive approach to this ancient art, she is "honored to be instrumental in bringing this gift into people's lives." p. 54

Myron Eshowsky is executive director of the Pathways Foundation for Peace and Healing, dedicated to bringing spiritual approaches to modern peacemaking needs. He has taught worldwide, written articles, and worked in prisons, mental-health centers, and with at-risk youth. p. 63

Stewart Esposito bridges the Western mind to the Tantric/Taoist practices of intimacy and sacred sexual connection between beloveds. He brings 40 years of experience as a CEO, consultant, and course leader. Stewart is completing his first book on *Conscious Loving*. p. 13

F

Jayson Fann, Esalen Arts Center coordinator, has 15 years' experience as a musician, performer, visual artist, costume designer, composer, and musical director. He studied music in Africa and the Caribbean, and has taught at Cal State University, Monterey Bay. p. 52, 53

Rachel Fann joined the Esalen massage staff in 1993. Her work integrates Esalen Massage with approaches from CranioSacral Therapy, aikido, Chi Kung, breathwork, and meditation. p. 30

Robin Fann has a lifelong background in dance and movement. An Esalen Massage practitioner, CranioSacral practitioner, and certified yoga instructor, she has taught and assisted Esalen Massage trainings, yoga retreats, and Upledger Institute trainings. p. 19, 44, 76

Warren Farrell, author of *Father and Child Reunion*; *Why Men Are the Way They Are*; and *Women Can't Hear What Men Don't Say*, has been a pioneer in both the women's and men's movement, and has appeared on over 1,000 television and radio shows. p. 35

David Feinstein is the author of *Energy Psychology Interactive* and executive director of the Energy Medicine Institute. He has taught at the Johns Hopkins School of Medicine. p. 71

Heidi H. Finser is both an artistic Eurythmist and a therapeutic Eurythmist, having completed seven years of Eurythmy stage and therapy training in Vienna and London. She has performed, taught, and practiced Eurythmy in Europe and the U.S. for the past 30 years. p. 41

Janet Fitch is the author of the novel *White Oleander* which was recently made into a movie. p. 43

Thomas Michael Fortel is a long-time yoga practitioner/teacher, influenced by the Iyengar and Ashtanga styles of hatha yoga. In addition, he draws strongly from his devotional experience in Bhakti yoga. He teaches locally and leads retreats nationally and worldwide. p. 14, 17, 40, 47, 51

Gregory Franta, principal architect of ENSAR Group, an international sustainable design firm, has a wealth of experience in environmental design for a variety of building types, LEED projects, and creating successful high-performance buildings. p. 36

Patricia Frisch is a licensed psychologist, Reichian therapist, family therapist, and experienced group leader. She is director of Counseling and Training Consultants, which provided communications training for inmates and staff in California State prisons. p. 44

Mallory Fromm studied martial and healing ki in Japan for 27 years, and is an internationally recognized aikido shihan and ki practitioner. Besides his private practice, he consults extensively, and has written two popular books on health through ki. p. 62

Jerome Front is an adjunct faculty at Pepperdine University and teaches about eating, food, and mindfulness-based approaches. He has worked at the Rader Institute for Eating Disorders, leads retreats, and is an MFT in private practice in Studio City, Calif. p. 58

G

Jim Gallas has been teaching Shiatsu for over 10 years. He has led numerous workshops in California as well as internationally. He is creator of the video Table Shiatsu: Deep and Effective Bodywork With Ease. Jim also teaches yoga and Chi Kung. p. 44

Johannes Galli is a facilitator in transformational theater. He is the author of *The Seven Kellerkinder—Empowering Creativity*; *The Galli Method: Successful Conflict Prevention and Resolution*; and *Clown: Joy of Failure, The Secret to Genuine Success*, among others. p. 38

Sherry Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage, balanced with Esalen bodywork. A practicing RN, she specializes in emergency medicine and psychiatric intervention. p. 30

Gangaji is an American teacher who travels the world responding to the deepest spiritual questions of our time. She is the author of *You Are THAT!*, *Freedom and Resolve*, and many video and audio compilations. p. 40

Jerome Gary has worked as a screenwriter, director, producer, and executive in the movie industry for more than 25 years. His credits include the Academy Award-nominated *Pumping Iron*, *Old Boyfriends*, *Stripper*, and the Emmy Award-winning *The Russians*. p. 31

Dennis Gates, an Integrative Medicine Physician after a 27-year career as an orthopedic surgeon, is a graduate fellow of Andrew Weil. He teaches healthy living integrating holistic and standard medical care to all seekers of optimum health, including medical and surgical staffs. p. 50

Glenna Gerard is a nationally recognized consultant in the area of interpersonal communications and transformation. She is coauthor of *Dialogue: Rediscovering the Transforming Power of Conversation*. p. 59

Mariah Fenton Gladis, founder/director of the Pennsylvania Gestalt Center for Psychotherapy and Training for nearly three decades, leads workshops and trainings around the U.S. and in Europe. She is recognized for the sensitive and creative way she practices the art of Gestalt. p. 26

Aviva Gold has been teaching inspired art for over 25 years and leads *Painting From The Source* in her own retreat in New York State as well as throughout the U.S. She is both an active artist and a practicing psychotherapist. p. 38

Richard Gold has been practicing and teaching Oriental healing arts since 1978. A graduate in Thai Massage from the Old Medicine Hospital in Chiang Mai, Thailand, he is chairman of the board of the International Professional School of Bodywork in San Diego. p. 66

Mary Goldenson is a clinical psychologist, chiropractor, and certified Radix teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions, and leads mediation trainings and workshops around the country. p. 21, 30, 36, 48, 60, 70

Jan Goldstein is an award-winning poet, playwright, screenwriter, and author. A human rights activist and ordained rabbi, he is the author of *Life Can Be This Good* and *Sacred Wounds: Succeeding Because of Life's Pain*. p. 15

Steven Goodman is core faculty and codirector of the Asian and Comparative Studies program in the Philosophy and Religion Department at California Institute of Integral Studies, where he teaches Buddhism and comparative philosophy. p. 19

Harriet Goslins originated Cortical Field Reeducation. A Feldenkrais practitioner and Integrated Awareness teacher, she has a background in psychosynthesis, applied kinesiology, muscle energy, craniosacral work, and social anthropology, and has been teaching at Esalen for 22 consecutive years. p. 47

Robert Grant works internationally as a trainer and consultant to business, religious, and relief organizations in the areas of trauma and spirituality. In addition to training professionals to work with trauma victims, he has gone on-site to trauma zones to support victims. p. 62

Susan Grant is a member and teacher of Aminah Raheem's Basic Acupressure faculty. She is the originator of *Free To Move* and is a certified practitioner of Process Acupressure, Craniosacral techniques, and the Alexander Technique. p. 65

Connie Gauds is president of the Association of Natural Medicine Pharmacists, assistant professor of clinical pharmacy at UCSE, director of the Center for Spirited Medicine, and author of the book *Jungle Medicine*. p. 23

Lynda Greenberg is an exhibiting sculptor who has taught drawing nationwide since 1981. She has been a colleague of the center for the Educational Applications of Brain Hemisphere Research since its founding in 1985. p. 19

Pierre Grimes is one of the founders of the Philosophical Counseling movement. He was called a Jnana yogi by Alan Watts, with whom he studied. The Zen master Myo Bong S'nim of the Chogyo Buddhist order of Korea sealed him as his Dharma Successor. p. 15

Michael Grosso is the author of books on mythology and soulmaking. His most recent book is *Experiencing the Next World Now*. He's on the board of directors of the American Philosophical Practitioners Association. p. 53

Tara Guber is a yogi of 28 years, teacher, producer, and founder of Yoga Ed. and The Yoga House, an organization dedicated to body, mind, and spirit. She is coauthor of the book/video *Yoga Moves* and author of the forthcoming *Contact: The Yoga of Relationship*. p. 31

H

Patrice Hamilton worked in education and counseling in the Midwest before moving to California in 1996. Since then she has spent much of her time living, working, and studying at Esalen, where she began her training in CFR and was active in Gestalt training and practice. p. 77

Joseph Hanania is a frequent contributor to *The New York Times* and *The Los Angeles Times*. He has taught screenwriting and nonfiction writing at UCLA Extension and the New School for Social Research, and has produced television credits for HBO and CBS. p. 27

Steven Harper is a wilderness guide, author, artist, and Big Sur resident. He has led both traditional and experimental wilderness expeditions internationally for over 25 years. He has an MA in psychology and his work focuses on wild nature as a vehicle for awakening. p. 58, 62, 67, 72

Susan Harper teaches Continuum workshops in the U.S., Canada, Europe, and Japan. She also offers Quest trips—for celebrating what is still wild, inside and out—in the wilderness and in Asia. p. 67

Andrew Harvey, poet, translator, novelist, and mystical scholar is the author or editor of over 30 books, including the best-sellers *Journey in Ladakh*; *The Way of Passion: A Celebration of Rumi*; *Son of Man*; and *The Direct Path*. p. 38

Arthur Hastings is a professor at the Institute of Transpersonal Psychology, Palo Alto, Calif. The psychomanteum staff are advanced doctoral students who have experienced the process themselves and are accomplished at guiding others through it. p. 69

Justin Hecht is a Jungian psychologist and executive coach in private practice in San Francisco. He teaches meditation and leads groups and workshops designed to awaken authenticity and creativity. p. 59

Robert Helm is a longtime teacher and practitioner on the Esalen massage staff. p. 13

Judith Hemming is a British Gestalt psychotherapist who specializes in working with couples and families and in the spiritual opportunities that accompany human life and suffering. She has studied and taught *The Orders of Love* since 1993. p. 18, 21

Christy Hengst has taught the art of tilemaking in Ecuador and the U.S. She currently works out of her studio in Santa Fe, N.M., with a focus on public art projects and on integrating her baby's needs into her life as an artist. p. 67

Paul Heussenstamm has taught art as a spiritual path throughout the U.S. and abroad. Gabrielle Roth's book, *Maps to Ecstasy*, features his original mandala on the cover. p. 27, 61

Sha Sha Higby is nationally known for her evocative and haunting performances and for the exquisite and ephemeral body sculpture she creates to move within. She has performed internationally and studied extensively in Indonesia and Japan. p. 22

Helmut Hillenkamp specializes in the sculptural design of functional forms. former Esalen staff member, he built Esalen's forge and pottery kiln. He now lives in Santa Fe, N.M. p. 67

Shelley Hodgen has read people clairvoyantly and taught them to develop their psychic and intuitive abilities for over 22 years. Formerly the director of the Berkeley Psychic Institute, she currently teaches classes and workshops in Marin County. p. 41

Johanna Holloman is a licensed clinical psychologist, Gestalt- and deep bodywork-therapist, and teacher from Germany. Now living in Big Sur, she is a member of the Esalen massage crew and a professional yoga teacher on the Esalen Movement staff. p. 76

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 54, 76

Perry Holloman has taught at Esalen and in Europe for over 20 years, focusing on the physical, energetic, and emotional causes of chronic pain. He is on Esalen's bodywork staff and teaches somatic approaches to Gestalt Therapy at the Gestalt Institute in Dortmund, Germany. p. 53

Jonathan Horan is on the teaching faculty for Gabrielle Roth's international institute, The Moving Center. In addition to leading workshops throughout the U.S., South America, and Europe, he is a certified massage therapist and a professional actor. p. 62

Peggy Horan has been practicing and teaching massage at Esalen for over 25 years. She has also been involved in childbirth education and has practiced midwifery in Big Sur for 15 years. p. 18, 32

Paul Horn has made over 40 albums in a four-decade career. He has recorded with such legendary figures as Duke Ellington, Frank Sinatra, Quincy Jones, and Ravi Shankar, and his *Inside the Taj Mahal* solo album became the seminal recording for the genre of New Age music. p. 39

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation and director of Lan Ting Institute in the Sacred Mountains of China. p. 37, 39

Barbara Marx Hubbard, author, speaker, and social innovator, is president of the Foundation for Conscious Evolution. Nominated for Vice President on the Democratic ticket in 1984, she recently launched Gateway to Conscious Evolution, a global evolutionary educational program. p. 45

Anja Hueber works as a transpersonal therapist in the Netherlands. Her warmth combined with sharp insight has facilitated growth and change with addicts, police officers, and high-level executives, among others. p. 76

Terry Hunt is a licensed psychologist and certified bioenergetic therapist. He has a private practice in Boston, with subspecialties in adult children of alcoholic and abusive homes, addiction, and older adolescents. He is a consultant to the Hazelden Institute. p. 53

Roger Jahnke has practiced Chinese medicine clinically for over 25 years. He has traveled to China eight times to explore the secrets of Qi in hospitals, temples, and sacred sites. He is the author of the acclaimed *The Healer Within* and, more recently, *The Healing Promise of Qi*. p. 30, 71

Eli Jaxon-Bear is Gangaji's husband. He leads retreats around the world in service of world peace and freedom through universal self-realization. He is the author of *The Enneagram of Liberation: From Fixation to Freedom and Sudden Awakening*. p. 40

Arthur Samuel Joseph is a teacher of voice who over 40 years ago established the Vocal Awareness system, a method integrating mind/body/spirit in the vocal arts. He is author of *Vocal Power—Harnessing the Power Within* plus other books and multiple audio and video series. p. 73

Zoran Josipovic is a counselor, meditation teacher, and codirector of Realization Center in Woodstock, N.Y. He is a longtime student of Eastern contemplative traditions and coauthor of *Zen for Beginners*. p. 16, 18

K

Leah Kalish is the program director for Yoga Ed. and The Accelerated School Yoga Program. She is also the writer/teacher in GAIAM's Yoga Fitness for Kids videos and co-creator of Yoga Kit for Kids and Games for Life. p. 31

Lynne Kaufman is a nationally recognized playwright. She has taught improvisation at UC Berkeley and UC San Diego. She currently directs the Travel with Scholars Program at UC Berkeley Extension. p. 59

Sam Keen is the author of numerous books, including *The Passionate Life*, *Faces of the Enemy*, *Hymns to an Unknown God*, and, most recently, *Learning to Fly*. p. 27

Jerry Kermode has been a woodworker since 1972. He lived in Hawaii for 21 years, where he began turning bowls from local Hawaiian trees. Jerry now lives in Bodega Bay, Calif., and works as a full-time woodturner. p. 47

Hala Khouri has been teaching movement arts for over 12 years, having trained in ballet, modern, dance, Pilates, Capoeira, and yoga, among others. She did her yoga teacher training at YogaWorks in Santa Monica, Calif. p. 55

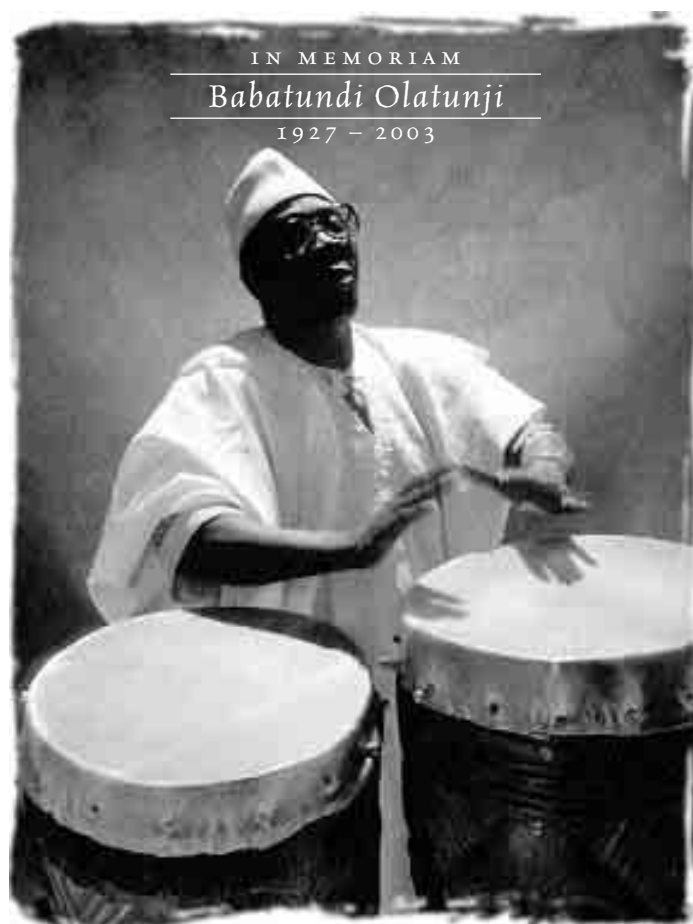
Daphne Rose Kingma is a therapist, lecturer, and teacher of relationships as a spiritual art form. She is the best-selling author of seven books on relationships, including *Coming Apart*, *Finding True Love*, and the forthcoming *9 Types of Lovers*. p. 57

Peter Kingsley is the author of several books, and teaches across the country. An honorary professor at the University of New Mexico, his groundbreaking work on the origins of western spirituality and culture is recognized around the world. p. 35

Gregory Kramer, a Vipassana teacher for more than 20 years, studied Buddhist meditation and psychology with respected Asian teachers. He directs the Metta Foundation, supporting the development of Insight Dialogue meditation and the Buddha's teachings as they manifest today. p. 72

Sybil Krauter teaches Integrated Awareness and Cortical Field Reeducation. Her background is in clinical hypnosis, neurolinguistic programming, and education. Currently her focus is on how we create reality. p. 47

Michael Kuka is a champion ballroom dancer and excellent teacher who knows the importance of fun. p. 41



IN MEMORIAM
Babatundi Olatunji
1927 – 2003

Jill Kuykendall is a physical therapist and transpersonal medical practitioner who has worked in the standard Western medical paradigm for over 20 years. She is now in private practice with the Center for Optimum Health in Roseville, Calif., specializing in soul retrieval. p. 42, 68

Ann Ladd is a psychotherapist/physical therapist who founded Life Patterns for Health in 1972 to offer holistic programs. She combines training in physical therapy, Gestalt, transpersonal psychology, and deep emotional healing to create safe, deeply transformative groups. p. 28

Bob Lamp is a mixed-media artist. He recently spent four years as the Foundry Technician for the School of Art and Design of San Jose State University. He currently teaches a wide range of sculpture classes at Cabrillo and Monterey Peninsula Colleges. p. 44

Bruce Langhorne is a legendary recording artist and composer who has been nominated for an Academy Award in film scoring. He is the inspiration for the Bob Dylan song "Tambourine Man." p. 13

Sidney Lanier, former Episcopal priest, founder of The American Place Theater in New York and the New American Place Salon in San Francisco, has been a lifelong pioneer in his quest for the truth of "life more abundant ... life in the service of life." p. 45

Laura Larsen is a graduate of UCLA School of Nursing. She is the author of *Facing the Final Mystery: A Guidebook for Discussing End-of-Life Issues Now*, and has been teaching workshops based on this material since 1998. p. 17

Sarah La Saulle is a psychotherapist and teacher who specializes in healing blocks to self-love and creativity. She is in private practice in Santa Monica, Calif., where she is also an avid ballroom dance student. p. 41

Leonard Laskow is a Stanford-trained physician who has studied the healing power of love for more than 25 years. He is the developer of Holoenergetic healing and author of *Healing With Love: A Breakthrough Mind/Body Medical Program for Healing Yourself and Others*. p. 73

Barbara Lee has been a circlemaker for the past 21 years. Her primary focus is on the heart-centered remembrance of the Divine. She is the author of *Loving Yourself*. p. 33

Lenore Lefer is an MFT and has been a psychotherapist for over 25 years. She leads women's groups and works with people with heart disease and cancer. p. 64

Annie Styron Leonard is executive director of the Energy Training Institute in Mill Valley, Calif., the certifying organization for Leonard Energy Training (LET). She holds a black belt in the martial art of aikido and is one of the founding leaders of Integral Transformative Practice. p. 33, 48

George Leonard is the author of 12 books, including *Mastery*, *The Ultimate Athlete*, and *The Way of Aikido*. He is a fifth-degree black belt in aikido, founder of Leonard Energy Training (LET), and president of Esalen. p. 29, 33, 48, 65

Carol Lessinger, Feldenkrais and Integrated Awareness teacher, has taught healing practices through awareness, movement, dance, and touch for over 30 years. She directs her Center for Moving in Wholeness in Ojai, Calif. p. 47

Peter Levine is an internationally recognized authority on trauma and a pioneer in stress research and healing practices for trauma survivors. Dr. Levine is the founder of the Foundation for Human Enrichment in Lyons, Colorado. p. 24, 25, 27

Stewart Levine is dedicated to providing skills and ways of thinking that people will need to thrive in the new millennium. His book *Getting to Resolution: Turning Conflict Into Collaboration* was named one of the 30 Best Business Books of 1998. p. 20

Dennis Lewis, a longtime student of the Gurdjieff Work, Taoism, and Advaita, teaches the transformative power of presence through breathing, qigong, and meditation. He is the author of *Free Your Breath, Free Your Life*, *The Tao of Natural Breathing*, and the audio program *Breathing as a Metaphor for Living*. p. 20, 65

Denise Linn is the author of 12 books, including the award-winning *Secrets and Mysteries* and the best-selling *Sacred Space*. She has taught in 19 countries and was the keynote speaker at the last International Feng Shui Conference. p. 44

Cheeta Llanes started her career as a massage therapist 30 years ago. She has been connected to the Upledger Institute for 10 years, first as a student, then as a practitioner and teaching assistant, and now as a presenter. p. 46, 64

Dondra Lopez is completing a degree in counseling psychology for certification as a rehabilitation counselor. For many years she was a volunteer ombudsman for the Washington Long-term Care Program, and is currently a member of the Governor's Committee on Disability Issues and Employment. p. 52

Loretta Carridan Luchau is a somatic psychotherapist, bodyworker, and dedicated mother. A former instructor of integrative bodywork, communication, and ethics at the Boulder College of Massage Therapy, she currently lives and practices in Colorado. p. 77

Til Luchau is a trainer, somatic therapist, and coach whose trainings for transformative professionals have been offered on five continents. A faculty member of the Rolf Institute since 1989, he is the director of Advanced-Trainings.com. p. 14, 63, 77

Frederic Luskin is a Senior Fellow at the Stanford Center on Conflict and Negotiation. A licensed psychologist, he directs the Stanford Forgiveness Projects and is the author of *Forgive for Good: A Proven Prescription for Health and Happiness*. p. 43, 52

Joyce Lyke is one of the principal teachers of the Diamond Approach to Inner Realization. She has taught ongoing DA groups throughout the U.S. for 13 years and currently teaches in Canada. She was part of the Esalen staff during the '70s and '80s. p. 47

Marlena Lyons cofounder (with Jett Psaris) of the Bay Area's Conscious Living Center, has been in private practice since 1979 specializing in relationship issues and the cultivation of the capacity for undefended love. p. 25

M

Patricia Ryan Madson, a senior lecturer in the Stanford Drama Department, is coach of the Stanford Improvisors and a Constructive Living instructor. She received the 1998 Dinkelspiel Award for innovative contributions to undergraduate education at Stanford. p. 12

Sandra Maitri is one of the principal teachers of the Diamond Approach and the author of *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul*. A member of Claudio Naranjo's original SAT group, she has worked with the enneagram for almost three decades. p. 47

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 24, 37, 76

Jena Marcovicci is a former touring professional tennis player (1972-1976) who competed against Borg and Vilas. He has a doctorate in counseling and psychology, and a private sports psychology practice in Richmond, Mass. p. 31

Brigitte Mars is an herbalist and nutritional consultant from Boulder, Colo., who has been working with natural medicine for over 30 years. She is the author of *Addiction-Free Naturally*; *Sex, Love, and Health*; and the forthcoming *Rawsome*. p. 69

Dean Marson is a practitioner and instructor of Esalen Massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. p. 32

Vinn Marti is a dance artist and licensed prayer practitioner who teaches Soul Motion internationally. He is the cofounder of Body Moves of Portland, one of the first mind-body movement-arts studios in the country. p. 40, 76

Charlea Massion is a family physician and women's health specialist. She teaches in the Division of Family and Community Medicine at Stanford University Medical Center and is on the advisory board of the American College of Women's Health Physicians. p. 23

Sarah Mata is a certified yoga teacher trained in the traditions of Krishnamacharya. Her work ranges from the vigorous flow for the very fit to the user-friendly application of yoga for people with heart disease and musculoskeletal injuries. p. 24

Robert Maurer is Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica-UCLA Medical Center. He also teaches writing classes in creativity, storytelling, and character development at UCLA and USC. p. 66

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches yoga, massage, creative movement, awareness practices, and related healing disciplines throughout the U.S. and Europe. p. 36, 53

Nancy Mellon is a storyteller, therapist, and author of *Storytelling and the Art of Imagination and Storytelling with Children*. She gives workshops and trainings in therapeutic storytelling across the U.S. and abroad. p. 43

Deena Metzger is a novelist, poet, playwright, and essayist. Her most recent books are *Entering the Ghost River: Meditations on the Theory and Practice of Healing*, the novel *The Other Hand*, and *Writing For Your Life*. p. 17

Peter Meyers, founder and director of the Vector Theater Conservatory in San Rafael, Calif., received the Golden Bell Award for outstanding achievement in educational planning. He has directed numerous theater shows and performed on television and film. p. 77

Emmett Miller is widely recognized as a founder of mind/body medicine and as the inventor of the guided-imagery audiocassette. He is the author of *Deep Healing* and has recorded more than 50 deep-relaxation meditations and talks. p. 22

Phillip Moffitt began studying raja meditation in 1972 and vipassana meditation in 1983. A member of the Spirit Rock Teachers Council, he writes the Dharma Wisdom column for *Yoga Journal*, coauthored *The Power to Heal*, and is the founder of the Life Balance Institute. p. 65

Nan Moss is a faculty member of the Foundation for Shamanic Studies. As a shamanic practitioner she teaches workshops on shamanism, and has a shamanic counseling and healing practice in Maine. p. 33, 76

Robert Moss is a world-renowned dream teacher, a shamanic counselor, a novelist, and a former professor of ancient history. He teaches *Active Dreaming*—his pioneer synthesis of dreamwork and shamanism—all over the world and is the founder of a contemporary Dream School. p. 58

Eric Moya is director and staff therapist of a clinic called The Ripple Effect: Center for Advanced Manual Therapy in Albuquerque, N.M. His practice focuses on CranioSacral Therapy and Lymph Drainage Therapy, with training in Visceral Manipulation and Neuro-Muscular Therapy. p. 26

Michael Murphy is cofounder and chairman of the board of the Esalen Institute. He is also a founder of the Esalen Institute Soviet-American Exchange Program from which The Russian-American Center had its beginnings. Michael is the author of both fiction and nonfiction books. p. 33, 48

Elizabeth Murray, gardener, author, artist, and photographer, was trained as an organic gardener by Scott and Helen Nearing. She helped restore Monet's gardens in Giverny, France, and is a certified Horticultural Therapist. p. 55

N

Judy Pollet Narvid has studied yoga for 35 years and taught yoga for the last 24. She is both an Iyengar and Anusara certified teacher and a teacher trainer designate in the Anusara system. She lives in Woodland Hills, Calif., where she teaches public and private classes. p. 47

Michael Newman is an attorney-mediator, surfer, and lifelong resident of the Big Sur coast. He has an MA in psychology and promotes the integration of wilderness into contemporary life. p. 58

Mark Nicolson runs Ventana, a consultancy which facilitates transformative learning in organizations committed to social change. A graduate of Oxford, Stanford, and the Esalen ES program, he is at work on a book applying Gestalt to the coaching process. p. 76

Wes "Scoop" Nisker is a radio commentator, Buddhist meditation teacher, and performer who has practiced Buddhist meditation for 30 years. He is the author of *The Essential Crazy Wisdom and Buddha's Nature*, and the founder and coeditor of the Buddhist journal *Inquiring Mind*. p. 54

Andrew Nugent-Head is the founder/director of the Association for Traditional Studies. He lived in China for 15 years, training in traditional teacher-disciple relationships in the arts of Baguazhang, Taijiquan, Qigong, and Chinese Medicine. p. 17

Andy Nusbaum is a 30-year member of the P.G.A., a longtime teacher, and a founding board member of The Shivas Irons Society. He is committed to the mysteries, beauties, and transformative capabilities of the game of golf. p. 49

O

Sharon Olds teaches in New York University's Graduate Creative Writing Program and is the New York State Poet Laureate. She has published many books of poems, including *The Father*, *The Wellspring*, and, most recently, *Blood, Tin, Straw*. p. 49

Frank Ostaseski is the Founder of Zen Hospice Project, the first Buddhist hospice in America. In 2001 he was honored by H.H. the Dalai Lama for his years of compassionate service, and he was recently named one of America's "50 most innovative people" by AARP. p. 45

Brita Ostrom, a licensed MFT, has led massage and other workshops at Esalen for over 20 years. She is trained in Gestalt awareness work and participated in Esalen's two-year somatics education project. p. 13, 51

P

Lisa Palac is a journalist, editor, producer, and TV and radio host whose work covers a range of topics, including pornography, high technology, rock 'n' roll, religion, and feminism. Her memoir is titled *The Edge of the Bed: How Dirty Pictures Changed My Life*. p. 28

Laurie Lioness Parizek combines traditional and innovative ways of healing. She teaches and practices interactive and energetic healing and is a longtime teacher of Esalen bodywork. She also pilots Esalen Outreach and Education, extending Esalen's services to the world. p. 16, 51, 73

Laurel Parnell is a clinical psychologist and author of *Transforming Trauma: EMDR and EMDR in the Treatment of Adults Abused as Children*. She is adjunct faculty in the psychology doctoral program at California Institute of Integral Studies. p. 37

Russell Paul, born in South India, underwent a transformation in 1984 that motivated him to live for five years as a monk under Dom Bede Griffiths in a Hindu-Christian Ashram. He has studied Sanskrit, Yoga, and Indian music with many prominent teachers. p. 68

Maggie Phillips is an expert in the field of abuse and trauma, and in the treatment of posttraumatic and dissociative disorders. Coauthor of *Healing the Divided Self* and author of *Finding the Energy to Heal*, Dr. Phillips is director of the California Institute of Clinical Hypnosis. p. 27

Char Pias, Esalen massage staff member since 1980, is a facilitator and founding member of the Esalen Arts Center. She is a Reiki Master and a licensed minister of the Center for Spiritual Healing in Tiburon, Calif. p. 19

Pablo Piekar has been practicing bodywork for 14 years. He is a member of the Esalen massage staff and has a background in psychology. p. 30, 44

David Presti is a neuroscientist and clinical psychologist who teaches at the University of California in Berkeley. His expertise ranges from the treatment of drug addiction to the use of drugs and plant medicines for healing through ritual and alterations of consciousness. p. 60

Christine Stewart Price is a teacher and ongoing student of Gestalt Awareness Practice and other approaches to developing awareness. p. 23, 53

Jett Psaris, after a career spanning the heights and depths of the financial world, started to question every belief she held true. After completing a Ph.D. in psychology, she began offering workshops with Marlena Lyons to other seekers on the path of self-knowledge. p. 25

Johanna Putnoi is a dancer, writer, and somatics educator who leads workshops and trainings in Lomi somatics, the movement arts, and the enneagram throughout the U.S. and in Europe. She has a private practice in Menlo Park, Calif. p. 59

R

Aminah Raheem is a transpersonal psychologist, the originator of Process Acupressure, an international teacher of body psychology, and the author of *Soul Return: Integrating Body, Psyche, and Spirit*. p. 65

Ashley Ramsden is the directing founder of the School of Storytelling in the United Kingdom. He runs international symposia on storytelling and tours extensively with his acclaimed performances. p. 43

Shiva Rea's retreats explore the art of yoga in practical, creative, and life-transforming ways. She is a leading teacher of vinyasa flow yoga worldwide, writes for *Yoga Journal*, and is the author of home practice CDs, videos, and DVDs. p. 49

Laura Regalbuto, in addition to being a psychiatric social worker and psychotherapist, teaches yoga, tai chi, and dance. She leads yoga retreats and seminars. p. 27

Alan Richards, professor of Environmental Studies at UCSC, has been a consultant to U.S. and U.N. agencies on the Middle East for more than 20 years. He is a member of Everyday Dharma Zen sangha in Santa Cruz. p. 30

Charles Richards is a therapist, speaker, trainer, and explorer of the boundaries of psychology and spirituality. He is the author of the tape/CD set *The Way of Karma* and the book *Karmic Relationships*. p. 20

David Richo has a doctorate in clinical psychology and is the author of *When Love Meets Fear: Unexpected Miracles: The Gifts of Synchronicity*; and *Shadow Dance*. He emphasizes Jungian and Buddhist themes to integrate psychological and spiritual work. p. 50

Beth Pettengill Riley is an authorized Continuum Movement teacher who has served on the faculties of UC Santa Cruz, Stanford University, and the Santa Barbara Graduate Institute. She was recently named "Best Yoga Teacher of Santa Cruz." Her website is www.themoving-well.com. p. 43

Erik Riswold is an ITP trainer, a certified Leonard Energy Training (LET) trainer, and holds a third-degree black belt in aikido. He has led numerous weekend and monthlong workshops at Esalen. p. 15

Barry Robbins is a leader of Community ITP in Mill Valley, Calif., a consensus-based shared practice. He has a 25-year background in yoga and is a nationally-ranked athlete who has led previous ITP workshops at Esalen. p. 15, 33, 48

Jane Marla Robbins, a professional actress, teacher, and writer for over 30 years, has acted in movies, in television, and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto. p. 43

Marina Romero is a therapist and teacher. She is director of Estel, a center of personal growth in Barcelona, and creator of Holistic Sexuality. She is the coauthor of *Nacidos de la Tierra: Sexualidad, Origen del Ser Humano*. p. 39, 42, 64, 66

Gordy Onàyemi Ryan has 30 years of experience playing with Babatunde Olatunji's *Drums of Passion* as well as an extensive career as a recording artist and composer for dance, albums, and films. p. 13

M.J. Ryan is one of the creators of the *Rand Act* of Kindness series and the author of *The Power of Patience*, *Attitudes of Gratitude*, *The Giving Heart*, and *365 Health and Happiness Boosters*. Her work utilizes current brain research to maximize the cultivation of wisdom. p. 68

S

Carlos Sauer teaches workshops internationally, both independently and for the Foundation for Shamanic Studies. He is coordinator and a ceremonial leader of the Esalen Sweat Lodge. p. 76

Dana Sawyer is a professor of Asian philosophy at the Maine College of Art. He has recently written a biography of Aldous Huxley that Huston Smith calls "an important study in the intellectual history of our times." p. 12

Bill Say directs the Community Healing & Leadership Training in Berkeley, Calif., taught at the Core Energetic Institute, and is faculty at Naropa and JFK universities. He is a Korean/Japanese American and a father. p. 26

Brenda Schaeffer is an international teacher, psychologist, and addictions specialist whose passion is to put soul back into psychology. She is the author of *Is It Love or Is It Addiction?* and *Love's Way*. p. 21

Howard Joel Schechter is interested in learning and teaching about emotional and spiritual liberation. He is the author of *Rekindling the Spirit in Work* and *Jupiter's Rings: Balance from the Inside Out*. p. 33

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people in transition toward a more heartfelt, unstrained existence. p. 14, 45, 56, 65, 76

Meir Schneider, an internationally-known therapist and educator, is the founder of the School for Self-Healing in San Francisco. His latest publication is *Yoga for Your Eyes*, a video on natural vision improvement. p. 32

Jon Schreiber has been teaching Breema worldwide since 1980. He is the founder and director of The Breema Center and The Breema Health and Wellness Center in Oakland, Calif. The author of several books on Breema, he is also a licensed chiropractor. p. 69

Stephen Schuitevoerder is a Diplomat in Process Work and is on the faculty of the Process Work Center of Portland. Trained as a clinical psychologist in South Africa, he facilitates trainings in Process Work internationally. p. 14

Richard Schwartz is a former associate professor in the Department of Psychiatry, University of Illinois College of Medicine. He is director of the Center for Self Leadership in Oak Park, Ill. Author of six books, he is the developer of the Internal Family Systems model. p. 13

Alfred Scopp, a licensed psychologist, is cofounder and codirector of the Northern California Headache Clinic in Mountain View, Calif. He has specialized in comprehensive headache treatment since 1980, has published 10 studies, and has practiced yoga since 1965. p. 41

Maggie Seeley is a facilitator and business coach who use the Triple Bottom Line (people, the planet, and profit). She consults with the U.N. and is managing partner of Seeley & Associates, consultants to organizations. p. 19

Susie Self studied voice and composition at London's Royal College of Music. She sings in European opera houses and London's West End. Her opera *Heroic Women* is out on CD. p. 36

Catherine Shainberg is a transpersonal psychologist, healer, teacher, and visionary with a private practice in New York City. In 1982 she founded the School of Images, dedicated to teaching the revelatory dream and kavanah (intent) techniques of an ancient Sephardic Kabbalah tradition. p. 20

Phyllis Shankman is a longtime Esalen group leader who is a licensed counselor in California. She has taught at UCLA Extension and was formerly director of The Mountains AIDS Foundation. She is deeply interested in creativity and spirituality. p. 16

Paula Shaw, a professional actress and acting teacher for over 25 years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. p. 32, 34

James Sherman is an award-winning playwright and Second City actor and director who has led workshops in improvisational theatre all over the world for colleges, universities, and corporations. His new play, *Door to Door*, will open Off Broadway in the spring of 2004. p. 73

Eric P. Simon is a renowned expert in clinical and medical hypnosis. He has published extensively on how mental states can improve clinical outcomes. He has a doctorate in clinical psychology and is certified by the American Board of Professional Psychology. p. 65

Jamyong Singye at the age of six was placed in a Tibetan monastery, where his teachers guided him to study Thangka painting. Today he is a renowned Master Thangka Painter who has been painting Thangkas and teaching in the Bay Area for 20 years. p. 49

Gerald Smith is a licensed psychologist in private practice in San Mateo, Calif. He has written two books about relationships, *Couple Therapy* and *Hidden Meanings*. He has been leading couples groups at Esalen since 1966. p. 63

Huston Smith, Professor Emeritus of Philosophy, Syracuse University, is the country's preeminent scholar of world religions. Author of *The Religions of Man* (republished as *The World's Religions*) and the best-selling *Why Religion Matters*, Smith has influenced generations of seekers. p. 71

Robert Solomon is a professor at the University of Texas and has been giving seminars at Esalen for 20 years. He is the author of many books, including *The Passions* and *About Love*. p. 27

Bob Stahl is the director of mindfulness-based stress reduction programs at hospitals in Santa Cruz and the Bay Area. He is a longtime meditation practitioner who lived in a Buddhist monastery for over eight years, and has trained with Dr. Jon Kabat-Zinn. p. 23

S.L. Stebel, award-winning screenwriter, playwright, and novelist, has won wide renown as a story "dowser," working as a consultant on novels, plays, and scripts for the publishing and film industries. He is a popular teacher at major writers' conferences and universities. p. 62

Brother David Steindl-Rast, Benedictine monk, psychologist, and author, has lectured on five continents. He was Spiritual Teacher in Residence at Esalen, and is concerned with the unique challenges and opportunities of our time. p. 39

Malcolm Stern is a psychotherapist with more than 20 years' experience. Cofounder of England's human-potential forum, *Alternatives*, he is the author of the forthcoming *Falling in Love/Staying in Love*, copresenter of the UK's hit series *Made for Each Other*, and runs groups internationally. p. 42

David Streeter, a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk. p. 40

Jaqueline Lapa Sussman has applied the techniques of Eidetic Imagery as a teacher and counselor for more than 20 years. A world-renowned imagery practitioner, she has trained health-care professionals, CEOs, and athletes, and is the author of *Freedom From Failure* and *Images of Desire*. p. 71

Amaran Tarnoff, a licensed MFT, is the founder of Results/Support Seminars, and has been teaching the Inquiry Process for over 20 years as a professional coach. He is currently writing a book titled *The Inquiry Process: Learning Together to Produce Results*. p. 27, 45

Jeremy Taylor blends spirituality with an active social conscience and a Jungian perspective. Cofounder and past president of the International Association for the Study of Dreams, he leads workshops across the country, and teaches at schools and seminars in the Bay Area. p. 61

Lama Tharchin Rinpoche is a Tibetan lama and Dzogchen master of Vajrayana Buddhism. He spent five years in solitary retreat and completed the traditional three-year retreat under the guidance of His Holiness Dudjom Rinpoche, the former supreme head of the Nyingma. p. 35

Dorothy Nell Thomas was founder/director of The Keys Institute in Key Largo, Fla., and is also a former coordinator of Esalen's Work Study Program. Currently a process facilitator and writer, she is foremost a lover of truth, even when the truth "ain't pretty." p. 76

Vicki Topp is a senior practitioner and instructor of Esalen Massage and somatic bodywork. She teaches workshops and training groups internationally and is a Registered Movement Therapist and practitioner of Body-Mind Centering. p. 28, 53, 75

Laurel True is a studio artist in Oakland, Calif., whose work includes architectural and sculptural mosaics in ceramic tile, mirror and glass mosaic, mosaic murals, furniture, fine art, and community projects. She has studied mosaics in Europe, the Middle East, and West Africa. p. 31

U

Daniela Urbassek is a long-term member of the Esalen massage staff. Her work is strongly influenced by her studies in craniosacral work, movement, yoga, and dance. p. 28, 40

Jai Uttal, a sacred music composer, recording artist, multi-instrumentalist, and ecstatic vocalist, combines influences from India with influences from rock, folk, hip-hop, and jazz, creating a multicultural world spirit music. His website is www.jaiuttal.com. p. 50

V

Jean-Claude van Itallie was central to the explosive sixties' American theatre. His plays include *America Hurrah*, *The Serpent*, *The Tibetan Book of the Dead*, translations of Chekhov, and *Light*. He founded Shantigar, a center in Massachusetts for theatre, meditation, and healing. p. 35

Sietze VanDerHeide is a clinical psychologist in private practice in Los Angeles and a faculty member at Ryokan College. He lectures widely and leads workshops on the process of change and growth integrating individual psychology with neurobiology, spirituality, and culture. p. 41

Bessel van der Kolk is a clinician, researcher, and teacher in the area of Post Traumatic Stress. His book *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society* (coedited with A. McFarlane) is the premier text on the subject. p. 25

John Vasconcellos is Dean of the California Legislature, representing Silicon Valley these past 35 years—paralleling his 35 years of personal odyssey as a protégé of Maslow, Rogers, May, Satir, and Keleman. His website is www.PoliticsofTrust.net. p. 15

W

Robert Walter, Joseph Campbell's editor for a decade, is president of the Joseph Campbell Foundation and a poet/playwright with several decades of diverse experiences as group leader, teacher, publisher, and theatrical producer/director/designer. p. 38

Jane Watkins is an original member of Esalen's "Guild of Hands," a Big Sur artists' collective based at the Art Barn. Her batik banners have been stage sets for Big Sur Folk Festivals, Esalen anniversary concerts, and featured in the film *Celebration* at Big Sur. p. 23

Ellen Watson is a teacher/student of transformational practices including Gabrielle Roth's 5Rhythms, Trance Dance, yoga, Holotropic Breathwork, and Esalen Massage. She has been at Esalen since 1984, practicing and teaching on the massage and Movement Arts staff. p. 69

Arthur Weinfeld is a clinical psychologist and passionate stone carver. He has been able to blend the two into helping himself and others along the journey to self-discovery. p. 57

Hank Wesselman is a paleoanthropologist who conducts research in Ethiopia and teaches for American River College and Sierra College in northern California. He is the author of *Spiritwalker*; *Medicinemaker*; *Visionseeker*; and *Journey to the Sacred Garden*. p. 42, 68

Gordon Wheeler is senior faculty at the Gestalt Institute of Cleveland and author of *Gestalt Reconsidered*. He writes and trains extensively in the Gestalt model, focusing on men's issues, intimacy and shame, and building interpersonal support systems. p. 30

Sue Wheeler lives on Lasqueti Island, British Columbia. She has published two collections, *Solstice* on the Anacortes Ferry and *Slow-Moving Target*. Her poetry has won numerous awards. p. 28

Jil Windsor is a senior trainer with the Coaches Training Institute. She works internationally as a personal coach and seminar leader, and directs her company, *Coaching Elements, Inc.*, from her home in Santa Cruz, Calif. p. 67

Anna Wise has taught meditation and brainwave training worldwide for over 25 years. She is the author of *The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity* and *Awakening the Mind: A Guide to Mastering the Power of Your Brainwaves*. p. 15, 16, 61

Nina Wise is a performance artist whose provocative and original works have been honored with seven Bay Area Critics' Circle awards and three National Endowment for the Arts fellowships. Her written pieces have appeared in numerous magazines. p. 64

Adam Wolpert is a painter, teacher, and director of the arts program at the Occidental Arts and Ecology Center. He has taught classical painting in Los Angeles and San Diego, landscape painting at New College of California, and has shown extensively throughout California. p. 55

Dale Wright is a professor of religious studies at Occidental College. He writes extensively on Buddhism, including *Philosophical Meditations on Zen Buddhism*, and speaks frequently to a wide variety of audiences. p. 25

Z

Dana Zed has been making glass talismans and temples for over 20 years. She has exhibited in museums and galleries throughout the U.S. and has been published worldwide. To see her work, visit www.danazed.com. p. 33



RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 831-667-2724

(Our fax line is exclusively for reservations—no personal correspondence, please.)

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form, workshop dates and leaders, and your credit card. We know that all calls to Esalen are long-distance and will try to be as efficient as possible. *Please do not call from a cell phone as cell phones do not work at Esalen.*

General Information: 831-667-3000

Express Reservations: 831-667-3000, EXT. 7321 (Express reservations are for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering. Please have ready your credit card and type of accommodation you desire.)

All Other Reservations: 831-667-3005

Messages: 831-667-3000, EXT. 7402 (to leave a message for a seminar participant or room and board guest.)

Phone Reservation Hours*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

*The reservation office is closed on Christmas and New Year's Day.

World Wide Web: <http://www.esalen.org>

card five days before your arrival. (Please see page 87 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Friends of Esalen

We invite you to become a Friend of Esalen. Your donation of \$50 or more will benefit our programs and help build Esalen's long-term financial base (see page 4).

As a Friend of Esalen you will receive the following benefits:

- A \$50 reduction in tuition for all workshops over the next 12 months.
- Friends of Esalen Newsletters for one year
- A tax deduction under IRS section 501(c)3 for the amount of the donation

All Seminar Fees Cover:

- **Workshop Tuition**
- **Food:** Esalen serves a wide variety of food. Whenever meat is served, a vegetarian alternative is available. Much of Esalen's produce is organically grown on our farm and picked fresh just hours before mealtime.
- **Lodging:** Friday and Saturday night accommodations for weekend workshops; Sunday through Thursday night accommodations for 5-day workshops; Sunday through Saturday night accommodations for 7-day workshops
- 24-hour use of hot mineral spring bath facilities, the Art Barn (except when a workshop is scheduled), and the entire Esalen grounds
- Participation in movement classes scheduled during time on the property
- One-year subscription to the Esalen Catalog

Fees and Accommodations

Standard Accommodations: This is shared housing, two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together.

	7-Day	5-Day	Weekend
Friends Rate	\$1605	\$1010	\$545
Regular Rate	\$1655	\$1060	\$595

Single housing is available on a limited basis for an additional \$70 per day.

Bunk Bed Rooms: This is shared housing, four or more persons per room. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

	7-Day	5-Day	Weekend
Friends Rate	\$1200	\$745	\$405
Regular Rate	\$1250	\$795	\$455

Sleeping Bags: Meeting rooms are sometimes used as shared sleeping bag space and may be available for workshop participants with limited financial means. Sleeping bag spaces are for sleeping only, as meeting rooms are frequently in use and therefore inaccessible between 9 AM and 11 PM. There is a 7-day limit on sleeping bag stays.

	7-Day	5-Day	Weekend
Friends Rate	\$785	\$475	\$260
Regular Rate	\$835	\$525	\$310

Own Accommodations: If you are staying off the property the following rates apply.

	7-Day	5-Day	Weekend
Friends Rate	\$950	\$580	\$320
Regular Rate	\$1000	\$630	\$370

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Esalen Personal Retreats

An Esalen Personal Retreat gives you the opportunity to nourish your body, mind, heart, and soul without participating in a catalog workshop. Some of the activities—and non-activities—you may enjoy on your Personal Retreat are:

- Sign up for a massage or bodywork session
- Meditate in the Round House
- Attend yoga, movement, or dance classes
- Explore your creativity at the Art Barn
- Relax in the hot-spring mineral water

The following Personal Retreat rates are per person, per day* and include all meals for the duration of your stay:

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)
Standard Accommodations (2 or 3 per room):	\$180	\$150
Bunk Bed (4 or more per room):	\$110	\$105

*Off-season rates (in effect from November 2 through March 31, holidays excepted) are as follows:

	Weekend	Weekday
Standard	\$150	\$120
Bunk	\$95	\$90

Registration

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 88. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend: \$150	12 to 14 days: \$400
5 to 7 days: \$300	More than 21 days: \$600

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. The balance will be automatically drawn from your credit

Cancellation Policy

Cancellation and Refund Policy:

Cancellations must be made by phone with one of our reservation staff. If you cancel or change any part of your reservation at least five full days before the start of your workshop(s), your nonrefundable deposit, less a \$50-per-workshop processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the \$50 processing fee, and return the balance to you. Donations to the Friends of Esalen are nonrefundable.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients will receive their work schedules upon arrival at Esalen.

	Assistance	Work
Weekend	\$ 50	4 hours
5-9 days	\$100	8 hours

If additional scholarship assistance is required, please send a letter of explanation to: Scholarships at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a \$10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients, sleeping bag accommodations, own accommodations, or the Ongoing Residence Program.

Senior Citizen Discount: Esalen offers a special discount to individuals over 65 years of age. The discount for a weekend workshop is \$25; for a five-day or longer program, it's \$50. Please request this discount at the time of registration. When you complete the reservation form on page 88, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of \$20 per child per day (\$10 for children under six). **Note:** If chil-

dren are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 831-667-3026, for information regarding their fees.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to children who come with their parents to experience Esalen. The program's hours match parents' workshop hours. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age-appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 831-667-3026, for more information and reservations.

Weekend: \$250 **Week:** \$450

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 831-667-3026, for more information or reservations.

1st month \$450/2nd month \$400/3rd month \$350

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Ridesharing: We encourage ridesharing to reduce the number of cars on the road and at Esalen. See the reservation form on page 88 for ridesharing options.

Van Service: On Fridays and Sundays we have van service from the Monterey Airport at approximately 4 PM and from the Monterey Transit Plaza (corner of Pearl and Alvarado,

next to Ordway Drug) at approximately 4:20 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The \$40 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 6:30 PM. If you plan to use this departure service, please make sure that your plane reservations are after 8 PM.

Schedules

Check-in/Check-out: Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM. Check-out time is noon on departure day.

Workshops: Workshop sessions normally begin at 8:30 on the first evening and end at 11:30 AM on the final day.

For Your Information

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

Technology and Communications: Esalen is technologically inconvenient and lacks ready access to e-mail, computers, faxes, television, and other inventions to which you may be habituated.

Money: We are unable to act as a banking service. Please bring adequate funds for your stay.

Valuables: The Esalen office has no facilities to store your valuables.

Flashlight: Please bring a flashlight for use at night while walking on the grounds.

Snoring: All of our accommodations are shared. You or your roommate may snore. Please come prepared (nose guards, ear plugs, etc.) for this possibility.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Lost and Found: To inquire about items left behind from your Esalen visit, call 831-667-3019.

ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and

phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 85, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Name of Registrant _____ Sex: M ☐ F ☐ Couple ☐
PLEASE PRINT

Address _____ E-mail _____

City _____ State _____ Zip _____

Home Phone (_____) _____ Work Phone (_____) _____

☐ Check if you have previously been to Esalen and this is a new address.

Ridesharing: We support ridesharing and hope you will too. If you are driving to Esalen and willing to give a ride to someone from your area, check here ☐

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

Please mark your first and second choices for housing after referring to page 85 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

All workshop reservations require a nonrefundable deposit. **The balance will be automatically drawn from your credit card five days before your arrival.** Your signature below authorizes Esalen to charge your credit card for the balance.

Workshop Date	Leader's Name	Fee

Workshop Deposits Enclosed _____

Tax-deductible contribution to Friends of Esalen (Optional, see page 86) _____

\$5 Catalog Contribution (Optional) _____

Subtotal _____

Total Amount Enclosed _____

☐ Check here for \$10 prepaid discount (see page 87).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

FOR OFFICE USE ONLY

DATE REC.	RES INITIALS	CIRCLE DEPOSIT	CC	CK	CA	SUS
DEPOSIT AMT.	RES. BK	CC AUTH. #				
DATE TYPED	TYPED INITIALS	PP	SCHOL	LIMO	SENIOR	

Passenger Van Service:

I want transportation from (check one):

☐ Monterey Airport at approximately 4:00 PM on _____

(date of arrival, Fridays and Sundays only).

☐ Monterey Transit Plaza at approximately 4:20 PM (corner of Pearl and Alvarado, next to Ordway Drug)

The \$40-per-person charge (subject to change) is payable on arrival at Esalen. Please prepare to arrive at the airport well before 4:00 PM so you do not miss our van. Esalen cannot be responsible for taxi fare or other transportation costs. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 6:30 PM. If you plan on taking this van please make sure that your plane reservations are after 8:00 PM. Passenger van service is not available at any other time.

Other Notes:

All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Snoring: All of our accommodations are shared. Please come prepared for the possibility of rooming with a snorer.

☐ Check here if you do not want your phone number given out for ridesharing.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a \$15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **831-667-2724**. If you do so, you must include payment via one of the credit cards below.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Name on Card _____

Card No. _____

Expiration Date _____

Authorizing Signature _____

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.