

SOPHIA *in* ACTION

Transforming Ourselves & the World Around Us

Fall 2010 NEWSLETTER

THE SOPHIA INSTITUTE

26 Society Street, Charleston, SC 29403

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FEATURES

Debra Moffitt Tending the Heart at The Sophia Institute

The Sophia Institute is one of those rare places in the world that tends to the heart. After living in Europe most of my adult life and spending time in cathedrals and chapels just sitting quietly, attending Buddhist retreats and spending time at an ashram in India, I hungered for some place in the U.S. to feed my soul. I'd recently married and moved to Charlotte, NC where I yearned and searched for sacred places to deepen my connection with the divine.

A friend in Charleston suggested several times that I visit the Sophia Institute. So while on a trip to the Isle of Palms, I reflected on this and came up with a hundred excuses not to go. When I'd made my decision and put on my turn signal to take another route, I was surrounded with an image of Carolyn Rivers and knew I had to call. Though it was a Sunday, she received me graciously and showed me the gardens, Saraswati, the lovely India goddess of wisdom and beauty, the elegant Phoebe Pember House with its hand cut wainscoting and the sacred meeting and yoga room. Standing among the chakra colored wall hangings, a sense of sacredness like that I'd found in temples and cathedrals across the globe permeated me. I felt at Home.

I returned twice to the Sophia Institute once for Nathalie Goldberg's instruction on writing the wild mind and for the very special occasion of the Wisdom Gathering that drew Jean Houston, Joan Borysenko and Bonnie Myotai Treace. I came to meet other women and men attracted to this sacred space – a space of incubation and experimentation that allowed us to try on oneness and harmony in a safe place before moving out to experiment with it in the world in our art, our community and our hearts.

At the Wisdom Gathering we broke into small groups to explore a deeper vision of a possible future. As many know, the first step towards creation includes imagination and visualization. Out of our visions of social justice, art to uplift the spirit, healing arts for a sound body and mind, and education that touches the heart as well as the head,

Carolyn's careful tending has created a rare and precious place to receive the weary heart and help it take flight in an overly material-minded and masculine world. She and her amazing colleagues, donors and volunteers that make up the Sophia community, hold and nurture a space that, like a warm incubator, allows spiritual life to take birth and begin to find wings. Here a soul can take heart and begin to fly. Thank you, Carolyn and the many supporters of the Sophia Institute for making this possible

Carolyn's Heart Callings FOUNDER AND DIRECTOR OF THE SOPHIA INSTITUTE

We are living in a profound moment in human history when more and more women, and men, too, are waking up to what they are called to on the deepest levels, doing their own inner work that leads to outer action, and being co-creative agents for change.

It's a time of great evolutionary shift, what Joanna Macy calls, the Great Turning, a time when the reconciliation with the Feminine is necessary to bring about the transformation the world needs, to call forth a heart-centered wisdom, innate in all of us, an emergent consciousness, centered on wholeness. His Holiness the Dalai Lama and the Nobel Peace Laureates when asked what one thing they believed the world needs now, responded that educating the intellect alone was a prescription for disaster; that we must be also educating the heart. Doing so is central to the work of The Sophia Institute.

Each of us has a calling--a true heart calling encoded within us-- that propels us, if we follow, it, to be true to ourselves, our inherent nature, on the deepest level. It comes from the depth of our essential feminine nature. Jean Houston, one of the quintessential visionaries and teachers of this century, a great evacuator of human potentiality, refers to it as "entelechy", the dynamic purpose of our lives. She says it is the entelechy of an acorn to become an oak tree. We can think of it as a blueprint we come into the world with, that directs us into our fullness, that helps us engage all aspects of our Beingness. It is a generative process, bringing forth so much in us in stages, or fractal waves. The call comes and we have a choice. We can agree to it or refuse it. When we agree to it, the universe supports us, and we are guided by synchronicity, intuition, flow, and our dreams. Obstacles test us. As we pass through the stages and the thresholds of fear and find ways to overcome what we fear, we have the opportunity to do great healing work and to release patterns that no longer serve, opening to our own ever-evolving self. When we don't accept the call, we fall into a depression. Jung says that the driving purpose of the Psyche is wholeness, is to bring forth more and more of ourselves to consciousness—supported by True Self.

We are being called—profoundly so—to attend to the changes that are needed now, to do our own deep work

and to take it back to their relationships, communities, and work-
place, to form networks and circles of connection, to see that
we are really a microcosm of the macrocosm, to see that our
human evolution is at the heart of the planetary evolution. Fol-
lowing what calls us on the heart level is one of the most socially
responsible things we can do.

Sharon Pflieger *An Outsider's View*

I am one of those people who feels like an "Outsider" most of the
time. I long for REAL conversation. I consider myself a Change Agent
for positive change in the world but even as I write this I'm not really
sure what that means. Most of my day to day life consists of raising
kids, working in a corporate environment that shuns "authenticity",
yet for me, both are spiritual callings. Callings to experience WHAT
or DO, I'm not sure. But I am curious, and hungry to meet like-mind-
ed people. People who want to engage in conversations on what's
possible for this world, how it could be better, how I can be better in
my own life, and how I can inspire others to do the same...

I discovered the Sophia Institute about 3 years ago and was
hesitant to attend because I assumed the people who attended were
probably the "In" crowd, and the last thing I wanted was to feel like
an "Outsider" again.

I was soooooo wrong in that assumption. I finally got my guts up
to attend when one of my favorite authors/teachers of all time was
scheduled to offer a workshop. I have since attended several offerings.
I was blown away by the guest speakers and programs, featuring some
of the most brilliant thought leaders of our time!!! Not to mention
the kindness and amazing "Real-ness" of all the participants I met!

Every time I leave the Sophia Institute I am a newer, fresher
version of myself. I feel inspired to continue showing up in the world
in a way that seems mis-understood by most. A way that is based
on the possibilities of the future, and being an agent of that vision.
Whether it's how I show up as a mother, a spouse, a friend, a
community member or a corporate citizen, I am always showing up
better than I was before after an SI program.

I learn something new, something that profoundly shifts my real-
ity, every time I show up. Not only that, but I have made new friends
who are like-minded and make me feel less alone in the world,
because they are experiencing this familiar
"yearning" in their own way.

I'm a huge proponent of building your "posse" - the group of
great friends and inspiring teachers who are deeply curious about
their own journey and the collective journey and basically - people
you dig and who dig you. I have an amazing "posse" myself, and am
proud to say that I have introduced them to The Sophia Institute via
a "Girl's Weekend" every year. The cost is insanely inexpensive given
the opportunity to learn, play, laugh and discover with a group of
friends. I am also proud to note that my "posse" continues to grow
as I meet more amazing people every time I attend a Sophia Institute
program!

Anyone who lives anywhere CLOSE to Charleston, S.C, should
check out an event that speaks to you and GO FOR IT! You will not
be disappointed. Your posse is waiting. And they are anxious to meet
you. I am a newer, fresher version of myself. I feel inspired to continue
showing up in the world in a way that seems misunderstood by

MORNING WALK

For David Whyte by Henk Brandt

You light out briskly while it's still dark, before the crowds
and traffic of the day, in that hour before dawn
that calls you like a pilgrim to a shrine you dare not neglect.
Who are you to be out in short sleeves, exposed
to the same gelid air that has everyone else bundled?
You somehow find the nearest Starbucks and stride into it
as if it's a pub that happens to serve espresso.

Before setting out again, you pause at the threshold,
like a man on the verge of awakening the hidden
legions tucked neatly into the caesuras of his breathing.
You face into the emerging gold of the unseen world,
perhaps quaking somewhere down in your Gaelic roots,
with your heart keening for what it's deprived of,
as the shadows of yet another new place stretch before you.

Outside, the sparrows and finches consecrate
the last bits of stillness with their chirping,
and your soul casts about for spaces it can roam.
You of all people can find the nearby lanes
where the imagination cannot be second-guessed
or seduced by mere pedestrian wanderlust
or even by the next great glimmering thought.

How sublime to venture forth, unknowing in a town,
as curiosity leads your feet to find the cobbled gaps
and bulges that long ago were absorbed into the ordinary,
yet whose crevices tend the keys to the eternal archives
of the fellow poets and pilgrims who've come before you.
Now, you can make your way past the trodden edges
and loose threads of who you were before today.

With unadulterated purpose, you turn the next corner,
and, all at once, you have arrived. Doors open,
and everything is ready, everyone assembled—
a day that could have easily spilled from your satchel.
Yet, you have not declared yourself, even to yourself,
and like everyone gathered, you await being delighted
and awestruck by the mystery of living words.

most. A way that is based on the possibilities of the future, and being an agent of that vision. Whether it's how I show up as a mother, a spouse, a friend, a community member or a corporate citizen, I am always showing up better than I was before after a Sophia Institute program.

Terry Monnell Art as Self Discovery

With characteristic foresight, Carolyn Rivers decided to implement a new visual arts initiative at The Sophia Institute. Speaking with Terry Monnell at length about possibilities, the mini curriculum was born. Following the principles consistent with the vision at Sophia, the art program blends in seamlessly. Its objective follows the idea of transforming people who transform the world.

The intuitive process work that guides creative energy is simply another avenue to access the deep inner wisdom within us all. By allowing and accepting personal discoveries through a variety of mediums and concepts, a vocabulary of images, feelings and insights begin to emerge. Creativity in its truest form is a process of stepping into the unknown. This is an area of art making that does not adhere to formal elements of traditional picture making but rather creates images for personal enrichment. Here, no art background is necessary.

This holistic approach to reaching beyond verbal expression into a core that we rarely encounter is very exciting. Without effort we try to step aside and let the imagemaker within come forward. So often we become self-conscious with our lack of familiarity in this area and decide art is not for us. This is a way to overcome those feelings and realize that our own unique fingerprint is all that matters. There are no mistakes only unimagined ideas.

The series began in February with an overview of Mandalas. These circular designs originated through the ancient devotional practices of Indian Mystics. They were used to foster higher states of consciousness and understand the nature of spirituality. In the early part of the 20th century, Carl Jung discovered the mandala through his study of many different cultures. He found a consistency in using the form for purposes of explaining both the inner and outer mysteries of life. Jung created his own mandalas for 10 years, later encouraging his patients to do the same. He felt that their power to balance and bring a person to individuation was for him "the ultimate". High praise from such an esteemed source!

March brought a class in collage, working with the idea of multiple parts creating a meaningful whole. Much like our dreams, we piece together single elements that bring us awareness through insightful association. The completed piece becomes a rich tapestry of intuitive satisfaction when we feel that in selecting the individual elements, we have brought out an interior reality unknown to us before.

April was a workshop on process drawing. This is based on a philosophy initiated by Michelle Cassou, a French artist working in CA. It attempts to free the participant of any fear or blocks by quieting the mind and focusing on listening to our own quiet voice. By letting intuition guide the process we can often attain extraordinary insights.

The final May class concerned the work of Angeles Arian, part of our National Advisory Board and noted anthropologist. Through her research she developed a system of self understanding based on the five universal shapes. This was a fun eye-opening workshop which felt a bit like fortune telling at first until we saw how accurate it really was!

Dawn Brazell offers these quotes from a memorable weekend with Marianne Williamson

The only thing we need to be saved from is our insane thinking.

Do you have faith in the power of the disasters you're facing or in God's ability to handle it?

It doesn't matter where the issues came from, they are yours now. Focus now on not coddling the neurosis, but on becoming what you need to become.

God has an answer at the moment the problem occurs.

Get over the thought you can be happy if you're not doing what you need to become what you need to be.

They say the devil's in the details. The devil's in the speed.

There is a serious interface between personal transformation and world transformation. The world is transformed as we are transformed.

We all have the attributes of God because we're part of God. When you're in your right mind, the love of God is pouring out.

When you're tempted to blame, bless instead.

What is put on the altar is then altered.

You will have very little moral persuasion with someone you treat with contempt.

The recession is creating growth within each of us. More Americans are interested in complex and deep conversation and reflection than we have been for decades.

The recession is creating a humbling effect on Americans. We need to make sure we do not become who we were before.



Feast of St. Francis

JERI CHAPLIN

This won the John Edwards prize

The sun splashes through all the
stained glass Jesuses,
rays beam from the multilingual panes
(miracles)

and fall on the dogs lying on
the cool church floor.

A chocolate lab paces,
a white puff, wide-eyed, brown-eyed,
Takes in the red-robed choristers
singing Hallelujah!

My girl, all caramel coat and sable fur,
almond eyed and shy,
rests at my feet.

The bell rings, the time comes.

“The last will be first, the meek shall inherit the earth.”

I whisper to her as she trembles toward the priest,
warily eyeing the end of the red aisle.

When he sees her fear,
sees her crippled in her tracks,
he moves towards her gently.

The priest comes to the dog, stoops,
cradles and blesses
her holy head.



PROFILES

DEBORAH BAKER A WIFE, MOTHER, DENTAL HYGIENIST, CANCER SURVIVOR, AND WOMAN

by Deborah Baker ~ November 2009

'I wonder if they know I'm Jewish!' I said to myself as I entered the July 2009 workshop entitled Mary Magdalene Re-Visioned, led by Nancy Corbett and Carolyn Rivers. I was soon to find out that this was not a seminar on religion, but the beginnings of a new spiritual journey of my own.

After two episodes of cancer – one in 1995 with throat cancer and then again in 2009 with breast cancer; it was time for a new and re-visioned ME.

When you're battling cancer, life pares itself down to the bare bones. You're constantly on the edge of everything and nothingness. Fear eats into your soul, reveals the nakedness of your existence as well as of your body. You're in a state of panic and there is no room for pretense, yet everyday life goes on. You have to make tough decisions in the face of uncertainty and anxiety.

Thanks to a grants from the Charleston Breast Center and the Sophia Institute Scholarship fund, I was also able to participate in Maureen Murdock's October 2009 workshop entitled The Heroine's Journey: Women's Quest for Wholeness.

These were turning points. These workshops have given me the opportunity to see the strength and courage that I have inside. I have taken with me a sense of peace, contentment and remembering to listen to my inner voice. I am actively living the creative intention I set for myself at the end of the workshop: to be involved in activities that make me whole. I've realized that it's up to me to create the life I want, and I want to do all that I can do, travel to all the places I've always wanted to go.

The spiritual journey is a work in progress, and something I will continue to work towards and learn from the Sophia Institute. I highly recommend attending any sessions or workshops that sound even a little interesting. If you can't do a full workshop, Friday night sessions are a wonderful way to get a taste of what the Sophia Institute is all about.

I have met other wonderful women from Charleston and from different parts of the country. Everyone has a different reason for being there. Everyone is on a different journey. May they all continue their journeys and grow with the strength and wisdom that they have captured at the Sophia Institute. It is a warm, safe, calming environment that is nestled in a quiet corner of Charleston. It is a wonderful secret and it's time for the secret to be out.

BILL BEAK THE BUSINESS SIDE OF SOPHIA WISDOM by Bill Beak ~ August 2010

William R. Beak (Bill) is a recently retired real estate executive with Chicago based Jones Lang LaSalle. As International Director, Corporate Solutions, he travelled the globe, advising and overseeing delivery of tactical and strategic real estate services to major corporate clients like Coca Cola, Accenture, Whirlpool, Northern Trust Bank, Wrigley Company. When he retired four years ago, he felt that for the first time he had control over his own life and not "on call" for clients in every different time zone. Initially, he filled that time by accepting directorships on non-profit boards such as The Leadership of Greater Chicago, Cristo Rey Jesuit High School (to which the Gates Foundation gave \$20 million!), and the Historic Charleston National Advisory Board. Soon, however, he opted for the chance to just be outside and enjoy nature and sports. "We had been sailors and cruising power boaters for most of our life, but I decided (with strong encouragement from my wife Tater) to begin to play golf, learn South Carolina History and gradually engage in civic activities in Charleston. Starting from a 36 in 2006, his handicap is down to now 20, and he's aiming for 16 by November of this year. "I am always the optimist and a person who never gives up trying."

"I wasn't so interested in a spiritual journey, or any more Boards at that moment." But then his daughter Sera introduced him to The Sophia Institute. Sera is the young author of *The Red Book, A Deliciously Unorthodox Approach to Ignite Your Divine Spark* and the soon to be released *RedVolution* by Harper One. Sera, often referred to as the "spiritual cowgirl", has become very popular with Sophia audiences. When Carolyn Rivers discovered that the Beaks had purchased a house in Charleston, she asked them if either could join the Sophia Board. Bill's wife Tater (a nickname since childhood which has become her "real" name) had spent her life expanding her own spiritual and intellectual envelopes, so she took this opportunity to suggest to Bill that he represent the family, leaving her to volunteer for specific projects such as chairing the Sophia Institute 2010 annual luncheon.

He agreed, and joined Charleston based attorney Alex Beard, real estate professional Brenda Rosenthal, CPA Patricia Wilson, and Charlotte based real estate and investment advisor Beth Briggs, in focusing on the business side of Sophia wisdom. "This is totally different than anything I've been involved in," he says. "Even though I have a wife and three daughters, this is the first time I've been in a minority outside my home, or on a board. I have to be more attentive. To communicate, I try to be in context with people in the room with me." Bill's experience in dealing with clients in culturally diverse situations is of great benefit to TSI, as he helps build bridges between masculine and feminine ways of doing business. He would like to see more male engagement over time, but recognizes that women should have more places to be empowered and enriched, and Sophia does that for so many.

He is so proud of his three daughters, who were always encouraged to go beyond their perceived boundaries and who are now leading successful, productive lives. "What bothers me most is when people are inflexible, narrow minded and controlling of others in ways that restricts personal growth. We all need to find and explore whatever interests us and do pursue it, without concern if we'll be criticized, etc. There surely needs to be more safe leaning environments, like TSI, where individuals can be challenged accelerate personal growth."

BARBARA BURGESS CORPORATE LOBBYIST TO SPIRITUAL ESSENCE

by Alex Oopoulos, Nikki Oopoulos Dickens ~ June 2010

It is a beautiful sunny day in the Lowcountry and I'm heading towards Seabrook Island for my first ever interview. I'm exhilarated and afraid simultaneously. Will I ask the right questions? What are the right questions? My right brain in overdrive, I whisper to myself, "Who cares? Let it come from the heart" This is the state I'm at in my own journey. My chaotic energy is calmed immediately as I sit down to interview Barbara Burgess, a woman who is clearly comfortable and at ease on a road less traveled.

Barbara Burgess is a juicy crone. "I heard that term at one of my first sessions at Sophia and I just loved it," she says. Though she could be characterized by her thick and multi-colored eyeglasses, her impressive resume or her philanthropic efforts, I find out that Barbara Burgess is not a woman who can be easily stereotyped or defined. She is however one of the best examples of how an authentic life can express itself. We sit down to discuss black and blue suits, Michelle Obama, and a well-known goddess named Sophia.

For most of her adult life, Barbara operated in the male dominated world of corporate law, insurance, and DC political lobbying. Her impressive career spans decades and follows an upward climb of achievement. She had to follow a results-driven world of form and structure. "Facts, facts, facts" says Barbara. "That's what it's about in that world." She had to adopt the part to play the game. And she played it well.

Yet after all her success, Barbara hit a bit of a road-block when she found herself in the world of retirement. "I had a loss of ego" she said. "I no longer had the support system that had validated me... It took me years to get out of the black and blue suit... of the male world. Sophia helped me to see what I was and to see what I had to do."

Diving into Sophia workshops, Barbara began to explore herself in a new way. "I began to take a look at my own femininity or lack of it... my relationship with the Catholic Church... and even repressed events of abuse from childhood." Issues that 20 years of psychoanalysis had never brought up. Though her journey of self-actualization was often painful, she describes it as "the best phase of my life."

And as she follows this new journey of limitless possibilities, Barbara's creative efforts have proven to be "more than I ever could have imagined." Beginning in 2002, Barbara began a new journey at the request of a long time friend, Father Frances of the Mepkin Abbey. As Mepkin had been a working plantation with slaves, Father Frances wished for a painting to be hung by an African-American artist to memorialize the grounds and the suffering that had taken place there. Barbara found renowned artist Jonathan Greene and a project was born. Jonathan painted "Seeking" and gave it as a gift to the Abbey with over 2000 attendees at the presentation.

An innovative project of creation that had been born with no expectations or set outcomes had proven to be an example of how authentic expression can and will inspire and grow its own self. What followed was a snowball of creative efforts. A graveyard was built on the grounds adorned by a Phillip Simmons gate to honor the lost souls who had lived and worked there. Mayor Riley, in honor of Greene's work, declared a Jonathan Greene week for the city of Charleston. Three poems were created in inspiration of the painting and Trevor Weston of the College of Charleston composed a piece that was performed by the Charleston Symphony Orchestra. "This couldn't have happened the way it did if I had attacked it within my corporate mindset of facts, goals and results" says Barbara.

And she's not stopping there. After her experiences with Sophia, Barbara resigned from at least five non-profit boards to allow herself to further express creatively and uniquely. "I know many women who define themselves by what board

they serve on...and I understand that. It took me awhile to let that go...but now I pick only those things that I enjoy.'

Coming from the masculine world of corporate to the feminine-led world of Sophia, Barbara admits she's still a work in progress and looks to Michelle Obama for inspiration. "That's why I'm so impressed with Michelle Obama" she says. "She's a wife and mother first, but is highly accomplished in her career and chooses to pick her shots...She's 50% masculine and 50% feminine". In talking about her own self, Barbara still uses a bit of her right-brained corporate thinking. "I'm probably still 65/35 or maybe 60/40" she says. But add in some fashionable glasses and a side of juicy cronedom and you come out with one inspiring goddess.

BARBARA DALE A SHINING LIGHT by Eliza Ingle ~ May 2010

To meet and listen to Barbara Dale's story is to be completely inspired. Not only is it because she is a woman who has done exactly as she has pleased throughout her life, but she has succeeded professionally and personally and continues to start each day with new insights and ideas, and an "I can do anything" attitude.

The Road South

We met for lunch at Seabrook Island where she moved to 26 years ago from the windy city of Chicago when she came to head the southeastern division of Building Services, a company she was a partner in. "My intention was to hire a good manager when it was established and move back, but I fell in love with it here and made it my home."

The road to John's Island was full of twists and turns (intrigue-?). Her favorite four letter word Dale declares is "N-E-X-T". As a young woman, she was awarded the Rockefeller Fellowship and granted a free ride to any Ivy League School she chose. Harvard, and Princeton came calling, but it was the University of Chicago where she landed. I received a Master of Divinity and an MBA. She finished the rigorous program in 2 and half years. "I have no idea how I did it," she says in disbelief. These two interests continued throughout Dale's life.

Enlightened Doctors

The day after graduation she started her own business that brought physicians and ministry together in hospitals—where sometimes the end of one's life requires the assistance of both. "In my mind there was an inadequate way for physicians to deal with dying and death. For them this meant failure at their job, and they did not know how to speak to their patients about it. When people saw my chaplaincy, I was squeezed out of the discussions as I was speaking a language they didn't understand," she explains.

Soon this consultancy became another original business- working in doctors' offices and bringing more women into helping run their practices. "All the Doctors were men and most of their staff- nurses and administration- were women. In the end Dale was able to go in and restructure the operation of an office, augment salaries and improve the bottom line. The company was called "Enlightened Doctors."

N-E-X-T

Upon leaving the business she found her way into publishing with Random House and Alfred Knopf, and from there was recruited at 29 years old to become the Vice President of a Building Service company which was a totally male dominated industry. "I never doubted I could do it," she beams. Coming from a family where the women were competent and strong, she was well prepared. "When I hear people waking up to the idea of the Divine Feminine, I realize this was always second nature for me."

Challenge

Two years ago Dale was diagnosed with an unusual type of brain tumor. After time and dissatisfaction with the medical world in her neighborhood, she found the Mayo Clinic and was relieved to hear that the tumor was not malignant. "The Mayo Clinic is filled with marvelous and positive people whose spirituality abounded and through it all- I've had a very good time!" A funny thing to say about a brain tumor! "I would tell my Doctors that I was a whole and healthy person, 'yes' they would say 'healthy and a whole lot of fun!'" She continues complex treatment every 6 months, but is in no way daunted by the process.

Sophia

"it is wonderful the Sophia Institute is here. When I go to the different programs it is like a kaleidoscope shifting and coming into focus." Dale sees herself as a person that craves action. She loves to see people find clarification in their hearts and then feel it go through their feet- this is the kind of action Dale cares most about.

N-O-W

Today Dale is the president of a business called EarthCare Clean- which is an environmentally friendly cleaning service for residential and commercial customers. She is also involved in the John's Island business community that works to give back in practical ways, whether it is for youth summer programs, organic farms in schools or high school preparation

for community colleges and jobs.

Barbara Dale's ingenuity and unbreakable spirit guides her through each day. To listen to her story and be in her presence is a breath of fresh air that can only incite her audience to be the best you can be.

KIMBERLY HARRIS-EATON NURSING MANAGER by Carole Wayne King ~ December 2009

"The revolution for me was how to be a healthy nurse—how to look inward while I'm constantly giving outward," says Kimberly Harris-Eaton. "I'm learning to nurture my essence, my true power, and that brings me peace so I can be a better healer, a better teacher, a better role model for my staff."

Serendipity orchestrated Kimberly's introduction to The Sophia Institute. While waiting for a meeting to start, she picked up the book *Goddesses in Everywoman*, by Jean Shinoda Bolen. "I was immediately engulfed," she says. "I borrowed it and slept with it for a week thereafter. Then someone said, 'You know, that author is coming to The Sophia Institute, why don't you go?' Carolyn Rivers arranged a scholarship, and there I was, studying with a woman who had so recently touched my soul. In the workshop, I began to really get who I am as a nurse and a storyteller, and how I fit into the river of life."

As the Nurse Manager of both 'Five East' and Prepared Childhood Development at the Medical University of South Carolina, Kimberly is constantly challenged to build bridges of compassion and understanding between the environments mothers come from, the demands of multidimensional, high tech and ever-changing modern health care management, and the immense responsibilities of her nurses. "We're so often pressured to go fast, but we can't forget we're taking care of vulnerable people. We're surrounded by equipment and medicines, but so often it's the caring relationship that makes the difference." She shares notices of Sophia events with all her staff. "I was so excited when one of my nurses went to hear Harvard attorney Erica Fox talk about conflict resolution! She said it helped not only with a situation at work, but also in her marriage!"

Kimberly also builds bridges through story-telling. As she finishes her Ph.D. dissertation, she struggles with building bridges between science and story. She applauds the national health care debate, and encourages conversation in everyone she meets. "No matter what opinion you hold, I am joyous that we can all talk together and have a national conversation. It's never happened before!" Her dream is have her own honey house, like August in Sue Monk Kidd's *Secret Life of Bees*. "It will be a place where women can come to both settle back into themselves, find new parts of themselves, and regain their inner peace. At first, I thought it should be for African American women. Now I realize it should be for women, and men, of all races."

"I've studied with several other Sophia Institute teachers," Kimberly says, "including Marianne Williamson and Jean Houston. What I love about TSI is they offer life lessons from so many viewpoints. They never tell people what they need – just give them the space to figure it out! You know, the Sophia Institute is sort of like a honey house, too."

JAMIESON HAVERKAMPF FATHER'S DAUGHTER TO SACRED FEMININE by Jamieson Haverkampf ~ May 2010

Jamieson, a TSI attendee who lives in Atlanta, experiences small steps of radical everyday healing of her Sacred Feminine from a life as a "Father's Daughter" since her father's death in 2001. Her "fatherless" life at age thirty turned her known world upside down. Now, change walks along side her as her only stable companion as she journeys daily down her own path to reclaim her lost Sacred Feminine.

Two years ago, Jamieson's mind and body shut down. She developed severe chronic fatigue syndrome and vitamin deficiencies related to undiagnosed gluten, dairy and soy intolerances along with undiagnosed Adult ADHD. For the fifteen years prior, she toiled as a workaholic creative freelancer/entrepreneur in graphic design, illustration, voiceovers, and writing and selling San Francisco residential real estate. In her illness, her body showed her that she was too much of a "doer" and wasn't allowing herself time to "be". Jamieson felt a huge conscious need to perform driven by an imbalance in her reverence for being a "Father's Daughter". The women in Jamieson's family sowed seeds of self-sacrifice and deprivation early. They taught her to respect a man's voice over her own. These beliefs ruled Jamieson's life until she "awakened" to them during her own questioning of these beliefs.

In the past five years, Jamieson has focused on doing intensive inner work to learn to value and reconnect to her Sacred Feminine. In 2004, she began writing her first book to help others who are struggling to find advice and resources to help juggle life with a newly widowed parent that she self-published four years later. Her book, *Mom Minus Dad*, has since helped many adults struggling with this issue and also won five book awards. The process of writing *Mom Minus*

Dad sparked a rejuvenating connection to her inner feminine wisdom.

Jamieson's inner expedition led to various paths of healing. She journals three pages every day to stay connected to herself prompted by becoming an avid fan of writer Julia Cameron and her tool called "Morning Pages". Last year, Jamieson travelled to the Omega Institute to hear Sonia Choquette and Julia Cameron and drove from Atlanta to Charleston to attend Debra Moffitt's workshop "The Secret Garden". This spring Jamieson inner work continues as she will attend Joan Borysenko's workshop at TSI on "Consciousness", illustrator Mary Engelbreit's Creative Workshops in St. Louis, a Beth Moore all day workshop in Atlanta, and coach Cheryl Richardson's workshop on "Extreme Self-Care" at Omega. As Jamieson approaches her 40th birthday this fall, she allows herself to "be" more, "do" less and set heartfelt goals. Her goal setting process involves quiet time to listen within herself and not doubt the wisdom presented. She continues to battle her dominating inner patriarch but the more she continues to embrace her heart, she knows she will move away from fear, ego and imbalance and into wholeness.

LYNN HENNELLY FROM BUDDHIST PRIEST TO LIFE ON A HORSE FARM

by Lynn Hennelly and Carole Wayne King ~ November 2009

Lynn Hennelly's spiritual practices were already well developed before coming to The Sophia Institute in 2008. Yet the path to getting in touch with her spiritual nature took a rather circuitous route, starting with spending a year in Paris, after graduating from an all-girls junior college in Missouri. When she returned to the U.S. she wanted to live in 'the Village' and become a 'beatnik,' and at least was able to convince her skeptical parents to send her to Columbia University in New York City.

In the spirit of NYC in the early 60's, she soon tired of academic life and found herself "being led astray by an Italian anarchist" and began to question the status quo and continued questioning her conventional mid-western assumptions. She became a "hippie" and got involved with many of the causes of that time: from protesting the war in Vietnam, supporting the radical "Free University," to chanting Hare Krishna with Alan Ginsberg in New York's lower Eastside.

Yet she became alienated from the increasing violence of political protests. A desire to connect with other more compassionate people and communities took her to San Francisco in 1969, where she discovered first Stephen Gaskin's 'Monday Night Class', then Shunryu Suzuki Roshi's famed Tassajara Zen Mountain Center. She studied under Suzuki Roshi at the San Francisco Zen Center and there, in 1977, was ordained as a Zen Buddhist priest by Richard Baker Roshi (Suzuki Roshi's successor). She left the Zen Center in 1982, after realizing that she still had much to do and learn in what she considered to be 'the wider world'. She then married, divorced, moved to Atlanta, Ga., and secured a job with the Arthritis Foundation.

Lynn's passion for conservation had always been present, but began to gel in Atlanta the 1990's, when she began volunteering evenings and weekends with the Audubon Society. Soon she became Conservation Director. "I did that so I could learn how to get things done, she smiles shrewdly. She got involved in many projects, including preservation of the 30-acre Wildwood Urban Forest (in the middle of the city of Atlanta) from development.

In 2004, she took early retirement from the Arthritis Foundation, and joined with friends from her San Francisco days who had inherited the 430 acre Ashland Farm just 40 minutes east of Atlanta. Since 1984, using skills they had learned from farming in California, they had been growing gourmet lettuce, micro greens and other produce specifically for Atlanta restaurants. Most of the property had been placed under conservation easement, but they had also opened a horse-boarding barn and were contemplating construction of a large equine event facility and school. Much help was needed to make all of this possible... so, inspired by the idea of helping to save the land, which included making it available for the enjoyment of many others as well, Lynn moved to the farm and assumed the position of "office manager." The title represents some of what she does, but basically her responsibilities include doing whatever is needed! She's happier than ever. "This definitely feeds into my life's passion," she smiles.

Then in 2008, Lynn discovered that Jean Houston was going to be in Charleston doing a seminar entitled "Journey of Transformation of Self and Society." One would think Lynn had pretty much figured everything out, but she says that she found both Jean and the seminar even more meaningful than she'd hoped. "During a meditation on the second day, I spun out," she says. "Suddenly I was no longer there in the room. Instead, I became immersed in scenarios of extremely painful past issues I still needed to work through. As I 'resurfaced' I realized that I had tapped into some powerful negativity from my past that I had not yet successfully let go of. I'm very grateful to Jean Houston and to The Sophia Institute for providing the spiritual context in which I felt safe enough to bring these issues into my conscious awareness – and to begin to complete the process of letting them go. I understand even more deeply now how much helping others requires first that we free ourselves of our unnecessarily heavy baggage!"

"This was the first time I'd gotten a message just for me! It changed my life, literally!" Glowing in her garden chair, Lee Hurd bounced with joy at the memory of China Galland's workshop, *Mosaics of Mary*, in 2005. "She had us pick an image of the divine feminine from a hundred or so images she'd laid on the floor. She said study it for five minutes and imagine the Diety speaking to you. What does she want you to know? Then write your answer without taking your hand off the paper." My hand wrote this paragraph:

"Be happy, be joyful, be loving, connect with others, all the strands connect us all, be luminous, let your light shine forth, be more creative with your quilting, enjoy the mystery, connect with the earth, go barefoot, be childlike, wear stars and great clothes, cherish your friends and family. I love you.

"This was absolutely revolutionary. No one had ever said it was OK to be happy. Imagine. 70 years old—it took me that long to get the message!"

"Were you not joyful before?" I asked.

"Not as focused, not as deliberate," she replied. "Since then so much has happened. Being happy, teaching happiness, is not trivial. Your inner being radiates out to everyone."

From that workshop, Lee convened a birthday croning circle for herself. Her friends eagerly engaged in the idea of joy, and one offered ploys on her name, out of which grew the email identity, Joyfulllee. And since then, Lee has performed croning ceremonies for several of her friends, and dedicates her life to bring joy to all around her.

She was not new to the stuff of spirituality. Lee had become interested in goddess mythology through reading Jean Auel's works. She had studied Riane Eisler's *Chalice and the Blade*, Sue Monk Kidd's *Dance of the Dissident Daughter*, and had read the Christian Bible several times. Today it's impossible to keep up with what she's reading. "I measure my life by the books I've read," she claims, and shows me samples of her library annotated not just with reading commentary, but also the dates of acquiring and reading.

Lee's professional life was a computer aided design technician for the phone company. Since retiring to Seabrook Island, SC, she's created the southeastern Jane Austin Society, a neighborhood Yacht Club, a Garden Club Open House, and a women's spiritual exploration group called the Divines. She has participated in several events at TSI, including a Jean Houston event that prompted her to sign up for Jean's 25th reunion adventure to Egypt in the fall of 2008. She is one of Sophia's frequent volunteers and venerable elders.

At the close of our interview, Lee mused, "Now I'm more into putting it all together. There needs to be a balance between male and female. We need to move beyond dualism and dogma."

LARRY MONTEITH AUDIO-VISUAL PHILOSOPHY by Carole Wayne King ~ June 2010

Larry Monteith, professional photographer, is the quiet friendly presence at the back of the room at almost every Sophia Institute event, ensconced behind microphones and video equipment. Larry is a most devoted volunteer: "To me this is like tithing," he explains. "I'd love to be one of those people who hand out \$100,000 checks, but I can't, so I do things that need to be done. Sophia brings a wonderful variety of teachers who touch on the major issues of our time – war, environment, hunger, and the need for changing the human heart. I know we all have to evolve spiritually if we are to survive. Or we'll just be a blip in the timeline of unsuccessful species."

Larry makes a comfortable living doing photography, audio-visual consulting and web management, but that all seems to be a means to an end – the end being his spiritual life. His professional career even started in church. His engineer father had brought home reel to reel tape recorders, 16mm projectors, and cameras for him to play with. He even set up his own dark room to develop the film (remember all that stuff?). At age 11, he was expelled from Sunday school for asking impertinent metaphysical questions ("I just couldn't buy the story of Jonah in that whale"), and sent to work in the church office. "They loved me, because I knew how to use their machines!" he says.

He continues, "As a boy, I had a lot of spiritual thoughts, but I never found others who thought like me." As a young adult, he joined an ecumenical group called Heart to Heart, where members could share their personal struggles with practical aspect of religious and metaphysical issues. He even enrolled in a seminary-like program called Partners in Ministry, but left to follow the then love of his life to Savannah. This woman, later to become his wife, gave him the audio versions of Donald Neale Walsh's *Conversations With God*. "It was one of the first things that made sense," he says. (Alas, but good for TSI, they divorced and he moved to Charleston, where in addition to his countless hours at TSI, he also participates in a metaphysical study group which is currently studying Eckhart Tolle).

Most interesting is Larry's candor about being a male in spiritual groups largely populated by women. "It's a difficult road to navigate," he says. "On scales of masculinity and femininity, I tend to be neutral. What's most important to me about the Sophia teachings is the quest to balance masculine and feminine energies. If a conversation goes too much

one way or the other, I often feel a state of surreal detachment. I guess I'm looking for a woman who is also fairly neutral—not overly feminine, or overly masculine. A balance.”

“I guess my role as a photographer is also a spiritual practice,” he muses. “At weddings, sporting events, doing advertising shots for a business, I am constantly the observer, the witness. Isn't that what we are supposed to do spiritually? Henk Brandt teaches this in his Mindfulness classes: to be the witness to our own stuff.”

SHANNON TATO A HEROINES JOURNEY ON THE YELLOW BRICK ROAD by Helen Rutledge ~ November 2009

Shannon Tato's demeanor suggests nothing of adolescent Dorothy in the Wizard of Oz. But don't let appearances fool you, she is on a heroine's journey. Shannon's search to reclaim the pieces of herself and find her real home started many years ago at a lecture by Sue Monk Kidd's at St Stevens Church, sponsored by TSI. The discussion, especially Carolyn Rivers' words about the emerging feminine consciousness, bowled Shannon over: “To me, those were very strong and frank concepts to be spoken about in public.” Something in her heart leapt with recognition, and inspired her to attend Carolyn's “Heart Callings” that same weekend. Here she uncovered a deep seeded passion and declared, “My calling is to be a writer.” And, like Dorothy in the Wizard of Oz, down the yellow brick road Shannon traveled to find her home through writing.

Shannon returned to The Sophia Institute for a writing sabbatical where she could be nourished with the wealth of inspiring programs TSI offers. “It is so clear to me now. Everything I need to do—anything in life—is within me. I am my own home.” This Aha moment came in a synchronistic series of allusions to The Wizard of Oz during an Erica Fox retreat on conflict resolution. Erica used the story to demonstrate the major archetypes we all share. Immediately after the seminar, Shannon turned on the television and The Wizard of Oz was playing. The following day Shannon picked up the book *Sacred Contracts* by Carolyn Myss and on a whim flipped to an unmarked page—to a discussion of the archetypes of The Wizard of Oz. As if talking to the great wizard of Sophia she declared, “I got it. Everything I need is within me”.

I ask her if writing has helped her spiritual path or has her spiritual path helped her writing? She says “Both.” the technique taught to her by Natalie Goldberg (also at TSI) of just letting your pen keep writing and not judging what is being written helped her move through writers block “This is the technique that has finally resonated with me in spiritual life. I now understand that I don't need to question what is happening I just flow with it and through it just like in writing. My creative life and my spiritual life are becoming one and I just click my heels and I am home and at peace.”



INNER VIEWS

This section aims to explore teachers at the Sophia Institute and the journey that has brought them to where they are today. Author and teacher, Mark Nepo, is the first in a series that combines interviews with reflections on their life work.

The Promise of the Inner World An Interview with **Mark Nepo** by Debra Moffitt

“I came so close to dying I forgot my name,” says Mark Nepo. His first hand encounter with cancer 21 years ago marked a new step in his growth and resulted in a series of books including, *The Book of Awakening*, *Facing the Lion*, *Being the Lion*, and *Surviving Has Made Me Crazy*. Awakening takes many forms. For Nepo, illness opened the door to what he calls a deeper way of being. “It opened me to a sense below my individual self, beyond self-reference and it moved me deeper into who I am,” he says. “This is embodied learning. In that spirit, I am committed to workshops that draw on wisdom of the ages and how to apply it to our everyday lives,” he says.

This deep, quick introduction to oneness through the path of illness and the dance with death changed the way he writes and lives. In his workshops he encourages people to move deeper into rhythm with this infinite play of the

underlying inner self and says that whatever path your heart points you to will work to bring you there. "The journey of expression has done that for me," he says. In his workshops he invites people to be who they are through being still, journaling, dialogue and simply taking time out to listen to their hearts.

In June and July 2010, Nepo's radio interview with Oprah aired as a part of her Soul Series. The interview which garnered national attention gave him an opportunity to talk about his awakening to life. In speaking about the interview he says, "It was an honor and she [Oprah] was an amazingly present, generous being who put me at ease, made me feel welcomed and invited me to be who I am. This is what my work is about as well – the human journey, living into authenticity and fully being a part of the living universe," he says.

For the past four years Nepo has shared his presence and poetry with people at the Sophia Institute, which he calls "a wonderful convening place for matters of the heart and spirit." He describes TSI as unique in its location in the heart of a city and its offering of a vast range of guides and teachers. "We have a kinship [with TSI] in what we care about which evolves around the notion of living with a conscious heart," he adds.

Today's society faces many challenges from the environment to coping with our own human nature. "Every generation has to find each other and bring out the best in each other," he says. "It encounters obstacles like famine, floods and wars. Through these things we learn how to be more and more human and spirited at the same time." He continues that we have lots of notes from the past, but each generation has to figure it out and relearn the wisdom all over again. "This is embodied learning. It's not abstract, esoteric workshops, but draws on wisdom of the ages and how to apply it to our everyday lives," he says.

His 2010 retreat in Charleston expanded on this theme and put it to work. Titled, "Promise of the Inner World," he explored how we inhabit our place in what he calls "our amazing miracle of life" and what helps us to live together. "We no longer can retreat to a cave," he says. "Instead we come into retreat to better understand ourselves and each other. But it's essential to grasp that there's no difference between out there and in here."

He insists that human beings need to feel. "When we move into feeling we open to truth, beauty and the obstacles and bumps along the way," he says. He doesn't espouse any one path or way, but encourages people to connect with what gives their heart joy. At age 59, Nepo says about his journey with cancer, "I've been well for 21 years." When asked if he is "cured," he responds, "I am healed and healing. It's presumptuous to make judgments about things in the realm of mystery."

Nepo explores these mysteries in these workshops. He writes, "Life has always hidden like a secret in the open. And living has always been the art of drawing life out by staying in the open ourselves. In this, the promise of the inner world is nothing less than making God, by whatever name, and the Oneness of the Universe, by whatever means, visible and tangible through the full use of our humanity. Not only might we live more fully, but we might see and receive and experience the totality of life more completely."

To find out more please visit our site: www.thesophiainstitute.org



PROGRAMS & COMMENTS

Nikki Dickens on **Sera Beak** and **David Whyte**

Sera Beak breaks the boundaries of what spirituality is supposed to look like – all pious and serious. Sera's spirituality includes really red lipstick, mini-skirts, long straight hair and dangling earrings, wine, chocolate, men, dancing and night clubs, and...fun! As a young mother with infant children, my life is caretaking. I do love it, but I don't get much time for introspection, and every so often I need a breathing spell. For example, David Whyte would say something that triggered a bigger truth within me, that sparked me to new fire. But the challenge is to keep the awareness in daily life. So I've gotten together with several friends, and started a Red Book Club. We probably won't read all 250 of the books in Sera's bibliography, but the sharing with my friends makes me accountable, and helps me digest and incorporate the sparks into my daily life.

Jamieson Haverkamp on **Joan Borysenko**

Joan's calming spirit and nurturing intelligence drew me into a weekend of sacred time that I needed to connect with myself and other like-minded women. It created another strong "knowing" for me to listen to my own strong internal guidance when I am presented with dreams, hunches or nudges in a direction. The new friendships and souls that I connected with on a deep intensely conscious level in my group have already begun to lead my life in a new guided direction.

Carole King and Larry Monteith on **Henk Brandt's** *Mindfulness Training*

The opening words of Henk's Mindfulness seminar startled me: "Most people live too small for their own potential." He gazed at each of us with intense challenge kindness, and chills ran up my spine. Henk's teaching open a universe of creative potential inside our own skulls.

Carole King on **Rick Brown's** *Getting the Love You Want*

Rick Brown's seminar was life changing. The trajectory of my love life came into focus and I began to accept who I am and where I'd been, and to look ahead without fear. I learned skills of active and cooperative listening that I've used over and over – not just at home, but in just about every situation. And most of all, I began to learn to love my husband for who he is, rather than who I want him to be.

Ashey Jansen on *Fierce Light* by **Velcrow Ripper** with Sera Beak

I am a better minister and theatre artist for having participated in the workshops. In fact the deeper truth is: I'm a better and more authentic me.

Carole King on **Jean Houston**

Everyone alive today should try to study with Jean Houston. Through laughter, drama, mythology, movement, story and lectures, she opened my mind and heart to my larger selves, my historical selves, my possible selves. I found the Odyssey of my life story, a new capacity for dreaming and dancing, and several new friends.

Jamieson Haverkamp on **Debra Moffitt**

Debra's workshop reminded me how important it is for me to play with imagery in my life and work. The impact of having a visual image of my "secret garden" above my workspace reminds me daily to connect with my inner guidance to create and the incredible wisdom it provides. Debra's courage to switch careers by facing her biggest fear- jumping out of a plane- also reminded me of my own inner resilience.

Cynthia Sansone and Gail Frailin on **Terry Monnell**

"I have never considered myself a creative person. Strategic, yes. Intelligent, yes. But creative? No way. So I knew Terry's class was going to be a stretch. I also felt nervous about joining a class with real artists. Through Terry's gentle guidance, expectations for producing something "good" were eliminated up front. We created without conscious intent, using drawing and collage -- and then examined what emerged. It was fun; surprising, an insightful. I plan to make this practice a part of my life; for me, it opened doors to my psyche and allowed me to tap into my creative flow.

Jeri Chaplin and Carole King on **Stephaney Robinson's** *FIRE, BONES AND WINGS*

"Without sensation you have nothing. By getting into your body you find sources of power and creativity," said Stephaney Robinson, a NIA trainer dedicated to creativity and healing through movement. Together with Ileana Shaner, martial artist and pianist, she led us into our bodies with dance, deep breathing, and chanting. Going deep inside, we learned to exhale freeing knowledge. Through collage we explored the symbolism of Fire (purification), Bones (support), and Wings (freedom). I especially loved Wings – learning to leap, trust, and let go.

Margaret Mulligan and Nikki Hardin on **David Whyte**

David Whyte's presence contained an invitation to live more fully, deeply and uncompromisingly. There was a genius to this workshop where speaker, venue, participants and the beauty of Charleston came together to make it inimitable. The imagery and texture in his recitation will reside in me for some time to come. (Margaret Mulligan). I realized I've been asking myself for months now, "What am I looking for?" and trying to push my way through to an answer right now. And for months, I've come no closer to finding it, becoming more agitated and frustrated as time went by. But at some point during this retreat, my question changed to, "What is looking for me?" (Nikki Hardin)

Dawn Brazell on **Marianne Williamson**

Between the Swine flu and economic recession, watching the news can be a daunting way to start the day. Marianne Williamson, the featured speaker at The Sophia Institute's retreat on Living Miraculously, says a much better way to start the day is with five minutes of meditation. Thinking of the world and carrying the stress of the day before is like trying to hear the Holy Spirit through lots of static. "We go out with yesterday's stress on our minds. Five minutes spent with the Holy Spirit in the morning is enough to set our thoughts for the day."



October 1-3, 2010 • Charleston, SC

A time of contemplation and renewal in many parts of the northern hemisphere of our planet earth. In Charleston, SC, October 1-3, 2010, provided an extraordinary opportunity from over 135 people from 21 states and 4 countries to engage deeply and personally with major transformational teachers of our century. The gathering took place at Ashley Hall School, an institution that has helped educate many past, present and future woman leaders of America. Teachers included Jean Houston, Barbara Marx Hubbard, Sue Monk Kidd, Ann Kidd Taylor, Katherine Woodward Thomas, Clair Zammit, Sera Beak, and our very own Carolyn Rivers. (Please look online for information about these exceptional women.) More than 500 people viewed an awe-inspiring art exhibit at the International African American Museum, showcasing the work of over 50 artists. Sera Beak's opening night program there drew a standing room only crowd. And, our bodies were honored as well as our minds, with "yoga under the oaks" led by Anusara teacher Gail Corvette.

Comments from participants include:

"There was so much information and wisdom to absorb."

"I feel so empowered and validated and worthy. I DO have gifts that I can contribute to the whole of life."

"I've not been inspired and empowered as a 'girl' since my childhood."

"Whatever I opened to at the conference is attracting new kinds of people and things and new ways of relating that I feel are going to lead me toward my role in how I can best serve the planet at this time."

We are planning a second annual gathering next year!

A NETWORK OF CIRCLES

Among the exciting outgrowths of the WOW conference are Sophia Circles – gatherings of men and woman throughout the country in teaching/learning communities. Members will thus be able to reinforce each other in being co-creative agents of transformation in their own hearts, workplaces and other organizations, towns and cities. The Charleston office will provide support and facilitate networking. For a small fee will, participants can access a members only blog (on which will be posted inspirational messages from Carolyn, book excerpts, inspiring articles, etc.); receive discounts on Sophia events; have access to the Institute's private digital library and be invited to special guest speaker presentations and retreats. Check the Sophia Institute website, or call the office for more information!