



C H A R L E S T O N

THE SOPHIA INSTITUTE

www.TheSophiaInstitute.org

2013 PROGRAM

JEAN HOUSTON · MARIANNE WILLIAMSON · DAVID WHYTE · SERA BEAK · MARK NEPO · DEBRA MOFFITT · RICK BROWN
GLORIA KARPINSKI · ELLEN WATSON · DR. LEE IRWIN · STEPHANIE HUNT · FRANCINE LAPONTE · TATER BEAK · ELLEN BURSTYN
JUDY CROMWELL · CARMEN WILLIAMS · ANGELES ARRIEN · DR. MARIANNE ROSEN · MARY ALICE MONROE · JOSEPHINE HUMPHREYS
SUSAN FITCH STEVENS · SUSAN LAUGHTER MEYERS · NINA BRUHNS · BELL HOOKS · CARLY HOWARD · PAM NOBLE
MARCY WALSH · ANNE LECLAIRE · CAROLYN RIVERS · HENK BRANDT



Carolyn Rivers

DEAR FRIENDS,

This is a profound moment in human history when women are awakening to their full potential and being empowered to become passionate co-creative agents for change, joining men in full partnership in the domain of human affairs. Women, and men too, are being called to attend to the changes that are needed now, to align with their heart callings, to do their own deep work and to take it back to their relationships, communities, and workplace, to form networks and circles of connection, to see that we are really a microcosm of the macrocosm—our evolution is at the heart of planetary evolution. Together, we are pioneering an Age of Wisdom.

It is a time of great evolutionary shift, when the Feminine impulse is coming into balance with the Masculine and bringing with it a radical wisdom of the heart. It has the potential to attune us to what we already know inside, to a guidance that continually sources us with new possibilities and aligns us with a sense of dynamic purpose. Old patterns that no longer serve us, patterns of domination, aggression, greed, and control are now beginning to be overturned, patterns that have created the crisis we are now in. Yet, we have opportunity to find solutions which cannot be born of the old mindset, as Einstein says, but a new, more wisdom-based mindset found in the hearts of women and men alike.

We believe that community and global transformation often arises out of individual transformation, that inner work leads to outer action. We invite leading-edge visionaries and thinkers whose work reflects this vision to The Sophia Institute to lead retreats, workshops, lectures, and other special events. Their messages of wisdom, healing, integration, oneness, sustainability, peace, and the conscious Feminine and Masculine herald the arrival of new paradigms and fresh perspectives at that moment in our history when they are needed most.

Now celebrating our 12th year, The Sophia Institute is drawing participants from 50 states and 5 other countries. Our Fall convocation, "Women of Wisdom: Transforming our Lives; Transforming our World" is an extraordinary gathering of committed, empowered women. Out of it, The Sophia Institute launched Sophia Circles, connecting women all over the country and internationally. WOW IV is being planned now for October. Please join us.

The Sophia Institute envisions a world that could be called a wisdom society, a 21st century that could be called The Sophia Century: a conscious enlightened world, a compassionate, global community, where wholeness, oneness, sustainability, wisdom, and the sacred Feminine and Masculine are at the center of life. Please join us as together we can create a more conscious world, a world that expresses the vastness of the human spirit.

Blessings,
Carolyn Rivers

BOARD OF DIRECTORS Bill Beak, Alex Beard, Henk Brandt, Judy Cornwell, Eliza Ingle, Rita Scott, Jane Sloane, Shawn Wallace, Kimberly Wissell, Carolyn Rivers Founder

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PERSONAL RETREATS can be held anytime or can be centered on one of our sponsored events. Take time to process your work before returning to the demands of everyday life. Join us for a few days, a week or more.

BOOKS AVAILABLE for purchase and autographing.

REGISTER ONLINE...Go Paperless by signing up for our monthly e-newsletters and announcements at TheSophiaInstitute.org

Join us on Facebook and Twitter!

JANUARY

BEAUTY, EROS AND WISDOM

Dr. Lee Irwin, Christopher Bamford,
and Carolyn Rivers



JANUARY 4-5 | Friday Night 6:30-8:30pm | Saturday Retreat 9:30am-4:30pm
Friday Night Lecture \$20 | Full Retreat \$115 before December 28th, after \$140

This unique retreat will explore the nature of Wisdom as an expression of embodied spirituality through sensory perception, deep feelings, heart awakening, and intellectual clarity. We will explore the relationship of Beauty and Eros as they contribute to the enhancement of a direct intuitive Wisdom. Through dialogues, interactive meditation, ritual, and co-creative interactions, we hope to bring forward deepening insights into how beauty and sensory awareness can create a more lucid and felt presence of Wisdom in our daily lives and interactions. Lee Irwin, Chris Bamford, and Carolyn Rivers will present on a theme followed by discussion and other activities. We will also spend some time in group interaction, and there will be opportunity for the introduction of specific practices meant to enhance the activation of Wisdom. Christopher will present on Beauty, Dr. Irwin will present on Eros and Carolyn on the Divine Feminine.

Dr. Lee Irwin was Chair of the Religious Studies Department at the College of Charleston and is currently a professor in the department. He has studied world religions intensively, with an emphasis on Native American religions, western esotericism, hermeticism, contemporary spirituality, and transpersonal religious experience — particularly around themes connected to dreams and visions. He is also the Vice President of the International Association for the Study of Esotericism, and gives frequent presentations at The Sophia Institute and at the Institute for Dream Studies. He is also an Associate Editor and a contributor to "Elixir: The Journal of Consciousness, Conscience, and Culture". His books include: *The Dream Seekers*, *Visionary Worlds*, *Awakening to Spirit*, *The Gnostic Tarot*, and *The Alchemy of Soul* (forthcoming).

As editor-in-chief of Steiner Books, **Christopher Bamford** has introduced, edited, and translated many volumes of Rudolf Steiner. He is also a recognized authority on Western esotericism, the author of two books, and a lecturer. Two of his essays have been recognized in Best Spiritual Writing (2000 and 2005).

Carolyn Rivers is Founder and Director of The Sophia Institute. A teacher, visionary, and spiritual mentor, her work centers on personal, interpersonal and societal transformation that fosters the emergence of Feminine Wisdom, Sophia, wholeness, oneness, integration, peace, and a compassionate community, cultivating a more just, sustainable, thriving world. In the nine years since its creation, The Sophia Institute has drawn more than 15,000 participants from 50 states and eight other countries to join our core community in Charleston. Carolyn's Heart Callings workshop uses a holistic approach to help direct people to their dreams and life's purpose. Carolyn has done professional study with many of the leading transpersonal teachers and visionaries of our time, many of whom are faculty of The Sophia Institute. She offers coaching and spiritual mentoring as a follow up to sustain and deepen the work begun at The Sophia Institute.

Mindfulness Training

Henk Brandt

JANUARY 19 | 9:30am-12:00pm
\$25 in Advance; \$30 at the Door



Mindfulness is a type of awareness training, a step-by-step process for stabilizing the mind. Mindfulness is an extremely effective method for managing stress and reactivity. You can practice Mindfulness anytime, anywhere. With continued practice, Mindfulness establishes a baseline of awareness for emotional and physical wellbeing. It is an essential skill to bring to all of your relationships. As a life-discipline, Mindfulness leads to a larger, more truthful perspective of reality. This workshop is being taught by highly acclaimed Mindfulness-Based Counselor, Henk Brandt, in his 40th year of Mindfulness practice.

Henk Brandt: Poet, teacher and scholar, Henk Brandt has devoted the past decade to research in the area of Liberation Psychology. His research has led him to work with individuals and groups in developing psycho-spiritual processes and new paradigms for "re-visioning our lives." Henk has pioneered a series of protocols called *Mentoring Authenticity™* that guide men and women through their suffering into the liberation that comes from understanding their life's purpose.

Pat Mitchell on Women, Wisdom and Leadership

Pat Mitchell

JANUARY 31 | Lecture 6:00-7:15pm | Reception 7:15-8:30pm

\$50 Individual Ticket | \$250 Supporter Package | \$500 Host Package



Pat describes her thoughts for the evening lecture as follows, "As the decades of my own advocacy on behalf of women pile up, I'm ever more convinced that women lead differently if given the chance to express our genuine styles, passions, and priorities. Whether it's the head of a multinational bank, weighing what kinds of financial products to offer, at what price points, with what kind of marketing materials, or the Speaker of the House keeping order in one of the least civil places left in America, or whether you are organizing the neighborhood for a community or school project, women, when fully engaging their whole selves and their full set of experiences as wives, mothers, sisters, daughters, grandmothers, citizens are inclined to do it differently. And it's that difference that can make all the difference in terms of better business, more sustainable communities, and more personally fulfilling lives, too. There are some new rules or principles for leading as a woman that reflect new values and I will share the ones I've learned along the way as an executive, a mother, grandmother, mentor, friend, and woman in the world."

We are blessed to have Pat joining us January 31st at 6 pm at the Dock Street Theatre, to host a program about Women and Leadership. Reception to follow. Please join us for this powerful and inspiring evening.

Pat Mitchell's diverse background in media includes work as a journalist, producer, and executive. She has worked in front of the camera and behind, anchoring the news and reporting for broadcast networks, producing award-winning documentaries as president of CNN Productions, becoming the first woman president and CEO of PBS, and currently is the president and CEO of The Paley Center for Media, whose mission is to convene media professionals and media consumers for programs that explore the role of media in society. Throughout her career, Mitchell has engaged the power of media and storytelling as an agent of social change and specifically, to highlight the stories of women and girls. She was the first woman to launch, produce, and host her own nationally syndicated program "Woman to Woman," and continues to be active in breaking new ground for women across the media landscape, including a current series of initiatives and programs called Women@Paley, which includes producing an annual TEDxWomen conference in partnership with the TED organization.

FEBRUARY

Star Child: The Tale within the Tale

Kay Goldstein

FEBRUARY 6 | 6:00pm | Reception to follow



In Kay Goldstein's own words: "Finding yourself is the only journey that matters' is the essential message of a line from Star Child. What does that really mean? To me it means that each of us is here for a reason and therefore have been given unique talents and perspectives. When we are faced with challenges,

and we all will be, using our strengths will help us maintain balance, peace and increase the likelihood of finding some joy in our everyday lives." Kay will talk about the inspiration for *Star Child* and what she learned in writing it and about the process of finding one's self. Books will be available for purchase.

Kay Goldstein has enjoyed a multifaceted career that includes professional work as a psychotherapist, chef/entrepreneur, cookbook and fiction author, poet, and meditation teacher. She is married and has two grown children. She enjoys a variety of leisure activities that include photography, kayaking, gardening, cooking and theater. *Star Child*, published in 2012 is her second book and first fiction story.

MARCH

The Pilgrim Way: Setting the Direction for a Future Life

David Whyte

MARCH 8-9 | Friday 6:30-8:30pm | Saturday 9:30am-5:00pm

Friday Night Lecture \$25 | Full Retreat \$295



Join us for a weekend with David Whyte looking at the great questions of human life through the eyes of the pilgrim: someone passing through relatively quickly, someone looking for the biggest context they can find or imagine, someone dependent on friendship, hospitality and help from friends and strangers alike, someone who has to ask for visible and invisible help; someone for whom the nature of the destination changes step by step as the end of the path approaches, and someone subject to the vagaries of wind and weather along the way. A pilgrim is someone up for adventure and good company.

One of the central themes of the weekend will be internal resilience, the necessity for following a certain star not seen or perceived by anyone else, an internal migration, a path running parallel to the outer road keeping any outward journey in the world relevant and true. We will look at the necessity for hardiness, for shelter, for risk, for companionship, for vulnerability; for creating a more beautiful mind and the absolute need to ask for help at transition points combined with an ability to recognize when it is being offered and the humor, humility and open hands necessary to receive it.

David, carrying the bardic spirit so brilliantly, will use his poetry and others to craft a deeper conversation that goes to the hub of life, to the central core, and out of that we find authenticity and meaning for our own lives and our current situations. Evaluations of his work with us is consistently excellent with people telling us that he touches such a deep core in themselves, out of which they draw insight and meaning. We always have a remarkable experience with him!

He will speak, recite, and converse. He will also give time for participants to reflect and write in their journals and share, too. There will be dialogue with the audience and plenty of time for questions and answers.

Poet **David Whyte** grew up with a strong, imaginative influence from his Irish mother among the hills and valleys of his father's Yorkshire. He now makes his home, with his family, in the Pacific Northwest of the United States. The author of seven books of poetry and three books of prose, David Whyte holds a degree in Marine Zoology and has traveled extensively, including living and working as a naturalist guide in the Galapagos Islands and leading anthropological and natural history expeditions in the Andes the Amazon and the Himalayas. He brings this wealth of experience to his poetry, lectures and workshops. His life as a poet has created a readership and listenership in three normally mutually exclusive areas: the literate world of readings that most poets inhabit, the psychological and theoretical worlds of philosophical enquiry and the world of vocation, work and organizational leadership. In organizational settings, using poetry and thoughtful commentary, he illustrates how we can foster qualities of courage and engagement; qualities needed if we are to respond to today's call for increased creativity and adaptability in the workplace. He brings a unique and important contribution to our understanding of the nature of individual and organizational change particularly through his unique perspectives on Conversational Leadership.

Soul to Soul with Our Animal Companions: The Sacred Relationship Between Humans and Animals

Linda Bender

Co-Sponsored by The Charleston Animal Society and Ellen Harley

MARCH 13 | 6:30-8:30pm



Linda shares stories from her experiences as a veterinarian, animal rights activist, and animal intuitive. Throughout history animals have been our companions, guides and teachers. Learn more about this sacred connection, and also using simple practices we will connect more deeply, "soul to soul", with our animal companions and learn what they are trying to teach us.

Linda Bender's love of the natural world began in her childhood back yard. From orphaned deer to blue jays prematurely bumped from their nests, animals in distress somehow found their way to her. Her rapport with animals inspired her to earn a doctorate in veterinary medicine. During the 14 years she spent living in England, Asia, Africa and the Middle East, Linda's veterinary work included the rescue, rehabilitation, and protection of wildlife, often in remote areas. Working with zoos in Southeast Asia, she treated animals rescued from the wildlife trafficking trade and helped reintroduce them back into their natural habitats. Among those given a second chance at life were clouded leopards, tigers, orangutans, and numerous species of rare psittacine and passerine birds. Linda's other enduring interest is spirituality. For over 25 years, she has practiced meditation and studied many of the world's wisdom traditions, including shamanism. Learning the traditions and ancient wisdom of indigenous people enriched her understanding of the sacred connection between humans, animals and nature. These experiences helped shape her environmental consciousness and deepened her commitment to conservation. Linda is a certified instructor with The Chopra Center in Carlsbad, CA and has lectured on animals and healing at The Chopra Center. In England, she studied energy medicine and is a certified practitioner of "Energy for Life". Her interest in the spiritual aspects of human healing led her to found the Mind the Gap Wellness Center in Cincinnati and a pet therapy program throughout the Ohio Mental Health Association. She is co-founder of the nonprofit organization, From the Hear. Linda has also produced a meditation CD entitled "Awakening from the Heart."

Getting the Love You Want: Imago Relationship Therapy

Rick Brown

MARCH 16-17 | Saturday 8:30am-8:00pm | Sunday 8:30am-6:00pm

\$715.85 per couple



This renowned, intensive, two-day workshop for couples, married or unmarried, provides the insights and methods needed to discover the joyous and even spiritual, potential that awaits us in a committed relationship. By learning how to transform their relationship through personal change and growth, couples often receive from this two-day workshop, the benefit of three to six months of weekly couple's therapy. This workshop provides a profound benefit for couples who seek to enrich a good relationship, are beginning a relationship, are in a difficult relationship, are beginning a relationship, are in a difficult relationship and want to resolve long-standing conflicts and for those who are near break up or divorce and want to decide if the relationship can be saved. This workshop also provides a rare venue for therapists, counselors, clergy members and others who work with couples to gain invaluable professional skills. The workshop consists of audio-visual instructions, written exercises, guided imagery, live demonstrations of necessary communication skills and life changing processes that couples actively put into practice during the weekend. Although couples come together in a large group to hear presentations, you share only with your partner, as confidentiality and safety is maintained throughout the workshop.

Rick Brown is Executive Director of the Institute for Relationship Therapy. He offers national and international workshops and seminars for couples, as well as training for qualified therapists in the theory and practice of relationship therapy. Rick has trained hundreds of psychiatrists, psychologists, marriage and family therapists and other mental health professionals. Rick is a graduate of Florida State University, Princeton and Union Theological Seminary. He is a pastoral psychotherapist and licensed mental health counselor with over 28 years of clinical experience working with individuals, couples, and families. His appearance on the Oprah Winfrey Show for his expertise in creating intimacy in even the most difficult relationships was named by Oprah as one of her Top 20 episodes.

Taking Back Our Feminine Wisdom: Returning to Our Mother's House

Gail Straub

MARCH 22- 24 | Friday 6:30-8:30pm | Saturday 9:30am-5:00pm

Sunday 9:30am-12:30pm

Friday Night Lecture \$25 | Full Retreat before February 15th \$195, after \$250



We all know that if our planet is to survive and thrive the wisdom of the feminine needs to shine forth illuminating both our personal and our public lives. In this workshop we create a sacred container to delve into the mysteries of our womanhood; what we have lost, how we can take back and sustain our wisdom, and how to pass on our knowledge protecting the lineage of the feminine for our daughters and future generations. Our time is intended to empower your deepest female essence and includes lecture, guided meditation, the creative arts, ritual, journaling, and small groups.

Here are some of the themes for our adventure together.

* Exploring the imprint from our mother on our feminine wisdom.

* The five most common ways we lose our innate wisdom including: closing our hearts; losing connection with our bodies and the body of the earth; the addiction to doing; abandoning our interior lives; and not standing up for our authentic selves.

* The seven practices for taking back our female wisdom including: facing our deepest fears; creating the trinity of home, roots, and community; cultivating the sacred quartet of silence, simplicity, solitude, and slowness; engaging in the creative arts; and embracing the other.

* The essential aspects of protecting the lineage of the feminine and passing on our wisdom including: helping those we love go fearlessly into the fires of their pain and the unknown; an appreciation of paradox and the inexplicable; a celebration of diversity; and the capacity to live with death as a holy advisor.

This workshop is appropriate for women of all ages and all walks of life.

Come with your mother, your daughter, your sisters, or your dear friends.

A pioneer in the field of empowerment, **Gail Straub** co-directs the Empowerment Institute, a school for transformative social change where her primary focus is women's empowerment. For the last three decades she has offered her work to tens of thousands of people worldwide. She co-founded IMAGINE: A Global Initiative for the Empowerment of Women to help women heal from violence, build strong lives and contribute to their community. This initiative applies the Institute's empowerment methodology to the United Nations Millennium Development Goal "to promote gender equality and empower women." Gail is the author of four books including, with her husband David Gershon, the best selling *Empowerment: The Art of Creating Your Life as You Want It*, the critically acclaimed, *The Rhythm of Compassion: Caring for Self, Connecting with Society*, and the award-winning feminist memoir *Returning to My Mother's House: Taking Back the Wisdom of the Feminine*.

APRIL

On Living Authentically

Ellen Burstyn

APRIL 11 | Doors Open 5:30pm, Performance 6:00pm

Host Package \$500 or \$250 | Individual Ticket \$40 in advance, \$60 at the door



A brilliant actress, author, storyteller, Ellen chronicles through story and poetry her transformative journey as a woman, dealing with adversity, grief, loss, failure, reinventing herself and finding joy. She will explore what she's learned from acting and Sufism. If you joined us last year for her talk/performance, she'll continue the captivating and inspiring conversation she began with us then. If you couldn't join us last year, you'll not want to miss this year.

Ellen Burstyn's illustrious acting career encompasses film, stage and television. She became a "triple crown winner" when she won an Emmy for her guest appearance in "Law & Order: SVU" (2009) to add to her Oscar win for "Alice Doesn't Live Here Anymore" (1974) and her Tony Award for "Same Time, Next Year" (1974) on Broadway. Ellen has been nominated for an Academy Award five other times for "The Last Picture Show" (1972), "The Exorcist" (1973), "Same Time, Next Year," (1979), "Resurrection" (1981), and "Requiem for a Dream" (2000). Ellen was the first woman elected president of Actors Equity Association (1982-85), and served as the Artistic Director of the famed Actors Studio where she studied with the late Lee Strasberg. She continues to be active there as co-president with Al Pacino and Harvey Keitel. Academically, Ellen holds four honorary doctorates, one in Fine Arts from the School of Visual Arts, a Doctor of Humane Letters from Dowling College, a doctorate from the New School for Social Research, and a doctorate from Pace University where she teaches in The Actors Studio M.F.A. program. Ellen lectures throughout the country on a wide range of topics, and became a national best-selling author with the publication in 2006 of her memoir, *Lessons in Becoming Myself*, published by Riverhead Press. In addition to a continuing and thriving acting career, Ellen is writing a screenplay, as well as planning a book of her photography accompanied by her favorite poetry.

MAY

A Celebration Party and Poetry Reading

Henk Brandt

MAY 9 | 6:30pm | Members Only Event



In honor of Henk's newly released book, *Sleeping with Sophia: For the Love of Earth and Woman*, The Sophia Institute is hosting a Poetry Reading and Celebration Party. The reading will feature several poems from the book recited by Henk himself and he will also be speaking on the process of writing the book.

The writing of this book has been a long process of reflection and writing for Henk. He says this about what the book helped him realize, "For it is here, in the wild fandango of a man's ordinary encounters with the depth and breadth of the Feminine that he learns how to responsibly engage in and benefit from intimate relationships".

Following the reading we will be hosting a Celebration Party to commemorate this momentous occasion! We at The Sophia Institute are so excited to be able to promote the work of someone who has been close to our work for such a long time and has been so supportive through it all.

Please see Henk's Biography on Page 2.

Seven Thousand Ways to Listen

Mark Nepo

MAY 17-19 | Friday 6:30-8:30pm | Saturday 9:30am-5:00pm

Sunday 9:30am-12:30pm

Friday Night Lecture \$25 | Full Retreat Before April 5 \$225, after \$275



This workshop is based on Mark's new book, *Seven Thousand Ways to Listen* — which just won the Books for Better Life Award for Best Spiritual Book of 2012. About Mark and the book, Frederic and Mary Ann Brussat of Spirituality & Practice said, "A consummate master of telling stories and parables about people's hopes, dreams, yearnings, fears, sorrows and triumphs... Nepo has written a master-work on the spiritual practice of listening which plays such a predominant role in our private and public lives."

Beloved as a teacher, poet, and storyteller, Mark, *The New York Times* bestselling author of *The Book of Awakening*, is a gentle guide on our journey to discover our personal truths. Using ancient and contemporary stories, poetry, journaling and dialogue, Mark will invite participants to befriend their

own stories and listen for their own wisdom in this reflective and experiential gathering.

We spend much of our time on earth listening and waking. When awake, we come upon the risk to be authentic. And taking that risk, we are faced with the need to stand by our core in order to live life fully. If we get this far, we are returned, quite humbly, to the simple fate of being here. And after all this way, it appears that a devotion to deep listening remains the simple and sacred work of being here.

Yet how do we inhabit these connections and find our way in the world? By listening our way into lifelong friendships with everything larger than us, with our life of experience, and with each other.

In this journey, Mark will open the work of listening on these levels. Our friendship with everything larger than us opens us to the wisdom of Source. This is the work of being. Our friendship with experience opens us to the wisdom of life on earth. This is the work of being human. And our friendship with each other opens us to the wisdom of care. This is the work of love. These eternal friendships are intertwined and inseparable. We need to listen for their wisdom if we have any hope of living an awakened life. These three friendships—the work of being, the work of being human, and the work of love—frame the journey of this workshop.

Mark Nepo is a poet and philosopher who has taught in the fields of poetry and spirituality for forty years. A *New York Times* #1 bestselling author, he has published 14 books and recorded eight audio projects. Recent work includes: *Reduced to Joy* (2013), *Seven Thousand Ways to Listen* which won the 2012 Books for a Better Life Award, *Staying Awake* (2012), *Holding Nothing Back* (2012), *As Far As the Heart Can See* (2011), *Finding Inner Courage* (2011), and *Surviving Has Made Me Crazy* (2007), as well as audio books of *The Book of Awakening*, *Finding Inner Courage*, and *As Far As the Heart Can See* (2011). As a cancer survivor, Mark devotes his writing and teaching to the journey of inner transformation and the life of relationship. Mark has appeared with Oprah Winfrey on her Super Soul Sunday program on OWN TV, and has been interviewed twice by Oprah as part of her SIRIUS XM Radio show, Soul Series. He has also been interviewed by Robin Roberts on Good Morning America about his *New York Times* bestseller *The Book of Awakening*. As well, *The Exquisite Risk* (Harmony Books) was cited by *Spirituality & Health Magazine* as one of the Best Spiritual Books of 2005, calling it “one of the best books we’ve ever read on what it takes to live an authentic life.” His work has been translated into 20 languages including French, Portuguese, Japanese, and Danish. In leading spiritual retreats, in working with healing and medical communities, and in his teaching as a poet, Mark’s work is widely accessible and used by many. He continues to offer readings, lectures, and retreats.

An Evening with Isadora Duncan and Chopin Ingrid Zimmer and Carlos Cesar Rodriguez

Cosponsored with the Piccolo Spoleto Festival

MAY 28 | 6:00-7:00pm | Individual tickets \$21



Isadora Duncan’s ground-breaking choreography to Chopin’s exquisite masterpiece, *24 Preludes*, guides the audience through life’s trials and triumphs. Renowned pianist, Carlos Cesar Rodriguez and solo dancer, Ingrid Zimmer from Washington, DC-based Word Dance Theater, join forces to evoke the full spectrum of human emotion in this intimate and emotional performance. Duncan’s 24 solos have never been performed by a single dancer in one evening- an historic event!

Ingrid Zimmer is the Associate Director of Word Dance Theater. After receiving a B.A. in Dance/Theatre from Pomona College, trained in the Limon Technique, Ms. Zimmer lived in Europe where she toured, performed and studied dance at the Folkwang Hochschule in Essen, Germany under the artistic direction of Pina Bausch. Now based in Washington DC, performing, teaching and choreographing, Ms. Zimmer has performed in venues including the Kennedy Center, Jacobs Pillow, Centre Georges Pompidou in Paris, France, and the Gran Festival Internacional de Danza Contemporanea in Monterey, Mexico. For the last eight years, Ms. Zimmer has exclusively studied and performed Isadora Duncan’s technique and choreography. In addition to Word Dance Theater, Ms. Zimmer also performs with the Isadora Duncan International Institute and the Duncan Dancers in venues including the 92nd St. Y in NYC, the Smithsonian, the Corcoran Gallery of Art, Dance Place, Piccolo Spoleto and a tour in Greece.

Carlos César Rodríguez is a musician of brilliance and versatility recognized as a virtuoso pianist who not only generates excitement in the Hispanic and Spanish repertoire, but also displays an extraordinary flair for Mozart, the romantics and the avant-garde scores. He has recorded for Omicron and Brioso labels and has won the highest critical acclaim for his CD of Spanish music, *España en el Corazón*, distributed by Brioso Recordings. He is an expert on early instruments and is privileged to have access to the Smithsonian Institution’s rare collection. Mr. Rodríguez was chosen by the

Smithsonian to perform during its 300th year celebration of the piano. He was also invited to participate in the 150th anniversary celebration of the Smithsonian Institution. Mr. Rodríguez has won acclaim as music director of Mozart operas and Zarzuelas (Spanish operas), and as a composer, arranger, and improviser of ballets, Spanish dance scores, and Latin-Jazz/Pop compositions. Currently, Mr. Rodríguez is a member of the piano faculty at the Levine School of Music in Washington, DC, and guest artist and coach for the Domingo/Cafritz Young Artist Program with the Washington National Opera.

Humor for Health and Self-Discovery

Jacqueline Kabat

CO-SPONSORED BY PICCOLO SPOLETO FESTIVAL

MAY 30 | 6:00-7:30pm | Individual Tickets \$21



In this uproariously fun workshop, we soothe our spirit and reenergize ourselves with laughter. You'll be amazed that something so fun can be so good for you.

Guided by comedy improv pro Jacqueline Kabat, we learn the basic principles of comedy improvisation to tap into deeper dimensions and learn how to use them to develop our personal potential in everyday life. Working together as a group to eliminate any individual fear, we participate and cheer for each other in a safe environment—and have fun doing it. Comedy improv exercises result in a significant amount of self discovery and insight. Participants end up becoming incredibly empowered because they are given the unique opportunity to feel the positive shifts through nurturing creativity and collaboration. When we're having fun, we're relaxed.

When we're relaxed, we're listening and communicating, and that's when we're able to overcome insecurities and express our full capabilities. By applying the central improv lesson of being completely present and open to whatever happens, we increase our confidence, improve our relationship skills, and learn to creatively deal with ambiguous and constantly changing circumstances.

As we continue to practice the tenets of comedy improv upon our return home, we discover we can tap into the best within ourselves in any given situation with the healing power of laughter.

Jacqueline Kabat has studied, written and performed with Second City's Ann Bowen and Upright Citizen's Brigade. She performs with New York-based troupe, Rash Behavior, whose sketches are featured in film festivals and television. Jacqueline also is also a writer for *Time Out New York* and is featured in *Body and Soul* magazine's October 2007 issue. She has taught throughout the country at Fortune 500 companies and at distinguished health spas such as The Deepak Chopra Center, Red Mountain, Sagrada Wellness, Cala-Vie, and Lake Austin

JUNE

Sundown Poetry Reading

Henk Brandt

Co-Sponsored by Piccolo Spoleto

JUNE 6 | 6:30-7:30pm | Free



Henk Brandt of Charleston is the author of *Sleeping with Sophia: For the Love of Earth and Woman* and has two more books—one poetry, one a memoir—forthcoming. As a poet, teacher, and scholar, he has devoted the past decade to research in the area of Liberation Psychology. His research has led him to work with individuals and groups in developing psycho-spiritual processes and new paradigms for "re-visioning our lives."

Please see Henk's Biography on Page 2.

Getting Back into the Rhythm of Being a Woman: Healing from the Inside Out

Dr. Christine Page

JUNE 21-23 | Friday Lecture 6:30-8:30pm | Saturday 9:30am-5:00pm | Sunday 9:30am-12:00pm
Friday Night Lecture \$25 | Full Retreat Before June 17 \$195, after \$250



The health of a woman is intricately linked to the rhythms of her body, whatever her age. Like the phases of the silvery moon and the seasons of the fertile earth, she passes through cycles during, and beyond her reproductive years. But when she is out of touch with these rhythms she feels discontent and out of alignment with what she is called to. Each phase of her cycle mirrors her sacred purpose; to purify, transform, nurture and inspire, these roles being carried out not only for herself but also for her family.

4000 years ago, women were revered and respected for their important roles in maintaining the continuity of life, not only through the procreation of children but by providing fertile soil for new seeds of inspiration, which she would gather during certain times of the month. But slowly over time as the patriarchal aspect has become more dominant in both men and women, a collective amnesia has developed. Women have forgotten who they are and their sacred purpose, commonly driven today by images telling her how to look, think and act. Young women are choosing to suppress their cycles through the use of pills, implants and injections which will have far reaching effects not only for the individual but also for the fertility of the planet.

The physical, mental and spiritual wellbeing of a woman ensures the wellbeing of her family. Healing begins when we acknowledge the emotional wounds many women carry, many of which are ancestral scars. As women have become busier in the workplace, they have also become more disconnected from wise and sisterly communities which provide her with opportunities to share her shame, fears and dreams, in a non-judgmental atmosphere. The shame and wounds of women run exceedingly deep and while present, prevent true healing.

Known as a mystical physician, **Dr. Christine Page** was immersed in spiritual mysteries from an early age. In the search for true healing, she has over 30 years of experience in the caring professions as doctor and homeopath receiving her degree from the Royal Free Medical School, London. Now, focusing on education, she is a gifted intuitive, mystic and alchemist, sharing her insights and knowledge through teaching, soul readings and writing. As an international, inspirational speaker, she sees herself as a messenger and bridge builder between different worlds whether this includes modalities of health care or levels of consciousness. Author of 7 books, her best known is *Frontiers of Health* and her latest, is the *Healing Power of Sacred Woman* released in January 2013.

Heart Callings

Carolyn Rivers

JUNE 28 | 10:00am-4:00pm

Registration before June 12 \$95, after \$125



Most people carry an unrealized potential inside, a buried longing, an undeveloped heart calling or some other vision for growth and well-being, which needs to be brought forth. It might be the need to change careers, express a creative gift, regenerate a relationship, find a path through a thorny problem, institute a healthier lifestyle, or initiate a spiritual practice. This workshop will guide us into calling forth a vision that emerges from your Self. Please bring a vision, longing or urging you're working on. We will develop it and create a plan of action.

See Carolyn's biography on page 1.

Cultivating the Inner Landscape of Self Discovery: Finding Your Bliss through Writing

Debra Moffitt

JUNE 28-29 | Friday Lecture 6:30-8:30pm | Saturday 9:30am-5:00pm
Friday Night Lecture \$25 | Full Retreat before June 21 \$175, after \$195



Writing and creative expression can open the door to inner wisdom and guidance. They are vital ways to discover feelings, find direction, and reconnect with heartfelt desires. When combined with deep, soulful practices, writing becomes a way to revive feminine wisdom and give voice to your soul. In this workshop we'll use writing as a way to reconnect with intuition, experience the joy of creative expression, and discover what gives you bliss. If you're yearning to start something new or if you're working on a project and want to take it deeper, this workshop is an ideal way to tap your creative well and discover what makes your heart sing.

Debra Moffitt is author of *Awake in the World: 108 Practices to Live a Divinely Inspired Life* which won the Independent Book Publishers Gold Medal Award and Foreword's Bronze Medal. Her second book, *Garden of Bliss: Cultivating the Inner Landscape for Self-Discovery* (Llewellyn Worldwide) is due out in February 2013. Debra blogs for Intent.com and Beliefnet.com. She's on the faculty at Esalen Institute and the Sophia Institute and presents workshops worldwide. Her workshops use spiritual practices to inspire creativity.

SEPTEMBER

Red Hot and Holy: Living Our Divine Love Story

Sera Beak

Co-Sponsored by Seeking Indigo

SEPTEMBER 19 | Book Talk and Q & A 6:30-7:30pm, Reception to follow
\$20 in advance, \$30 at the door



Why is falling in love with our own divinity such a life changing, heart burning experience? Why is living our love story out loud and on purpose one of the most important acts of service? Through sharing her heretical love story and the blazing insights she's embodied along the way, Sera reminds us all that it's time to live in love on this aching planet and burn baby burn.

Sera Beak is a Harvard-trained scholar of mysticism and comparative religion and an intrepid spiritual cowgirl who's spent the last dozen years traveling the world exploring spirituality. She's the author of *The Red Book: A Deliciously Unorthodox Approach to Igniting Your Divine Spark*. Sera was featured on the cover of *The New York Times* Sunday Style Section in the article "Seeing Yourself in Their Light" as one of the new "Carrie Bradshaws of self-help spirituality". Her work has been published in magazines ranging from *People Magazine* to *skirt!* to *Washington Woman*. She has been interviewed in *Publishers Weekly* and on numerous radio shows ranging from the Dr. Oz show on Oprah and Friends, Maritha Stewart's "Living A Charmed Life," NPR's New Dimensions with Justine Toms, Father Paul Keenan's Catholic radio show, "As You Think," Kristin and David Morelli's show, "Everything is Energy", and Stuart Davis's HBO T.V. show: Sex, God, Rock and Roll. She has facilitated Red workshops and presented Red talks at retreat centers such as Omega Center, Kripalu, The Open Center, Mount Madonna, and The Sophia Institute, as well as bookstores, yoga studios, churches and universities. She's also a member of the blog posse on Crazy Sexy Life and a proud board member of REVEAL Conference: Young Women Defining the Divine.

OCTOBER

The Climate Heats Up

Bill McKibben

Presented by the Coastal Conservation League and Co-Sponsored by The Sophia Institute

OCTOBER 16 | Doors open 5:00pm, Lecture begins at 6:00pm

Free and Open to the Public



We are privileged to be one of the organizations supporting this engaging lecture with environmentalist Bill McKibben, hosted by the Coastal Conservation League.

Bill McKibben is the author of a dozen books about the environment, beginning with *The End of Nature* in 1989, which is regarded as the first book for a general audience on climate change. He is a founder of the grassroots climate campaign 350.org, which has coordinated 15,000 rallies in 189 countries since 2009. *Time Magazine* called him 'The planet's best green journalist' and the *Boston Globe* said in 2010 that he was 'probably the country's most important environmentalist.' Schumann Distinguished Scholar at Middlebury College, he holds honorary degrees from a dozen colleges, including the Universities of Massachusetts and Maine, the State University of New York, and Whittier and Colgate Colleges. In 2011 he was elected a fellow of the American Academy of Arts and Sciences.

Light the Flame: A Vision for a New Humanity

Andrew Harvey

OCTOBER 18-19 | Friday Night Lecture 6:30-8:30pm | Saturday Retreat 9:00am-5:00pm

Friday Night Lecture only \$25 | Full Retreat before September 27 \$225, after \$275



Award-winning author, Andrew Harvey views reality through the lens of a world-class visionary. From his perspective, the major challenges we face in the current world have prepared the way for the birthing of a new humanity. Our collective destiny will require us to be transformed by the serious issues that we must face. In that process we deepen into what he calls our divine humanity. Participating in this evolutionary shift is a command performance, rather than an extra-credit assignment. Part of Andrew's genius resides in his approach to embodying the divine here on Earth. As one of the most highly regarded thought-leaders of our time, Andrew's latest work guides us into embodying the divine in our hearts, minds, and souls, crafting a new way of being and doing just about everything. The key to this birth is the return in full force of the Divine Feminine and the restoration of the vision of the archetypal Sacred Marriage of heart and mind, soul and body, male and female. Outmoded and dying traditions have taken us half the way and now the Feminine traditions are emerging in profound and necessary ways to bring us into wholeness. Andrew will present his vision and key practices that draw on the pioneering and evolutionary work of mystics such as Sri Aurobindo, Teilhard de Chardin and Father Bede Griffiths. This promises to be one of the finest programs we've ever had.

Andrew Harvey is Founder Director of the Institute of Sacred Activism, an international organization focused on inviting concerned people to take up the challenge of our contemporary global crises by becoming inspired, effective, and practical agents of institutional and systemic change, in order to create peace and sustainability. Sacred Activism is a transforming force of compassion-in-action that is born of a fusion of deep spiritual knowledge, courage, love, and passion, with wise radical action in the world. The large-scale practice of Sacred Activism can become an essential force for preserving and healing the planet and its inhabitants. He is a Christian mystic whose spiritual path led him to explore Eastern traditions, translate and immerse himself in the study of the great Islamic poet Rumi. He has taught at Hobart College, Cornell University, Oxford University and the California Institute of Integral Studies. He has written more than thirty books of non-fiction, fiction, biography and poetry. In 2012, Andrew's latest book, *Radical Passion: Sacred Love*

and *Wisdom in Action*, was published by North Atlantic Books. This culmination of Andrew Harvey's life's work bridges the great divide between spiritual resignation and engaged spiritual activism. A manifesto for the transformation of the world through the fusion of deep mystical peace with the clarity of radical wisdom, it is a wake-up call to put love and compassion to urgent, focused action. According to Harvey, we are in a massive global crisis reflected by a mass media addicted to violence and trivialization at a moment when what the world actually needs is profound inspiration, a return to the heart-centered way of the Divine Feminine, the words of the mystics throughout the ages, and the cultivation of the nonviolent philosophies of Gandhi, Nelson Mandela, Aung San Suu Kyi, and the Dalai Lama.

Loving Self to Wellness

Anna Schalk

OCTOBER 25-26 | Friday 6:30-8:30pm | Saturday 9:30am-5:00pm

Full Retreat before September 20 \$225, after \$250



Working with the innate wisdom of the body and psyche as well as the physical structures of the body and the body systems is the key to healing all aspects of the Self. In this retreat, Anna Schalk will focus on the healing process. You'll learn about the vascular, endocrine, neural, skeletal systems and how they work in supportive relationship. You'll learn about tracking the body experiences without censure, pointing to the areas that need your attention. And, you'll see how the body provides insight into your relationships and the feelings you hold about them in your body. You will utilize the gift of imagination to access your body awareness as we explore the 'brain' within the pelvis. Retreats with Anna are always experiential and deeply healing. You'll discover much about yourself and your own healing journey.

A highly regarded healer, teacher, and artist, **Anna Schalk** is a former teacher at the acclaimed Barbara Brennan School of Healing. She has a private practice in energy healing for 22 years in NY and SC. Prior to that she had a Pediatric Occupational Therapy practice in NYC. She is a graduate of Cornell University and the Medical University of SC in Occupational Therapy.

NOVEMBER

Women of Wisdom IV: Transforming Our Lives, Transforming the World

Jean Shinoda Bolen with Jane Sloane

Sponsored by the Avery Research Center at the College of Charleston

NOVEMBER 1-3 | Friday Night Lecture 6:30-8:30pm | Saturday 9:00am-5:00pm

Sunday 9:30am-12:00pm

Full Retreat before September 30 \$250, after \$295



Author and Jungian analyst, and activist Jean Bolen returns to The Sophia Institute to lead a focused retreat on the Emergence of the Empowered Feminine. The empowered feminine is about wholeness, healing and authenticity; it is about heart-centered activism and creativity.

Jean will be telling stories from myths and life, and examples from events in the world. We know her as a storyteller whose stories touch us because they reveal something important about us. You will find meaning and inspiration in stories from *Atalanta: The Indomitable Spirit of the Artemis Archetype*—her current writing, from Arthurian legends and myths. Sovereignty-self determination and the choice

to live a personally meaningful, authentic, individuated life comes into conflict with patriarchal role expectations and fundamentalist values in the family and society. Jean knows and works with this as an analyst. She expands the insights from working with individual in analysis to lessons learned from activists at the United Nations. The Artemis archetype, women's circles, feminism and feminist movements empower women who in turn are affecting the world. When a critical number of individuals change, the effect of the morphic-field or collective unconscious brings about a transformation in the collective consciousness. The workshop will include a guided meditation, small circle participation, and discussion.

A Big Conversation with Jane Sloane. Inspired by a day she spent with Nelson Mandela years ago, where he advised her to focus on conflict resolution and citizen led change, Jane shares her story of a journey to the heart of women's rights movement building. She also shares her concurrent Sophia journey that informed the spiritual choices she made along the way, including her literal embrace of the name Sophia as a wisdom song-line.

Jean Shinoda Bolen, M. D. is a psychiatrist, Jungian analyst, clinical professor of psychiatry at the University of California San Francisco, a Distinguished Life Fellow of the American Psychiatric Association and recipient of the Institute for Health and Healing's "Pioneers in Art, Science, and the Soul of Healing Award". She is a former board member of the Ms. Foundation for Women, and the author of *The Tao of Psychology*, *Goddesses in Everywoman*, *Gods in Everyman*, *Ring of Power*, *Crossing to Avalon*, *Close to the Bone*, *The Millionth Circle*, *Goddesses in Older Women*, *Crones Don't Whine*, and *Urgent Message from Mother*.

Jane Sloane is Vice President of Programs with the Global Fund for Women. The Global Fund advances the human rights of women and girls worldwide through an international network of women-led organizations. It supports and funds trailblazing and high impact women's rights organizations and women leaders who are developing and scaling programs to transform the lives of women and girls, their families and communities.

What is the SoulDream Calling You?

Gloria Karpinski

NOVEMBER 8-9 | Friday Night Lecture 6:30-8:30pm | Saturday 9:00am-5:00pm
Friday Night Lecture \$25 | Full Retreat before October 4 \$225, after \$275



The first principle that most of us hear in spiritual training is that we create our own reality. About the time we begin to grasp what that means as a concept, the experience of physical reality becomes a bit more complex. Through all our therapies, studies and practices, we continue to work our way through the dramas and side trips we have created thus far. The moment comes when we feel the passion and desire—and the readiness—to give our SoulDreams life in this dimension. Now comes the need for the craftsmanship and the faith to actualize our deepest intentions. Fortunately the sciences of spirit offer guidance in transitioning from reaction to action, from limitation to expansion. SoulDreams need energy, faith love and commitment. As we move through the cycles of transformation, new questions surface. Once we get over the illusion that an organized system or money or another individual has the answers to these questions, we remember that we carry that purpose inside of us. Increasingly this passage brings us to a new growing edge within ourselves that steps beyond limited perceptions of ourselves and what is possible. In this workshop our goal is to heighten the congruence in mind, body and spirit; to remember more vividly our SoulDreams and explore the ways and means of giving them life here and now.

Gloria D. Karpinski is a holistic counselor, spiritual director, teacher and author. For twenty-plus years, Gloria has taught all over the world for such diverse groups as psychotherapists, actors and doctors, in venues ranging from large conferences to colleges, churches and hospitals. Gloria is the author of *Where Two Worlds Touch: Spiritual Rites of Passage* (1991) and *Barefoot on Holy Ground: Twelve Lessons in Spiritual Craftsmanship* (2001). In 1989, Gloria received a grant from the Laurence D. Rockefeller Fund for the Advancement of the Human Spirit.

Getting the Love You Want: Imago Relationship Therapy

Rick Brown

NOVEMBER 16-17 | Saturday 8:30am-8:00pm | Sunday 8:30am-6:00pm

\$715.85 per couple



This renowned, intensive, two-day workshop for couples, married or unmarried, provides the insights and methods needed to discover the joyous and even spiritual, potential that awaits us in a committed relationship. By learning how to transform their relationship through personal change and growth, couples often receive from this two-day workshop, the benefit of three to six months of weekly couple's therapy. This workshop provides a profound benefit for couples who seek to enrich a good relationship, are beginning a relationship, are in a difficult relationship, are beginning a relationship, are in a difficult relationship and want to resolve long-standing conflicts and for those who are near break up or divorce and want to decide if the relationship can be saved. This workshop also provides a rare venue for therapists, counselors, clergy members and others who work with couples to gain invaluable professional skills. The workshop consists of audio-visual instructions, written exercises, guided imagery, live demonstrations of necessary communication skills and life changing processes that couples actively put into practice during the weekend. Although couples come together in a large group to hear presentations, you share only with your partner, as confidentiality and safety is maintained throughout the workshop.

Please see Rick's Biography on Page 4.

Special Series and Ongoing Events



FIRST SUNDAY MEDITATION

Henk Brandt

First Sunday of every month

Member Offering, Donations Accepted

An informal monthly gathering of people to participate in group meditation, followed by a brief presentation on related spiritual topics with open discussion.

Please see Henk's Biography on Page 2.



MYTH, FAIRY TALES AND STORY

Francine LaPointe

First Thursday of every month

Member Offering, Donations Accepted

Myths and fairy tales ground us in the family of humanity. They highlight our commonality and provide a sense of meaning to life itself. Through symbolic, metaphorical language, myths and fairy tales entertain while resonating within that deep creative center of us all. In the tradition of Joseph Campbell and C. G. Jung we'll look at myth and fairy tales, the stories and symbols, and reflect on how these stories may be our stories being lived out each day.

Francine LaPointe is a long-time student of C. G. Jung's psychology, mythology and religions East and West with particular interest in the recent findings in science that mirror these disciplines. Francine has a master's degree from Duke University's Divinity School and a Ph.D. from Pacifica Graduate Institute. She is an experienced group leader guiding and mentoring individuals through the power of story into deeper awareness of one's own inner world as a necessary task in living into the journey of one's life.



BOOK DISCUSSION

Tater Beak

Second Wednesday of every month

Member Offering, Donations Accepted

GROUP FOR EACH BOOK CLOSES AFTER 2 SESSIONS.

The first book covered in this series is *The Second Half of Life* by Angeles Arrien. How is the second half of life different from what we experience in the first half of our lives? Are you interested in exploring the various transitions and stages of the second half of life? If so, The Sophia Institute will be offering a monthly book discussion beginning in January, 2013 on Angeles Arrien's book, *The Second Half of Life, Opening the Eight Gates of Wisdom*. Arrien presented a wonderful workshop at The Sophia Institute in November. We were moved and challenged by the information Angeles shared. Some who attended the workshop are interested in continuing the study of this engaging material.

However, if you did not attend the workshop this is not a problem as the focus will be the book with added exercises provided by Arrien during her workshop. Each month we will discuss a chapter in depth and there are eleven chapters. There will be no leader as everyone is expected to have read the material and come prepared to discuss. In between the discussions each person is asked to journal about the material, their questions, experiences, etc.

Tater Beak moved to Charleston with her husband Bill in 2006 from the Chicago area. Prior to the move, Tater was a docent for 23 years at The Art Institute of Chicago. She was also a docent at the Terra Museum of American Art in Chicago and at the High Museum of Art in Atlanta Georgia. In addition to a love of art, Tater enjoys Yoga, Nia, Pilates, and reading. While living in Chicago she belonged to a book discussion group that met weekly. In Charleston Tater volunteers at the Halsey Museum of Contemporary Art, the Sophia Institute; she is a member of Grace Episcopal's Journey Group, a monthly book group and a group of women that explores new and interesting events, places and ideas in the Charleston area.