

4th Annual Rocky Mountain Retreat: Transforming the Practitioner: “Attention to Intention” Overview

DAY ONE

Friday February 13th, 2009

Buses leaves DIA for St. Malo at Noon –arrives 1:45

**Registration Begins at 1:00 for locals

All Retreat Sessions are in the Retreat Room Lower Level unless otherwise noted

1:45- 2:30 p.m.	Bus Arrives at St. Malo from DIA- check -in completed Refreshments available at Fireside
2:30-3:00 p.m.	Rocky Mountain Retreat Begins: Opening Circle: Lili Zohar & Nan Waller Burnett Welcome from ACRS Section: Emily Gould & David Gould
3:00-5:00 p.m.	Keynote Address: Jason Shulman: “Big Mind, Big Peace”: An Introduction to the MAGI Process
5:00 – 7:00 p.m.	Dinner and Free Time [Dinner is served between 5:45 and 6:30 pm] Bookstore and Resource Center is open 5:30-6:30pm 2 nd floor Authors Corner & Book Signing 6:30-7;00: Shulman, Burnett & Coates
7:00 - 8:00 p.m.	Evening Group Exercise: Joyous Exploration of an Intentional Life Robin Amadei and Nan Waller Burnett
8:00 p.m.	Closing Circle with Michael J. Aloï
8:00-9:00 p.m.	Join together at Fireside for refreshments and informal gathering

4th Annual Rocky Mountain Retreat: Transforming the Practitioner:

“Attention to Intention” Overview-Day 2 cont.

DAY TWO

Saturday, February 14th, 2009

7:00 - 8:00 a.m. Optional	Yoga and Meditation with Sally Ortner Fireside Movement with Emily Gould Room Meditation Sanctuary	2nd Floor Retreat 3rd Fl.
8:00 – 9:00 a.m.	Breakfast [Breakfast is served 8:00-8:30]	
9:00 –12:00 am includes break	Big Mind Big Peace: Introduction to the MAGI Process Jason Shulman and Brenda Blessings	
12:00 – 2:00 p.m.	Lunch and Free Time	
WORKSHOP #1 2:00 – 4:30 p.m.	FROM REACTIVITY TO RESPONSIVENESS: Cultivating Awareness and Choice in the Midst of an Inner Firestorm Lili Zohar and Rebecca Picard	
4:30 – 5:30 p.m. Options	Free time and Optional Group Activities—check lobby for room assignments. 1. Bookstore and Resource Center Open Authors & Book Signing: Shulman, Coates, Waller 2. Check the lobby for info. re. rooms assignments: MBB Meeting with Waller Brunett, Phipps Sempt, 3. GNII informational meeting with Erica Ariel Fox	
4:30 -7:00 p.m.	Free time and Dinner	
7:15- 900 p.m.	Vibrational Healing: Gong Bath and with Gary Fishman, (Be in place by 7:15 - Doors close at 7:20. Bring sheet to put under you and a blanket and pillow for comfort)	
9:00 p.m.	Rest or Socialize Refreshments available for fireside gathering	

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DAY THREE

Sunday February 15th, 2009

7:00-8:00 am	Yoga and Meditation with Sally Ortner Movement with Emily Gould Meditation	2nd Floor Fireside 1st fl. Retreat Room 3rd Fl. Sanctuary
8:00 -8:45 am	Breakfast	
9:00 am	Opening Song/Meditation: Christie Coates and Lili Zohar	
9:05-11:50 Keynote Address Includes break	Gary J. Friedman, Esq. “Conflict As a Spiritual Path”	
12:00 –2:00pm	Lunch and Free Time	
2:00-4:30 pm	Louis Phipps Senft and Nan Waller Burnett Conflict Transformation From the Inside Out: Understanding Your Center of Intelligence through the Enneagram	
4:45-5:30	Free time Option: Meet and Greet the ACRSS Learn How you can get involved with the Spirituality Section. Check board for room assignment. Emily Gould, David Gould, Lili Zohar, Tri-Chairs	
5:30-7:00pm	Dinner and Free Time	
7:00-9:00pm	Songs from the Road with Herm Weaver and Group Sing Along-Bring your musical Instruments and Favorite Songs Smooze and Socialize 2nd Floor Fireside	

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DAY FOUR
Monday February 16th, 2009

7:00-8:00 am	Time to Pack up your room and get ready for Checkout
8:00 -8:505 am	Breakfast [800-830] and time to check out and move luggage to the lobby
9:00	Song with Christie Coates
9:05-10:45	Ann Begler Stepping Into the Spirit of Resistance: Within the Clients, Within Ourselves
10:45-11:45	Finding Spiritual Community: Bringing Spirit Into our Professional and Personal Lives: Panel and Open Discussion: Moderated by Waller Burnett and Zohar with D. Gould, Phipps Senft, Begler, Ortner
11:45-noon	Closing Circle with Robin Amadei and Nan Waller Burnett
Noon	Farewell: Bus leaves for DIA 12:30 for flights departing after 3:00pm Box lunches provided.

Keynote, Workshop and Sound Healing Descriptions

Big Mind, Big Peace

A Keynote Address and Workshop Friday evening and Saturday Morning.
Feb. 13th and 14th 2009.

Jason Jinen Shulman

Brenda Blessings

The MAGI Process, a spiritual tool for global change, was created from a deep awareness of how the world changes and resists change. This applies to personal change as well. By deep insight into the dynamics of life, movement, change and resistance, the MAGI Process makes clear the connection between personal and non-local or holographic, global change.

As professionals constantly involved in resolving conflicts, we run the risk of looking at “peace” or the end of conflict as a “thing” or product instead of what it really is: a relationship of opposites within an on-going dynamic process. In this view, conflict ceases to be the enemy to be vanquished and becomes what it actually is: an ally whose existence is integral to process of peace. By using the Process with the actual cases we are involved in, we not only become instruments of change ourselves —because we learn to include all of the opposites of which peace is built—but can influence the outcome of conflict negotiations by our ability to “openly contain” all the difficulties of human life. We can become, in other words, the true centers of the change we wish to see in the world.

FROM REACTIVITY TO RESPONSIVENESS;

Cultivating Awareness and Choice in the Midst of an Inner Firestorm

Saturday Afternoon February 14th, 2009

Workshop 2.5 hours

with Lili Zohar and Rebecca Picard

In this workshop, participants will be given the opportunity to recognize and explore situations that trigger reactivity. What happens to our bodies, minds and capacity for choice when we are thrown into the turbulent waters of unhealed emotions. We will explore approaches to discovering and dealing with our own reactivity and new ways of being with the reactivity of others.

Through a combination of lecture, discussion and experiential exercises, we will explore how physiology, brains, “attractor fields” and consciousness influence reactive patterns and how we can intervene when we are triggered. Workshop participants will be invited to experiment with a somewhat linear process to arrive at a non-linear state of awareness that allows for creative shifts to occur. We will work through conceptual frameworks and processes that allow us to stop and create choice in reactive moments, and methods to enhance freedom within our meditation practices and our lives. We will also explore how our own consciousness may affect the “field” in the room.

Sound Healing Gong Bath With Gary Fishman
Saturday evening, February 14th

A “Gong Bath” is an unforgettable experience to soothe, inspire, heal and awaken your spirit. It begins with the intrinsic harmonizing properties of the Himalayan Singing Bowls and other Buddhist ritual instruments. The sounds of the bowls calm and center the mind, paving a path into which the transformational waves of the Gong blend. The participant is bathed with rising and falling rhythms, and multi-octaves of healing vibrations.

Vibrational sound Practitioner Gary Fishman returns to create transformational waves of sound bathing you with the rising and falling rhythms, tonalities and vibrations of a huge Earth Gong tuned to the sound of "AUM", the Universal Chord. This will be an extraordinary experience in sound healing. The session begins with your experiencing the healing properties of the Sacred Singing Bowls. Then, Gary creates transformational waves of sound bathing you with the rising and falling rhythms, tonalities and vibrations of a huge Earth Gong tuned to the sound of AUM - the Universal Chord. The harmonic resonances reduce stress and induces spontaneous healing bringing you into harmony with the movement of the Earth.

*Doors close at 7:20 promptly. Bring a sheet to lie on and a blanket for comfort.

Keynote With Gary Friedman
Sunday Morning, Feb. 15th, 2009

Working with Conflict as a Spiritual Path

Seeing our work with people in conflict as a chosen spiritual path for our lives is a radical notion that can have enormous impact upon how we see ourselves as conflict helpers, how we work with the parties and how we use our own reactions to the parties to help them work through their conflict. In this presentation, we will explore together what difference it makes for us to recognize this dimension of our work, and how we might sustain this commitment in the face of the challenges of everyday life.

Conflict Transformation From the Inside Out: Understanding Your Center of Intelligence through the Enneagram

Plenary Session Sunday afternoon February 15, 2009, 2.5 hours Louise Phipps Senft and Nan Waller Burnett

From a spiritual perspective, we often want more from our conflict resolution. We often need more. When we are in conflict with others, we are momentarily disconnected from God, or as the ancient poet Rumi would say, from our Beloved. Through this lens, we yearn for conflict transformation of the deepest kind: within ourselves so that we can be reunited with our Beloved. When faced with conflict—both of the everyday variety and the profound, we move on “automatic.” Our automatics are chiefly motivated by the center of intelligence we identify with most closely and the particular strategy we have developed as a result of that center.

Our “automatics” can get in the way of our spiritual essence. But our essence is there all along. We simply need a method to stay receptive to it. Understanding our Enneagram personality types coupled with self-awareness breath work to release our “automatics” is such a method. It requires an ongoing attention to your internal state. This has a profound influence on the way you “do” conflict and whether you become disconnected or stay centered to work with the energy of conflict to stay receptive to the presence of the Beloved. We will work with the Enneagram’s Centers of Intelligence and your automatics and how you can alleviate your own suffering through inner-knowing practices and have a better chance at conflict transformation with others and deepening your relationship with your Beloved.

Songs on the Road to Peacemaking

With Herm Weaver.

Sunday Evening, 7:00-9:30

Herm Weaver will give an overview of some of the work that he and John Paul Lederack have been doing over that last few years including peace work in India and in Ecuador. "JP and I have just completed a 2 year stint with URI, I will continue with this work as I head to India in December for their Global Assembly. My sense is that a bit of input as overview mixed with singing the songs that arose from this work would be what I would center around. "

Herm will also lead us in a communal sing-a-long so bring your favorite folk and camp songs, your voices and your musical instruments for this fun and interactive evening.

Stepping Into the Spirit of Resistance: Within the Clients, Within Ourselves

Plenary Session, Monday morning February 16th, 2009, 1.5 hours
with Ann Begler

When resistance arises we often have the tendency to fight back, or sit in judgment of ourselves or the clients who resist. When we act as conflict resolvers our inability to work with resistance increases the possibility of impasse. What is resistance? How does it work? This workshop will explore resistance from a gestalt perspective, identifying specific types of resistance and exemplifying the ways in which engaging with resistance as a natural and positive force is a catalyst for movement and change. There will be both didactic and experiential components and the internal resistances of the mediator or conflict resolver will be a focus.