

Workshops and Presenters
Spiritual Arts Fair 2010
UU Soc. of Oneonta, 12-16 Ford Ave
& Wilber Mansion 11 Ford



10:00 am “Introduction to Ayurveda – Elemental & Spiritual Health”: Swamiji (aka “The Cowboy Swami Shaman”) *OBH Living Room (Psychic reader today!)*

Learn how to reconnect to your brother/sister elements (ether, air, fire, water, earth) - everything is created from the elements (people, foods, exercise, colors, aromas, foods). Learning how to reconnect your personal soul to eternal soul through living your meaningful lifestyle (life purpose & visions of your paradise/silent & active meditations) allows you to live in the oneness of spiritual joy & love. Practical topics: easily healing common childhood disorders like diabetes, obesity, addhd, hyperactivity as well as nurturing gifted children; common women's issues of pms & menopause; and eliminating unhealthy stress, anxiety, impatience, and boredom. Bring paper & pen to make notes.

Swami Sadashiva Tirtha, D.Sc. is the author of the Ayurveda Encyclopedia and the Bhagavad Gita for Modern Times. He holds a Doctor of Science in Ayurveda, and has been teaching meditation, yoga and spiritual counseling for 35 years. He runs the School of Ayurveda certification program, & has an Ayurveda herbal product line, offers Vedic Astrology, Vastu Shastra/Feng Shui, & Shaman healings. Swamiji also writes and performs his own songs of peace, joy, and paradise for family audiences & parties. Further info: <http://peaceandparadise.com> 607.783.9492 cowboyswamishaman@gmail.com

10:00 am “Hypnosis for Spiritual Connectedness and Pathway to Positive Self-Talk:” Amy Park
Wilber Mansion- Kubiak Gallery

Join Amy Park, CHt for an uplifting hypnotic hour! This is a fun introduction into the world of self-hypnosis and mindful relaxation. Amy will also offer helpful strategies to connect more deeply with your spiritual path and give you new ways to wake up the positive voices inside you!

Amy Park,CHt is a Clinical Hypnotherapist, Master Neuro-Linguistic Programmer, author, and the radio talk show host of "Bringing Home the Beacon". Amy is dedicated to educating the community about strategies to take control of your mind, override your childhood programming, and live a healthier, more joyful life! Visit Amy's website <http://www.beaconesque.com/>

10:00 am “Fairy Magic:” Linda Kertzman
Wilber Mansion- Carriage House- upstairs

Step into my world of fantasy! I'll share many, many creative ideas for dressing a fairy using the gifts of nature. I'll show how fairies find their food and create fairy feasts. . . And how the fairies can lead us to a more spiritual, unified, lush and living green universe!

Linda Kertzman has been sculpting in one form or another for over thirty years. She's worked with Arts in Education since it's beginning and was a member of the Kubiak Gallery when Kubiak was still there, bald head and black turtleneck and very expansive, creative, ideas flowing! Many, many magazine articles and five books about her sculpted figures later, fourteen years as an invited Disney artist and a stint as one of the artists at the Castle of La Napoul, France, plus one of the last great art shows at the Plaza in Manhattan before it became a co-Op, her art life has been magical. Now she wishes to stay here where she was born, share her art and her joy in creating and teaching and slow down a bit!!

11:00 am - Tai Chi - Personal Power Through Natural Movement, Daniel Blacklock
Wilber Mansion- Kubiak Gallery

Health, energy, and personal power are achievable through Natural Movement. We will explore the meaning of Natural Movement to balance our Mind, Body, and Spirit and experience being "in the zone." This class is based upon the ancient Tai Chi, Qi Gong, and Nature traditions. Experience life on many levels as we float like clouds, walk like bears, and stand like trees.

Daniel Blacklock started learning Tai Chi Chuan in his hometown of St. Louis, Missouri in 1976. Later in Oregon he studied several years with Gregory Fong. In 1987, he lived in China for two years and studied directly with two famous Chen family teachers, Chen Zhenglei and Chen Peishan. He has taught classes in Oregon, Texas, Hawaii, New York City, and Oneonta. Master Chen Peishan will be in the U.S. this August to teach workshops.

11:00 am “Attuning to Your Authentic Self” Sarah Root
Wilber Mansion- Carriage House- upstairs

Take charge of your spiritual path by tapping into your own inner wisdom. Learn how to open to the clarity that is inside you (where you are connected to Source), receive messages from that place, and focus your mind and heart with creative intention on what you really want from those messages. Stay aligned with the true you!

Sarah Root is an energy worker, Intuitive and Spiritual Educator/Coach whose passion is offering tools to help you find inner balance, raise your consciousness and re-align with your true self. Adept in many modalities, Sarah integrates them intuitively in her work. She has been a personal/spiritual coach and facilitator for over 25 years and has trained with Empowerment Institute for Circlework, three Shamans and multiple forms of Energy Work. The creator of Earth Awakening workshops, Sarah especially enjoys outdoor transformational experiences. She offers inspiration and energy to raise your vibration. Visit Sarah's website <http://www.radiantalignment.com/index.asp>

11:00 Using Herbs to Cleanse and Clear Energy Fields, Shaman John Coughlin- Wilber Mansion- Art Classroom

In this workshop you will learn how to cleanse energy fields, such as auras, using herbs and essential oils. Shaman John will demonstrate as you learn the importance of keeping these fields cleansed and cleared. There will be a group clearing and attendees will be given instructions for using these skills at home.

Shaman John Coughlin has been drawn to working with plants and animals since he was a child. During his teen years his journey began with the study of Martial Arts and meditation, Later, John had a near death experience after an accident and began to "see things." A Shaman, Silver Arrow and a Wiccan Priest, Chris Elder, helped guide him on the start of his spiritual journey. John has worked with a vast array of healers, Reiki practitioners, and Shamans who have helped guide him along the way. Other offerings include crystal energy, meditation, & aroma therapy. Contact John at 607-269-2994; e-mail: nyshamanjohn@gmail.com

12:00 noon - "Hatha Yoga", Thomas Warner Wilber Mansion- Kubiak Gallery

The purpose of Hatha yoga is to prepare the body for a meditative practice. This Hatha yoga workshop has a flow portion and then devotes some time to seated meditation. **Thomas Warner** left his job as a sales executive in 2008 to pursue a more meaningful existence. He founded, Find Your Sanctuary, a wellness practice devoted to service in the healing arts. Thomas is a Kripalu Certified Yoga Instructor- Kripalu Institute and is a member of KYTA (Kripalu Yoga Teacher's Association), AMTA (America Assoc of Massage Therapists),NHG (National Guild of Hypnotists),SHA (Sound Healer's Association) Thomas is also an accomplished singer and stage actor. Please visit www.findyoursanctuary.org

12:00 pm "Zen Buddhist Meditation"- Michael O'Sullivan Wilber Mansion- Carriage House

Learn how to Meditate, and how Meditation can change your life, as well as where and when to Meditate, how often. . .

Michael O'Sullivan A senior Dharma Teacher in the Kwan Um School of Zen (a Korean style of Practice. The abbot of The Three Treasures Zen Center of Oneonta teaches

Meditation at Omega Institute in Rhinebeck, NY and has taught mediation and Buddhism at the Chautauqua Institute in Chautauqua New York.

12:00 "Sacred Earth Art: Giving Voice to Your Soul's Innate Kinship With The Earth":

Sarah Root and Jay Cardinale- Wilber-Outside Pavillion (if raining, inside Wilber, Art Classroom)

How can you experience the divine power of the Earth, and keep your eternal interconnection with it, in daily life? Attune to Earth's energy through deep guided meditation, and then use the Expressive Arts to explore how it moves your soul.

Jay Cardinale is an Artist, Bodyworker and Body Mind Art Educator who integrates art, counseling and bodywork to facilitate personal and spiritual growth. Jay has trained as a Hellerwork Structural Bodyworker and a Person Centered Expressive Art Educator. Currently she is in private practice in NYC and Morris NY, and has facilitated Expressive Arts and Women's Ritual Groups since 1984. Jay is committed to assisting women in creating safe sacred healing space, where trust and honest are practiced as an ideal for growth and healing.

12:00 noon "Animal Totems:" Liz Keller Messages from the animals that come into our lives- OBH Living Room (Psychic Pet Reader Today!)

Take sometime with Liz as she leads you in quiet meditation to help you find you animal totem. As each person has their own zodiac sign we also have our own animal totem. Learn what the totem means and how to recognize signs from the many animal totems that visit us throughout our lives. Liz is the CEO of Glen Wild Animal Rescue Corp. and founder of "Spirit Connection, LLC". Liz has been working for over 25 years in the animal welfare industry. Liz Keller and Glen Wild Animal Rescue received national attention when an abused puppy named Miracle came into Liz's life seeking love and medical attention. Liz was able to connect with his Spirit energy, and along with help from many supporters, Miracle was able to recover. This lifetime of work has led Liz into the area of animal communication and Liz has been able to help many pet owners deal with behavior issues, the loss

of their pet and has helped to make that Spirit connection for them by reuniting an owner with their past or present in spirit. You can reach Liz for a private appointment at 917-553-0591.

1:00 pm The Crystal Labyrinth Of Brookfield New York, Marianne Noller - Wilber Mansion- Art Classroom

Get a glimpse of the Crystal Labyrinth in Brookfield, NY. The Crystal Labyrinth is a place of contemplation, healing and connecting to Mother Earth. Attend this lecture and you will receive an aerial picture, a mini finger Labyrinth, a small vial of fragrance and a heartfelt invitation to come and walk this beautiful Labyrinth.

Marianne Noller is the creator and keeper of the Crystal Labyrinth. Her story and her passion for sharing the labyrinth is inspirational. Please visit:

<http://www.crystallabyrinth2000.com/>

1:00 pm "Healing With The Matrix Of The Divine – A Group Healing Experience": Trista Haggerty Wilber Mansion- Kubiak Gallery

The matrix contains the unlimited potential for healing on the soul, emotional, mental and physical planes. In this workshop, as a group we will come together, discover what the group's needs are for healing and find the common thread that has brought the group together for this experience. By working with the field of the matrix, Trista will facilitate a group healing that will begin to unfold over the next couple weeks.

1:00 pm Sculpting with Soul

Linda Kertzman- Wilber Mansion- Carriage House- upst.

Using a unique epoxy clay I'll demonstrate and share techniques for turning meaningful, but chipped and broken family heirlooms into wonderful works of art!! See Linda's bio at her 10:00 am class "Fairy Magic".

1:00 pm "Intuition for Life Guidance" – an introduction OBH Living Room (Psychic Reader today)

Diana Friedell, Psychic Medium, ordained minister, trained in the Spiritualist tradition, guides us in the use of symbols, in receiving messages from your spirit guides that are meant to help you in life path decisions. More info about Diana at www.tuningin-tuningup.com

2:00 pm “Coping with Chronic Pain”:

Marguerite Uhlmann-Bower - OBH Living Room

The focus of this workshop is coping with chronic pain through meditation, self reflection and herbs as food. By class completion everyone will learn 3 self monitoring techniques and which herbs as foods can help manage, reduce or prevent onset of pain.

See Marguerite’s full bio at her 3:00 p.m. class below- Managing Brain fatigue after Trauma. . .

2:00 pm “Visiting The Ancestors” Evelina Fuller-Lincoln Wilber Mansion- Carriage House

In this workshop we will move back through the generations that preceded us. The first time this process is done it is usually back though four generations of our same sex lineage, but any direction can be chosen before the beginning of the process. It allows us to have a feeling experience of each generation and sheds light on issues affecting us in the now time. Trauma experienced back to the 7th generation is experience into the now.

2:00 pm “Healing With The Energies Of The Mother Archetype”: Trista Haggerty- Wilber Mansion- Kubiak Gallery

Working with the energies of the Mother, Trista will facilitate a group healing that addresses re-patterning on a cellular level that goes back to one’s development in the womb. Using the energies of the birth waters, she will facilitate healing of the crystalline structure present in the womb.

Trista Haggerty has spent the past 16 years traveling to sacred sites around the world learning the ancient skills of the healing arts. She has experienced firsthand the initiatory rites that once took place at these old temples where the mysteries of the soul’s journey are revealed. She is both healer, midwife to the soul and spiritual teacher and guide. She is the co-director and co-founder of the Earth Mentoring Institute and Hawk Circle Wilderness Education where she develops and offers programs and retreats helping students to connect to the earth and to themselves in ways that have profound and lasting effects. Trista does much of her individual healing work over the phone, enabling her to

connect with people from all over the world. Visit Trista’s website <http://www.hawkcircle.com/staff.htm>

3:00 pm Playing in Our Dreams, Evelina Fuller-Lincoln Wilber Mansion- Carriage House

Dreams are the language of our Spirits. They come to help us find meaning and directions in our lives. They bring warnings when we get out of balance and answers to our questions. In this workshop we will playfully explore the messages that are being sent to us through Dream Images and begin the process of becoming comfortable in our Dream Worlds.

Rev. Evelina Fuller-Lincoln has been a spiritual healer, teacher and workshop facilitator for over 30 years. She holds a BA in the field of feminine psychology and spirituality and a Masters in Counseling. Her training includes dream work, art therapy, active imaging, meditation and varied energy work. She is also a Reiki Master and an ordained Interfaith Minister.

3:00 pm “Managing Brain Fatigue, Brain Fog and Forgetfulness After Trauma”;

Marguerite Uhlmann-Bower - OBH Living Room

Be it physical, chemical (medication, biological or environmental contaminants), surgical trauma, by class completion everyone will learn 3 self monitoring techniques and which herbs as foods can help, along with meditation and self reflection.

Marguerite Uhlmann-Bower, R.N. is a herbal educator and author of “Acquired Brain Injury-Overcoming the Fog, the Fatigue and the Forgetfulness”. She combines Natural therapies in Traditional Herbalism with evidenced based, health oriented community programs. A wild foods forager, medicinal plants gardener, wild-crafter & formulator of St. Johns-Wort Day Time Face Cream, she honors those who are guided by the voice of Nature. Co-founder of the Delaware County Herbal Network Group, member of the American Botanical Council, Northeast Herb Association, United Plant Servers and the NYS Brain Injury Association.

3:00 pm "Meditation: The Way of Simplicity", Matthew Zalichin – Wilber Mansion- Kubiak Gallery

Meditation is neither an escape to other realms, nor an effort to cultivate a particular state of mind that is somehow "better" than the one we have right now, but simply creating a psychological environment in which we can experience our mind with gentleness and precision. The practice of Calm Abiding ("Shamatha") is common to all schools of Buddhism and forms the foundation for all other meditation practices and techniques.

Matthew Zalichin has been practicing Buddhist meditation for 37 years and has been a meditation instructor for 30. He has studied with many of the past and current century's most eminent teachers of the four major Tibetan lineages, but particularly those of the Kagyu and Nyingma. He recently returned from several years in Nepal to accept a position as meditation instructor and teacher in residence at Rangjung Yeshe Gomde, a new meditation center established in Cooperstown by Tibetan lamas Chokyi Nyima Rinpoche, Chokling Rinpoche, and Phakchok Rinpoche. <http://www.phachokrinpoche.com>; rygcooperstown@gmail.com; 607-547-5051

4:00 pm “Dream Work” - Lauren Chambliss, Sundial Center at Rune Hill- Wilber Mansion- Kubiak Gallery

4:00 pm “Walking in Harmony with the Dark Phases of the Moon”: a meditation based workshop- Gail Wood OBH Living Room

It is often difficult for people to embrace the darkness within themselves or in the world. Sometimes the dark phases of the moon hold terrors for people. This workshop explores the radiant wisdom of the dark moon and gives attendees some tools to embrace their fears.

Gail Wood has been walking the paths of spirit since an early age. She is a priestess, healer, teacher of various alternative paths including Wicca, Reiki and Tarot. She is the author of four books and numerous articles.

More Info: www.rowdygoddess.com 607 838 3542