

NEW CULTURE SUMMER CAMP EAST 2006 PROGRAM DESCRIPTION

Keynote: Ecovillages and Sustainable Communities -- Evolving Ourselves, 'Inoculating' the Wider Culture- Saturday, July 8

Diana Leafe Christian is the author of *Creating a Life Together: Practical Tools to Grow Ecovillages and Intentional Communities*. Since 1993, Diana has edited *Communities* magazine, a quarterly publication about intentional communities published by the nonprofit Fellowship for Intentional Community (FIC). Diana offers workshops and consultation to forming community groups, and presents public workshops at fairs, conferences, and alternative educational venues nationwide. Diana is a member of Earthaven Ecovillage and edits Earthaven's quarterly newsletter. She and her mother live in Earthaven's Main Street neighborhood.

Positive Disintegration: Falling Apart into Wholeness – Sunday, July 9

Kazimierz Dabrowski was a Polish psychologist and psychiatrist who lived through the first and second World Wars. WWI prompted him to explore the issues of why some people suffer more from the same stimuli than others. From this beginning, he ultimately developed an entire personality development theory, encompassing the impacts of heredity, environment, and drive on our emotional, moral, and practical development of self. In this workshop, we will explore both the theory and the application of Dabrowski's Theory of Positive Disintegration. Our focus will be on understanding how it does and does not apply in our lives and those of the people around us.

Josh Shaine has been working with interesting and intricate individuals for more than 25 years in a variety of venues from schools to corporations to conferences. As part of the small think tank, Locus of Thought, he has been researching non-linear thinking styles. He also writes about and works with underachievers of all ages, having been one for half a century.

Forum – Sunday, July 9 and ongoing

The Forum (www.nfnc.org/docs/forum.html) is a group process developed at the German community ZEGG to provide a stage for whatever is happening inside the person: one's true motivations, deep feelings, ideas and emotions. The Forum helps facilitate transparency, sharing and clarifying unsolved situations of daily life, and it can be a catalyst for one's own personal growth.

Teryani Riggs, www.lebendig.org, has been participating in ZEGG-style Forums since 1998 and leading them since 2000. She's taken Forum courses both in English and in German both in the U.S. and at ZEGG. She's led the Forum for NFNC Summer Camp West, NFNC's Hawaii Spring and Winter camps, Lost Valley Education Center, Shivalila Community, and other neighborhood and city communities in Oregon and in Hawaii. Believing strongly in value of the Forum and desiring to empower communities, Teryani delights in bringing the Forum to intentional communities and neighborhoods and other close-knit groups and is now

offering a Forum Leadership course for communities and individuals interested in holding their own Forums.

Challenge Playshop – Monday, July 10

What if you and seven friends needed to cross a raging river with only two short sticks and a car tire to help you? What would you do, and how would you figure out what to do? **Teryani Riggs** will lead us in a day of physical/mental challenges designed to spark group creativity and teamwork.

Human Awareness Institute Workshop - Tuesday, July 11

Come explore the balance in your own humanity through interactive exercises, guided visualizations, and sharing with others. Love, Intimacy and Sexuality can be the hardest issues to deal with in a relationship. Human Awareness Institute workshops offer the skills that help you deal with these sensitive topics in your relationships. It will help you define what love, intimacy and sexuality mean to you, and in turn, how that affects the other areas of your life. It promises to be fun, heartfelt, and informative! Presented by **Ben Farris** from East Coast HAI; more info at www.hai.org.

Exploring Our Differences – Tuesday, July 11

Who are you? Who am I? Who are we? In this high-energy, interactive evening, we'll find out more about the thoughts, feelings, and experiences of everyone in our beloved community.

Sarah Taub lives at Chrysalis Community in Arlington, VA; she has been studying human dynamics for years, through aikido, co-counseling, group facilitation, and cognitive linguistics. She has just left her safe Ivory Tower job to dive into social and political activism. Her current koan: only when you let go of urgency can you be truly effective.

Nonviolent Communication™ - Wednesday, July 12

Often called a language of the heart, NVC helps us connect with others in a way that breaks through - or prevents - conflict, and allows us to craft solutions and outcomes in which everyone's needs are met. It also enables us to take any blame, criticism, or judgment, and hear the life-connected, universal feelings and needs behind it. This process does not require both parties to be trained in it in order to be effective. When we connect with each other on the level of our humanity, it is easier to create win-win outcomes.

Jason Kelley sees nonviolent communication as a form of “practical spirituality.” A patient, compassionate teacher, he never tires of witnessing the healing and connecting process of NVC. He is passionate about spiritual and personal growth, and his influences (besides NVC) include Buddhism, psychology, the 12-step model, and the work of Ken Wilber and other spiritual teachers. He has been living and studying NVC now for about four years.

Auction – Wednesday, July 12

Expect to be amused and surprised by the variety of unusual items and services donated by fellow campers for bidding. Previous auctions have included such offerings as "1000 kisses" and "a morning serenade." Auction proceeds help to provide scholarships and improve future camps.

Erotic Edge - Thursday, July 13

Harold Kornylak, DO, MS, ACTE, will draw on his studies, teaching, and practice in meditation, bodywork, psychotherapy, osteopathy and body mind healing, along with graduate studies in physics and eastern philosophy. Through his explorations into the nature of human experience, he has come to the awareness that our natural state is ecstatic. He is passionate about helping others come into this realization. In his Virginia Beach, VA medical practice, he uses a broad base of resources, including Osteopathic treatment, Somato Emotional Reintegration, Hypnotherapy, Osteopathic Cranial Techniques, and body centered psychotherapy to bring his patients from imbalance to health. He is also Certified as an Advanced Tantra Educator by Source School of Tantra, and has done advanced studies with Margot Anand, Jack Painter, Debra Anapol, and Sasha & Kira Lessin.

Since 1999, Harold has had the privilege of teaching Tantra with some of the best known Tantra teachers in the West, including Margot Anand and Debra Anapol. Into these experiences, he has brought a unique awareness of energy and a capacity to bring groups of people into high states of ecstatic bliss.

Open Sessions – Friday, July 14

Join in as the entire camp self-organizes for concurrent events, inspired by your own passions and interests. Open Sessions are an opportunity for campers to convene dialogue groups on topics they've been wanting to explore, or create group massages, or do a music jam together. Participants are free to move from session to session, honoring their instincts and natural enthusiasm.

Relationships Without Drama, Security Without Commitment – Saturday, July 15

What would relationship be like if everyone took 100% responsibility for their own feelings? What if every surge of emotion was seen as an invitation to connect with essence and rise to a new level of awareness and love? What if we made the commitment to never again blame another person for our feelings? The more I do my own spiritual work, the more available and loving I am in the moment. I no longer need agreements and commitments to keep me from feeling painful emotion; I welcome those emotions, work through them, and delight in my connections whatever form they might take. There are many paths to spiritual growth; join us as we walk the path of intimate relationship.

Michael Rios is a recovering guru and father of three amazing young adults. His favorite social organization principles include guerrilla capitalism and responsible anarchy. He has been creating and living intentional community for 35 years; currently he lives at Chrysalis Community in Arlington, VA (www.chrysalis-va.org).

Open-Hearted Relationship – Saturday, July 15

An eye opening, hands on experience for individuals seeking to learn how to love themselves and others more fully - free from judgment, jealousy, and heart ache. This workshop includes a number of fun activities so dress comfortably and be prepared to move, laugh, and LOVE!

As a published writer, performer, musician, stage manager/sound and lighting technician, director, and film maker, **Robert Anthony Hubbell** has developed a substantial following and is held in high regard by his colleagues. He was the founder and executive director of the non-profit educational organization Explorations of Education and The Arts and Humanities Cooperative. Robert created, choreographed and performed in the theatrical music performances of PROJECT:HUMAN and the Peace Song project, and has worked with Bread and Puppet, The Puppetistas, Icarus Ensemble, and The Kitchen Theatre Company. Robert's current workshops range from "gentle awareness raising" educational offerings such as his children's books and classroom workshops to more provocative and controversial offerings such as his Open Hearted Relationship retreats and exploratory art films.

Sensual Feast – Saturday, July 15

Imagine a table loaded with succulent fruits, candies, and nuts; in the center are large bowls of chocolate sauce and whipped cream for dipping. But there's a catch - the one rule is that you may not feed yourself! Serving, and being served, are the watchwords of this event. The result is a delicious combination of sensory input: music, movement, people, touch, and yummy treats.

Speed Dates

Campers get an opportunity for several spontaneous 7-minute "dates." The pace of the event can promote higher levels of transparency, and the spontaneous nature often facilitates unexpected connections.

Lighter Side

Participants create and perform skits about humorous events that they have seen or experienced at camp.

Talent Show

Come one, come all, and show us more about you! No talent is required – "if you can walk, you can dance; if you can talk, you can sing!"