

NEW CULTURE SUMMER CAMP EAST 2007 PROGRAM DESCRIPTION

Forum – daily

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. 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.

Boundaries: Meeting Needs, Releasing Attachments – Saturday, July 14

Chad Doberstein will be leading us in this exploration.

New Culture Etiquette – Saturday, July 14

In our transparent New Culture, we share our needs and expectations openly.

Nancy Smeltzer will give us some tips on situations that we may not have experienced before.

Gateways to Personal Freedom and Empowerment – Sunday, July 15

This workshop will explore the part that our emotional nature plays in our experience of ourselves and community. Participants will have the opportunity to feel more deeply their own authentic spiritual core, and to share it with others through song and poetry. We will do exercises that invite us to understand our relationship with our internal sources of power. And we will explore the role that fear and aversion can play in alienating us from what makes us great.

David Karchere is the Spiritual Director of Sunrise Ranch, a Spiritual Center in Colorado that is the headquarters community for Emissaries of Divine Light, a global spiritual network. He provides seminars, coaching and emotional process work for people who are ready to take significant steps on their life path. He has lived in community for seventeen years.

Exploring Our Differences – Sunday, July 15

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. Participants can ask questions of the group and get quick, direct feedback on issues they care about. We'll also have time to go deeper in one-on-one connections, where we'll get to choose partners whose responses intrigued us.

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 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.

Human Awareness Institute Workshop – Monday, July 16

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.

Musical Jam – Monday, July 16

Music improvisation can be a way to have a subtle and intimate conversation. It's best when there is a lot of listening and opening for creativity and spontaneity. **Jas Handley** will facilitate a Music For People-style music improv in small groups, working into larger ensembles and soloing. It's easy, fun and there are NO WRONG NOTES. Bring instruments of whatever kind, including your voice.

Essensual Healing, Movement and Intimacy – Tuesday, July 17

We will work to develop a profoundly safe, comfortable and rich healing environment through the use of various energy healing modalities and activities. Framed by communication, checking in and making adjustments, our healing exploration, heart-centered focus and sequence of progressively more intimate experiences will move us collectively toward healing release, joy, love and bliss. We will experience elements of breath, touch, dance, meditation, massage and bodywork protocols from Reiki, polarity and chi gong. The work of the intensive will invoke the elements of Earth, Air, Fire and Water.

Alkemi Bell is an energy healer (Reiki Master Teacher and polarity practitioner), presenter, health research consultant, group facilitator, author and DJ. He has attuned over 300 people to Reiki and Reiki Mastership, principally as adjunct faculty for seven years at The Muscular Therapy Institute of Cambridge. He is currently pursuing publication of a book he recently completed about his personal journey to overcome diabetes and a cluster of modern maladies with a holistic approach to his health, and re-discovery of compassion and passion.

Permaculture – Tuesday, July 17, Free/Play time

We are meant to be occupied with our daily lives rather than consumed. Permaculture as design is about recognizing your value in these times of transition as we refine our actions in harmony with nature's cycles. Understanding what skills are needed and worth building upon allows the process to evolve in context, in conscious action for the good of the whole. The personal empowerment gained from a life in context with real needs meets you in process and in the flow of natural laws.

Dawn Shiner is the founder and president of dancing green, inc. She is a permaculture designer focusing on healing through permaculture education, cranial-sacral/theta body work, and permaculture land-use, forest garden & greenhouse consultations. Our assistant guide, **Karen Stupski**, is a permaculture educator, egalitarian communitarian, and history professor. **Geoffrey Wendel** will also assist.

Fishbowl – Tuesday, July 17

The Fishbowl is a type of discussion group where only some members participate (often either just men or just women), while the others observe silently from the perimeter of the room. This provides a unique sharing opportunity for the participants and an equally unique learning opportunity for the observers.

Beyond Radical Honesty – Wednesday, July 18

Often, we think we are being honest when in reality we are using (and being used by) our automatic programming and filters to get someone to buy our interpretation and

story as “truth.” Often, instead of telling the truth we are looking for agreement, an apology, or to get someone to “understand” us. Telling the truth only happens when we have the distinction between what happens (our experience) and the meaning we attach to what happens (our reactions). Freedom and power come from owning 100% responsibility for how we create our experience and reactions. Owning responsibility for our reactions, emotions and stories means less time spent in upset, explanation or justification which creates greater relatedness through ease of sharing our experience, and more of what we want -- you know, stuff like fun, satisfaction and pleasure! Through processes and inquiry we'll uncover how we are the creators of our experience and reactions through our automatic programming and filters and how to interrupt them.

Clara Griffin is a personal lifestyle coach and sex educator, who leads workshops in communication, conflict resolution and anger management for individuals, couples, and businesses. Clara has trained in Gestalt therapy and Radical Honesty™ with Brad Blanton and is a certified Radical Honesty trainer. She is also trained in Ericksonian and traditional hypnosis. She has over 15 years experience specializing in sex, intimacy, relationship and alternative sexual lifestyle issues. Clara works out of The Griffin Center in Arlington, VA.

Heart of Now – Wednesday, July 18, Free/Play time

The essence of The Heart of Now is the practice of being present with your whole self: your emotions, your thoughts, your body, and the place in yourself that is connected to everyone and everything. When you are present with yourself, you can experience the people, situations and circumstances of your life with greater honesty and clarity. It is from this place that you can free yourself from the limitations that have held you back, and all possibilities are available to you--you are free to create your life as you want it to be.

Debby Sugarman has been working with the Heart of Now since 2001, and spent 4 years assisting the course. For the last year, she has been leading introductions to Heart of Now and organizing Heart of Now workshops in the Washington, DC area.

Sensual Feast / Dance Party – Wednesday, July 18

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. Afterward, dance the night away with **Alkemi**, our fabulous DJ!

Sacred Intimacy – Thursday, July 19

We will explore and strengthen boundaries and intentions, both physically and energetically, engaging principles from tantra, shamanism and vedic traditions. Creating a safe and intimate space from within, we can then invite unique connections with others in the group, engaging physical touch and sexual energy at choice and invitation.

In the morning session, you will develop and practice your intuitive skills, honor your powers of attraction, creation and transformation, and give and receive healing energy. The 2:30 -5 PM afternoon session will explore the delights of moving energy through the chakras and creating heightened levels of sensual awareness. There is no need to choose a partner in advance for these sessions. Please bring a blanket/pillow and/or backjack.

In the 5-7 PM timeslot, there will be an optional extension of the workshop. You will be guided into full-body massage and sacred sexual contact, to the degree of the participant's discretion, to more fully embrace the pleasures of healing. Attendance at the morning and 2:30-5 PM sessions is a prerequisite for attending this optional session.. You will need to have already chosen a partner, gender optional, before arriving for this part of the workshop. Attendance at this segment will be limited to only those who are actively participating in the massage. Please bring a bed sheet, beach towel, water-based lube for internal work, and condoms and gloves (we will have some available, but please bring your own if possible). We will provide cornstarch and coconut oil for external massage.

Amy Storm, D.Ay, CHC, CMT, is the originator of Ready, Set, Goddess! and its group of collaborators, Team Goddess. She is a holistic expert, trainer, and tantra teacher with over 15 years experience, including a Master's in Ayurveda, and Certification in Transformational Counseling and various body healing modalities, including Reiki Level II and Visionary Cranio-Sacral work. As a mother, lover, entrepreneur, trainer, practitioner, and author, Amy effortlessly embodies all the powerful diversity of the Divine Feminine, and revels in the juicy results. She is also in the process of authoring books *Ready, Set, Goddess! Developing Spiritual Self-Esteem for Women*, and *The Power of Spiritual Parenting: What Every Parent Needs to Know in this New Age of StarChildren*, and a book series collaboration with her son called *SuperHero Kid*.

Auction – Thursday, July 19

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.

Open Sessions – Friday, July 20

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.

Changing the World, Seeding the New Culture – Saturday, July 21

Part of creating a new culture is bringing it out into the world. Activism is more than protests and writing letters. Every positive step we take to change the story of our culture and our communities is an activist act. We have the power to create the world we want to live in. At this session we will explore the intermingling of activism and New Culture. We will look at the emotions that come up as we look at the world and attempt to make change. We will hear stories of successes and challenges. We will creatively explore what we would like to create and how we might create it. We will learn some concrete steps to effective activism and working in groups. To conclude, we will have a change to explore our own steps toward making our vision into reality.

This session will be led by **Sarah Taub**, **Michael Rios**, and **Debby Sugarman**. We may also be joined by an unconfirmed guest speaker, **Larry Bohlen**.

Cabaret – Saturday, July 21

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!”