

# The Work of Byron Katie- Sunday, July 13

"The Work" ( <http://www.thework.com> ), created by Byron Katie, is a simple yet powerful process of inquiry that teaches you to identify and question the stressful thoughts and beliefs that cause your suffering. "The Work" helps you to work through these painful and challenging issues, and bring yourself to a place of clarity and more personal happiness.

I characterize The Work as 'Life Beyond Therapy'. This is the tool I had been looking for to empower myself and individuals to not need therapy and to continue to lessen their suffering. As I identified my stressful thoughts and questioned them, the world, as I thought it was, began to release. On the other side of my confusion and exhaustion was delight, energy and understanding.



This is a simple and radical process that fundamentally alters our relationship to our thoughts. These two sessions will provide an opportunity to experience and practice this simple method of inquiry to reduce stress and allow ease in our relationship to our selves, others and the world.

## Thom Herman

Thom Herman, Ph.D. (<http://www.thomherman.com>), has a psychotherapy practice based on transpersonal psychology and a strong spiritual foundation. He is committed to working on himself so that he can offer what the person in front of him needs in that moment in order to move toward experiencing greater freedom and peace. His path has taken him through Re-Evaluation Counseling, Hypnotherapy, Gestalt and Rogerian therapies, Breathwork, and

most especially The Work of Byron Katie, from which he has created his own adaptation, "Internal Mediation®."

Thom is connected to many alternative networks including gay, bisexual, transgendered, power exchange, and polyamorous communities.

About his practice, Thom says, "All suffering comes from confusion, and counseling with me looks at the stories you tell about your confusion. Through investigating these stories, you learn to face reality, and in time, the stories, the confusion and the suffering let go of you."

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## **HAI Workshop** - Monday, July 14

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!

**Ben Farris** is on the East Coast Human Awareness Institute staff; more info at [www.hai.org](http://www.hai.org)

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## **ART-Rageous** - Tuesday, July 15

ARTrageous (<http://www.artrageouscamp.com>) is a magical adventure where you can expand your creative abilities, find your true calling, and have a great time doing it! ARTrageous encourages wonder, experimentation and the pure joy of play. Our day will unfold through a lively exchange of experimentation, creativity activities, and spontaneous fun. We will explore the "Inner Critic" and how he/she prevents us from being the brilliant, creative beings we were meant to be. We will come away with:

- a fresh perspective on creative and leadership abilities;
- valuable ideas for living more creatively;
- personal resources for a new relationship with your creative essence



ARTrageous works from the foundation of our 3 core values, as we explore the many dimensions of creative expression, community building and our opportunity for leadership therein. The 3 core values provide a rich backdrop for healing, re-framing and re-claiming our creative essence.

1. "You can't get it wrong." (So take risks, enjoy being a beginner, break the rules.)
2. You are "at choice" to do what nourishes you most. (Practice loving self-care and send your "shoulds" packing!)
3. You inhabit a "yes, and." world that embraces all possibility.

### **Margie Scott**

Margie (<http://gaiagirlmargie.gaia.com/>) is a vibrant, energetic,

and sensual woman, deeply interested in the dynamics of interpersonal relationships, in both the ecological and human potential arenas. She is a co-founder of ARTrageous!, and a Master Certified Retreat and Life Coach. She has 15 years experience in group leadership, facilitation, environmental activism and community building. It is her passion to guide others towards their bliss, and help them remove the blanket of "shoulds" that suffocates their hearts desire. She really digs it when people gather up the courage to step outside of whatever boxes they find themselves in so they can manifest their dreams!! bi

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## Racism and New Culture - Friday, July 18

### Enoch Page



Enoch is a spiritual activist and professor of anthropology at the University of Massachusetts, Amherst. In his own words: "I am a seeker of truth in pursuit of personal and global liberation through my own spiritual practice and through my work as an anthropologist. The bulk of my research is on racial politics, but another key research stream of mine is in spiritual activism, or applied spirituality. My favorite hobby is talking to people who seek to deepen their knowledge about racism and about keys to liberation." His insights regarding the ways that sex, gender, race, and class position people differentially in the social orders that they find themselves in has led him to what he calls 'Antiracist Spiritual Anthropology.' He sees it as dedicated to fostering social change through an understanding and pursuit of what may best be understood as 'higher consciousness.'

His students have said this about him: "Enoch will test your inner being, and change your views on racism no matter what race you are, or how much experience you have." "Made me question preconceived notions, facing death, destiny, etc." "Amazing, funny, brilliant!"

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## **Exploring Our Erotic Edge** - Thursday, July 17



Within safe, sacred space, we will explore the realms of our individual sexual energy, exploring personal boundaries, learning to sense our own sexual energy/power. Neither nudity nor touch is necessary to practice Sacred Sexuality, but both are common tools.

### **Wilddragon**

Ehe Wilddragon is the public face of the Covenant of the Evening Star, an eclectic Pagan group studying Sacred Sexuality and drawing inspiration, in part, from traditional Wiccan practices.

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## **Building Our Utopia—Mobilizing Counter-Cultural Values into Political Action**

Wednesday, July 16

People who want fundamental change in the world often feel distant from the mainstream political process, which can seem archaic and unreflective of the social change we live and create. This workshop will focus on identifying our values as individuals and a community, and teach the skills of creating an effective message to explain your political views to those who disagree, organizing people to get involved, and creating a personal strategy to cause positive impact on our larger society. In the afternoon portion of this workshop, we will learn more specifically about the political and Constitutional battle to define family and love, and the long term strategic plan for queer, sex positive, and polyamorous civil rights.



### **Diana Adams**

Diana is a legal activist for sexual civil rights. Ms Adams started her own Brooklyn, NY based family law and civil rights law practice focusing on polyamory, kink, and alternative lifestyle aware child custody/visitation and divorce litigation, as well as domestic violence victim advocacy. After studying at Yale and Cornell Law School specializing in feminist legal theory and progressive policy, she practiced welfare law reform for New York City and worked in legal services for women and families in poverty before starting her innovative law practice. Diana speaks and writes frequently on polyamory, feminism, sexuality, and family law , and is actively involved in the New York City polyamory community.

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**Forum** - Frequently



The Forum is a group process developed at 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. For a detailed examination of the development and use of this process at ZEGG, see [What is the ZEGG Forum?](#) in our document library section.

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## Getting to Know You/7-Minute Connections - Friday, July 13



In this popular camp event, campers get an opportunity for several spontaneous "dates" of only 7 minutes duration. The pace of the event can promote higher levels of transparency, and the spontaneous nature often facilitates unexpected connections.

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## Boundaries: Meeting Needs, Releasing Attachments - Saturday, July 12

## Triad Work Intro - Saturday, July 12

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

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# Exploring Our Differences

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

Sarah 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.

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# Fishbowl



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 "fly-on-the-wall" learning opportunity for the observers.

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# Heart of Now - Tuesday, July 15

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.

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## Sensual Feast - Friday, July 18



Imagine a table loaded with succulent fruits, candies, nuts, and savory delights; and 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.

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## Auction - Tuesday, July 15



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.

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## Open Sessions - Saturday, July 19

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.

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## How We Come Across



In this popular camp event, campers get an opportunity for 1 or 2 minutes of spontaneous "popcorn-style" feedback from the entire group about how their personal projection comes across to others. Campers may choose to receive only positive feedback, negative feedback, or a mix of both.

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## Cabaret - Saturday, July 19

Campers entertain each other with skits, music, poetry, humor, and just plain silliness! No special talent is required – “if you can walk, you can dance; if you can talk, you can sing!”

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## Lighter Side - as the mood strikes us!



Participants create and perform skits to illustrate humorous events that they have observed or experienced at camp.