

On Becoming a Just and Compassionate Community

G-MATP/ PHD FALL 2018 SEMINAR

Sept. 21 - 26, 2018

Coaching Students will meet in morning of Sept. 26

Check in: 2:00PM (Rooms available at 4:00 PM) – Check out: 9:00 AM on Sept. 26

**Jesuit Retreat Center of Los Altos
300 Manresa Way, Los Altos CA 94022.**

Rumi writes:

*Out beyond ideas of wrongdoing and rightdoing
There is a field. I will meet you there.*

*When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase “each other”
doesn't make any sense.*

Rumi

In his poem, Rumi holds the Ideal of oneness, a fertile place where together, as a community, we can experience the fullness of the unified voice. What would it be like to speak through the group soul and hold it with curiosity, fierce compassion, and care for self, each other, and the collective?

In this seminar, we will explore this ideal. How do we prepare the soil, plant the seeds, and harvest qualities in a community that respects kindness and compassion? What are the ways of being and actions that support deep listening, respect, and care for one another and the planet even when there is struggle or discontent and how can we forge this vessel so that it invites standing up for justice and mercy.

Our speakers include Tony Redhouse, Nancy Rowe, Marilyn Schlitz, and John Elfers.

Come to the seminar to meet your classmates, faculty, and staff who contribute to the ITP/Sofia community and its ideals. Experience what makes Sofia a unique place where the epistemologies of our hearts and intellect are embraced, embodied, and held with equal importance.

Tony Redhouse



Day 1: The Healing Heartbeat

As a traditional Native American consultant and spiritual teacher, Tony Redhouse will use the traditional “Circle of Life” to explain how we can maintain personal balance that will create harmony in our community. Within that circle of life there are four directions that represent the four aspects of our human life and the seasons of energy that can create completeness. In our journey around our circle, we will experience transitions in our chronological age, relationships, and careers that will teach us about ourselves. Having healthy beginnings will set the foundation for how all of our seasons will continue to progress peacefully in our lifetime.

The one constant “heartbeat” that allows us to flow through each transition in life smoothly, is called love. From the time of our birth, relationships will be the constant tools that will teach us about who we are and how we can interact with others and experience harmony. In modern society we have experienced division, conflict, fear, and confusion, because we have strayed from the simplicity of this heartbeat called love that unites, heals, and guides us to our truth.

Healing Through Sound

Using the ancient sounds of the Voice, the Drum and the Flute, Tony Redhouse will reveal how vibration and sound can guide the mind, body and soul back to a place of simplicity and peace.

In Native American tradition, these primal and true expressions of our soul allowed us to create ceremony, tell our stories and to celebrate Life. Tony will use drums and dance during interactive segments with attendees, allowing them to energetically feel the uniting of intention to support each other in their service to their communities.

Tony Redhouse will share the importance of following our heart's "beat," to inspire us to open our lives, become vulnerable and to "soar" with the freedom and joy that is our natural birthright!

He will emphasize the privilege of allowing our intuition to guide us, and to exercise that gift which continues to be a valuable resource for healthy interaction in our personal, business and community lives.

Tony Redhouse

Tony Redhouse is a Navajo healer, spiritual teacher, and Native American musician. He is also a certified yoga teacher and has created a unique "East meets West" yoga class called, "Native American Spirit & Yoga". For more information see <http://www.tonyredhouse.net/>

Nancy Rowe



Heart to Heart; Wild to Wild - Awakening to Awareness, Reverence, and Respect in our Natural World

What would it be like to include Earth in our group soul and hold it with curiosity, fierce compassion, and care for self, each other, and the collective?

In this contemplative retreat, we are invited to enter into closer relationship with our selves, our communities, and our Earth Mother. We will cultivate intimacy within the natural world. We will explore who we are in relation to our Earth community and be guided through experiences that help us to “re-member” ourselves as humans living within our Earth community. We are invited to cultivate a sense of place regardless of where we live in the country: on acres of land, in a small town, or in the big city. Through this experiential workshop, we explore the ways of the heart. We will open to awareness through inner sensing, and experience how this deepens our connection with Earth and with each other. Together we will tend the Sacred Garden of heart-centered self and community.

Nancy Rowe is core faculty and chair of the global master’s program in transpersonal psychology at Sofia University. She brings to her teaching, professional presentations, retreat/seminar facilitation, and publications experience in expressive arts therapy, Authentic Movement, play therapy, spiritual guidance, and teacher education. She is an ordained Minister of Walking Prayer. Nancy’s research is focused on earth-centered spirituality, creativity and transformative learning. Other scholarly interests include sacred ecology, significant experiences in nature, imagination, intuition, and diverse ways of knowing.

