



# The Gathering Place



In The Present Moment

**THE GATHERING PLACE** is our home for an ongoing series of workshops, lectures and interactive events designed to teach, motivate and inspire.

## WORKSHOP SCHEDULE, MAY - AUGUST 2010

### MAY

#### ***Be the Change While Creating Hope: Face Challenging Times with Inner Peace and Sacred Passion***

Led by Andrew Harvey

Nothing is more important than facing these challenging times with inner peace, sacred passion and unshakeable hope. The most powerful way of living like this is through what Andrew Harvey calls "sacred activism", the fusion of spiritual wisdom with wise action in the world. Be part of the great birth of a new humanity that is taking place in and through this time of contemporary crisis. Become informed of the sacred laws derived from the worlds' mystical traditions that govern sacred activism. Use four kinds of essential practice to connect with your divine being. Fuse with the passion of the divine heart through prayer practices to keep you aligned with the will of the beloved. Charge your body with practices that open your whole body to the energies of divine love. Be part of the change in these extraordinary times with hope and joy.

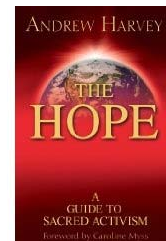
**Andrew Harvey** is an internationally acclaimed poet, novelist, translator, mystical scholar, and spiritual teacher. Harvey has published over 20 books including *Son of Man* and *The Return of the Mother*. Harvey is a Fellow of All Souls College Oxford and has taught at Oxford University, Cornell University, The California Institute of Integral Studies, and the University of Creation Spirituality, as well as at various spiritual centers throughout the United States. He was the subject of the 1993 BBC film documentary, *The Making of a Modern Mystic*. He is the Founder of the Institute for Sacred Activism in Oak Park, Illinois, where he lives.

The cost of this workshop is \$40.00. Due to limited seating, advance payment is required at the time of registration. Harvey's book, ***The Hope***, will be available for purchase the evening of the workshop at a 20% discount. The author will be signing purchased copies immediately after the workshop.

Maximum number of participants: 25

**Wednesday, May 12, 2010**

**7:00 – 9:00 p.m.**



***Weight Release Through Inner Peace***  
**Led by Marla Goldberg**

Are you ready to end your war with food and embrace your authentic self? Are you willing to take the first step towards creating a healthier, more balanced life of choices made "in the moment" to support eating smaller portions and exercising on a consistent basis? Can you imagine yourself physically fit and filled with more energy or are you stuck in the negative belief that you are never going to lose weight permanently?

**Marla Goldberg**, certified hypnotherapist, has created a unique experiential process that combines the best of many weight loss experts and hypnosis programs, including the work of Geneen Roth, recently recognized by Oprah as the way to really lose weight. In this workshop, you will have the opportunity to experience hypnosis (deep focused relaxation) and guided imagery to open your heart to what you are really "hungry" for, support eating smaller portions, integrate mindful eating, motivate daily movement, and visualize your "ideal future self".

Maximum number of participants: 20

**Tuesday, May 18, 2010**  
**7:00 – 9:00 p.m.**  
**Fee: \$25.00**

***Gong Meditation***  
**Led by Kenny Kolter**

For over 5,000 years, gongs have announced the arrival of royalty, provided a sonic backdrop to celebrations and were used to ward off evil spirits. A gong meditation, or "gong bath", as many refer to it, will provide you with an opportunity to utilize the gong's soothing and healing resonance to achieve mind/body harmony. You will have a chance to bathe in the powerful, relaxing and energizing song of the gong, and gain an overall understanding of basic meditation principles and experience your own quiet stillness.

**Kenny Kolter** has been playing drums and percussion on and off since age 9 and has performed nationally and internationally since the late eighties. He has a degree from Maharishi International University and has been practicing Transcendental Meditation since he was twelve. Kenny has recently devoted much of his time and energy to the performance and study of sound and vibrational awareness and healing.

Maximum Number of Participants: 12

**Wednesday, May 19, 2010**  
**7:00 – 9:00 p.m.**

***Song of Your Own Heart***  
**Led by Louise Cloutier**

If you truly listen to your own deep heart, what song do you hear it singing? Is it a song you heard years ago that has stayed with you since then? Or is it a song that's all your own - something that could come to full bloom with just a little help? Welcome it forward, into a circle of friendly voices. Everyone here has a song to share, hoping you will listen to theirs with the same welcome. Even if you have absolutely no musical background, you can do this. The song of your heart is precious and unique. We are all looking forward to hearing it.

**Louise Cloutier** has been teaching holistic voice and songwriting for 28 years, leading workshops and classes in New York, Montreal, Boston and Chicago. Much of her work is with people who've always wanted to sing, but never dared to try before. She considers it a privilege and an honor to witness these brave souls as they step up to be heard!

Maximum number of participants: 15

**Sunday, May 23, 2010**

**4:00 – 6:00 p.m.**

**Fee: \$25.00**

## JUNE

### ***Reconnect to the Earth to Change Your Life***

**Led by Ellen Gunter**

The idea that our planet is in trouble is nothing new. But doing your part doesn't have to be limited to recycling and lowering your thermostat. This workshop explores how today's environmental crises represent not just a way to reexamine your habits as a consumer but rather a huge opportunity to heal your spiritual connection to the earth, a link that was once not only second nature to us but actually helped keep us alive. You'll learn what it means to be disconnected from the Earth, how that disconnection has contributed to the depletion of the planet's ecosystems, and how you can use some simple but profound ways to build a spiritual practice that can repair that connection. Be rekindling an awareness of Nature and its elements, you help heal a link that is as old as mankind and an intrinsic part of your spiritual life.

**Ellen Gunter** is a journalist, author, and spiritual director. For the past 2 1/2 years she has traveled across the United States interviewing farmers, teachers, authors, filmmakers, psychologists, scientists, theologians, environmental activists and entrepreneurs to gather material for her book, *Reunion: Healing our Broken Connection with the Earth*. She lectures in the Chicago area about the connections between spirituality and the environmental crises and writes about them on her blog, *Earth Calling* (<http://www.earthcallingblog.blogspot.com/>). She lives in Oak Park.

Maximum number of participants: 20

**Wednesday, June 9, 2010**

**7:00 – 9:00 p.m.**

**Fee: \$25.00**

### ***The Medicine Wheel: Earth Astrology***

**A workshop based on the book by Sun Bear and Wabun**

**Led by Chris Moses**

This workshop is an introduction to *The Medicine Wheel*, envisioned and taught by Sun Bear, a sacred teacher of Chippewa descent and founder of the Bear Tribe. During the 1970s, his vision taught many people that Mother Earth and ALL of its relations - planetary, animals, plants, minerals and humans – are all interconnected. Today, it is more important than ever that we learn to blend and balance with this magic circle in order to sustain and thrive within our sacred hoop of life. Learn the symbolic meanings of all that is represented in this Medicine Wheel - our planetary and earthly relations. By applying these teachings in our everyday lives, we can become open to the lessons and gifts that creation has to show us and connect at a deeper more meaningful level with nature. We are in constant change and flux in our lives and this tool will teach you that our journey includes the strengths, weaknesses, challenges and lessons within all parts of the wheel, and that they are all lessons and gifts to enlarge and enrich our lives.

**Chris Moses BS, LASC** is the Founder of Featherheart Holistic Ministries, providing counseling and guidance for personal and spiritual growth. Committed to the empowerment and healing of women both locally and globally, she facilitates women's groups for integration of mind, body and spirit. Chris bridges traditional psychology and intuitive tools with Native American spirituality and healing practices. As a long time student and apprentice of cross-cultural shamanic traditions and nature based spirituality, she has co-facilitated in many healing traditions and women's circles. Her studies include apprenticeship with Cherokee medicine teacher Grandmother Pathweaver, participation in Women's Circles integrating South American indigenous ceremonies and western psychology, and a bachelor's degree in Holistic Ministries from the American Institute of Holistic Theology. She believes in the innate wisdom of every woman and is dedicated to helping women live to the fullest capacity of their individual, as well as collective, heart and soul.

Maximum number of participants: 12

**Tuesday, June 15, 2010**

**7:00 – 9:00 p.m.**

**Fee: \$25.00**

## **June 16 – Dream Workshop Details to come**

### ***Weight Release Through Inner Peace***

**Led by Marla Goldberg**

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**Marla Goldberg**, certified hypnotherapist, has created a unique experiential process that combines the best of many weight loss experts and hypnosis programs, including the work of Geneen Roth, recently recognized by Oprah as the way to really lose weight. In this workshop, you will have the opportunity to experience hypnosis (deep focused relaxation) and guided imagery to open your heart to what you are really "hungry" for, support eating smaller portions, integrate mindful eating, motivate daily movement, and visualize your "ideal future self".

Maximum number of participants: 20

**Tuesday, June 22, 2010**

**7:00 – 9:00 p.m.**

**Fee: \$25.00**

### ***Gong Meditation***

**Led by Kenny Kolter**

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Maximum Number of Participants: 12

**Wednesday, June 30, 2010**

**7:00 – 9:00 p.m.**

**Fee: \$25.00**

## JULY

### ***Weight Release Through Inner Peace***

**Led by Marla Goldberg**

Are you ready to end your war with food and embrace your authentic self? Are you willing to take the first step towards creating a healthier, more balanced life of choices made "in the moment" to support eating smaller portions and exercising on a consistent basis? Can you imagine yourself physically fit and filled with more energy or are you stuck in the negative belief that you are never going to lose weight permanently?

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Maximum number of participants: 20

**Tuesday, July 20, 2010**

**7:00 – 9:00 p.m.**

**Fee: \$25.00**

## AUGUST

### ***Gong Meditation***

**Led by Kenny Kolter**

For over 5,000 years, gongs have announced the arrival of royalty, provided a sonic backdrop to celebrations and were used to ward off evil spirits. A gong meditation, or "gong bath", as many refer to it, will provide you with an opportunity to utilize the gong's soothing and healing resonance to achieve mind/body harmony. You will have a chance to bathe in the powerful, relaxing and energizing song of the gong, and gain an overall understanding of basic meditation principles and experience your own quiet stillness.

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Maximum Number of Participants: 12

**Wednesday, August 4, 2010**

**7:00 – 9:00 p.m.**

**Fee: \$25.00**

### ***Weight Release Through Inner Peace***

**Led by Marla Goldberg**

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Maximum number of participants: 20

**Tuesday, August 24, 2010**

**7:00 – 9:00 p.m.**

**Fee: \$25.00**

#### **Sign Up Information**

Seating is limited so don't wait to reserve your spot!  
Reservations can be made by calling the store at  
(847)367-1581. Please register at least 48 hours in  
advance as we do have a minimum participation  
requirement.



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