

Conscious Living Workshops EarthRise at IONS Retreat Center

Immerse yourself in the beauty and serenity of Earthrise Retreat Center, where we offer intensive experiential retreats that will take you deeply into the connections of body, mind, spirit, and ecology. Refresh, renew, and connect with others as you engage in a rich array of programs.

Nov 18, 2011–Nov 20, 2011: *Evolutionary Creativity & The New Cosmology* with Jan Phillips. Tap into the wisdom of our planet, our bodies, and our cosmos during this multimedia, multisensory experience in creation, clarity, and transformation.

Dec 9, 2011–Dec 11, 2011: *Getting the Love You Want: A Workshop for Couples* with Dr. Harville Hendrix, PhD. Experience the profound connection you once had as a couple as you become resources for healing each others' wounds and deepening your intimate partnership.

Jan 20, 2012–Jan 22, 2012: *Create a World That Works: Become a Presence That Transforms* with Alan Seale, PCC, MSC. Be your transformational presence. Learn how to live, lead, and serve in ways that inform and inspire more enlightened and effective action, creating a world that works for today and tomorrow.

Jan 20, 2012–Jan 22, 2012: *Soul: The Transformative Power of Words* with Kim Rosen, MFA. In an alchemy of mystical poems and music, each person's authentic voice will emerge through writing, listening, movement, self-inquiry, and speaking poetry aloud. No prior experience necessary.

Mar 23, 2012–Mar 25, 2012: *The Secrets of Great Relationships: A Workshop for Individuals and Couples* with Charlie and Linda Bloom. Develop interpersonal skills through exercises, dialogue, and group work in the areas of conflict management, embracing the shadow, cultivating resilience, and honoring differences.

Mar 30, 2012–Apr 1, 2012: *Exploring the Mystery of Consciousness* with Peter Russell, MA, DCS, FSP. Discover the essence of consciousness through the exploration of science, spirituality, self-inquiry, and group discussion.

Apr 13, 2012–Apr 15, 2012: *Integrating with Your Shadow—Connecting with Your Guide* with Ralph Metzner, PhD. Practice alchemical divination techniques to help you recognize your shadow, clarify perceptions, tap into reservoirs of self-knowledge, dissolve energy blockages, and connect with a true spirit guide.

To register, and for more information, go to: www.earthriseions.org.

IONS INSTITUTE
OF
NOETIC
SCIENCES

**TRANSFORMATIVE
EDUCATION CATALOG
DEC. 2011–JULY 2012**



*For more information
and to register, go to*
www.noetic.org

WE INVITE YOU into our unique educational offerings, providing in-depth explorations of the mysteries of consciousness. Go deeply into the programs of IONS, including Consciousness and Healing, Worldview Transformation, and the Science of Interconnectedness. Apply the insights you gain into your daily life.

These programs are designed to help you develop new practices and life skills, expand your knowledge base, and focus more intently on the development of your evolving self in an interconnected world.

You will benefit from IONS' 40 years of investigative research into consciousness in a manner that fits your schedule and level of involvement. You can start with self-paced online professional training courses; become more involved with live instructors and a supportive community during our eight-week course intensives; immerse in onsite residential Conscious Living Workshops at our beautiful EarthRise at IONS retreat center; or take flight in transformative travel with our Cross-Cultural Journeys programs.

Consciousness and Healing Online Self-Study Courses

Explore the role of consciousness and healing through a series of one-hour, self-paced programs led by visionary leaders in the field of health care.

- Find out about an integral model that links body, mind, spirit and society.
- Discover how consciousness applies to health and healing and learn practices to promote self-care.
- Gain insights into the healing potentials of your thoughts and beliefs.
- Earn continuing education credits.

Another self-study course is *Mindful Motherhood* with Cassandra Vieten, PhD. This course will provide mindfulness practices and exercises specifically designed for expectant and new mothers but beneficial to everyone who wants to integrate mindfulness practices into their lives.

Cross-Cultural Journeys Travel Program

Our trips are journeys of the spirit as well as of geography; the inner experience is an integral element of every external exploration and adventure.

Jan 21, 2012–Jan 28, 2012: *Worldview Literacy in Cuba*. Travel to Cuba on an exclusive trip for like-minded IONS members. Explore the world of Afro-Cuban music, Santeria religion, dance, natural healing, and sustainable organic agriculture. Observe how island living has affected their worldview and learn from them about living a joyous life.

Frontiers of the Noetic Sciences Live Teleseminar Eight-Week Courses

Gain greater insights into the noetic sciences and how they apply to your life. Engage with instructors and fellow classmates through selected audio presentations, reading materials, experiential practices, and interactive conversation. These courses take place over the phone on Wednesday nights at 5pm PST; additional materials are easily made available through our online platform. All courses are \$235 for nonmembers and **many of the courses are free or discounted for IONS members. Some scholarships are available.**

January 18–March 7: *Conscious Aging* facilitated by Kathleen Erickson-Freeman. Participants will explore the many challenging and rewarding aspects of aging mindfully. Professional guest faculty includes Ron Pevny, Sue Steele, Katia Peterson, PhD, Ken Homer, Marilyn Schlitz, PhD, Tom Pinkson, PhD, Deborah Goldblatt, and Ryan Feinstein.

March 14–May 2: *Buddha's Brain: Essential Practices of Self-Directed Neuroplasticity* with Rick Hanson, PhD. New breakthroughs in neuroscience combined with insights from thousands of years of contemplative practice will help you shape your own brain for more joy, deeper relationships, and spiritual growth.

May 9–June 27: *Worldview Literacy* with Marilyn Schlitz, PhD, and Katia Petersen, PhD. Explore how worldviews impact your life, your work, and your relationships to others and the broader world. Expand your understanding of how your beliefs and behaviors are grounded in mental and social processes that lie below conscious awareness. Apply these insights in settings from classrooms to board rooms.

July 11–August 29: *States of Consciousness*. Drawing from our vast archives and live interviews with leaders in the field of consciousness research including Stan Grof, MD, Charles Tart, PhD, Russell Targ, Jessica Uts, PhD, Ed May, PhD, and IONS Founder Edgar Mitchell, ScD, you will explore the scientific edges of consciousness beyond the brain.



For more information, an online catalog, and registration, visit:
www.noetic.org/education