The New Earth Institute of Southwestern College presents the 38th Annual

TRANSFORMATION AND HEALING CONFERENCE

Numinous Dimensions of Consciousness and Healing

August 21 - 25, 2019

Sacred Geometry of Creation artwork by Lider Garcia
We seek to understand ourselves and our place in the universe, not just as physical beings but also as spiritual beings in relationship to something greater. It is an ancient and enduring quest no less important in our fast-paced, highly technological, post-modern world. Quantum experiments have produced scientific evidence that there are dimensions not easily observed, measured, analyzed or categorized. These invisible realms of the numinous are not empty but filled with potentiality. They appear to be impacted by our own lives, thoughts and emotions. This year's conference will explore how this ever-present, energetic, vibrating web of life provides resources for health and well-being that can be accessed through music, sound, light, color, ceremony, breath, mindfulness and movement.

We invite you to join us in experiential workshops, keynote sessions and community. Our focus this year is to explore approaches to healing that invite us to access expansive resources within ourselves. As we seek the restoration of health and balance in our own lives and in the lives of the people we serve, may we develop even more effective methods for resilience and transformation.

Numinous Dimensions of Consciousness and Healing
Wednesday - Sunday, August 21-25, 2019
The process of becoming whole through healing and soul development is our journey to oneness. The power of mind over matter is undeniable given the latest scientific evidence concerning placebo effect and spontaneous remission. Any true vision of health must include not only the physical, mental, and emotional realms, but, most importantly, the spiritual. As we engage the inner observer, profound insights emerge to direct personal growth and strengthen our links with other souls, affirming a harmonious future and the interconnectedness of all.

Join NY Times best-selling author of Proof of Heaven, Dr. Eben Alexander, and co-founder of Sacred Acoustics audio, Karen Newell, in this experiential workshop focused on transformation and healing. Dr. Alexander will briefly recount his journey since his NDE, share some insights from science and consciousness, and acknowledge the role that free will, soul growth and focused intention play in healing. He will also discuss our personal and professional roles in the future of health. www.ebenalexander.com

Ms. Newell will demonstrate how to experience your inner connection through the resonance of audio technologies that increase intuition and well-being. Following an immersive experiential meditation, participants will be invited to discuss their personal experience, ask questions and learn how to incorporate mindfulness techniques more fully into their practices. www.sacredacoustics.com

Learning objectives include:

• Understand non-conventional definitions of brain and consciousness.
• Experience audio brainwave entrainment technology.
• Describe and utilize breath techniques, heart awareness and additional practices.
• Convey the importance of personal experience in meditation for daily life.
• Discuss ways to use sound meditation in patient and self-care.

CECs and OTHER INFORMATION

CECs for counselors, art therapists and social workers are approved by the NM Counseling and Therapy Practice Board

3 CECs are available for each 3-hour Wednesday–Friday workshop.

7 CECs are available for the Saturday workshop with Eben Alexander & Karen Newell.

3 CECs are available for the Sunday presentation with Lee Cartwright.

28 CECs for the entire conference

Space is limited. We encourage you to register online at www.tandh.org to secure a spot.

Or you may FAX the registration form on P. 11 to 505-471-4071.

email: conference@swc.edu for more info
Visionary Practice

Life appears as a great design or as sinister chaos. The Quantum view sees chaos as implying a higher order. Jung joined these two viewpoints in synchronicity. Our visionary evolution developed as an adaptive response to life challenges, convergent conflicts and extinction events. In our visionary capacity, we have the ability to see from the higher order in which synchronicity becomes conscious causality. We will explore the awakening and the application of visionary practice.

Robert Waterman, Ed.D., LPCC, has been counseling and teaching for over 40 years and is the founder, President Emeritus and adjunct faculty member of Southwestern College. He is the author of Eyes Made of Soul: Theory and Practice of Noetic Balancing, Footprints of Eternity: Ancient Mysteries Applied to Modern Therapy, and Mandala of the Soul: A Spiritual Approach to the Art of Archetypal Psychology. www.livinginthepresence.net

The Andean Despacho Ceremony: Evoking the Numinous to Bless, Heal and Protect

Participants will experience a traditional Despacho Ceremony as practiced in the Peruvian Andes for at least 3,000 years. By engaging in Chinqay (silence), Muñaquy (invocation and prayer), together with the creation of an offering for Pachamama (Mother Earth), blessings and healings will be invoked for each individual. Basic teachings from the Andean Spiritual Cosmology regarding the power of silence, intention and the making of offerings will be presented. Simple yet powerful offerings that can be used in everyday life or in therapeutic settings will also be demonstrated and practiced.

Carol Parker Ph.D. LPCC, leads annual vision quests/wilderness fasts in Death Valley, CA and Canyon de Chelly, AZ, and twice yearly healing pilgrimages in the Peruvian Andes. She is the Clinical Director at Solutions Treatment Center and is adjunct faculty at Southwestern College. She also maintains a private practice in Santa Fe.

Full-Dimensional Healing from Loss: The Phenomena for Wholistic Healing

This interactive workshop is designed to allow participants to have a greater understanding of the grief process and the importance of conscious grieving in order to heal, grow and re-integrate into the world after a loss. Educational, experiential and introspective components will allow a better understanding of the grief process and greater awareness of the multitude of supports available during the grief process; mentally, physically, emotionally and spiritually. Phenomenological moments that open doors to the numinous and lead to transformation after loss will be considered.

Rev. Dr. Ted Wiard, Ed.D., LPCC, CGC, is a therapist, researcher, and author. For the last 20 years he has worked with transformation from loss through the lens of his own experience. He founded Golden Willow Retreat outside of Taos, NM, an emotional healing sanctuary focused on loss, trauma and grief. He owns Golden Willow Counseling, a behavioral health center in Taos, NM. Ted's passion lies in supporting healthy transformation for people, families, communities and organizations in the midst of change.

www.goldenwillowcounseling.com
2:00pm – 5:00pm

**Nia FreeDance: A Pathway to Multidimensional Awareness**

The language of dance is universal, communal, and also deeply personal. Almost all cultures utilize music and movement in some way to activate altered states of consciousness and expanded awareness. When we move to music, we introduce rhythm, tone and sound current frequencies to our energy centers and the cellular wisdom encoded in our DNA that can inspire and elevate the entirety of our being. This workshop will include an experiential and didactic exploration of Nia FreeDance as a pathway to multidimensional awareness. You will be invited on a journey into the inner worlds of body, emotion, mind and spirit with the intent to transcend, transform and dissolve into deeper knowing. We will see what happens when we align in a present-focused state, allow ourselves to be guided by our sensory bodies, informed by our emotional intelligence, observed by our inner witness and open to our unique spiritual identity as both creator and creation.

**Kate Latimer, M.A., LPCC,** is the Counseling Program Chair at SWC and a Black Belt Nia teacher. In addition to clinical mental health counseling, Kate teaches Nia™ and Nia FreeDance™ classes locally, and holds that conscious dance movement practices are a gateway to greater awareness and to emotional, mental and spiritual health. Kate has presented regionally and nationally on topics related to movement and wellness, trauma recovery and PTSD prevention.

**Orientation to Psychedelic Psychotherapy**

This workshop will cover the recent history of psychedelic-assisted psychotherapy research, the therapeutic method for conducting psychedelic sessions, and the future availability of MDMA and psilocybin to treat psychiatric conditions, especially PTSD and depression.

**George Greer, M.D.,** is a psychiatrist and President of the Heffter Research Institute. He is the principal investigator of a study in Santa Fe administering MDMA to therapists-in-training to treat patients with PTSD. He also assisted the Usona Institute in writing their psilocybin therapy manual for treating patients with depression. Dr. Greer is a Distinguished Life Fellow of the American Psychiatric Association.

**Essential Self-Healing: Integrating Self, Soul and Cells**

In this workshop we will use QiGong movements to gather universal energy, thus providing opportunities to experience our own Godspace and develop chi vitality. This ancient practice has been known to “turn on the good genetic codes and turn off the bad ones,” thus transcending predispositions to disease. These simple QiGong movements are a way to connect the energies of the Moon, Sun and Earth with Divine Essence. You will also be taken through the steps of the Essential Self Healing Technique, a visual journey that transforms sadness, injury or pain into loving integration of Self, Soul, and Cells.

**Vicki Swanson, D.C.,** is an intuitive healer who has had a Chiropractic practice in Los Angeles for the past 30 years. She trained in medical QiGong with Master Yao for 22 years in the US and in China. Dr. Vicki has developed what she calls The Essential Self-Healing Technique, based upon organ healing visualization forms.
Exploring the Energetic Body: Pathway to the Numinous Self

The body and the mind are one: a pathway for experiencing consciousness and connection with the numinous self. This workshop will focus on attaining conscious awareness in the body through movement and mindfulness. Using ancient and modern practices, participants will explore the energetic body and learn to harness the body’s subtle energy for healing and transformation. Letting go of judgement and labels, participants will learn to reconnect with their true nature and create a deeper connection with spirit. Unlike western physical exercise which focuses on the gross somatic energy, the movement in this workshop is gentle and designed to access subtle energy in the body. There is no requirement for physical agility or strength, the movements can be done by anyone. Please attend wearing loose fitting clothing and socks. A yoga mat is also recommended.

Drew Hutchinson, MFT, has been practicing Somatic Psychotherapy and providing workshops and trainings for more than 15 years. Drew completed his training in Somatic Therapy and Bioenergetics with Dr. John Conger. Drew also helped to found the Analytic Somatic Therapy Training Institute, a non-profit dedicated to providing advanced training in Somatic Psychotherapy.

Visions in Lakota Ceremony and Their Use in Healing

Understanding how ceremonial knowing formulas integrate into a healing practice is essential for holistic wellness therapy and today’s medicine. Visions from Crazy Horse, Black Elk and Fools Crow were pathways to spiritual information to aid and protect the people, especially during times of societal distress. Carl Jung’s study of native ceremonies influenced his understanding of psychology. My indoctrination in the fasting ceremonies occurred over many years in both summer and winter as a part of my life on the reservation in the 1980s. In them, the elders instructed us to seek an alliance with the spirits. Introduction to ceremony formulas and other realms of information will be followed by a discussion of visions and an experiential application for our work as healers.

Scott Thomas, Ph.D., LCSW, LADAC, CDVC3, has extensive experience working in psychiatric hospitals, college level teaching, conference presentations, directing treatment centers and work on the Eight Northern Pueblos. He grew up learning from spiritual leaders and elders on the Cheyenne River Reservation and has run Lakota sweat lodges and Pipe ceremonies for over 25 years. His practice specializes in healing trauma, PTSD, depression, anxiety, grief/loss, and belief conflicts through depth psychology approaches and traditional wisdom teachings. www.scottthomaspd.com

Sacred Sounds

Throughout time people have used sound to connect to the more rarified aspects of the divine. The whole created universe is vibration at some level. This is such a natural way for us to connect that we often take it for granted and do not realize we have direct access walking around inside of us. This workshop will invite you to experience the possibilities of connecting more deeply to yourself and the innate holiness that lives inside. We will explore the perspectives and practices that connect us more deeply with ourselves and that resonate with and awaken us to our innate, direct access to the song of love that made creation.

Karey Thorne M.A., LPCC, is a counselor and graduate of Southwestern College. She has taught spiritual workshops throughout the United States and Europe for the past 15 years. She began as an elementary school counselor then moved into service learning which evolved into teaching in Santa Fe high schools and running Peace Jam, where teenagers worked with Nobel Peace Prize Laureates. She maintains a private practice. www.livinginthepresence.net
**Initiations in the Underworld: A Journey of Psychic Transformation**

The archetypal Self is the underlying core and dynamic force within the psyche that guides us towards wholeness through a continual sequence of birth, death and rebirth. This process often requires a descent into the psychic depths; into the night sea, the underworld or Hades itself. This descent is mortifying to the ego and is often experienced as a perilous journey as deep, transformative processes within the psyche move us towards a greater state of wholeness where the opposites are contained, and towards the development of the individual's true personality. This workshop will explore the archetypal pattern of death and rebirth, with a particular emphasis on the underworld journey, through an amplification of myth and symbol that help guide us through these major transitional passages.

_Susanne Stockman, Ph.D., LPCC, is a psychotherapist in private practice and an adjunct faculty member at Southwestern College. She received her doctorate in Depth Psychology from Pacifica Graduate Institute. She has great respect for the ways in which the unconscious makes itself known, and she is devoted to holding a compassionate container for those exploring psyche's depths._

**Exploring the Essence of Self**

Informed by both the theoretical and experiential work of transpersonal pioneer Stanislav Grof, MD, this workshop will explore the healing potential of expanded states of consciousness. Through the use of sound and breath (a modification of Grof’s Holotropic Breathwork), participants will be invited to explore their own inner landscape in a way that is inviting of insight and heightened awareness.

_Marianne Murray, Ph.D., M.A., has been a member of the core faculty of Santa Fe’s Academy for the Love of Learning for over 10 years. She has a Ph.D. in Transformational Learning and Change in Human Systems from the California Institute for Integral Studies, an M.A. in Transpersonal Psychology, and an M.A. in Mindfulness-Based Psychotherapy. Dr. Murray is a certified facilitator in Holotropic Breathwork and Systemic Constellations, and incorporates perspectives from both of these disciplines in her depth facilitation work._

**In My Body, Where Love Matters: Awakening to Love through My Near Death Experience**

Throughout the human journey people have sought the peace of connection to Infinite Love. In this culture the lie and myth most of us have believed is that we are not worthy of this love, we are separate from it and we must earn it. We see endless suffering from unhealed betrayals of our human hearts in relationship and a lack of self-love. For many who have had an NDE there is an amazing ‘Awakening to Love-Source’ once out of body. The greatest challenge is how to embody this love in everyday life. In this workshop Robin will share her transmissions from Source and processes of Soul Alchemy: Rainbow Light clearing and activation; Soul-Body partnering and inviting Unity inside and outside. Participants will have an opportunity to move energy, clear obstacles to self-love, and empower one’s free will and heart’s desires in a compassionate field with each other.

_Rev. Robin Duda, M.S.W., M.S., is the Co-Founder of Sustainable Love Training and Guidance Center, and ordained minister through Center for Soulful Living. She has maintained a healing practice for over 25 years and currently trains practitioners in Soul Alchemy™, an original healing process of conscious soul evolution. Robin is a performing artist and a joyous speaker dedicated to love and freedom for all._

_www.sustainablelove.biz_
Minding the Body, Embodying the Mind: Mindfulness-Based Emotional Processing (MBEP): A Practice to Support Emotional Healing

MBEP is a mindful process of witnessing emotional experience as it manifests in the body. When we bring caring, compassionate attention to how we experience our emotions in the body, we activate and support an intrinsic capacity for emotional regulation and emotional processing. MBEP is a simple, yet sophisticated approach which accesses the brain’s right-hemisphere functions of attunement, affective experience, body awareness, nonverbal communication and emotional memory. MBEP is a practical, useful method for initiating and promoting essential emotional regulation and processing. Participants will learn the scientific, theoretical and practical aspects of MBEP through lecture, demonstration and practice.

Robert Weisz, Ph.D., is a clinical psychologist, life coach and educator/trainer in private practice in Santa Fe. Robert is the developer of MBEP and has presented trainings in MBEP, Brainspotting and Ericksonian Hypnotherapy in the USA and internationally. He has been a practicing psychologist for 47 years.

www.mindfulnessbasedemotionalprocesssing.com

Sound and the Transcendent Experience

During our time together we will explore the history of the use of sound in spiritual and mysticism traditions around the planet and in our own lives, exploring both its healing and transcendent qualities. Some research around the relationship between sound and its effects on both the physical world and the human consciousness will be contemplated. We will also delve into some intuitive sound practices and live guided sound meditations, with the intention to hone our direct experience and relationship with sound as a passage to healing and transcendent experiences.

Lyndsey McAdams M.A., LPCC, is a ceremonial singer and psychotherapist residing in Santa Fe, NM. She has merged her classical voice training with her love for therapeutic healing work and continues to be on a soulful investigation of sound in all its magical forms.
Awakening to the Multi-Dimensional Shamanic ‘Dreamtime’

Be taken on a journey of discovery of the multi-verse in which the shaman opens their spirit to the Dreamtime to provide ‘Healing and Transformation’. The Universal, Quantum Field of the shamanic ‘World Tree’ is the axis mundi to the Divine Creation energies, where powerful forces exist to assist in the individual and collective evolvement of humanity. Learn how to safely connect to these realms by working with Helping Spirits, Mother Nature’s Elements and Trees, Chakra Activation, the setting of Sacred Space and through the building of greater awareness and self-empowerment.

Michele Rozbitsky M.A., LPCC, is a Shamanic practitioner, psychotherapist, author, ceremonialist and teacher of Shamanic Apprentices, who has explored for many years the field of deep transformation. She started ‘Peace Keepers’ for the ENIPC and has participated in extensive teachings with Wisdom Keepers from Native American, Mayan, Balinese, Peruvian and Hawaiian cultures. She is the author of Journey to the Fifth World. www.journeytothefifthworld.com

Demeter’s Wanderings and the Journey of Transcendent Embodiment: Grief, Loss, and Mystery

In her grief at the abduction of her daughter, Demeter cast the whole earth into winter. The Greco-Roman dream of this goddess explores her experiences of grief, embodiment, healing and Mystery and links these in creative ways that help illuminate our own personal stories involving the loss of innocence that seems to be an inevitable part of fully incarnating ourselves on earth. We will explore both the familiar tale enacted in Eleusis and a less-circulated story recorded in ancient wilder Lycosaura through astrology, case studies and experiential process. We will flesh out two complex processes of loss, trauma, and healing, partaking in our own way of the deep Mysteries that Demeter offered as her gift to humankind following her wanderings.

Jason Holley, M.A., LPCC, is a psychotherapist in private practice in Santa Fe. His specialty areas include addictions, trauma, sexuality, bipolar and mood disorders, gay and lesbian concerns, men’s concerns, and personality disorders. He has also been a practicing astrologer for over 25 years. He actively mentors and supervises therapists in making use of the lens of archetypal astrology in the context of therapeutic and healing work. Jason is an adjunct faculty member at Southwestern College. www.jasonholley.net

Healing through the Energies of Color

Explore the world of color from the inside-out. See how colors interact and inform our own inner landscape and are a source for healing and guidance. This workshop will offer practical tips on incorporating color energy in one’s life. We will be using visualization, journaling and art-making to discover the impact of color on our energy fields. We will be introduced to ways of using color energy for clearing and influencing the physical body or specific locations, such as an office or a home. You will also identify your own “essence” color that can be used for centering, guidance and healing.

Dru Phoenix, M.A., LMHC, is an intuitive art therapist in private practice in Santa Fe. She has been a practicing intuitive for over 25 years and with her Masters degree in Art Therapy/Counseling, and Masters certification in intuition medicine, she has committed her life to spirituality, creativity and healing. She also is the Director of Enrollment Services at Southwestern College.
Eben Alexander, M.D.

After decades as a physician and teacher at Harvard Medical School and elsewhere, renowned academic neurosurgeon Dr. Eben Alexander thought he knew how the brain, mind and consciousness worked. A transcendental Near-Death Experience (NDE) during a week-long coma from an inexplicable brain infection changed all of that – completely. Memories of his life had been completely deleted, yet he awoke with memories of a fantastic odyssey deep into another realm – more real than this earthly one! Since his 2008 NDE, he has been reconciling his rich spiritual experience with contemporary physics and cosmology.

A pioneering scientist and thought leader in consciousness studies, Dr. Alexander has been a guest on Dr. Oz, Oprah, and many other media programs. His most recent book, Living in a Mindful Universe: A Neurosurgeon’s Journey into the Heart of Consciousness, has garnered accolades from many scientists around the world who study the mind-body question and the nature of consciousness. His earlier books, Proof of Heaven: A Neurosurgeon’s Journey into the Afterlife and The Map of Heaven: How Science, Religion, and Ordinary People Are Proving the Afterlife, have collectively spent more than two years atop the New York Times and international bestseller lists. www.ebenalexander.com

Karen Newell, Co-Founder of Sacred Acoustics

Karen Newell has spent a lifetime seeking wisdom through esoteric teachings and first-hand experience exploring realms of consciousness. She empowers others by demonstrating how to connect to inner guidance, achieve inspiration, improve wellness and develop intuition. She is co-founder of Sacred Acoustics, and co-author with Dr. Eben Alexander of Living in a Mindful Universe. www.sacredacoustics.com

Lee Cartwright

There are up to 10 times as many cells of naturally occurring microflora (such as bacteria, viruses, fungi) in and on the human body as there are cells of the body itself! These micro-organisms synthesize vitamins we need, aid in the digestion of foods, secrete hormones and neurotransmitters, support the functioning of our immune system as well as many other pivotal activities. It is also well understood that microflora is “shared” with those we spend the most time with – through genetics, the birthing process, eating together, physical intimacy or simply living in the same residence.

This workshop charts new territory by exploring both 1) the role of microflora in perpetuating trauma patterns within intimate partnerships/family systems as well as 2) the potential for transforming trauma patterns through our microbiome. Through a combination of lecture, demonstration and practice sessions, students will learn a simple, consistently effective strategy for resolving trauma patterns using the microbiome.

Lee Cartwright, M.A., helps clients resolve physical, emotional and spiritual traumas in his Santa Fe practice. His therapeutic strategies are dedicated to reconnecting/reigniting the inherent healing resources of the body/psyche. With over 30 years of teaching experience, Lee’s workshops are informative, entertaining and focused on attendees gaining real-life skills. DVD’s of Lee’s past presentations on Mending Broken Hearts, The Guts to Stand up for Yourself and the Biological Drama of Trauma will be available.
REGISTRATION FORM

The 38th Annual TRANSFORMATION AND HEALING CONFERENCE
Numinous Dimensions of Consciousness and Healing

Please Note: Space is limited for all workshops. To ensure a seat, we highly recommend registering online at www.tandh.org.

Name: ________________________________ Email:____________________________________
Address: ________________________________________________________________________
City/State/Zip:__________________________________ Phone #: ___________________________

If taking the entire conference, you must mark only ONE workshop from the morning and ONE from the afternoon selections:

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SATURDAY, AUGUST 24, 9am–5:30pm 7 CECs
LOCATION: CENTER FOR SPIRITUAL LIVING, 505 CAMINO DE LOS MARQUEZ, SANTA FE
□ Living in a Mindful Universe: Insights into Consciousness—Alexander/Newell

SUNDAY, AUGUST 25, 2pm–5pm, 3 CECs
LOCATION: CENTER FOR SPIRITUAL LIVING, 505 CAMINO DE LOS MARQUEZ, SANTA FE
□ Transforming Trauma through the Microbiome—Lee Cartwright

Make check payable to: Southwestern College

If you’re not able to register online, you may fax or mail this form with payment to:
Southwestern College
T & H Conference
3960 San Felipe Rd.,
Santa Fe, NM 87507

If paying by credit card, you may fax completed form to: (505) 471-4071.

Payment for tickets is non-refundable after August 1st.

Office: 505-471-5756,
Mon.-Fri. 9am-5pm
Toll-free: 877-471-5756
Fax: 505-471-4071
Questions?
Email: conference@swc.edu

I am applying for CECs: □ YES □ NO (no additional charge)

| □ Entire conference (Early bird rate before Aug. 1) | $395 |
| □ Entire conference (SWC Students & Seniors before Aug. 1) | $375 |
| □ Entire conference (After Aug. 1) | $425 |
| □ Wed. - Fri. workshops (3 CECs each) #_____ workshops @$40 = $_____ |
| □ Saturday, Alexander/Newell, 9am - 5:30pm (7 CECs) | $135 |
| □ Sunday, Lee Cartwright, 2pm-5pm (3 CECs) | $ 65 |

TOTAL DUE: $__________

Please charge my: □ Visa □ MC □ Discover □ AmEx OR Check #_________ Enclosed
Card #: ___________________________ Expires: ____________ CVV Code: ______
Authorized Signature: _________________________________________________________________