Workshops | Virtual Participants

Thursday

New Remedies for Old Wounds - *Dr. Catherine Meeks*

What tools do we need to heal the wounds of racism, sexism, ageism, ableism, and other dehumanizing systems? This workshop explores remedies for personal and planetary healing, asking the central question: Do we want to be well?

Modern Mysticism: Today's Encounters with the Holy - *Sheri Kling*

Many people today report profound encounters with mystery — near-death experiences, angelic visitations, and other spiritual phenomena. This workshop invites conversation about these extraordinary experiences and explores their meaning in contemporary life.

Thriving as a Highly Sensitive Soul - *Laura Horton Ludwig*

Do you sense the emotional undercurrents in every room? Need more alone time than most? Often feel overwhelmed by noise, crowds, or conflict? You may be a highly sensitive person—part of the 30% of the population wired for deep emotional and sensory processing. In this workshop, we'll explore the gifts and challenges of high sensitivity, how it intersects with spirituality, and what it takes to thrive. You'll also have the chance to take a short, research-based self-assessment by Dr. Elaine Aron to see if this trait resonates with you: hsperson.com/test/highly-sensitive-test. Come connect with fellow sensitive souls in a space of understanding, reflection, and encouragement.

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Friday

Religion as the Zest for Life - *Ilia Delio*

Carl Jung spoke of religion as a natural process of individuation, aligned with the evolution of consciousness. His insights offer guidance for navigating religion in an age of science, helping us explore how science and spirituality can form a unified field of knowledge.

Working with the Healing Power in Your Dreams and Individuation - *Bob Hoss*

Working with dreams, you gain insights about waking life situations a dream is dealing with. Going deeper, you may find that the dream is more about emotions and reactions to said event. Participants will leave with methods for revealing conflicts and barriers the dream speaks to, and five clues for recognizing the self-healing resolutions dream contain. Bring a dream to work with if you like.

Spiritual Practices for Highly Sensitive Souls - *Laura Horton Ludwig*

Highly sensitive people often absorb the energy, emotions, and moods of others—sometimes without even realizing it. This can lead to fatigue, sleeplessness, irritability, or unexplained sadness. In this experiential workshop, we'll engage in three supportive practices: two simple tools for energetic protection and clearing, followed by a guided meditation. This closing meditation invites your intuitive gifts to surface as you meet a spiritual wisdom teacher and receive insight connected to our conference theme: Sacred Cosmos, Sacred Soul. You're welcome to attend either or both sessions—no prior attendance or experience required.

Workshops | Virtual Participants

Saturday

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The Dream Roundabout - *Darby Christopher*

Explore a unique tool called the Dream Roundabout, designed to illuminate different approaches to dreamwork. We will journey with a dream, traveling paths like Association Lane, Suchness Boulevard, Imaginal Circle, and Animation Way to uncover any of its gifts.

Workshops | Virtual Participants

Sunday

Archetypal Playground - *Danielle Shroyer*

Come explore archetypes of the feminine, including the Queen, in this interactive workshop with stations and space for reflection. In addition, there will be time for conversation about the keynote presentation on this topic and explore the content more deeply.

Blessings: Restoring the Sacred Masculine in Real Time - *Tony Caldwell*

Many conversations about masculinity end at the problem — disconnection, distortion, and loss. This workshop offers a path forward. Together, we'll explore how to restore the sacred masculine through everyday practices and intentional presence. This is not gender-specific work; it calls on all of us to help recover what has been lost through generations of domination, isolation, and trauma. Join us in this repair, reorientation, and blessing.