

WAINWRIGHT HOUSE NEWSLETTER

A quarterly publication of Wainwright House



Spring 2009

Home for Mind, Body & Spirit

Volume 1, Issue 5



Trees For Life Trees and Plants Power Our Planet

By now we all know carbon dioxide emissions are a major contributor to global warming. But carbon dioxide is also a building block in the atmosphere. Neither the ocean, the air, nor the rocks of the earth have the power to turn carbon compounds back into organic carbon compounds. Only living things can do that and 999 times out of a thousand, photosynthesis is the way in which they do it. All the organic carbon molecules we are made of rely on some plant having used sunlight to take some carbon out of the inorganic world and refashion it into a form suitable for the living.

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Cancer Symposium with Bernie Siegel, MD

Wainwright House is honored to have Bernie Siegel, MD as keynote speaker at our Cancer Symposium. Dr. Siegel, who prefers to be called Bernie, has been helping patients empower themselves since 1978. As a leading advocate of alternative healing and patients' rights, in 1978 Bernie originated Exceptional Cancer Patients, a specific form of individual and group therapy utilizing patients' drawings, dreams, images and feelings. ECaP is based on "carefrontation," a safe, loving therapeutic confrontation which

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SAVE THE DATE

May 2 1:00 to 5:00 PM
Cancer Symposium with
Bernie Siegel, MD
Plus breakout sessions
with cancer professionals

June 18 7:00 to 9:00 PM
Summer Solstice Celebration

July 25 7:00
Rock n Roll Fund Raiser
featuring The Dragon Coasters

August 15
4th Annual Healing Arts Fair

Meditation at Wainwright House

Group Meditation &
Healing Circle
Guided and silent meditation
and blessing circle.
*Every Wednesday evening
at 8 PM*

Community of Mindful-
ness Meditation Group
Inspired by the teachings of
Thich Nhat Hanh
*Second and fourth
Thursday of each month
at 7:00 PM*

Wainwright House Winter Events

Trees for Life Art Shows & Jazz Brunches

This past winter Wainwright House had two Trees For Life art exhibits, in partnership with The Environmental Advocacy Group of Rye featuring artists Elasa Schaff-Smith and Rye icon, Howard Bratches. Friends also enjoyed three Jazz Brunches with delicious buffets prepared by Corner Stone Caterers of Rye and the great music of Annette St. John, Arcade Trio and Nolan Ericsson Trio.



Trees & Plants Power Our Planet

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This means we need to plant trees, many trees and increase our gardens. How can we do this? Support local groups such as the Environmental Advocacy Group of Rye. They are actively working to combat street pollution and flooding by planting street trees. If you own a home on a quarter acre or more, plant at least two hardwoods or two conifers – one in front and one in the back to absorb CO₂ and combat heat pollution emitting from roofs and hard surfaces. If you own more property the

number of trees you should plant is the same percent plus twenty percent additional for each half acre. Add all the decorative trees you want, but start with the hard workers such as Oaks, Lindens and Norway spruce.

If we each take responsibility for our footprint, we will make a noticeable difference. Neighborhoods will be cooler in summer, there will be more summer showers, more oxygen, cleaner air in your neighborhoods and towns. If we do our part, town, city and county governments will be forced to follow. For further information please call Breath of Spring Landscaping at 914-738-3865.

Cancer Symposium

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facilitates personal lifestyle changes, personal empowerment and healing of the individual's life. Motivational, inspirational and down-to-earth, Bernie's message of hope and love is extended to all seeking a whole-person approach for living life fully each day.

The Peale Foundation is sponsor for the symposium, as well as Gilda's Club of Westchester, White Plains Hospital Center, Greenwich Hospital Center for Integrative Health and The Rye YMCA. For a full list of speakers please go to our website- www.wainwright.org



A Theatrical Celebration of Rumi: Poet and Mystic For All Times, May 29

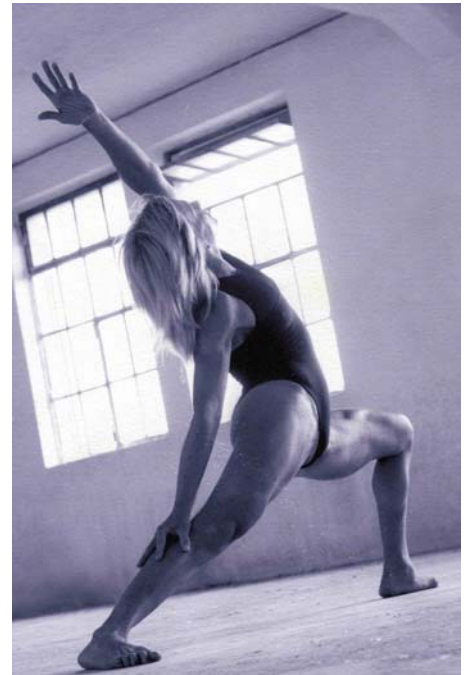
“Come, Come, Come, Come, Whoever you are – wanderer, wor- shiper, lover of leaving. Ours is not a caravan of despair... Ours is a caravan of endless Joy!” - Rumi

Join Ron and Victoria Friedman, co-founders of Vistar Foundation for a celebration of the passionate life of Mevlana Jalaluddin Rumi, Sufi mystic and poet whose very name stands for love, ecstasy and union with the beloved. Learn about Rumi’s spiritual journey of intrigue, mystery, jealousy and even murder. This interactive evening will include a lecture and discussion on Rumi’s major themes of longing, separation, transcendence and fulfillment.

Voicepoint, Vistar’s theatrical ensemble, will present dramatic and choral excerpts from their production “Rumi: Heart of Unity” which has been performed in major spiritual centers, poetry festivals, and at the UN. This is an evening of warmth, connectedness, spiritual insights, music and light. Time for socializing and light refreshments will be available. Please visit <http://www.vistarfoundation.org> for more information. *May 29, 7:30 PM at Wainwright House.*

Budokon: Path of the Spiritual Warrior

Budokon is a holistic system integrating yoga, martial arts, meditation and lifestyle choices. The physical practice dances between agility, control, power, balance and flow. The principles of the Budokon philosophy are simplicity, integrity and compassion. Join Renee Diamond at The Budokon Workshop on April 18. Yogis will enjoy approaching familiar asanas in a whole new way and put their yoga into dynamic action! Those coming from the martial arts path will explore the yin, sensual aspect of their forms from the yogic vantage point. The Budu-



kon Series beginning April 25 will develop the techniques to mastery. To learn more about Renee or Budokon visit diamondfit.com or budokon.com.

Emotional Freedom Techniques: Melinda Martin Brings Healing to Many

Melinda Martin’s EFT series are so much in demand, we run them every season to full capacity. EFT, Emotional Freedom Techniques, is a natural healing aid you can use on yourself for almost everything. EFT involves tapping energy meridian points to release blocked energy to relax, calm and modify the anxiety response. EFT fosters body awareness and enables positive cognitive shifts. EFT is now used to help soldiers overcome post-traumatic stress disorder (PTSD) quickly. Our 6-week series will allow you to progress in your use of EFT as each week reinforces and builds on the work of previous weeks. The class is limited to the first 10

people who pre-register and pre-pay. EFT Introduction is scheduled for May 16, and the series starts May 20.

Melinda Martin, LCSW, CASAC has over 26 years experience in helping people heal mind, body and spirit. She is highly trained and familiar with many experiential forms of healing that release addictions, pain, anxiety and depression. She is comfortable with helping people who follow a wide variety of spiritual paths and is deeply committed to her own spiritual growth. Melinda can help you to discover your gifts and true nature so you will be able to “make a difference”. For more information visit: www.emofree.com

Join Wainwright House!

Please check your level of support in box at right. All donations may be tax deductible*. Friends receive a discount for Wainwright House programs.

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

E-mail: _____

Send your check to: Wainwright House, 260 Stuyvesant Ave, Rye, NY 10580

To pay by Visa or MasterCard register online at www.wainwright.org or call (914) 967-6080.

**Wainwright house is a 501(c)(3) non-profit organization. Contributions are tax deductible according to the law. Consult your tax specialist for details.*

____ \$75 Individual Friend*

____ \$150 Family

____ \$500 Sponsor

____ \$1,000 Patron

____ \$3000 Grand Patron

____ \$5000 Benefactor

**Student and Senior Citizens, \$65.*

I/we wish to donate a gift of \$ _____

Enclosed is my company's matching gift form



Gratitude Rock

Is there someone you wish to honor or memorialize?

For your \$500 donation, Wainwright House will inscribe a gratitude rock with your name or the name of someone you wish to honor. The engraved rocks will surround our seven circuit, seaside labyrinth. Please call for details.



Wainwright House

260 Stuyvesant Avenue
Rye, NY 10580

(914) 967-6080 Fax (914) 967-6114

www.wainwright.org

Non-Profit Organization

U.S. Postage

P A I D

Rye, NY 10580

Permit No. 1024

Wainwright House Programs – Spring 2009

The Art of Resilience

with Neerja Arora Bhatia

Saturday, April 18, 9:00 am – 2:00 pm

\$45 / Friend \$40

Stop resisting change. Learn to recover quickly from setbacks. Gain awareness, openness, optimism and courage. Artfully combine the power of your feelings, critical thinking, and the will to take significant steps towards great possibilities.

Neerja Arora creates life-altering experiences by helping individuals see through the not so obvious, the root cause of problems. Neerja is unique in her ongoing research and unbreakable belief in human greatness - once we begin to unleash our greatness, we become extraordinary.

Prevention and Relationship Enhancement (PREP)

with Rachel Moheban, LCSW

Saturday, April 18, 9:30 am – 4:30 pm

\$230 per couple / Friends \$200 per couple

Prevention and Relationship Enhancement Program (PREP), based on 20 years of research, teaches couples how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness, preserve and enhance love, commitment and friendship. Interactive workshop unfolds in a beautiful, relaxing and safe environment under the leadership of an experienced, compassionate couples counselor.

Rachel Moheban, LCSW holds a Masters Degree in Social Work from NYU and practices privately in New York City. She is trained at the Ackerman Institute for the Family and certified by the Prevention and Relationship Enhancement Program (PREP) to instruct and provide training for couples.

The Budokon Workshop: Path of the Spiritual Warrior

with Renee Diamond

Saturday, April 18, 3:00 pm – 5:00 pm

\$35 / Friend \$25

The Budokon Workshop delivers a broad spectrum of techniques to give you a taste of the challenge and fun of being a Spiritual Warrior. Yogis will enjoy approaching familiar asanas in a whole new way. Those from the Martial Arts path will explore the yin, sensual aspect of their forms from the yogic vantage point. The Budokon focus is on Zen mind: openness, awareness in the moment; to respond, not react.

Renee is a certified yoga teacher, personal trainer, Budokon Sensei, and creator of The Diamondfit Method. Renee teaches at Equinox Fitness clubs. Her yoga practice, a blend of strength, grace, precision and fluidity, is inspired by her teachers Shiva Rea, Duncan Wong, Cameron Shayne, Nevine Machaan and her mentor and guru Tao Porchon Lynch. See Renee's website here: www.diamondfit.com/workshops.html Learn more about Budokon here: www.budokon.com

Imagine That! Teaching Guided Imagery to Children

with Genevieve M. Lowry M.Ed, CCLS, Reiki Master

Sunday, April 19, 9:00 am – 12:30 pm

\$45 / Friend \$40

\$5 materials fee payable to instructor at workshop

Learn art activities and games that teach children visualization, guided imagery and relaxation techniques. Hands-on workshop offers strategies for presenting information to children to boost self-esteem, cope more effectively with stress and anxiety, and for general well being. Learn developmentally appropriate language, strategies, and techniques to encourage the use of guided imagery, visualization, and relaxation techniques.

Genevieve runs her own private practice, Practical Parenting Solutions, incorporating guided imagery, energy medicine, and a common sense approach to parenting. An adjunct professor at the Bank Street College of Education in New York, Genevieve is also a Reiki Master, accomplished lecturer, and published author.

Soul Journaling

with Catharine Clarke

Sunday, April 19, 10:00 am – 4:00 pm

\$60 / Friend \$50

Do you give your inner life the attention it deserves? Experience Soul Journaling, an Affiliated Workshop of the Marion Woodman Foundation. Soul Journaling creates a safe and sacred circle so that you can listen to your wellspring of inner stillness. Please bring a brown-bag lunch, blanket, pillows or mat, and a journal. Dress comfortably.

Catharine Clarke is a professional writer, editor and counselor in the Hudson Valley.

A Psychic Journey

with Litany Burns

Wednesday, April 22, 7:00 pm – 9:00 pm

\$45 / Friend \$35

Join internationally renowned clairvoyant, channeler, author and filmmaker Litany Burns in a unique evening of poignant and funny true-life Psychic Stories, Questions and Answers, as well as practical Intuitive Exercises. Bring questions you've always wanted to ask of one of the 100 Top Psychics in America. Learn to connect more deeply with your own intuition through practical exercises, and discover what's going on with this planet from a spirit's view. No personal readings will be given.

Litany Burns is an internationally respected clairvoyant, channeler, healer, author, filmmaker and lecturer. Her first book Develop Your Psychic Abilities sold over 250,000 copies in the U.S. Her ground breaking DVD "Develop Your Psychic Powers" is recognized as "one of the most comprehensive videos on the subject in the U.S." Invited to work with the Manhattan D.A. on the infamous "Son of Sam" case, Litany has contributed to Jane Magazine and has been featured in Elle, Redbook, Mademoiselle, The NY Times, The LA Herald Examiner, The London Daily Mail (Sunday Magazine), and The Wall Street Journal. Lecturing frequently, Litany has taught over 500 seminars in New York, California and London.

Greenwich Hospital Healthy Eating Lectures Healthy, Easy Family Meals

with Gavin Pritchard, M.S., Registered Dietician and former Executive Chef

Thursday, April 23, 1:00 pm – 2:00 pm

Free Program

Program is co-sponsored by the Rye YMCA.

Second Day of Mindfulness

with The Nuns of Blue Cliff Monastery

Saturday, April 25, 9:00 am – 2:00 pm

\$45 / Friend \$35

Live Dharma talk by a resident Dharma teacher from Blue Cliff Monastery. Other activities include walking meditation (outside weather permitting), seated meditation, sharing a silent vegetarian meal, and a discussion of the practice of mindfulness. You do not need to be experienced in meditation to participate, learn and enjoy this day. All are welcome. Please bring vegetarian lunch. Coffee and tea will be available. Bring sitting cushions and blankets if you have them. Chairs and a small number of cushions and pillows will also be available.

Pre-registration is required. Please register early to avoid disappointment, online at www.wainwright.org or call 914-967-6080. Complete program details are on the website.

Wainwright House Programs – Spring 2009

Blue Cliff Monastery was established in 2007 in upstate New York as an extension of Plum Village meditation center in France, founded by the Venerable teacher Thich Nhat Hanh. Thich Nhat Hanh is one of the best known and most respected Zen masters in the world today, as well as poet, peace and human rights activist. Mindfulness includes the cultivation of the path of peace, reconciliation, and happiness.

Budukon 8-Week Series: Path of the Spiritual Warrior

with Renee Diamond

Saturdays: April 25, May 2, 16, 30, June 6, 13, 20 and 27

3:00 pm – 4:15 pm

\$275 / Friend \$240 (series)

The Budukon 8 week Program will develop the techniques to mastery.

- Yogic asanas including backbends, balances (standing and arm) and inversions, particularly handstand.
- Rolling techniques for core strengthening
- Budukon techniques: stances, kicks, punches, blocks, groundwork
- Animal Series - action asanas across the floor; conditioning work

Series is limited to 12 participants.

Renee has been teaching physical disciplines for over twenty years. Please see her bio under April 18 Budukon Intro program.

Planning Ahead for Elder Care: Caring for your Aging Parents and Yourself

Moderated by Steven Gottlieb, Financial Services Representative

Thursday, April 30, 7:00 pm – 9:00 pm

\$15 / Friend \$10

Proceeds will be donated to Alzheimer's Association of Westchester

A panel of experts shares their wisdom about planning for the care of your aging parents, or yourself. Proceeds from the program will be donated to Alzheimer's Association of Westchester. Ruth Ahearn of the Alzheimer's Association will be available to answer questions about the Association and its services.

Dr. Marjorie Piazza is a Board Certified Diplomate in Clinical Social Work, as well as a PhD in Holistic Health Sciences in practice since 1976. Patricia Bave-Planell, Esq. is an elder law specialist in practice over 23 years guiding clients through the complex legal and tax issues. Steven Gottlieb, panel moderator, is an intuitive healer who helps empower individuals and their families with holistic approaches to healing and well-being and is certified with the New York State Partnership for Long-Term Care. Frank Sisco, CPA and Personal Financial Specialist has provided a holistic approach to his work for over thirty-five years, integrating an understanding of the many sides of an individual's life and money. Terrence F. Sloane, CLU, President of The Sloane Agency has been serving Brokers and Agents since 1976.

Preparing for 2012

with Judith Oates

Sunday, May 3, 9:30 am – 3:30 pm

\$50 / Friend \$40

The Collective Consciousness uses the precession of the equinoxes as its timekeeper to make significant adjustments to both the planet and society. This is a time when there is a quantum leap in both consciousness and evolution. Receive constructive guidance about what may occur before, on and after the end of the Mayan Calendar and why. Physical, emotional, psychological and spiritual perspectives are elaborated upon. There will be a 45 minute break. Please bring lunch and enjoy the grounds.

Judith Oates is a graduate of USC and a student at Anthroposophical and Gnostic schools, as well as student of metaphysics and interviewer of leading clairvoyants for the past forty years. Co-author of the Lyra Legacy Chronicles, with first-hand experience of UFO sightings and the existence of the New World Order.

Writing from The Heart: Finding Your Own Voice Workshop

with Nancy Slonim Aronie

Sunday, May 3, 10:00 am – 4:30 pm

\$130 / Friend \$120

Reclaim your voice using your own language, your own rhythms and your own story. By honoring your instincts, not trying to sound like a "WRITER" or trying to get an A from the teacher, you'll tap your inner source of creativity and unleash the voice inside of you.

Nancy Slonim Aronie has been a college teacher (Trinity College and Harvard University); a magazine columnist (McCall's;) and is a commentator for NPR's All Things Considered. She is the author of Writing from the Heart, Hyperion, currently in its sixth printing. She teaches the Chilmark Writing Workshop in her home on Martha's Vineyard.

Free Program for Children and Parents:

Paws a While to Read

with Mamaroneck Library

Sunday, May 3 and June 7, 2:00 pm – 4:00 pm

Free Program

Children can read with Charly and Nettie, Mamaroneck Library's own CGC/TDI (Canine Good Citizen Therapy Dogs International) ambassadors in the seaside tent. Strict parental supervision is required. No food or drink allowed on premises for the safety of the dogs and the environment. Please call to register. **Program is co-sponsored by the Rye YMCA.**

Mysticism and a Course in Miracles

with Jon Mundy, Ph.D.

Saturday, May 9, 9:00 am – 2:00 pm

\$40 / Friend \$30

"Mystics in every religion speak the same tongue and teach the same truth," Swami Vivekenanda. When we study the teachings of the mystics, we find similarities with A Course in Miracles.

Jon Mundy, Ph.D. is a college professor, retired minister and the author of 8 books including his newest book, What is Mysticism? He was introduced to the Course by its scribe Dr. Helen Schucman in 1975.

Living with Uncertainty

with Suzanne Hanna, LCSW-R and

Patty Kelly, Certified Life Coach

Saturday, May 9, 2:00 pm – 5:00 pm

\$50 / Friend \$40

We cannot control illness, economic instability, or other people's behaviors. The only true power we possess is our attitude toward our situation in the present moment. We can learn to accept "what is" and not create unease by investing in self-limiting thoughts and beliefs. Through experiential exercises, meditation, guided visualizations and dialogue, we will discover areas where we are defeating our full potential.

Suzanne Hanna holds a Masters of Social Work (MSW) from Fordham University. A licensed clinical Social Worker (LCSW-R,) she holds a Post Masters Degree in Psychological Trauma and Recovery from Fordham University. Patty Kelly is a certified Personal Life Coach from ICF (International Coaching Federation.)

Pre-registration is required. Please register early to avoid disappointment, online at www.wainwright.org or call 914-967-6080. Complete program details are on the website.

Wainwright House Programs – Spring 2009

Introduction to Emotional Freedom Technique

with Melinda Martin, LCSW

Saturday, May 16, 10:00 am – 1:00 pm

\$50 / Friend \$45

Melinda Martin's programs on EFT are so popular that each one fills to capacity. EFT involves tapping energy meridian points to release blocked energy to relax, calm and modify the anxiety response. EFT fosters body awareness and enables positive cognitive shifts. Learn how to use EFT on yourself to heal old traumas, curb bad habits, and gain a new sense of freedom and happiness in your life. EFT is now used to help soldiers overcome post-traumatic stress disorder quickly and often works when nothing else will.

Melinda Martin, LCSW, CASAC has over 26 years experience in helping people heal mind, body and spirit. She is highly trained and familiar with many experiential forms of healing that release addictions, pain, anxiety and depression. Comfortable with helping people who follow a wide variety of spiritual paths, she is deeply committed to her own spiritual growth. Melinda helps clients discover their gifts and true nature so that they are able to "make a difference" and be joyous, happy and free.

EFT Series for Healing and Prosperity

with Melinda Martin, LCSW

Wednesdays: May 20, 27, June 3, 10, 17 and 24

7:00 pm – 8:30 pm

\$175 / Friend \$160 (series)

The 6-week series will allow you to progress in your use of EFT as each week reinforces and builds on the work of previous weeks. The class is limited to the first 10 people who pre-register and pre-pay.

Greenwich Hospital Healthy Eating Lectures Fueling the Scholastic Athlete

with Erica Christ, M.S., Registered Dietician

Thursday, May 21, 1:00 pm – 2:00 pm

Free Program

Program is co-sponsored by the Rye YMCA.

Ah-Man Freedom Workshop – An Invitation to Trust

with Michael Hoare

Saturday, May 23, 9:00 am – 2:00 pm

\$50 / Friend \$40

Open for the first time to men and women, this workshop is for those who've experienced tragedy, addictions, abuse, unhealthy relationships and have been hurt or scarred by them. You will be introduced to Ah-Man and learn why the Primordial men/women are running your life. Through guided meditation and writing, reconnect to those "old" feelings of mistrust that you are hard wired to. Then, you will learn to see them from a different perspective, opening to more hope, confidence and conviction in your life today

Michael Hoare grew up in an abusive home and lost both of his parents to alcoholism by his 16th birthday. Following many years of pain and suffering he arrived at his own sobriety and began his healing process. Michael credits his ability to reach peace and acceptance to his willingness to trust and surrender to God and to forgive, understand, and ultimately love those who had abused him. This unique journey enables Michael to help others find their spiritual anchor. A Certified Angel Therapy Practitioner ® and an Ordained Minister, Michael is dedicated to helping others free themselves from their cycles of self destruction.

Sunset Tarot at Wainwright House

with Michael Orlando Yaccarino

Thursdays: May 28, June 11, June 25, July 9 & July 23

5:00 pm – 8:00 pm by appointment

15 minute reading: \$15, 30 minute reading: \$30,

45 minute reading: \$45 – Some walk-ins may be available.

Please call ahead for availability.

Experience a private reading as the sun sets over the harbor with renowned Tarot expert Michael Orlando Yaccarino. Enjoy a session lasting 15-minutes, a half-hour, or 45-minutes. The readings will take place on the seaside lawn weather permitting. While walk-ins are welcome, reservations are recommended. It is best to call ahead to reserve ahead and pre-pay for your reading.

Michael Orlando Yaccarino is a Certified Professional Tarot Reader and creator of Tarot Journey—the popular beginner's workshop he continues to present at Wainwright House. His unique gift combines decades of personal exploration, intuitive knowing, and study with many renowned Tarot specialists. A member of the world's leading Tarot organizations, Michael conducts numerous private and corporate sittings regularly, while teaching and writing about the cards.

Theatrical Celebration of Rumi: Poet and Mystic for All Times

with Ron Friedman, MD and Victoria Friedman

Friday, May 29, 7:00 pm – 9:30 pm

\$45 / Friend \$35

"Come, Come, Come, Come, Whoever you are - wanderer, worshiper, and lover of leaving. Ours is not a caravan of despair. Ours is a caravan of endless Joy!" ~ Rumi

Join Ron and Victoria Friedman, Co-Founders of Vistar Foundation for a Celebration of the passionate life of Mevlana Jalaluddin Rumi, Sufi mystic and poet whose very name stands for Love, Ecstasy and Union with the Beloved. Learn about Rumi's spiritual journey which is one of intrigue, mystery, jealousy and even murder. This interactive evening includes lecture and discussion on Rumi's major themes of longing, separation, transcendence and fulfillment. Learn how Rumi's timeless messages are moving in our lives in the present. You will be invited to enter the conversation using the Vistar Method of Communication (VMC), an evolutionary structure for accessing Collective Consciousness. Voicepoint, Vistar's theatrical ensemble, will present dramatic and choral excerpts from their production "Rumi: Heart of Unity" which has been performed in major spiritual centers, poetry festivals, and at The United Nations. This is an evening of warmth, connectedness, spiritual insight, music and Light. There will be time for socializing and light refreshments will be available.

Ron Friedman, MD, and Victoria Friedman, visionaries and pioneers in the field of group awakening, Co-Founders of Vistar Foundation, are dedicated to exploring the Power and Potential of Collective Consciousness. Ron, a Pathologist, and Victoria, a Ceramic Artist, developed the evolutionary Vistar Method of Communication (VMC) for accessing the Unified Field of unlimited possibility for individual and group awakening, for creativity and for true unity. They have 25 years experience with intensive spiritual group work, and at Vistar have trained Vistar Teachers, developed intensive workshops, and are instrumental in Voicepoint, Vistar's theatrical ensemble which has performed at the UN, arts festivals, universities and spiritual centers.

Wainwright House Programs – Spring 2009

Meditation of the Masters for Men

with William Evarts

Saturday, June 6, 9:30 am – 2:00 pm

\$45 / Friend \$40

Men may have a greater challenge connecting with the divine within than women. The reason is simple: Women carry the seeds of the 'void' or 'Great Mystery' within their wombs already, allowing them to give birth to new lives. William will introduce meditations for men taught to him by his spiritual teachers which will allow men to access their Hearts, Higher Selves and Great Mystery. William Evarts was an apprentice to Don Miguel Ruiz a Toltec Nagual/Shaman and Spiritual Master and the author of The Four Agreements and Lakota Spiritual leader, Grandfather Wallace Black Elk. You can read about Grandfather Wallace Black Elk in [The Sacred Ways of the Lakota](#).

William Evarts is a writer, teacher and life guide. Allow William to help you quiet the mind to hear the dreams and truth of your own heart. William offers lectures, workshops and tours, all with the purpose of unleashing the magic and power within you. His CD, 'A Bridge between Worlds' was released in April 2008.

Let Love in with Hypnosis

with Debra Berndt

Saturday, June 13, 9:30 am – 2:00 pm

\$55 / Friend \$45

Tired of being single? Do you repeat the same patterns with every relationship? Are you ready for the love you truly deserve? Through written and hypnosis exercises that access your intuitive gifts, begin to transform blocks in your subconscious mind to attract true love. Uncover the beliefs that hold you back from love, become more naturally confident, learn to really believe love is possible for you. Acquire the tools to create the mindset to let love into your life.

Debra Berndt is a Certified Hypnotic Coach who has worked with thousands of singles to help them get their mind in the right place for love. Debra is the host of The Love Coach radio show on Real Coaching Radio Network and the author of the book, [Let Love In. How to Open your Heart and Mind to your Dating Destiny](#) to be published by Wiley in 2010. Debra is also a Certified Hypnotic Coach/Instructor at the Colorado Coaching and Hypnotherapy Training Institute.

Living from the Heart: Toward Making Heart-Centered Choices

with Bethany

Saturday, June 13, 10:00 am – 1:00 pm

\$60/ Friend \$55

The key to making heart-centered choices is trusting ourselves, yet most of us are programmed by our cultures for survival, which is based in fear. In this workshop, we will use culture as a tool to deconstruct the formation of the fear-body that lives inside of us and take back our power from fear-based values and beliefs. In re-establishing self-trust at the center of our lives, we are able to move away from externally driven actions and behavior. We will explore an alternative set of guidelines that is not culturally based, but derived from the wisdom built into our own body's energy centers, to assist us in living from the heart.

Bethany is a peacemaker and emotional healer who listens from her heart to connect with her clients' innermost desires and bring these into their conscious awareness. Bethany uses a variety of tools to facilitate discovery and processing of blocks to support her clients in authentic living. She has practiced Therapeutic Touch for over 20 years, is Board Certified by the American Reflexology Certification Board and certified in Coaching with Love™.

My Purpose

with Cindy Miller

Saturday, June 20, 10:00 am – 2:00 pm

\$45 / Friend \$40

Are you trying to find and understand your purpose? Are you having a hard time knowing why you are here or what you want to do? This workshop will give you the tools to figure out all your possibilities. Intuitive insight will be used and discussed. This class will help you discover more about you and your life.

Cindy Miller is an intuitive, coach and inspirational writer. One of her many passions is helping people transform their lives. She did it, you can too! Her faith and God are what sustain her. She was chosen to be a VIP reader in NYC at the "Largest Gathering of Psychics" to help promote the television show, "Psychic Detective." Cindy was also part of a psychic panel on Houdini in NYC.

Unity Made Visible: The Urantia Book

with Peter Laurence Ed.D.

Thursday, July 9, 7:00 pm – 9:00 pm

\$25 / Friend \$20

Spiritual seekers are constantly asking the major questions of existence. The Urantia Book may hold some of the truths we seek. The Urantia Book, first published by Urantia Foundation in 1955, claims to have been presented by celestial beings as a revelation to our planet, Urantia. Many who have read it accept this assertion. The Urantia Book offers a clear and concise integration of science, philosophy, and religion. The Urantia Book is not a "religion" per se. It builds upon the religious heritages of the past and present, encouraging a personal, living religious faith. Some the questions to be explored in this workshop include:

- What is truth?
- Is there a Creator?
- What is the meaning of good and evil?
- Do people really have free will?
- What is the purpose of life?
- What constitutes spiritual growth?
- What is death?

Explore your understanding of these issues from your own heart.

Peter Laurence, EdD. Is the Co-founder and Director of the Education as Transformation Project at Wellesley College.

Painting from the Inside Out

with Eve-Marie Elkin Schaffer LCAT, LMSW

Saturday, July 18, 9:30 am – 2:00 pm

\$70/ Friend \$60

Painting from the Inside Out is a liberating process using paint as a catalyst for growth and exploration. Nurture your creative self and express what is deep within, spontaneously, without judgment or concern for the outcome. Experience the freedom of allowing intuition to guide the brush and the paint as you "get out of your own way." No formal art training is involved. No skills are required. Allow your authentic self to emerge. All art materials are included. Please bring a bag lunch to the workshop.

Eve-Marie lived in Berlin Germany where she acquired her degree in Social Work in 1980. While raising her four children, she supplemented her part-time practice with Phoenix Rising Yoga Therapy, additional training at Center for Intentional Living, Integrated Kabalistic Healing, Family Constellation work and Process Painting with Michele Cassou. These experiences continue to inform Eve-Marie's work. Please visit her website at: www.paintinginsideout.com.

Please check our website for full program details and the most up to date schedule.

Pre-registration is required. Please register early to avoid disappointment, online at www.wainwright.org or call 914-967-6080. Complete program details are on the website.