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MAGAZINE

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NAROPA IN THE WORLD





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Naropa University is a private, nonprofit, nonsectarian liberal arts institution dedicated to advancing contemplative education. This approach to learning integrates the best of Eastern and Western educational traditions, helping students know themselves more deeply and engage constructively with others. The university comprises a four-year undergraduate college and graduate programs in the arts, education, environmental leadership, psychology and religious studies.

Naropa University is accredited by the Higher Learning Commission and is a member of the North Central Association of Colleges and Schools.

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Naropa in the World

The world in which we live constantly bombards us with messages and information. In a study called *How Much Information? 2009: Report on American Consumers*, the Global Information Industry Center at the University of California, San Diego, indicates that Americans spend a considerable amount of time at home receiving information, an average of 11.8 hours per day.

Imagine that—the average American spends almost twelve hours per day at home receiving information through television, newspapers, magazines, email, ezines, facebook, twitter, websites, movies and a plethora of other sources. We are barraged with messages, and thus communicating is becoming a little like trying to whisper in a crowded room—there is so much noise that it is hard to get the attention of anyone.

As we find ourselves flooded with statistics, news and opinions, it becomes harder and harder to filter through the noise and evaluate what is truly important. It seems that we are more challenged than ever before to balance this steady stream of information with equal portions of thoughtfulness and reflection. This is why Naropa University is committed to a contemplative lifestyle that offers the opportunity to turn down the noise and fully embrace our complex and interdependent world as an individual armed with compassion, faith and wisdom. Amid the constant inundation of information, our community of the contemplative thoughtfully and carefully evaluates this stream of information to understand the implications for how we should act in this fast-paced world.

As many people watched the news to see what was occurring in Haiti following the recent earthquakes, Naropa students were evaluating what they could do to be helpful and supportive in the long term. Thus was born Naropa Supports Haiti, an initiative led by Naropa students to provide short and long-

term assistance to the Haitian people by sponsoring fundraisers and developing cooperative relationships. It is a hallmark of our institution to act in the world in a responsible manner and to move beyond observation to critical thinking and rapid assistance when crises arise.

This is why contemplative education is so important. For us to make a significant difference in the world, our efforts must be truly coordinated in a spirit of service borne out of a genuine sense of compassion and understanding of our common humanity.

The great author Leo Tolstoy once said, “The vocation of every man and woman is to serve other people.” This is the true vocation that we hope will rise out of the practice of meditation, reflection and contemplation that we embrace. “Naropa in the World” is not just a concept that we believe is good for students to adopt as part of their lifestyle. Serving others is at the core of what we want our students to be, given the education they receive here. We seek to cultivate life-long learners engaged in personal transformation and peaceful and deliberate action in support of lasting and meaningful change towards a more just and sustainable world.

In the Spirit of Service,

Stuart C. Lord, President



Naropa to Co-host Boulder Institute on Mindfulness

This summer, Naropa University will team with FACES Conferences to present the first annual Boulder

Institute on Mindfulness entitled: "Buddhism & Psychology: The Art of Counseling." The program is sponsored by Naropa University Extended Studies, which is offering a limited number of discounted tickets to Naropa alumni and community members.

The event will take place July 28–31 at the St. Julien Hotel & Spa in Boulder, Colo., with a post-conference workshop led by Naropa's Department of Contemplative Counseling Psychology on the morning of Aug. 1 at Naropa's Arapahoe Campus.

The conference will bring together distinguished speakers including Jack Kornfield, the founder and director of Spirit Rock Meditation Center and author of *The Wise Heart* (Bantam, 2008); Daniel J. Siegel, associate clinical professor of psychiatry at UCLA School of Medicine and author of *Mindsight* (Bantam, 2009); Ronald D. Siegel, assistant clinical professor of psychiatry at Harvard Medical School and author of *The Mindfulness Solution* (Guildford Press, 2009); and a number of Naropa University's notable Contemplative Counseling Psychology professors including Karen Kissel Wegela, MacAndrew Jack, Susan Nimmanheminda and Lauren Casalino.

Casalino is the department chair and a contributing author to *Brilliant Sanity: Buddhist Approaches to Psychotherapy* (Universities of the Rockies Press, 2008) and MacAndrew and Nimmanheminda are co-editors of the book. Kissel Wegela authored *The Courage to be Present* (Shambhala, 2009) and *How to Be a Help Instead of a Nuisance* (Shambhala, 1996).

Among other activities, participants will explore the practical applications of mindfulness in psychotherapy. The post-conference workshop at Naropa, "Radical Empathy: A Contemplative Approach to Clinical Supervision" will give participants a chance to experience contemplative psychotherapy's unique mindfulness-based group clinical supervision practice called "Body-Speech-Mind." The practice utilizes experiences in the here-and-now to explore the therapist-client relationship. Kissel Wegela and Casalino will lead the workshop.

Vice President for Academic Affairs Stuart Sigman led the negotiations for the partnership between FACES and Naropa. "Naropa is a recognized leader in the field of contemplative psychotherapy. It is exciting to be able to extend our educational reach to practicing clinicians seeking continuing

education, professional development and personal renewal. I envision this summer's institute to be just the first of a strong relationship with FACES," Sigman says.

Last year more than 1,200 counselors attended a conference about mindfulness and counseling in UCLA sponsored by FACES. Richard Fields, the director of FACES, says counselors are interested in integrating mindfulness in their practices as well as in their personal lives. "This is the new approach in counseling. I use it in my private practice for drug and alcohol treatment," Fields says. He says it makes sense to partner with Naropa University on the training because Naropa has been at the forefront of mindfulness training. Fields expects the event to be sold out.

More information about this conference and other Extended Studies events is available at naropa.edu/extend.



University on Task for Budget Reductions

Since Naropa University President Stuart Lord announced the need to cut more

than one million dollars from the 2010–11 budget on Dec. 7, the Naropa community has responded by attending listening circles, submitting suggestions and finding ways to reduce costs. Senior staff members have prepared budgets with reduction scenarios of 5, 10 and 15 percent, and the University Budget Committee (UBC) is currently reviewing those proposals. In May, President Lord will submit a recommended budget to the board of trustees for adoption.

Vice President for Academic Affairs Stuart Sigman was asked to oversee the budgeting process, along with Sue Evans, special assistant to the president. Dr. Sigman observes, "This is a very anxiety-filled moment in the university's history. At the same time, we have built a budgeting process that is inclusive and transparent, with many points of consultation, analysis and review."

When Dr. Lord launched the Budget Initiative process, he created a Budget Resource Group (BRG), which has been charged with analyzing projected revenues and expenditures. The BRG will provide the president and UBC with a targeted reduction amount once tuition and financial aid rates are set.

"The goals of the strategic plan mandate that we move to a more fiscally sustainable model. We must provide a more stable economic environment for the foreseeable future in which to cultivate our bold and ambitious direction for contemplative education. We must act strategically, by taking a prudent and responsible approach to these economic realities," Lord said.

The president said his guiding principles were to preserve the quality of education delivered to students, an exceptional academic experience—one that prepares its graduates for a lifetime of leadership and learning.

This budget reduction may mean a reduction in the number of positions at the university and consolidation of academic programs and administrative services. For information about the budget, see naropa.edu/budget.

Photo: Michael Yamashita



Educator Paula Green to Deliver Buddhist Studies Lecture on Peacebuilding

The annual Frederick P. Lenz Foundation Distinguished Lecture in Buddhist Studies and American Culture and Values at Naropa University will take

place on April 7. Paula Green, EdD, will deliver the lecture titled, “Building Peace in a Stormy World: A Journey of Service, Hope, and Faith.” The free event will take place at the Nalanda Campus at 7 p.m. The public is invited to attend.

“The talk will be about the journey of integrating Dharma, psychology and social change work into my career as a peacebuilder and how key teachings from the Dharma shape my core understanding of conflict and peacebuilding,” says Green.

In addition to the lecture, Green will visit the campus April 6–8, to meet informally with students and faculty and to lecture in a few classes.

Dr. Green founded the Karuna Center for Peacebuilding in Amherst, Mass., and serves as the nonprofit organization’s executive director. She is a professor at the School for International Training in Brattleboro, Vt., where she teaches courses on conflict transformation. She also founded and directs the peacebuilding institute Conflict Transformation Across Cultures. Green is co-editor of *Psychology and Social Responsibility: Facing Global Challenges*.

She has decades of experience as a psychologist, educator and consultant in conflict resolution, and her work in the field has taken her to Africa, Asia, the Middle East and Europe. Recently she taught in Nepal. Green has been a student of Vipassana meditation and served on the board of directors of Insight Meditation Society, Buddhist Peace Fellowship and the International Network of Engaged Buddhists.

Last year she received the Unsung Heroes of Compassion Award by His Holiness the Dalai Lama. Green holds graduate degrees in intergroup relations and counseling psychology.

The Frederick P. Lenz Foundation for American Buddhism, based in Los Angeles, is dedicated to promoting the benefits of Zen Buddhism, meditation, yoga and related Buddhist practices as a pathway to self-realization and the harmonious blending of the material and spiritual in contemporary American society. The Foundation encourages the study and practice of these disciplines so that Americans with a Western mindset may come to appreciate these ancient gifts of Eastern thought and utilize them in a way that is relevant to American culture and values.

Naropa’s Jack Kerouac School to Sponsor AWP Conference

Naropa University’s Jack Kerouac School of Disembodied Poetics is a benefactor sponsor of the 2010 Association of Writers & Writing Programs (AWP) Annual Conference in Denver at the Colorado Convention Center April 8–10. AWP, one of the biggest and liveliest literary gatherings in North America with more than eight thousand people and five hundred publishers in attendance, holds its conference in a new city each year.

“AWP will provide Kerouac School faculty, students and alumni an international stage to share their writing and contribute to conversations about emerging trends in our discipline, curricular and program development, the publishing industry, and more through discussions, readings, lectures and book signings,” says Amy Catanzano, the administrative director of the Department of Writing and Poetics and a Kerouac School lecturer. “AWP also presents important opportunities for career resources and student recruitment.”

The event features discussions, readings, lectures, book signings and a book fair. The Kerouac School is sponsoring three readings, two panels, a reception and a series of book signings while maintaining a joint booth for the Kerouac School and Bombay Gin at the book fair. Anne Waldman, a distinguished professor of poetics and Kerouac school co-founder, will deliver the Council of Literary Magazines and Presses’ keynote address entitled “Small Press Heaven: Poetics from the Floating World” on April 8. A panel discussion, “Camp Kerouac: 35 years of Naropa’s Summer Writing Program,” will take place on April 9. A Kerouac School reading will be hosted at the Mercury Café on the final evening of the conference. There will also be unofficial off-site events. Kerouac School students, faculty, staff and alumni will be involved in dozens of events and readings.

This is the first year the Kerouac School has been involved with AWP at this scale. To learn more about Naropa’s involvement in the conference, visit naropa.edu/awpconference.

Jack Kerouac School to Host 36th Annual Summer Writing Program

Naropa University's Jack Kerouac School of Disembodied Poetics presents its legendary Summer Writing Program, co-founded in 1974 by Allen Ginsberg and Anne Waldman. This internationally celebrated program represents a lineage of experimental poetics, cultural activism and meditative awareness. This year's program will take place June 14–July 11. The event promises to be a dynamic four-week convocation of students, poets, fiction writers, scholars, translators, performance artists, musicians and others working in small press publishing.



In dialogue with renowned practitioners, students engage in the composition of poetry, prose fiction, cross-genre possibilities, inter-arts, translation and writing for performance. Participants work in daily contact with some of the most accomplished and notoriously provocative writers of our time, meeting individually and in small groups, so that both beginning and experienced writers find equal challenge in the program.

Each week will focus on a theme, with workshops, lectures, panels readings and special events led by the Summer Writing Program's distinguished and diverse faculty. Among the faculty are novelists Samuel R. Delany, Brian Evenson and Laird Hunt; poet activists Anne Waldman, Amiri Baraka, Joanne Kyger and Bob Holman; interdisciplinary maestros Douglas Dunn, Caroline Bergvall and Julie Patton; and publisher Allan Kornblum. During week one, participants will consider the question: Poet or Assassin? In week two, attention will turn to Planet News: Investigating Eco-Ethos-Eros. The third week takes up the examination of Great Divides and Common Ground. And the final week of the workshop focuses on Public Space: Performance and Small Press Publishing.

"This year we're especially excited about two special events honoring the SWP's longstanding relationship with the Institute of American Indian Arts (IAIA). Faculty and alumni of IAIA will join us for a panel discussion and reading on June 25. We're

making both events free and open to the public," says Lisa Birman, director of the Summer Writing Program.

All four weeks (or any combination of weeks) are open to any interested participant for noncredit. Students from other institutions or degree programs may also elect to attend for undergraduate or graduate credit.

Naropa to Present "Dead Man Walking" as Part of National Theater Project

Naropa University's BFA in Performance and Peace Studies departments will present the play "Dead Man Walking," written by actor/director Tim Robbins on Friday, April 30 and Saturday, May 1 at 8 p.m. in the Arapahoe Campus Performing Arts Center. Admission is free for students, seniors and Naropa staff, faculty and alumni with proper identification. General admission tickets are \$10; half of the proceeds will be donated to the Dead Man Walking School Theatre Project in New Orleans.

Sister Helen Prejean is an activist who has crusaded against the death penalty, and it was she who first thought of developing a theatrical version of Robbins' award-winning movie of the same name. Prejean and the Theatre Project invited Naropa to present the play, which has been performed in more than 170 U.S. high schools and colleges since its 2003 debut.

Students in the Performing Arts, Peace Studies and Early Childhood Education departments visited the Boulder County Jail to prepare for the production. On March 31, a Naropa town hall meeting took place featuring discussions of the death penalty led by Colorado University Sociology Professor Michael Radelet and Howard Morton of Homicide Victims and Missing Persons.



SNAPSHOTS

Bhanu Kapil**Assistant Professor,
Writing & Poetics**

n!: *What brought you to Naropa's Writing & Poetics Department?*
 Chance. I was living in the neighborhood, on Goss. It was the day before the Summer Writing Program began in 2000. I was pregnant. And Max Regan called, on behalf of Anne Waldman: "Are you up for the adventure of a lifetime?" Julie Patton, a writer from New York, had cancelled at the last minute. I took her place. My first book had been accepted by Kelsey Street Press in Berkeley, but it wasn't out yet. Anne Waldman was and is this kind of animal: taking a chance on a writer who is still in the process of becoming one in the world. The class went well, though I had to excuse myself many times to throw up. I was in my first trimester and still struggling with morning sickness. What I did not know at the time was that I was also giving birth to my career! A visiting writer appointment gave way to adjunct teaching in the Jack Kerouac School. I kept saying yes.

n!: *How do objects, like red worms and Pakistani maps, figure into your writing process?*

They are not objects. They are entities. Even a map is a decision someone makes. It's never real. The "red worms," such as they are, come from a book by the biologist Lynn Margulis, co-written with her son; they are volcanic tubeworms living at a seam on the ocean bed where the lava streams in. I research such things to bring them back to the classroom, where we are thinking, often, about genre as a kind of species. Naropa is a place where we get to consider not just form and content, but the artifact of the work itself: what it performs. For example, what makes a book so broken, so filled with light, that it attracts someone's attention from across a dark room? The space between the reader and the

writer. The stage and the floor. How do we locate the threshold, in language, between the book as it was and the book as it is still becoming a book?

n!: *You give students writing assignments that sometimes direct them to write on particular places on the page. What does demarking areas of the page do for the work?*

A page is a territory. It's environment. So I'm particularly interested, as a writer, in the relationship between newness and what is still, in a domain, imperceptible.

Thus, marking then culling a line, a line or phrase that's blank somehow—a failed piece of language, a cliché, let's say—and placing it in another space is both gestural and evolutionary. What happens if we take that line and write ten lines beneath it? Twelve lines. It becomes a way of unfolding the matter of a line that is still "sealed."

n!: *At the end of one of your readings you threw your book into the crowd, which earned you rock star accolades from some of the attendees. What did that act symbolize to you?*

You're referring, I think, to a recent reading at Eastern Michigan University, curated by the poet Christine Hume. I don't know why I did it. It was a long reading. A huge, dark stage. I was reading from "*humanimal* [a project for future children]," a book based upon the true story of Kamala and Amala, who were found living with wolves in 1921. What followed their capture was a brutal, complicated domestication. I read for forty minutes in a sub-tone. I felt altered by the reading of it, and—had not intended to throw the book like that. But I did. On some level, I never feel like a story belongs to me. I don't write for myself but for others. A book, when it's written, has its own life, its own trajectory or destiny. Perhaps, by throwing the book into the darkness like that, into its literal audience, I was releasing it from captivity. Mine. I hope it's not strange to say that. I do not know why I threw the book into the dark garden. An audience, a garden. I just did.

n!: *What is the mission of the Kerouac School and why should writing students choose Naropa?*

To build a threshold. To cross that threshold. What is a threshold? See: above.

Educating for Gross National Happiness

Bhutan looks to Naropa University for education reform

In the late 1960s, during a Taktsang monastery meditation retreat in Bhutan, Naropa's founder, Chögyam Trungpa Rinpoche, had a vision to bring Buddhism to America. Over the years, the connection between Naropa and Bhutan has strengthened. For more than a decade, Bhutanese monks have studied in Naropa's Religious Studies programs. In fall 2008, Dasho Pema Thinley, the Honorable Vice Chancellor of the Royal University of Bhutan (RUB), visited Naropa. A collaboration began between Naropa faculty and RUB, which serves as the umbrella university for Bhutanese public higher education, to design a contemplative psychotherapy program and a teacher training program in mindfulness-awareness practices.

A small country located in southern Asia between China and India, Bhutan has frequently made headlines for its emphasis on Gross National Happiness. Its citizens are reportedly some of the happiest people in the world. In 1999, the Bhutanese government lifted a ban on television and the Internet. After being insulated for centuries from the rest of the world, the Bhutanese have suddenly been inundated with consumer culture. Material desires and addictions to cigarettes, drugs and alcohol have taken hold. Bhutanese leaders are particularly concerned about their country's youth.

Dasho Pema's vision is to bring the wisdom and methods of the Buddhist tradition into the training of school counselors and to develop a master's program in contemplative psychotherapy based on Naropa University's model. Naropa Contemplative Psychotherapy associate professor MacAndrew Jack and Contemplative Psychology professor Jane Carpenter spent their sabbaticals last year working to help achieve that vision. Jack worked in Bhutan for five weeks in collaboration with Bhutanese lecturers to bring contemplative psychotherapy into

the design of a Postgraduate Diploma in School Counseling (PGDSC), which will be the first counseling program offered within the country. The vision is for the PGDSC to be the first year of a master's degree in contemplative psychotherapy.

Jack says he took special care to consider the culture during curriculum development. He first met for two weeks with teachers, the ministry of culture and others on a needs assessment. Then he worked for three weeks with five Bhutanese faculty trained in counseling. "Beginning each day with sitting practice, we would spend eight hours around the table discussing contemplative practice, curriculum and what aspects of contemplative psychotherapy—as it has developed in the Western culture—were appropriate to include," Jack says.

The curriculum design includes mindfulness, meditation and a contemplative Buddhist approach. One unique aspect is a weeklong meditation retreat for teachers built into the program as an innovation for the Bhutanese. The curriculum will undergo a validation process before implementation.

In the meantime, Jack was appointed as RUB ambassador to Naropa. "It means I have some sense of responsibility and contribution to seeing this collaboration move forward," Jack says. "This is a service opportunity for Naropa to meet the needs of the world and a great opportunity to demonstrate for the world what Naropa has been doing for the last thirty years."

Carpenter arrived in Bhutan in July 2009 and worked for five months further developing the PGDSC, fleshing out the course content, designing the Contemplative Psychology Retreat Curriculum and practice methods. She visited RENEW, an NGO to address domestic and woman's issues, the Narcotics Division, Youth Development and a number of schools to

Contemplative Psychotherapy faculty MacAndrew Jack on his way to a footbridge leading to a local monastery in Paro.



Capital City Thimphu.



speak to counselors directly on what the culture is facing in the midst of such rapid societal change. A visiting lecturer at the Paro College of Education and Samste College of Education, she trained teachers and counselors in Naropa's contemplative psychology and mindfulness theory and practices.

Carpenter has been invited back to launch the PGDSC program with Bhutanese counselors and lead the Mindfulness Retreat in January 2011 upon program validation. She continues to work on course design in mindfulness education and collaboration with RUB faculty in support of the overall vision.

She says that although the people there are Buddhists with tremendous devotion, training in mindfulness was not available to lay people until recently. "Mindfulness is entering the culture through such great teachers as Dzongsar Khyentse Rinpoche. His Deer Park Center in Thimphu offers meditation weekly under the guidance of one of Rinpoche's students, Lama Shenpen Zangpo. Historically, the mindfulness practices themselves have been part of the monastic body," Carpenter says.

Carpenter was also invited to attend a workshop in Bhutan designed to help overhaul the Bhutanese educational system. Called "Educating for Gross National Happiness," the conference was held Dec. 7–12, 2009, in the capitol city of Thimphu. Participants included twenty-four international delegates and one hundred twenty observers from eighteen countries and twenty-four Bhutanese educational and other leaders from every province. Naropa adjunct faculty member Valerie Lorig also attended. Richard Brown, Contemplative Education associate professor, and Judith Simmer-Brown, Religious Studies professor, were conference delegates. The conference focused on Bhutan's hopes to implement a new educational policy that will transform the nation and will be responsive to both modern influences and traditional culture.

"Meeting western sensibilities with the teachings of meditation and contemplative education is what we have been doing for more than thirty-five years at Naropa," says Simmer-Brown, author of *Dakini's Warm Breath: The Feminine Principle in Tibetan*

Buddhism. "There is an acknowledgment that now this kind of education, this way of training the mind, is extremely valuable to Bhutan. Naropa stands to have its leadership in contemplative education become more recognized on the world stage through this collaboration with Bhutan."

Simmer-Brown led the assembly in meditation instruction and practice each day. She posted daily conference updates on her blog (educating4gnh.blogspot.com). On the first evening she wrote, "The participants are the really deep thought leaders in education, each of them at the hub of powerful experiments in learning that is in keeping with what we are doing at Naropa, and they represent such diversity of culture and community. It makes me feel that we are part of a movement that can actually affect the world at a time of such hopelessness, fear and alienation from the roots of harmonious human culture."

Her observations noted much more than what occurred inside the conference walls. Simmer-Brown discussed changes in the culture from the "press of consumerism" and population growth in the capital. She sympathized with educators' frustrations with the country's rigorous student examination system. In the equivalent of middle school, students are given a test based on rote memorization that prevents all but the best students from completing high school. And there aren't many options for jobs or job training for those who fail.

Since the workshop, Simmer-Brown and Carpenter wrote a handbook on mindfulness for the kingdom's schools. In February, the booklet was used in workshops for principals, and later teachers will use it. The opening section points out that in addition to its health and well-being results, mindfulness meditation has been shown to aid student academic performance, teacher and principal effectiveness and community awareness in the educational process.

Richard Brown says that most of the conference delegates knew of Naropa and recognized the university as the worldwide leader in contemplative education. "Contemplative education is cropping up in more places, but its depth and breadth at Naropa is unequalled," says Brown.—Brenda Gillen

RUB students performing songs of gratitude to faculty on national "Teacher's Day."



National "Traditional Bow" Archery Finals in Thimphu.





At Home in the World

Ecopsychology program extends Naropa beyond Boulder

Naropa University's innovative Ecopsychology program attracts students from around the world. The low-residency MA program, a concentration within Transpersonal Psychology, was launched in 2004. An entire master's program in the subject is rare, if not unique to Naropa. Since its inception, Naropa's Ecopsychology program has attracted 74 students from around the world. It evolved from the Center for Ecopsychology's workshops and trainings offered through Extended Studies since 2000. The program's roots go back even further to a 1976 summer rock climbing workshop taught by John Davis, who is now the program's director.

"Ecopsychology promotes the views that humans are not separate from nature, disconnection from nature has negative consequences for humans and for the rest of nature, and connecting with nature is healing both for humans and for the rest of nature," Davis says.

The term 'ecopsychology,' combining ecology and psychology, gained popularity with the 1992 publication of Theodore Roszak's book, *The Voice of the Earth*, but its tenets are inherent in indigenous wisdom. Recent studies have shown that contact with nature, even in small doses such as a window in a hospital room, can facilitate healing.

"Ecopsychology brings insights from our evolutionary heritage to modern psychology. While some traits honed in nature may not be integrated into modern society, they still affect us. For example, when asked to visualize a place of retreat and relaxation, very few of us visualize the mall or an office setting. Instead, we visualize places in nature, such as a seashore, park or forest glen. This may be because nature is our 'home' where we feel alive and balanced," says Jequita "J.P." McDaniel, a visiting instructor in the program. McDaniel recently received her doctorate degree in ecopsychology.

Students from Canada, Wales, the Netherlands, Puerto Rico, Ireland, France, Singapore, Japan and the United States have enrolled in the program, which allows them to conduct their studies from wherever they are. Some see ecopsychology as a doorway to the work they wish to do, while others incorporate ecopsychology practices into their established careers. Several of the program's graduates incorporate nature-based experiences into their work, including a Canadian naturopathic physician who provides patients with nature-based healing practices and a corporate trainer in Puerto Rico who exposes her clients to nature.

Davis says the program "extends Naropa beyond Boulder" through contemplative pedagogy, contemplative practice and transpersonal psychology. "While many ecopsychologists and courses speak of a spiritual or contemplative basis for

ecopsychology, they generally don't have the view or the practice to fully develop it," he says. "However, at Naropa, this is our main way of understanding ecopsychology."

One of the challenges of a program delivered primarily online is in developing community between students, faculty and staff. To address the challenge, community-building starts with nearly two weeks of face-to-face time in Boulder through shared experiences of meditation, nature-based experiences, rituals and practices for sharing and deep listening. A key component of the program is an eight-day wilderness retreat with a three-day solo that offers students a chance to step outside the usual demands and constrictions of everyday life to explore new ways of seeing, feeling and being. Davis says most students consider the retreat as a "high point" in the program. The online courses, too, are designed to develop authentic, rich communities.



Who we are, how we grow, why we suffer, how we heal—these enduring psychological questions are bound to our relationships with nature. Similarly, the enormous environmental questions of our time are deeply rooted in our psyches and our views of self and nature. Ecological and psychological questions are interlaced. And at their deepest, self and nature emerge as expressions of the same whole, revealing these questions as essentially spiritual.

—John Davis, Ecopsychology director

First-year Ecopsychology student Christopher Quiseng lives in Hawai'i and works as an archaeologist at Hawai'i Volcanoes National Park. On any given day he might find himself walking through volcanic landscapes of barren lava flows, in lush green rainforests or among subterranean lava tubes. Ecopsychology provides Quiseng a way to link traditional knowledge of human-nature relationships with modern psychological research and practice. He became interested in Naropa's graduate program because he felt Naropa's approach emphasizes students' growth and development as well as service to ecological communities.

"Studying ecopsychology through the combination of contemplative practice and academics takes education beyond just knowing about a subject, topic or field of study," says Quiseng. "The combination of contemplative practice and academic study helps me to develop more personal discipline, an ability to cope with the challenges of life and a creative discovery of what makes me most alive."—Brenda Gillen

Recognizing *Sparks of Brilliance*

Living Well Transitions uses mindfulness-based processes to support client growth

Living Well Transitions is a Boulder-based assertive community treatment program for young adults founded by Naropa alumnus Bill Sell. Ten of its sixteen employees are Naropa graduates, and thirteen Naropa graduate psychology students have been welcomed to intern during their final school year or spend a one-semester practicum at Living Well in their second year of studies.

Living Well specializes in working with young adults who need support in changing destructive behavioral patterns and leading more balanced lives. Clients reside in rental apartments, attend school, hold jobs and volunteer while they work toward developing a healthy lifestyle.

"We're helping clients be more self-aware, communicate with more integrity and congruence and really develop a sense of self that is more accommodating of their neuroses, more gentle and compassionate," says Clinical Intake Director Brooks Witter (MA '05). Witter is a member of Naropa's board of trustees, and he's been a clinical tutor and a teaching assistant in contemplative psychology graduate courses.

A team includes a program manager who helps set goals, two life skills counselors who help with everyday tasks, and a therapist who provides both individual and group psychotherapy.

"My training at Naropa gave me skills in establishing relationships and a trust and understanding that a therapeutic relationship can bring about change. Trusting in the power of compassion and connection has been huge in terms of this work," says Jill Roth (MA '08), a program manager.

Relationships can both help and hinder psychological growth. When Bill Sell (MA '88) founded the company in 2004, his studies of group dynamics revealed that clients in residential treatment were trying too hard to fit in, but when placed in their own apartments they developed personal awareness and self-respect. Sell was diagnosed with bone cancer in 2006, and he passed away in 2008.

"Bill was just an incredible man, a great mentor and leader. He was a very skilled clinician in working with kids and families," Witter says.

Britton Turkett (MA '04) is program director at Living Well, and he's been a teaching assistant in Naropa's Religious Studies and Transpersonal Counseling Psychology departments. Turkett and Witter gave a prospective client a tour the day after Sell



died, solidifying their commitment to keep Sell's dream alive. Julie Randall was named executive director and the core staff took on more responsibilities as the company adjusted to the loss of their leader.

Both Living Well Transitions and Naropa University have similar philosophies about basic goodness and brilliant sanity. Turkett explains the Living Well view that all beings possess an awakened heart or mind. He says clinicians' familiarity with their own minds is as important as their training in psychological theory and intervention because they are well suited to help clients work through their thought and behavioral patterns.

"The client who can catch a glimpse of his or her wisdom...has the opportunity, maybe for the first time, to see that they are at times healthy. There is not only, then, the instillation of hope, but also the confidence in the process of uncovering the layers that have covered this 'brilliant sanity' for so long," Turkett says.

Rachel (Skolnik) Bonaiuto (MA '04), a life skills counselor, says the Living Well environment has a lot of Naropa touches. "We bow in before our staff meetings, and we meditate together every Friday. Even people who didn't graduate from Naropa have committed to learning the basic principles of mindfulness," Bonaiuto says.

In January, Turkett was a panelist and Witter a moderator in a panel discussion entitled "Perspectives on the Use of Mindfulness-Based Processes to Support Client Growth and Staff Wellness" at the National Association of Therapeutic Schools and Programs (NATSAP) conference in La Jolla, Calif.—*Brenda Gillen*



Cultivating the Socially Engaged Art Therapist

One way therapists help clients uncover deep issues is through the use of art therapy. Today art therapy is used across the developmental spectrum in a wide range of agencies and institutions serving youth, the aged and everyone in between. According to the American Art Therapy Association, art therapy uses the creative process of art making to improve and enhance physical, mental and emotional well-being. It's based on the belief that the creative process in artistic self-expression helps resolve conflicts and problems.

Naropa University's Art Therapy program, a concentration within the Transpersonal Counseling Psychology program, emphasizes the integration of intellectual and emotional development with social and spiritual awareness. Professor Michael Franklin, Art Therapy director, has practiced and taught art therapy since 1982. Franklin says the art process is a bridge to all layers of the psyche, and it can yield visual symbols that represent profound inner forces.

"The art product becomes the artist's witness, as it contains the inner world in objectified form, reflecting back its many messages.



The experience of duality or separateness is slowly dissolved as the gap between subjective and objective space is shortened," Franklin wrote in an article published in *Guidance & Counseling*.

For the first two years, program students are immersed in contemplative study and practice. Integral to the program's success is both direct studio art experience and the Naropa Community Art Studio.

In a paper for *Art Therapy: Journal of the American Art Therapy Association*, Franklin and his co-authors (Mimi Farrelly-Hansen, Bernie Marek, Nora Swan-Foster and Sue Wallingford) described what happens there. "When students enter the art studio, they begin to engage the practice of mindfulness. When they stand before a white canvas or are confronted with an unformed piece of moist clay, they are in a real sense facing their own mind. They are cultivating openness to receiving teachings from the image [that emerges] as well as their art process. This is where creativity, the practice of meditation and artistic activity all come together."

Designed to cultivate the socially engaged art therapist, the Naropa Community Art Studio was launched just after Sept. 11. The studio offers a safe place for community members to be exposed to the humanizing practice of engaging in creative, artistic behavior in community.

Franklin says the Naropa Community Art Studio focuses on supporting marginalized groups from the Boulder community. Currently the studio is used by a number of groups, including Project Girl, whose members are junior high and high school young women; Imagine! for young adults with developmental disabilities; adults with psychiatric challenges who are successfully living in the community; and another group for adults who have had a head injury or a stroke.

"We insist that our students have direct fieldwork experience from their first semester of their first year," Franklin says.

Art Therapy program students do two practica and an internship. During a practicum in the Naropa Community Art Studio in their first year, students learn how to design, create and finance a community-based studio. In their second year, students do a clinical practicum where they're placed at a local or regional agency. And in their final year, students participate in a full-time internship at a local or regional agency.

Naropa's Art Therapy graduates have found meaningful work in schools, hospitals, hospices, private practice, community-based agencies, community mental health centers, youth centers, senior centers and more.—Brenda Gillen

Grad on the Ground

Alumna provides counseling to earthquake survivors in Haiti



Amber Gray (MA Somatic Counseling Psychology '99), who has lived and worked in Haiti on and off for the last twelve years, has made two trips there since a 7.0 magnitude earthquake devastated the country in January. Gray is a licensed psychotherapist and a Board Certified Dance/Movement Therapist (BC-DMT) with expertise in developing culturally congruent treatment models that help individuals and communities overcome trauma.

She directs the Santa Fe, NM-based Restorative Resources Consulting and Training, LLC, which offers psychotherapy, training and program development throughout the world. Her nonprofit, Trauma Resources International (TRI), offers aid to survivors of extreme trauma. Close to \$700 was raised for the nonprofit by Naropa University's Somatic Counseling Psychology Department. Gray has raised about \$7,500, and she's distributed medical and hygiene supplies, including essential oils that help mask the smells of death and human waste.

During Gray's counseling sessions, she hears many stories about how people in the capital city of Port-au-Prince survived the earthquake and their efforts to save family and friends. In a blog entry dated February 25, she wrote, "Each story weaves a collective history that has altered Haiti forever. Thirty-five seconds and the world is completely changed. One of my good friends said 'The Haiti we said goodnight to on January 11—she's gone. She cannot come back.'"

Through her nonprofit, Gray is partnering with three Haitian organizations that will be doing much of the ongoing community and mental health work: IDEO, URAMEL and Athletique D'Haiti. IDEO, founded and directed by well-known psychologists, has expertise in developing community-based mental health and psychosocial programming. URAMEL provides training to mental health, medical and healthcare professionals who treat Haiti's many victims of disaster, violence and torture. A program under the URAMEL umbrella will provide services, training, research and capacity building. Athletique D'Haiti, an afterschool support and tutoring program, normally provides education, food and activities for youth, but currently its resources are supporting one thousand families camped on the founder's property.

TRI fundraising will continue to support longer term programming, Gray says, explaining plans for training in psychological first aid and somatic and arts-based therapies



for clinicians, caregivers, community leaders and others who are in a position to provide counseling and psychosocial support.

"The idea is a train-the-trainers model so that various levels of professionals across Haiti are prepared to support the people of Haiti who are making many requests for psychological assistance," Gray says.

Each day in Haiti, Gray works long hours conducting group and individual counseling sessions and strategizing with nongovernmental organizations on collaborations to support program staff, who she says are working ten to sixteen hour days serving beneficiaries while also dealing with their own losses, traumas and stressors.

"Somatic, contemplative and arts therapies are always the foundation of my clinical work, whether it's in this context or in Albuquerque with refugees from Iraq," Gray says. "Contemplative practice definitely supports this work. I cannot imagine listening to the stories without this practice, which I learned at Naropa."—*Brenda Gillen*

Learn more about Gray's work at
www.restorativeresources.net or amberegray.blogspot.com.

Divining Gravity

Somatic arts scholarship concert explores universal human experience

Naropa University's Somatic Counseling Psychology Department presented a performance Jan. 28–29 that showcased the program's work while raising funds for student scholarships and for Haitian relief. This year's concert entitled "Divining Gravity" was the department's 14th annual concert. It featured twelve performances choreographed and performed by the department's students, faculty, staff and alumni. Directed by students Lisa Bradley and Himmat Kaur Victoria, the concert allowed students to translate the skills they are learning into creative work.

"The title 'Divining Gravity' refers to the process of exploring the tension between the polarities of heaven and earth, good and evil, head and heart, bad choices and good choices, ground and sky, weight and weightlessness, and anything that is pushing and pulling on the human experience," says Leah D'Abate, academic advisor and admissions coordinator for the program. All this is done, she says, with the intention of accessing greater embodied truth.

More than three hundred people attended the two dynamic, dance-based performances. Attendees were asked to donate \$10 for scholarships and whatever they could for Haitian relief. D'Abate says proceeds were double what they were last year.

Wendy Allen, interim department chair, says news reports of spontaneous singing and dancing at homeless encampments in Haiti speak to how important movement and dance are to the human spirit, particularly when people are responding to a tragedy on the level of the devastation that occurred in Haiti on Jan. 12. Amber Gray (MA, '99), the somatic department's "grad on the ground," will distribute the funds raised for Haiti to nongovernmental organizations there. Gray has worked in Haiti for many years as a dance/movement therapist.

The Somatic Arts Scholarship Concert was conceived in 1996 by Janice Beard-Bull, former director of the Somatic Counseling Psychology Department. Naropa University was one of the first institutions in the nation to offer a degree in Somatic Counseling Psychology. The twenty-six-year-old Master of Arts program is based on the belief that a functional unity exists between the mind and body and that therapeutic change occurs through direct experience of the present moment. Within the program, there are two areas of concentration: Body Psychotherapy and Dance/Movement Therapy. Both areas offer extensive psychotherapy study, training and supervision grounded in the integration of body, mind and movement.

—Brenda Gillen

Check out the Somatic Arts Concert
slideshow at naropa.edu/somatic.



Rachel Haines and Himmat Kaur Victoria perform in "Hushed," choreographed by Lisa Bradley. The dance piece explores the experience of a post-abortion woman and the release of what it means to hush and be hushed.



"Holding Bone," choreographed and performed by Cheryl Burns. Integrating Butoh and ritual dance, Burns improvises with embodying archetypes as pathways for healing.



Grupo Tlaloc, Danza Azteca, Denver, Colorado. Third-year Somatic Counseling Psychology student Veronica Ramirez-Wheeler is a part of Grupo, a nonprofit traditional Mexico/Azteca group composed of Chicano/Mexicano families and students of all ages dedicated to preserving and nourishing the ancient knowledge of their ancestors.



"Are You Ready?" was choreographed and performed by Veronica Ramirez-Wheeler, Cheryl Burns, Marika Reisberg, Mary Rose and Fatina Hindi. Third-year Somatic Counseling Psychology students explore what it means to "be ready," to move forward toward what is next, as graduation approaches.



Reconnecting on Outer Terrain

Student group leads Naropa community on outdoor adventures

Reconnecting on Outer Terrain (ROOT), Naropa's student-led wilderness outing organization, recently received an anonymous grant for \$5,000. The student group, which is housed under Student Affairs, was started in 2002 by students Tim Crespi and Scott Epstein. Over the last eight years, ROOT has embarked on trips to Alaska, Utah and throughout Colorado.

Participants currently include seven core volunteers, two students receiving part-time work-study and Crespi, who directs the group. More than one hundred twenty people take trips with ROOT each year, and the group rents gear to approximately two hundred people annually. There are no membership dues or joining processes. All Naropa community members are welcome, whatever their levels of expertise.

"Our unique approach entails integrating volunteering as a service to Naropa and the greater community. ROOT is a collaborative effort of peer-based co-learning through which we share our collective love for the outdoors," Crespi says. "As a group, we help ourselves and others access the outdoors. ROOT entails that we not only receive, but also give back to others. This ecological mission inherently forms community."

From the beginning, the goal of ROOT was to provide a hub for Naropa students, staff and faculty to access the wilderness and nature. The group has made it easier and safer for people to experience outdoor adventures. It offers tents, sleeping bags, backpacks and other gear for check out. ROOT holds weekly meetings—open to anyone in the Naropa community—on Thursday evenings in its Lincoln Building basement office.

This year, there won't be a ROOT spring break trip, but in years past its weeklong backpacking trips to Canyonlands National Park were quite popular. So far this year, ROOT has organized an overnight snowshoe trip and has planned several rock-climbing trips, including an overnight, a camping trip in Arches National Park and a photography-oriented hiking trip. An end-of-the-year Snow-Lion camping trip is in the planning stages.

Crespi, who completed a double major in Contemplative Psychology and Environmental Studies and is completing an MA in Transpersonal Counseling Psychology, will move after graduation to Portland, Ore., to join his partner, Erica Zelfand, and to look for work in the field of therapy. Zelfand attended Naropa (2003–04) and was community practice day coordinator in 2006. The sustainability of ROOT is very important to Crespi, and he believes the current group of students who are involved with ROOT will play integral roles in its continuation. He has prepared the way for someone new, creating a description of responsibilities for the director position and conducting a search.

"A realistic challenge, however, is that my position with ROOT has primarily been a volunteer position for the last eight years. I take pride in my service as a volunteer for ROOT and the time that I have put in for the Naropa community. I hope to find someone who is willing to serve the Naropa community through ROOT—someone with the intrinsic motivation for the joy of service and the inspiration to be outdoors," Crespi says.—*Brenda Gillen*

Watch a video of a ROOT snowshoeing trip to the Tennessee Mountain hut at naropa.edu/studentlife/root.cfm.

Beyond the Interdisciplinary

Visionary program combines rigorous conservatory training and contemplative practice

In fall 2004, Naropa University introduced a master's level training in contemporary performance that has attracted students from around the nation and at all career stages. The MFA Theater: Contemporary Performance program has produced sixty-seven graduates ranging in age from 25 to 56. Directed by Department Chair Wendell Beavers, the program is unique in several ways.

Beavers explains that it's a performance degree that doesn't separate actors, dancers, vocalists and directors. It is intergenerational and diverse in terms of means and aesthetics.

"It's far beyond interdisciplinary. In terms of the curricula all of those areas—dance, voice, acting and creating—are equally worked with. We encourage people to come to the program who are in mid-career. The program supportings people to develop and manifest their own visions," Beavers says.



The curriculum combines contemporary performance methodologies, such as Jerzy Grotowski's psychophysical acting work, Roy Hart's vocal work and Mary Overlie's viewpoints awareness method that trains performers to work with space, shape, time, emotion, movement and story.

"We're really combining psychophysical acting, post-modern dance techniques and contemplative practice," Beavers says.

In their first year, students average six hours per day in studio training with additional projects and rehearsal times on evenings and weekends. The conservatory-style training allows for deep development of creative tools while the ensemble, or community of artists, supports a variety of learning styles.

"In one day students go through six hours of class. Two hours of voice, two hours of acting and two hours of movement. It's a single training in those areas because they all inform each other," Beavers explains.

He says graduates pursue diverse paths—creating performance companies, working as freelance artists or teaching. Some do a



combination, performing original works and teaching, for example, or collaborating with groups for a time, then creating solo work.

2006 graduates Joan Bruemmer and Elizabeth "Lizi" Watt are part of the international network of Naropa University performance alumni, the Aluminous Collective, and the Denver/Boulder regional production group, Band of Toughs. The two participated in last year's production of Charles Mee's play, *Big Love*, which garnered the Denver Post Ovation Award for Best Comedy. The Band of Toughs ensemble is continuing as its own entity, and the Aluminous Collective will remain as an umbrella network to support Naropa MFA alumni.

New Yorkers Taavo Smith, Jeremy Williams and Damaris Webb create, perform, direct and teach. Smith ('09), is an artist-in-residence with the theater company, Mabou Mines. For the last six months, Smith has worked with two other Naropa MFACP alumni (Kiki Bowman and Benjamin Stuber) to develop *Uncle Vodka*, an original adaptation of two classic plays, Anton Chekhov's *Uncle Vanya* and Samuel Beckett's *Endgame*. Williams ('08) has worked with Smith and he's been a director, choreographer and guest teacher with companies and universities. Webb ('08) works for a nonprofit that sends actors for artists' residencies in public schools throughout New York City. She also leads a NYC-based contemplative dance practice workshop that evolved from Barbara Dilley's course at Naropa.

Jessica Cerullo, a 2006 graduate, is a visiting professor at Whitman College in Walla, Walla, Wash. She will perform a play she created at Naropa called *Miracle Tomato* (about the history of the tomato and a woman's struggle with what's happening with food in America) in a Culinary Institute of America test kitchen this summer.

"At Naropa I learned strength in my craft but also a way to be vulnerable at the same time. As an artist I've been able to take that same strong vulnerability onto the stage and into the classroom," Cerullo says.



Photo: www.alenilisesyounger.com

FACULTY & STAFF NOTES

THE LATEST ON THE PUBLICATIONS, RESEARCH, ART WORK AND PERFORMANCES BY NAROPA UNIVERSITY FACULTY AND STAFF LECTURERS.

Keith Kumasen Abbott's (*Associate Professor, Writing & Poetics*) expanded edition of *Downstream from Trout Fishing in America: A Memoir of Richard Brautigan* was published by Astrophil Press. He was the featured reader for the Davis Jazz Festival, reading from his *Downstream* memoir, his fiction and poetry. *Does the Writing Workshop Still Work*, an anthology, will appear this spring with Abbott's historical overview of workshop pedagogy, "The Things I Used To Do: Workshops Old and New." His essay "Nothing Is Forever: Philip Zenshin Whalen's Poem 'Kozanji' And The Kyoto Years" will be presented at the 2010 Northwest Modern Language Association Annual Convention at a panel "Form is Emptiness, Emptiness is Form: Buddhism and American Poetry." An essay "Raymond Carver The Gift of Anonymity" was accepted by the International Raymond Carver Review. He has also been commissioned to provide ink paintings for a new translation of Yosano Akiko's *Tangled Hair* by Dennis Maloney and Hide Oshiro.

For the past four years, **Frank Berliner** (*Associate Professor, Contemplative Psychology*) has been teaching "Dancing with Hope and Fear"—his synthesis of the Buddhist and Shambhala teachings that he received from Naropa's founder, Chögyam Trungpa Rinpoche, at a number of locations throughout North America. These programs include excerpted readings from his completed manuscript, *Falling in Love with A Buddha*—his memoir of his experiences with Chögyam Trungpa, which he wrote during his yearlong leave of absence from Naropa in 2008–09.

Bryan Bowen (*Adjunct Faculty, Environmental Studies*) is working on the 2010 National Cohousing Conference now, which will be held in Boulder June 16–20 at CU. The conference this year is titled "Cohousing University." Current cohousing professionals will share their knowledge in a comprehensive program of study, making this expertise available at a deep level to attendees. The courses will focus on several topics relevant to the cohousing movement: development, sustainability and senior cohousing.

Richard C. Brown (*Co-Chair and Associate Professor, Contemplative Education*) and **Judith Simmer-Brown** (*Professor, Religious Studies*) were invited as international advisors by the prime minister of the Kingdom of Bhutan to help with educational reform of the public school system in Bhutan. They attended a workshop with the prime minister in December of 2009 in order to bring the curriculum and teachers closer to the values of contemplative education, critical thinking, holistic education and sustainability. The recommendations of the advisors were already being implemented before the workshop was over, as principals from the entire country are being assembled in the capital, Thimphu, for training workshops to bring "Educating for Gross National Happiness" to the Kingdom.

Joan Bruemmer (*Interim Director and Visiting Instructor, BFA Performance*) was honored this year with several awards from the local Boulder/Denver theater community, including two Denver Post Ovation Awards for Best Comedy: *Big Love*, which she helped produce with members of the Aluminous Collective, and Denver Ovation Award—Best Supporting Actress, Comedic Role—for the her performance as Lydia in *Big Love*. She also received a 2009 Camera's Eye Theater Award—Best Choreography for her original production of *Good Girls Don't, But I Do*, produced at the 2009 Boulder International Fringe Festival and the Packing House Theater in Denver. This show was produced in collaboration with two local theater companies: square product theatre company and Wrecking Ball Theater Lab. She also produced Naropa University's production of *The Laramie Project: Ten Years Later* at the invitation of the Tectonic Theater Company. She will be directing the *Dead Man Walking School Theater Project* in collaboration with Naropa University's Peace Studies Department.

Lauren Casalino (*Chair and Associate Professor, MA Psychology: Contemplative Psychotherapy*), **Karen Kissel Wegela** (*Professor, MA Psychology: Contemplative Psychotherapy*) and **Paul Bialek** (*Adjunct Faculty, MA Psychology: Contemplative Psychotherapy*) conducted a workshop at the Humanistic Psychotherapy Conference

in Colorado Springs in September of 2009 entitled "Body-Speech-Mind: An Experiential Group Approach to Clinical Supervision." Lauren and Karen also presented this training at the American Group Psychotherapy Association's annual meeting in San Diego.

Amy Catanzano's (*Administrative Director and Staff Lecturer, Writing & Poetics*) electronic poetry chapbook, *the heartbeat is a fractal*, has just been published by Ahadada Books (Toronto/Tokyo). Her poetry has been anthologized in *A Best of Fence: The First Nine Years* (Fence Books, 2009), a collection of poetry and nonfiction from New York-based Fence magazine. Her essay, "The Origin of the Work of Art," was recently published in the latest issue of *H_ngm_n*. Another essay, "Quantum Poetics: Writing the Speed of Light," in which she discusses how principles in theoretical physics apply to poetry and creative prose, was recently published on Jerome Rothenberg's website, *Poems and Poetics*. New poetry, fiction and creative nonfiction are forthcoming in the literary magazines *New American Writing*, *Critiphoria* and *Action Yes*. In addition, a review of her first two books, *Multiversal* (Fordham University Press, 2009) and *iEpiphany* (Erudite Fangs Press, 2008), is forthcoming in the *Denver Quarterly*; a review of *iEpiphany* recently appeared in *Free Verse*.

David Chernikoff (*Instructor, Transpersonal Counseling Psychology*) has been invited to lead a number of workshops in the coming year on topics including Vipassana Meditation, awakening intuition, relating to death as a spiritual practice. He will be co-teaching some of these workshops with a number of eminent meditation teachers, including Roshi Joan Halifax, Mary Catherine Bateson and Wendy Zerzin.

Carla Clements (*Chair and Associate Professor, Transpersonal Counseling Psychology*) and **Les McAllan** (*Assistant Professor, Transpersonal Counseling Psychology*) presented at the national conference of the American Psychotherapy Association in Las Vegas, NV, this past October. The title of their presentation was "The Next Step in Trauma Treatment: Recovering Health and Happiness." It was



Einhyrmingur, Iceland

Looking Nowhere, Finding Elsewhere

Caroline Hinkley (Associate Professor, Visual Arts) has just returned to Naropa after a one-year leave of absence as visiting associate professor in the Cinematic Arts Department at the University of New Mexico where she taught courses in film theory. She has had two International Artist Residencies in Reykjavik, Iceland, fall of 2007, while on sabbatical and more recently at the Cill Rialaig Artists' Project in County Kerry, Ireland. She will return to Cill Rialaig in June 2010 to join a group of international artists and writers collaborating toward a group exhibition scheduled for Dublin and New York in 2011. She says about her images, "most recently, I have been developing a body of work centered in the Nordic and northern regions of Iceland and Ireland, landscapes of 'severe and surreal beauty,' with mesmerizing implications of the sublime. My hope is that these images reflect our more mythic notions of 'landscapes beyond imagination.'" She recently had a solo exhibition of photography at Mercury Framing in Boulder.



Snaefellsnes, Iceland



Dettifoss, Iceland

an interactive workshop targeting faculty, consultants and counseling practitioners who work with people experiencing the impact of trauma on their lives.

Shyamaa Creaven (Undergraduate Advisor and Staff Lecturer, Contemplative Psychology) published an article entitled "Embodying Confidence: Ecological Awareness in Adolescents" exploring the re-inclusion of the ecological ground as a means of embodying confidence, trust, healthy relationship and existential meaning in the lives of struggling teens in the *International Gestalt Journal*.

Michael Franklin (Professor, Transpersonal Counseling Psychology) was a presenter or panel member at a number of conferences in the 2009–10 academic year, including a leading

workshop entitled "A Transpersonal and Contemplative Applied View of Art Therapy" at Southern Illinois University, a presentation at the American Art Therapy Association National Conference entitled "Art Therapy, Mindfulness and Meditation: Personal, Clinical and Educational Reflections" and a presentation at the Contemplative Heart in Higher Education conference at Amherst University entitled "Seeing and Knowing the Mind Through Contemplative Approaches to Art." He also published an article entitled "Towards an Understanding of the Fundamental Healing and Therapeutic Qualities of Art" in the *Journal of Thai Traditional and Alternative Medicine*, co-authored with a Naropa graduate student.

Sarah Harding (Associate Professor, Religious Studies) attended the 11th Sakyadhita

International Conference on Buddhist Women held from December 27 through January 3 in Ho Chi Minh City, Vietnam. Sakyadhita ("Daughters of the Buddha") is a global coalition of Buddhist Women established in 1987. Sakyadhita has two thousand members and friends in forty-five countries, and has an international conference every two years in a different country, and national conferences in individual countries. There is a strong emphasis on women's scholarship and on supporting the bikkshuni sangha (fully ordained nuns) in the various Buddhist countries. Sarah presented a paper entitled "Seeking Niguma, Lady of Illusion" extracted from her forthcoming book of translations of the works of this eleventh century Indian saint. A book on the proceedings from this conference has been donated to the Naropa Library.

Mickey Houlihan (Adjunct Faculty, Music) along with collaborator David Darling produced an album entitled *Prayer for Compassion*, which won the 2010 Grammy Award for Best New Age Album.

Brigitte Mars' (Adjunct Faculty: BA Contemplative Psychology) latest book (number thirteen) has just been released and she will be giving a talk at Boulder Bookstore entitled "The Sexual Herbal." She will also be teaching "Healing with Herbs and Raw Food" at the Hollyhock Retreat Centre in British Columbia and at Heilsmeistarasklinn (an herbal medicine school) in Iceland in the coming year.

Mark Miller (Chair and Professor, Music) delivered a talk on contemplative education, "Teaching Improvisation: A Syllabus of Awareness and Compassion" at the annual conference of the International Association for Improvised Music at the University of California, Santa Cruz in December. His newest CD, *What Is... Art Lande and Mark Miller Live in Seattle*, was released last spring.

Andrew Schelling (Professor, Writing & Poetics) will be teaching at Dzongsar Khyentse Rinpoche's Deer Park Institute in North India, from March 2–6, along with **BA Psych. Adjunct Faculty Marlow Brooks**. On the evening of March 8, they will be presenting "Zen & the Arts" at India International Center in Delhi. Andrew's anthology of India's bhakti (medieval devotional revolutionary poetry) is in final stages of permission, and should be issued within the year by Oxford University Press, Delhi. Andrew also gave a reading at hakubai Zen Temple in Boulder for the Full Cold Moon, along with Mark Miller (Professor, Music) and several students.

Stuart J. Sigman (Provost and Vice President for Academic Affairs; Professor of Interdisciplinary Studies) published an article, "The Consequentiality of Communication," in the *Encyclopedia of Communication Theory* published by Sage Publications. This invited encyclopedia entry summarizes and updates Dr. Sigman's theory of communication consequentiality originally published in his 1995 book.

Judith Simmer-Brown (Professor, Religious Studies) was a keynote speaker at the Frederick P. Lenz conference on American Buddhism, held at Naropa University in September, speaking on the topic of the sustainability of American Buddhism. In October, she presented a paper entitled "Knowing the Nature of Passion: Tantric Meditation Methods," at the University of Colorado

conference, "Sex and Texts: Representations of Sexuality in Asian Religious Traditions." In November, she chaired a panel at the Montreal annual meeting of the American Academy of Religion entitled, "Activating Compassion: Educating the Buddhist Chaplain, with presentations from four different chaplaincy programs in the United States.

Judith Simmer-Brown (Professor, Religious Studies) is co-editor, with Fran Grace from University of Redlands, of a book called *Meditation in the Classroom: Contemplative Pedagogy for Religious Studies and Beyond* that will be published by State University of New York Press later this year. The book has twenty-six contributors, including chapters from Naropa faculty members **Dale Asrael (Associate Professor, Transpersonal Counseling Psychology)**, **Thomas B. Coburn (Emeritus President and Professor, Religious Studies)**, and **Richard Brown (Associate Professor, Contemplative Education)**.

In August, 2009, **Susan Skjei (Adjunct Faculty, Environmental Studies)** taught a professional development workshop at the Academy of Management Conference held in Chicago. The workshop was called "Cultivating Authentic Leadership Presence through Mindfulness and Somatic Awareness" and more than forty professors and consultants from a variety of academic institutions attended. Her collaborator was Kathryn Goldman Schuyler, PhD, a Professor of Organization Development and Feldenkrais practitioner from Alliant International University in California. They are continuing their collaboration with a forthcoming book on the influence of Tibetan Buddhism on leadership and management.

Meg Spohn (Adjunct Faculty, Writing & Poetics) will be playing the Galactic Defense Corps' "Officer Betty" in the sci-fi melodrama *Captain Swift and the Invasion from Planet X*, playing at the Bug Theater in Denver in April.

Robert Unger (Adjunct Faculty, MA Psychology: Contemplative Psychotherapy) is celebrating his twentieth year teaching at Naropa. Along with his colleague Gil Spielberg, he will be presenting an experimental two-year process group, utilizing both face-to-face and telephone sessions, at the American Group Psychotherapy Association annual conference in San Diego in February. This is the eighteenth consecutive year that Dr. Unger has been chosen to present at this, the primary national conference for group psychotherapists. Dr. Unger has also been chosen to be on the faculty as small group process instructor for the first session of the Community Collaboration

Academy, sponsored by the Kansas Leadership Center, in March. Dr. Unger's paper, "Buddhism and Psychoanalysis—Paths of Disappointment," recently appeared in the book *Brilliant Sanity*, and a paper, "Group Therapy Training at Naropa University's Contemplative Counseling Psychology Program," written with **Susan Nimmanheminda (Instructor, MA Psychology: Contemplative Psychotherapy)**, Abigail Lindemann, and **Matthew Holloran (Adjunct Faculty, MA Psychology: Contemplative Psychotherapy)** for the journal *Group*, is in press.

In March 2010, **Candace Walworth (Chair and Associate Professor, Peace Studies)** will attend the 54th year of the UN Commission on the Status of Women (CSW) as a delegate with the Women's International League for Peace and Freedom. Women from more than 83 nations—parliamentarians, directors of NGOs, human rights leaders and advocates—will attend. Dr. Walworth will share her experience with the Naropa community upon her return.

Karen Kissel Wegela (Professor, MA Psychology: Contemplative Psychotherapy) was a featured author at "The Search for Meaning: Pacific Northwest Spirituality Book Festival" being held in February at Seattle University, where she presented her new book: *The Courage to Be Present: Buddhism, Psychotherapy, and the Awakening of Natural Wisdom*. Karen also presented a workshop entitled "When the Times Say Pull Back: Break Through" at the Psychotherapy Networker Symposium in Washington, D.C., and was part of a clinical round table discussion entitled "Mindfulness & Beyond: How Meditative Traditions are Shaping Practice."

Lee Worley (Professor, Contemplative Education and Contemporary Performance) will again be leading *Mudra Mandala*, an intensive in global performance, this August in Gdansk, Poland. The ten-day workshop brings together people from different countries and languages for a communal experience of living and investigating the space awareness material originally presented to the west by Chögyam Trungpa Rinpoche. When she last presented this workshop in 2007, thirty people from ten European countries and the United States participated in this powerful global village format.

A Fruitful Adventure with Humanity

Interdisciplinary Studies student Sherry Gobaleza is committed to creating a world without oppression.

I first heard about Naropa University ten years ago while reading Mark Epstein's *Going to Pieces without Falling Apart*. Epstein had attended Naropa in the early days of Trungpa Rinpoche and Allen Ginsberg. Ever since then, Naropa had intrigued me.

In 2003, in Washington, D.C., I was teaching Ma Paya Pang Paraan, a Filipino martial art that is similar to T'ai-Chi and is guided by a spiritual force that connects you to all things. I was thinking seriously about going back to school. I wanted to be on the ground working for social justice, and I thought college would open up opportunities for me. I wasn't sure where to go, and it turned out that my therapist was a Naropa graduate, who suggested I look into the school. When I went to the website, I felt a flood of emotions, and I knew that Naropa was the place for me.

I chose Interdisciplinary Studies as my major because, for me, there is an interconnection between all things. With the support of faculty mentors, I've created a course of study that combines peace studies, religious studies and psychology. I'm now in my final year, and my thesis was inspired by women who are leading the campaign in social justice. I have interviewed five amazing women from very different cultural and spiritual/religious backgrounds, women who act on a spiritual level to fight oppression.

Theresa Halsey is Lakota and hosts "Indian Voices" on KGNU. Anita Khaldy, president of the Kuwaiti oil and gas company, is involved with many causes such as Children's Summer International Village and Coalition against Genocide. She was a featured speaker in Naropa's "Women in Islam" symposium. Sojourner Zenobia Wright, a graduate of Naropa's BFA in Performance program, is a performer and cultural worker who advocates for social justice through storytelling. Torkin Wakefield, co-founder and director of BeadforLife, has started many organizations that assist marginalized people. Ordained Presbyterian minister Pastor Heidi McGinness is outreach director for Christian Solidarity International and is a human rights activist in Sudan. These women are mission statements unto themselves.

When I am not studying, I am working for social justice. For several years, I served on the grant-making committee at the Chinook Fund, which supports Colorado organizations working to create a just, equitable and free society. I currently volunteer at BeadforLife, a program that empowers women in Uganda to lift their families out of poverty. I am deeply touched by the work that BeadforLife does. After graduation this May, I would like to be a youth mentor who teaches others about poverty, oppression and genocide. —Sherry Gobaleza

Sherry Gobaleza is a recipient of the Nancy Ashman Memorial Scholarship and the Naropa Presidential Scholarship. Your generous gift to the Annual Fund supports students like Sherry who desire to make the world a better place.

Check out Sherry's blog and video interview at naropa.edu/annualfund.



Alumni Events Around the United States





In the Spirit of a World Education

Chris Dwyer, Vice President for Institutional Advancement

Naropa University knows how involved alumni, parents, donors and friends are in the world. The university community truly spans the globe, leaving its distinctive, wakeful imprint on every person it touches. In the spirit of a world education, the university has been reaching out to you, both to engage you in Naropa's exciting unfolding and to increase your connectedness to the larger Naropa community. Last fall, President Stuart Lord and members of Naropa's Advancement team traveled to New York, Boston and Halifax. Since January, we've visited Washington, D.C.; Portland, OR; Los Angeles and San Francisco. And in Boulder, the docket has been overflowing with meaningful events and opportunities to reconnect and magnify our communities reach.

Would you like to hear about Naropa's vision for its future? Are you interested in learning how new academic and enrollment plans are reshaping the Naropa student experience, increasing the value of alumni degrees and magnifying Naropa's impact in the world? Do you want to be a part of Naropa's outreach and community-building efforts? If so, a world of engagement opportunities awaits you. Visit naropa.edu/dailyupdate for the latest on Naropa's on-campus offerings. Go to naropa.edu/alumni to see what's happening on the alumni scene or call us at 303-245-4751 to learn about our plans for making Naropa connections in your area. We look forward to hearing from you and to working together to expand Naropa's horizons.

Alumni Workshops

Alumni Relations and Career Services have co-sponsored a series of free workshops, that are facilitated by alumni who are experts in their fields, and available to Naropa community members and their guests.

More than 180 alumni, students, staff, faculty and guests participated in the Fall 2009 Alumni Workshop series:

"The Publishing Industry & Breaking into Print" with **Nate Jordon, '08**, founder of Monkey Puzzle Press.

"Finding Sacred Ground in the Changing Landscape of Money: Upgrading Heart, Soul and Humor with Your Cash and Credit" with **Denise Barnes, '89**, founder of Soul Savvy.

"Creating an Abundant Private Practice" with **Michelle Frieswyk-Johnson, '02**, owner of a private psychotherapy and coaching practice in Louisville, CO.

The Spring 2010 Alumni Workshop series:

"If Therapy's So Great, Why Can't I Find Clients? How to Repackage Your Gifts for Success...in 8 Weeks or Less" with **Becky DeGrossa, '06**.

"Brainstorming with Three Levels of Biz Building" with **Denise Barnes, '89**, founder of Soul Savvy.

"From Vision to Reality: Writing a Business Plan for Profit or Nonprofit Ventures" with **Carmen Cool, '01**, founder of the nonprofit Boulder Body Youth Alliance, and **Arron Mansika, '04**, founder of Boulder's Best Organics.



Alumni Listening Tour

President Stuart Lord welcomes the opportunity to listen to Naropa alumni during the Alumni Listening Tour. All Naropa alumni are invited to an Alumni Listening Circle, to share their comments, insights, opinions, appreciation, suggestions and ideas with President Lord directly.

To date, more than forty-five Naropa alumni have joined us for Alumni Listening Circles in Boulder and New York City.

Visit naropa.edu/alumni for more information.

ALUMNI NOTES

Would you like to be in the fall '10 Alumni Notes? Please submit an alumni note by visiting naropa.edu/alumninote.

Please note: submissions may be edited due to space constraints.

1980s

Chuck Cean (MA '82) has been employed as a case manager with Arizona Child Protective Services for the past fifteen years. Additionally, he is licensed as an independent substance abuse counselor and has been conducting domestic violence/anger management groups for the last ten years.

1990s

Warren Karlenzig (MFA '90), author of the book *How Green is Your City?* (New Society Publishers, 2007), has lectured at the University of Chicago, University of California at Berkeley and to the European Union's Committee of Regions (Brussels and Paris). He is president of consultancy Common Current, based in San Anselmo, CA.

Francis Kaklauskas (MA '92) has edited two books that have been very well received, *Brilliant Sanity: Buddhist Approaches to Psychotherapy* and *Existential Psychology East-West*, and has become a Fellow of The American Group Psychotherapy Association.

Robin Avery (BA '95) and her wife own and operate five assisted living communities in Colorado, serving 265 individuals and 160 staff. They strive every day to wake people up to the sacred nature of this work, and create loving and uplifted communities of care.

Frank Owen (BA '93, MA '96) lives in a solitary "Dharma outpost" along the Natchez Trace in Mississippi. He works for MAD GENIUS (madg.com) as an account planner and brand strategist, and writes poetry by night at NEKYIA. POETRY (nekyia-the-descent.blogspot.com).

Michaela Gallardo-Brueckner (CERT '97) is now back in Berlin and would like to connect with other alumni in Germany. Please email Michaela-Gallardo@hotmail.com.

Robert Masterson (MFA '97) accepted a position as a writing instructor at the Bedford Hills Correctional Institution for Women in Bedford Hills, NY. Thanks to the generosity of an anonymous benefactor in Lebanon, Camber Press announces the donation of Robert's *Artificial Rats & Electric Cats: Communications from Transitional China* to Naropa University.

2000s

Jill Hughes (MA '00) works with postpartum depression and mood disorders. She is the owner of a private practice in Littleton, CO, called Postpartum Colorado (postpartumcolorado.com).

After four years with Oxfam America as senior developer for web & video, **Rob Baker (BA '02)** is with a new group deploying citizen journalism programs around the world. He is traveling to Uganda to set up another program and hopes to do the same in Haiti and Sudan.

Michelle Frieswyk-Johnson (MA '02) offers workshops about creating an abundant private practice. Visit michellefrieswykjohnson.com.

Karen "Khaya" Boyett (MA '03) has been the executive director of the Interfaith Council of Southern Nevada since 2005. She has also been an instructor of anthropology at the College of Southern Nevada since 2002. In addition, she is also the mother of two amazing daughters!

Seth Braun (BA '03) is excited to report that his book has passed the 25,000 sold mark, *Healthy, Fast and Cheap: The Leaving Home Survival Guide*, published by Cookbook Resource and written based on his Naropa University "survival and thrival" plan.

Ann Elizabeth Grace (BA '03) is very excited to share the release of her new book *Confusion to Clarity: The Twenty-something's Guide to Finding Your Calling*. The book empowers twenty-somethings to uncover their identity, passion, purpose, and move forward when they are at a crossroads.

Katie Hayden-Lewis (MA '03) is clinical coordinator with the Early Assessment and Support Alliance, a public family-centered wellness and recovery program for teens and young adults in the early stages of schizophrenia. She studies with the Marion Woodman Foundation and has a private psychotherapy practice.

Catherine (Katie) McHugh (MA '03) is in the third year of her doctorate program in clinical psychology at Pacifica Graduate Institute and loving it! She also works with foster teens.

She writes "I am forever grateful for Naropa's influence on my life."

Andrew Peterson (MFA '06) has two forthcoming books: *Museum of Thrown Objects* (BlazeVox Press, Winter 2009/2010) and an appropriated travel text, *My Worth: a Novel* (Black Lodge Press). Poetry recently appeared in *The Ash Anthology* (Fact-Simile), online at *Dusie*, 350 *Poems* and *The Offending Adam*.

Amelia Charles (BA '07) has recently been living in Sudan, developing a local NGO called The Agora Project, which aims to establish a network of public libraries and literacy courses across the country.

Tim Hernandez (BA '07) is excited to be returning to the Front Range for the release of his new book, *Breathing, In Dust* (Texas Tech University Press), which is a novel of sorts, with poetic yearnings and a handful of photographs thrown in for good measure.

Dagny McKinley (MFA '07) has been published in regional magazines for nonfiction articles as well as continuing her column "Audrey Rose" in *The Steamboat Local*. *Wild Hearts: Dog Sledding the Rockies*, her book of photography and text based on her work with a dog sledding company, was recently published.

Since graduation, **Tess Gonyou (BA '08)** has traveled through Europe and Asia. Her time in Nepal and India solidified her passion for service work and inspired her to apply to graduate school. In June 2010, she will be starting the physician assistant program at the University of New England in Portland, ME.

Daniel Michels (BA '08) is currently attending the Josef Korbel School for International Studies at the University of Denver. He is working for his MA in International Human Rights.

Kristin Wegner (MA '09) recently learned that she received the Temple Buell Ambassadorial Scholarship with Rotary International. She will be studying architecture/urban design next year in Bogota, Colombia, at the Universidad Nacional de Colombia.



Peace to Conflict Survivors

Alumna shares her peacebuilding approach

Edwina Morgan (BA Interdisciplinary Studies '05) is an Australian citizen whose peacebuilding efforts take her to wherever there is need. After graduating from Naropa University, she spent time in Nepal with a peace organization, continued her education back home with a master's degree and has since returned to Nepal. In June, she'll finish her post in Nepal and then continue humanitarian duties.

Morgan has been aligned with Nagarik Aawaz, or Citizen's Voice, a Nepali peacebuilding organization that aids internally displaced youth who were victims of violence stemming from that country's decade-long armed conflict. Now Nepal is in a post-conflict transitional process, but in its worst days civilians were caught in the crossfire, women were targeted through sexual and gender-based violence, and children were used as human shields and recruited as child soldiers. In Citizen's Voice's yearlong program, youth become "Displaced Youth Volunteers" with access to psychosocial counseling and are engaged as volunteers in their communities.

"My time at Naropa University was an ever-evolving web, knitting the threads of internal process and reflection, activism and engagement with the world.... Naropa taught me that there cannot be social transformation without the process happening on a personal level also, and that I am inextricably linked to problems in the world 'out there' that seemed to be separate from me," she says.

Morgan was able to share her peacebuilding approach further on Dec. 22, 2009, when she exhibited her work in "Photos for Peace," in her birthplace of Sydney, Australia. Other contributors included Citizen's Voice Founder Rita Thapa, Sashank Thapa and Mohit Pant. Their photos highlighted peace activism and brought attention to the situation in Nepal.

Seeing the heightened vulnerability of women and the increased violence toward them in Nepal showed Morgan the need for long-term, sustainable support for women's groups working for peace. "I am hoping to begin a women's fund in Australia to make strategic grants to women working for peace in contexts of armed conflict and post-conflict," she says.

Her time in Nepal illustrated a concept she'd first learned about in Naropa Professor Sudarshan Kapur's class, *The Quest for Personal and Social Transformation*. She had studied the lives of peacemakers such as Mahatma Gandhi, whose personal spiritual practice was inextricably linked to his activism, but it took time to learn the necessity of making peace within herself.

"I have tried to do this work without doing so, and became burnt out, so now it is a process of learning how to balance, and how to practice. Yoga and sitting meditation help me greatly, as I have the tendency to try to be perfect and feel like what I am doing is never enough," she says.—*Brenda Gillen*

EVERYTHING CHANGES

Cancer teaches alumna to sit with uncertainty



Photo: Heather Phillips

At the age of twenty-seven, Kairol Rosenthal (BA InterArts and Psychology '97) was diagnosed with thyroid cancer. She'd been working as a modern dance choreographer when her diagnosis changed not only her life, but also the direction of her career. Last spring her book, *Everything Changes: The Insider's Guide to Cancer in Your 20s and 30s* (Wiley, 2009), was published.

"I had heard enough stories about cancer patients running marathons or climbing Kilimanjaro. I wanted to know how other young cancer patients surmounted the monumental task of asking for a date or laying their head on the pillow at night when they felt scared and lonely," Rosenthal says.

Funded by a grant, Rosenthal traveled from her home in Chicago across the country to interview twenty-five young cancer patients who confided things they hadn't shared with anyone else. One of the things she's learned from cancer survivors is that when treatment ends friends and family are celebrating, but many patients are struggling to adjust with daily life and the emotional impact of the disease. Along with their stories, she wanted to share her collection of resources on navigating health insurance, sex and dating, employment issues, family planning and more.

Rosenthal had come to Naropa to focus on her career as a choreographer. She'd found the InterArts program's combination of dance and theater artistically compelling. There are similarities, she says, in her career paths.

"The commonalities between being a choreographer, cancer patient and writer are many: With all three, you can get away with wearing pajamas all day long. And, you spend lots of time locked away from the world, swimming in private thoughts and deciding what slices of your life you want to publicly share," she says.

Much of her time these days isn't spent locked away, but in direct contact with patients and health care professionals at speaking engagements where her inner performer emerges.

This year, her engagements will take her to San Francisco, New York and Phoenix.

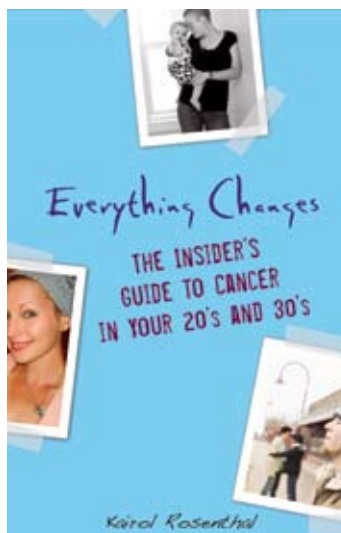
What helped her cope with cancer was exhaustively researching her disease, learning as much as she could to provide herself with peace of mind. Rosenthal's training at Naropa helped her, too.

"I showed up to technique class one day at Naropa and my teacher, Diane Butler, gave me a dollar bill and told me to get a cup of chai at the Naropa café and chill out on the lawn. I was baffled and angry. It wasn't until I was diagnosed with cancer and my life was forced to a halt that I was grateful for the lesson she gave me. Learning to sit with uncertainty, and cope with the things you cannot push or control is an invaluable life lesson I learned at Naropa."

The Naropa alumni community in San Francisco where she was living came to her aid as well. They took her to doctor appointments, held her hand while she was wheeled into surgery and assisted with household tasks. She and Naropa alumnus Seth Eisen (BA Interdisciplinary Studies '93), who was going through treatment for Hodgkin's lymphoma, supported each other by confiding the rigors of their lives during treatment.

Rosenthal and Eisen attended meetings of a support group for young people with cancer. He remembers discussing with Rosenthal how the key issues that young adults with cancer face are "glossed over."

"It was my one-on-one conversations with Seth that gave me the idea to write *Everything Changes*," she says.



When she later interviewed him for the book during a visit with his parents in Philadelphia, Eisen was amazed at her talent for interviewing.

"She's really good with asking the right questions and meeting people where they are," he says.

Rosenthal continues to support cancer patients and others living with chronic diseases through her blog, <http://everythingchangesbook.com>. Her book can be purchased online, in bookstores and through her blog.

—Brenda Gillen



naropa!

MAGAZINE

is going greener!

Naropa University continues to lead the way in campus sustainability and environmental stewardship. In alignment with this, *Naropa Magazine* will transition to an online magazine for the fall 2010 issue. Visit naropa.edu/magazine for details.

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