Harvest Potluck & Talent Show

The 22nd annual Harvest Potluck & Talent Show brought students, faculty, and staff together for a festive celebration generating the spirit of goodwill. This successful event will help usher in the holiday season on a high note.

Professor and Sofia alumnus Steven Schmitz, Ph.D., opened up the Harvest Blessing with a traditional shamanic ritual of drumming and bringing in the four directions. The circle of about 50 celebrants, included the five spiritual faith traditions: Zen Buddhism, Judaism, Hinduism, Muslim, and Christianity. Next, we all feasted on a potluck dinner which included a traditional carved turkey with all the fixings, and then an incredible assortment of foods from Indonesian rice wrapped in banana leaves to sweet potato appetizers in the shape of a heart—an expression of how we are all feeling about Sofia these days.

The talent show acts were diverse and engaging. Our students and faculty express themselves in so many ways, and this year’s show did not disappoint. Facilities Manager Curtis Funderburk's band closed out the joyful evening. We brought everyone on stage to dance and share in the happy vibe of our annual event.

Thanks everyone, for all the hard work in making the 22nd annual Harvest Potluck & Talent Show a roaring success. A special thanks goes out to all of our talent; our hardworking hosts Sasha Fierce and Shanna Savage, Rosalie Cook, Sarah Wing, and Justine Dorman for coordination; Sharon Nicolai, Brigitte Lindsey, and Curtis Funderburk for set up; and Katrina Rahn and Kim Guigui for handling AV. It wouldn't have been so successful without you! What fun!

Admissions Open House

Know someone looking for a transformational education? Invite them to our Open House on Saturday, Dec. 13 from 10 - 1. This unique opportunity allows prospective learners to meet in person with students, faculty and admissions staff. Writing Lab Director Carol Haefner will offer a “bootcamp” to give students feedback on their submission forms and writing samples to finish their application file. Refer a friend and help our Sofia community grow.

Contact admissions@sofia.edu for more details

President’s Bravo Award

The Bravo Award seeks to highlight the excellence found at Sofia University by recognizing extraordinary Sofia community members' achievements. Recognizing these accomplishments is vital to the University's mission. More details coming soon.
Dear Friends and Colleagues,

As we enter the winter holiday season, I write to thank you for your contribution to our effort to rebuild Sofia University. This past year has been transformative for me and for our school, and I am grateful for our journey here together.

Our enrollment held steady in the fall of 2014. Inquiries concerning current programs and the new degree program in computer science continue to keep everyone in our Office of Admissions very busy. With modularization of our current programs, students have more options. Now we are able to make our programs more agile and responsive to the social and vocational developments that will shape employment in the 21st century.

We are fortunate to be rebuilding at a time when our school is financially stable, thanks to the investors who have made it possible for Sofia to continue to build on the 40-year legacy we will celebrate in the New Year 2015. This coming year will be especially exciting, full of events, new program launches, and expanded services for our valued students.

Sofia’s vision is to empower people with a transformative and transpersonal education embodying mind, body and spirit. We do this through restoring the glory of our unique education and integrating our transpersonal heritage into different fields such as Computer Science, Leadership & Management, and Education. We will continue to teach and learn with authenticity, inclusivity, cultural humility, ecological stewardship, and service to others.

We are committed to this vision and thrilled that you are a part of our growing organization that is helping to shape the world of personal development, business, technology, and education through your study, work, and active involvement in the Sofia community.

I appreciate the contribution each of you is making at this time and wish you the very best now and throughout this holiday season.

Sincerely,

Liz Li, President
Sofia University

Books

Two Sofia University community members published their books. A hearty congratulations for your hard work. You make our university proud!

The Uprising of the Human Spirit by Alumnus Eric W. Towle

The Uprising of the Human Spirit by Eric W. Towle is about the evolution of consciousness through history in relation to the rise and fall of civilizations and our place in that dynamic right now. The author has taken the integral theory of Jean Gebser, a social historian of immense genius, and integrated his penetrating insight into the evolution of consciousness with the political science of Carroll Quigley, a past master in the study of evolving civilizations.

The Conscious Sexual Self Workbook by Adjunct Faculty Member Melissa Jebian Fritchle

The Conscious Sexual Self Workbook by Melissa Jebian Fritchle guides you to look to yourself for answers. Written by an experienced sex therapist and educator, this book gives you accurate holistic information about sex and sexual relationships, but it also provides you with questions and exercises to help you explore your own sexual history, values, and desires.
Upcoming Events

**Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality**
December 3, 2014 from 6:30 – 9 p.m.

Stuart Sovatsky, Ph.D., will give a talk, provide a musical event and sign his new book Advanced Spiritual Intimacy. With key endorsement by Robert Thurman, Georg Feuerstein, Fred Luskin and Ken Wilber, this intimate evening will completely uplift the modern yoga-tantra scene with its discernment of the spinal-to-pineal puberty that underlies all asanas and world-spiritual traditions and shows the “ars erotica” path to lifelong love relationships towards the One World Family.

For more information email: steven.schmitz@sofia.edu

**Shamanic Journey Circles**
December 5, 2014 from 7 - 9:30 p.m.

Shaman Steven Schmitz, Ph.D., offers an opportunity to deepen your understanding and practice of shamanism. Share sacred space, rituals, healing, and shamanic journeys to live drumming in a powerful and safe community setting. Join us in these monthly circles with Dr. Steven Schmitz, an experienced circle leader. They are offered at no cost, and are open to anyone in the extended Sofia University community. Bring a drum or rattle (if you have one), a journal, a blanket and an eye covering (scarf or bandana).

For more information email: steven.schmitz@sofia.edu

**The Happy Class**
January 5, 2015 from 1 – 5 p.m.

Jim Jorgensen will offer an interactive presentation on the keys to practical happiness at the student orientation on campus. Jim writes under the pen name Jay Knight. His book reached the number one spot on Amazon's list of bestselling happiness books. At this event, you will learn easy methods of decision making, spouse/partner picking, life expansion, and specific ways to find and keep true happiness.

For more information email: events@sofia.edu

**Founders Series: The Toolbox Project**
January 9, 2015 from 7:00 - 8:30 p.m.

Sofia University launches their 40-year anniversary as the premier transpersonal school in the heart of the Silicon Valley with its technology and humanist values-based Founders Series. Two graduates from Sofia will showcase their entrepreneurial mission “The Toolbox Project” at the university campus. Toolbox is a K-6 curriculum that supports children in understanding and managing their own emotional, social and academic success. Since Toolbox launched in 2006, this seminal work in translating the great wisdom traditions into a secular “common language” for children, their families and communities has been requested from over 20 countries and half the states. It is now in over 100 schools, including Berkeley, Boston, Montreal, and S. Africa.

For more information email: events@sofia.edu