

WOMEN'S SPIRITUALITY PROFESSIONAL CERTIFICATE COURSE DESCRIPTIONS

All classes 3 units, 10-week modules

Conflict Transformation As Spiritual Practice

D'vorah Grenn and Xochipala Maes Valdez

Fall term

Why does conflict destabilize us? At times it can be so disorienting we are unable to take any action, let alone move through the conflict by talking to the other person/s involved. This course will reframe conflict -- usually viewed as necessarily negative -- and will seek to teach students how to view disagreements, arguments and other conflicts as opportunities for transformation. We will work together to explore how various forms of conflict resolution can in fact be transformative, and a form of spiritual practice which can contribute to the growth and development of both parties.

We will also discuss how such situations can lead to greater understanding; increased closeness between people, even if a conflict is not completely resolved. The class will engage with some of the major underlying causes of conflict -- anger, shame/embarrassment, pride, fear and miscommunication. It will offer some positive, practical ways to understand what motivates us to prolong rather than transform or resolve areas of contention.

Creative Inquiry And Expression

Annette Wagner

Winter term

In this course, through the medium of creative expression and art, we will share our experiences as artists and empathetically listen to the stories of our classmates. Students will create responses to weekly blogs and discussions using a variety of media that engage the right and left sides of our brain in a conversation about what it means to be a creative being, to create sacred healing art, and how to nurture creativity as a spiritual practice in our lives. Through the examination of stories, academic research, our spiritual traditions, students will be encouraged to develop their own spiritual creative practice to include in their daily lives.

Women, Psychology, and the Sacred

Anya De Marie

Spring term

This course examines women's psycho/spiritual lives through the use of the mythic literature of the Sumerian goddess Inanna. Through engagement with poetry, embodied practices, creative expression and ritual, students in this course will learn new ways to imagine women's power and authority for themselves and others as they engage in a psycho-spiritual life review.

Women's Ritual Heritage
Mandisa Wood
Summer term

Students in this course will trace their own spiritual lineage and share stories of women's roles in domestic traditions and rituals. Examining food customs, adornment and rites of passage in various historical and living traditions will give students an opportunity to reclaim traditional rituals, to create new ones and to explore spiritual development themes in women's lifecycle celebrations. As they look at their own traditions, including childhood spiritual experiences of the sacred, celebrations of the seasons of the year, religious holidays or their ancestors, they may discover that their own search for identity, and a life-long initiation into women's wisdom have served as foundations of their ritual heritage. Though language, deities, symbols, taboos, and customs differ, many common themes will emerge when students share their stories. Students will also explore the exciting use of ritual as a catalyst for social justice movements such as One Billion Rising.