

# Explorations

## *Life Long Learning*

**MAY-JUNE 2009**

**Wednesdays at 7 PM**

Register with Kathryn Hansman-Spice: [kathrynhs@gmail.com](mailto:kathrynhs@gmail.com)  
or sign up in Explorations Program notebook on table in sanctuary.

**May 6:** **BE-ING PEACE: Kathryn Hansman-Spice**  
Kathryn will explore ways to shift our states of mind, perhaps from stressed and frazzled to alert and calm, utilizing the power of movement to bring new awarenesses and sensations to the brain. The ability to elicit relaxation and vitality has profound implications for our health. Kathryn is an Instructor in The TRAGER® Approach to bodymind integration.

*ELLEN CHEN will share with us, in the three classes listed below, her vast knowledge of Eastern philosophies, exploring how each religion approaches the sacred. Each class will include a general introduction, as well as a focus on a specific text. Born in Shanghai, Ellen is a retired Emeritus Professor of Philosophy at St John's University, and author of The Tao Te Ching: A New Translation with Commentary, Paragon House, 1989. Her current book project is In Praise of Nothing, A Celebration of Daoist Fundamental Ontology.*

**May 13:** **CONFUCIANISM:** The text will be the Doctrine of the Mean (Zhongyong), a short metaphysical treatise traditionally held to be authored by the grandson of Confucious, Zi Si.

**May 27:** **TAOISM:** The text will be Dao De Jing (Tao Te Ching)

**June 3:** **CHINESE BUDDHISM:** The text will be the Platform Sutra, a pivotal scripture in Chinese Chan (Zen).

**June 10:** **ALPHABET VS. THE GODDESS:** In this DVD lecture, Dr. Shlain "proposes that the process of learning alphabetic literacy rewired the human brain. He argues that literacy reinforced the brain's linear, abstract and predominantly masculine left hemisphere at the expense of the holistic, iconic feminine right one." Pastor Bud will facilitate a discussion after watching the DVD.

**June 24:** **ALL ROADS FILM FESTIVAL:** Selections from National Geographic short features, showcasing the remarkable work of indigenous and minority filmmakers from around the world. The festival is sponsored by NG annually in Washington, DC.