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Connections

For the Community of Sofia University

Fall 2012



Becoming Sofia

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Dear Colleagues,

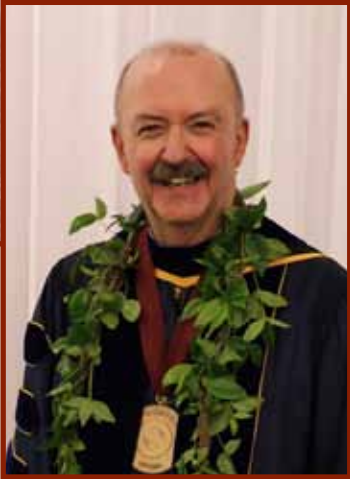
Welcome all to a new academic year – a transitional, even transformational year. As we evolve out of our history as ITP into our future as Sofia University, we reflect back and we look forward.

Our enrollment is approaching 20 times what it was at the time of our founding in 1975. It promises to double again in the next five to ten years. At the same time, our core values have not changed. We remain a transpersonal institution by any and all definitions of the word.

For most of our history, we have been a somewhat introverted graduate school of psychology. In recent years, we have added graduate programs in Women’s Spirituality and Spiritual Guidance. Today, we are investing unprecedented resources in serving our students, preparing to offer undergraduate completion programs in multiple disciplines (beginning 2013) and implementing a new “one stop” student services center in the new building.

We will unveil our first formal public programs department, inviting the larger community to interact with us in the form of film and lecture series, art exhibits, certificate and licensure courses and more. Finally, our Community Center for Health and

Wellness (CCHW) now joins us on campus as does the executive staff of California Campus Compact. (Please see page 10 to learn more about this wonderful nonprofit organization.)



As we move forward we are more deliberately embracing our external communities, both virtually and face-to-face. We now have the resources and the confidence in our mission to invite broader and more comprehensive interaction externally than we have before.

Everywhere I go as president of this remarkable school, I talk about who we are and the essential work that we do. There is, without fail, recognition of the universality and the true and the sacred that is at the heart of who we are as Sofia University. I am deeply honored to serve as president of this vital and distinctive university at such a profoundly transformational period of its development.

Warm regards,
Neal King

Sofia University Comes Out



In many ways, Sofia University's first presidential inauguration was far more than academic pomp and circumstance. The inauguration of Dr. Neal King was a multifaceted celebration, honoring more than 35 years of transpersonal values and whole-person education as ITP, while moving into a bright future as Sofia University. The school has many reasons to celebrate: a new president, a new building, new organizations on campus, and friends and colleagues – old and new – coming together as one diverse, vibrant and thriving community. This is Sofia's coming out party!

A crowded auditorium of guests sat patiently in the dark, anticipating the start of a centuries-old tradition – the inauguration of a university president. The strains of a Japanese flute and boom of a taiko drum announced the procession to Neal King's investiture as the first president of Sofia University. However, this march of the candidate, honored delegates, and members of the Sofia community was not the true beginning of this ceremony. Inauguration events commenced three days earlier with the consecration of the school's labyrinth and the university's mace...



Labyrinth Walk and Ritual Blessing with Ribbon Cutting Ceremony

On October 17, participants gathered around the recently completed labyrinth on the lawn outside Sofia's new building. Designed and built by Lars Howlett and Robert Ferre, the Sofia labyrinth is based on classical patterns to create a sacred space for self-reflection. Uniquely adapted and shaped to fit an area set among three trees, its walkway features six circuits, appropriately representing Sofia's six pillars of whole-person education: the intellectual, emotional, physical, spiritual, creative, and relational paths.

The designers' initial proposal describes the symbolic value of this project to the university: "Labyrinths are powerful tools for use in times of transition — this sacred path will be available to students, faculty, administration, and alumni to walk during the school's re-naming and expansion."

Dr. Anne Huffman opened the ribbon cutting ceremony with a poem, "The Door," by Miroslav Holub.

"Here at Sofia University, we are exploring all of these marvelous possibilities today. We are opening wide the doors of our university, inviting students, faculty, staff, and others who share the vision of transpersonal and transformative education to join us as we open these doors to this new space." – Anne Huffman, Ph.D.



"The Door"
By Miroslav Holub, Czech Poet

*Go and open the door.
Maybe outside there's
A tree, or a wood,
A garden,
Or a magic city.
Go and open the door.
Maybe a dog's rummaging.
Maybe you'll see a face,
Or an eye,
Or the picture
Of a picture.
Go and open the door.
If there's a fog
It will clear.
Go and open the door.
even if there's only
the darkness ticking,
even if there's only
the hollow wind,
even if
nothing
is there,
go and open the door.
At least
There'll be
A draught.*

Translated by Ian Milner and George Theiner

"With gratitude I ask Dr. Neal King to cut this ribbon and open the doors to Sofia University,"
– Anne Huffman, Ph.D.



Community Art Exhibit and Performance Art Program

At Sofia's Community Art Exhibit and reception, guests were welcomed into the new building to browse visual artwork submitted by members of the community, as well as tour the layout of the new campus building. Those present at the event commented on the serendipity of the new building becoming available at just the right time, with renovations completed just before inauguration. Features of the bright, shiny new space include a 500-seat auditorium, a one-stop student services center, and increased classroom and office space – just a few indicators of Sofia University's expansion.

After the reception, the evening concluded with performance art showcasing the creativity and artistry of the Sofia community. Roopam Sidhu, Maja Apolonia Rodé, Jovelyn Richards, Judy Grahn, and the Lunarchy Band presented poems, dramatic representations, and songs honoring Sofia and the values of the university.



California Campus Compact Open House & Breakfast

The second day of inauguration festivities began with a breakfast and open house hosted by California Campus Compact (CACC), a non-profit organization in higher education. Upon invitation from President Neal King, CACC recently moved their headquarters from San Francisco State University to the new building at Sofia University. During the event Dr. Elaine Ikeda, CACC's Executive Director, introduced the organization's history and mission. Members of the community were invited to learn more about the organization and its connection to President Neal King, who has been a member of the CACC executive board since 2011.



Sofia Seminar: Faculty Round Table on the Meaning of Sofia

Those in the community are already aware that renaming ITP to Sofia University has been, perhaps, the most challenging transition since Neal King became president. Over the past few months there has been a flurry of discussion around all things Sofia, so it was only appropriate that the inaugural events include a scholarly contribution on the subject.

Dr. Judy Grahn, co-director of the Women's Spirituality master's program, chaired a panel of core faculty members who discussed the meaning of Sofia in relation to the university, current times, and the infinite search for wisdom.

One of the panel members, Dr. Mark Gonnerman, shared the Tibetan Buddhist perspective of "the perfection of wisdom." Depicted by the feminine goddess Prajnaparamita, her cultivation of wisdom leads to awareness of our interrelatedness, thus creating compassion. Dr. Gonnerman noted that Sofia reminds us that this is what we, at the university, are here to do.

Dr. Judy Schavrien suggested that there were many ways to study Sofia, resulting in integrating both our inner and outer work for greater wisdom. Kate Wolf-Pizor integrated the comments of the other panelists by pointing out that Sofia is the bridging goddess: both earthly and transcendent. Wolf-Pizor believes that Sofia University means combining science with intuitive, artful inner-knowing. Certainly the name of the new university, in itself, provokes a contemplation of the transpersonal, as much as the scholarships, programs, and services it will house.

"To be a part of the inauguration ceremony felt like being a bridge because there have been a lot of growing pains. My hope is that our community can come together at a deeper level."

– Cassandra Rae, Residential SLB Chair



Convocation with Neal King and Community Panel

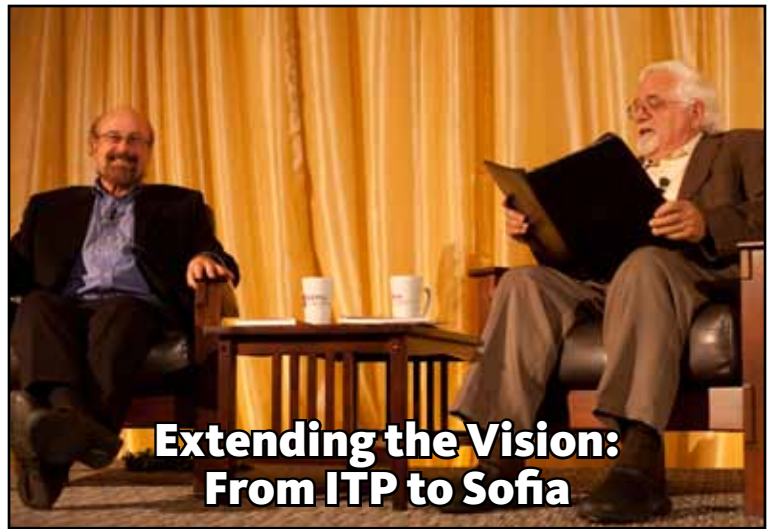
Convocation, Dr. King explained, is a time-honored academic tradition where the community comes together to recognize its common purpose, celebrate accomplishments, and honor faculty, staff, and students. At the first Convocation to take place at Sofia University, King was joined by a panel of representatives from the Sofia community, including faculty member Christine Brooks, student Dave Christie, and board member Peter Coughlan. King addressed the audience with an overview of the current state of the university, as well as hopes for the future.

Dr. King reviewed the school's progress as ITP, emphasizing that core values have not and will not change moving forward as Sofia. He acknowledged the continuation of whole-person education, commitment to academic quality in a transpersonal institution, and honoring all diverse individual and spiritual paths: "We seek and believe deeply in personal transformation and see our educational programs as vehicles for this experience."

The three initial schools of Sofia were also announced: the graduate school of transpersonal studies, the school of clinical and spiritual psychology, and the school of undergraduate studies. Looking to the future, Dr. King discussed public programs, California Campus Compact (CACC) and the Community Center for Health and Wellness (CCHW) as vehicles to encourage Sofia's interaction with the external community. These additions will encourage interaction and integration between Sofia's academic programs and the external world.

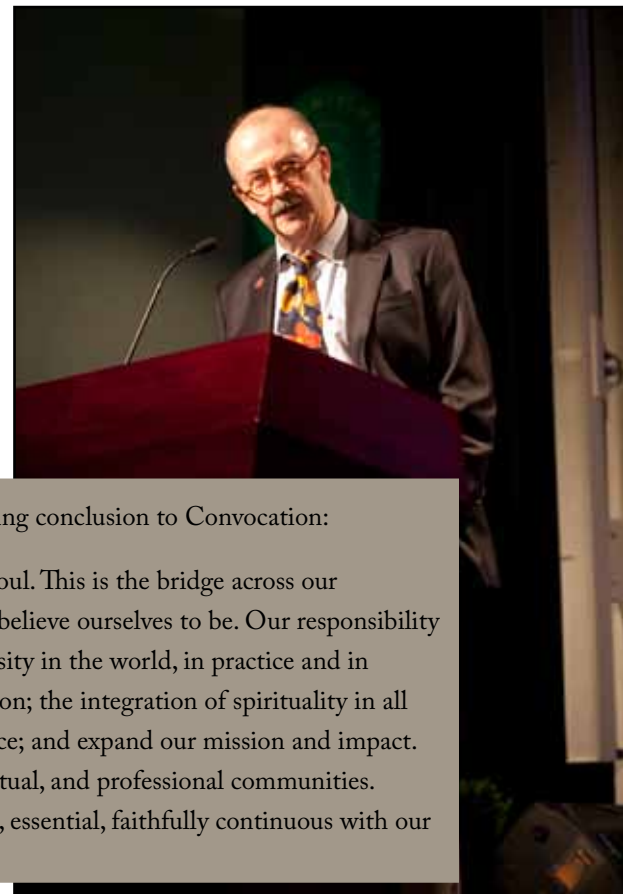
Perhaps Dr. King best described Sofia in his own words, with a meaningful and inspiring conclusion to Convocation:

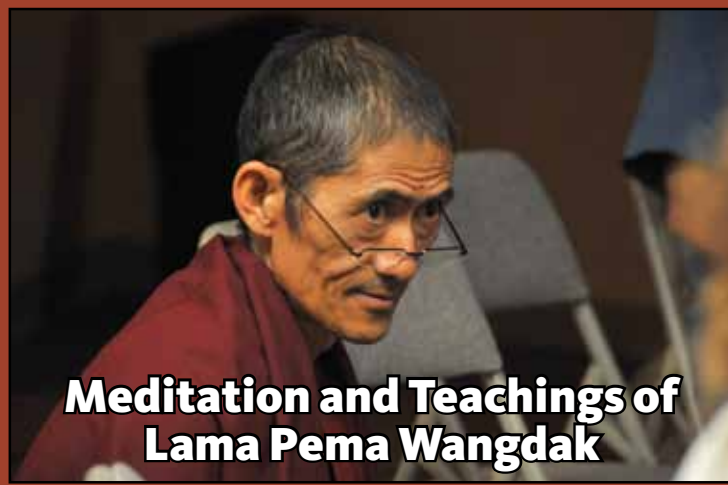
"Part of the genius of this school is that we are all, at the deepest levels, one soul. This is the bridge across our differences and subjectivities... regardless of how different we may appear or believe ourselves to be. Our responsibility – and opportunity – is to fully become the first and only transpersonal university in the world, in practice and in concept. The guiding vision is to retain our whole-person experiential education; the integration of spirituality in all that we do; the six pillars of our holistic educational philosophy and experience; and expand our mission and impact. We call ourselves to the challenges and rewards of integrating academic, spiritual, and professional communities. Going forward, our energies are directed toward being increasingly impactful, essential, faithfully continuous with our history, and adapting fearlessly and energetically to the changing times."



Extending the Vision: From ITP to Sofia

As founders of the school, Robert Frager and James Fadiman have been an integral part of the ITP and Sofia communities since day one. During inauguration week, the two came together in front of the community to tell the story of how ITP has now become Sofia. The audience learned, laughed and listened to the story of two professors – dreamers, really – who sidetracked their careers at major universities to found the Institute of Transpersonal Psychology in 1975. True, the first year of classes enrolled only 17 students total, with classes held in a student's home. But the journey led to the foundational concepts of Sofia – the whole-person educational model, the transformative and transpersonal experience, and rigorous academic curriculum. Both founders expressed gratitude for the development of the school into a university, the hope they hold for Sofia's future, and their confidence in Neal King's leadership.





Meditation and Teachings of Lama Pema Wangdak

Lama Pema Wangdak opened with a centering meditation in the Great Sofia classroom and then spoke about the Buddhist interpretation of vision and prayer. Participants joined the meditation circle to pray for the success of Sofia University's envisioned path and of Neal King's leadership along that path.



Inauguration Ceremony

The excitement of the week concluded on Friday, October 19 with the official inauguration celebrating Sofia and the school's progress in its 35 years of existence. Dr. Neal King was publicly invested into his role as president of the university.

The program included a welcome by Provost Paul Roy; a Buddhist chant by Lama Pema Wangdak and a Sufi prayer by Bob Frager; a poem by Judy Grahn written for the occasion; songs by the Stanford Gospel Choir; greetings on behalf of Sofia community and the academic community at large, including California Campus Compact and the International Association of University Presidents.

Presentation Sister Judith Guevara, Dr. King's seventh grade teacher at Holy Trinity School, shared delightful personal anecdotes of Neal, remembering his early philanthropic endeavors. She commented, "This event is historic for me. There are few teachers who are given the gift of being involved in their students' major accomplishments... What more could a teacher ask from in a pupil? Hopefully, some day Sofia University will feel the same way, if it doesn't already."

Fritz Schaeren, Ph.D., Board of Trustees Chair and Professor at European Graduate School (EGS), announced that after a series of meetings Sofia University and EGS have found common ground to move toward a partnership. The goal is to form a community of seekers who help each other grow as human beings and contribute to society. He presented Dr. King with a dazzling crystal from the Alps, as well as a watercolor painting by his wife, Beatrix.

In keeping with the theme of gratitude and coming home, Luisah Teish led a ritual with Kate Wolf-Pizor, Paul Roy, David Dunn Bauer, and Anne Huffman based on an African custom of welcoming home with a ritual song. The ritualists supplied soil from all of ITP's past locations; Teish poured libations to the ancestors using water collected from Marin, the Mississippi, and the Mediterranean Sea; and seeds for healing, enlivening and wisdom were planted by Drs. Frager and King, before student, Cassandra Rae, planted wildflower seeds for spontaneous affirmation and room for Mystery. David Dunn Bauer closed the ceremony proclaiming, "May all the sacred energy of this day be contained in the vessel of Sofia University, and



Jeff Keimer, Vice Chair of the Board of Trustees, honors each of the past presidents with a plaque as a token of the school's appreciation.

yet may it explode to create a new world of new wisdom and new possibilities.”

After thanking those present and in the community, Dr. King said,

“We all stand on the shoulder of others, and I’m honored that so many of those whose shoulders I stand on are here with us today, in spirit and in their physical presence. In this week... we celebrate our history and our mission and our transformation from the Institute of Transpersonal Psychology to Sofia University.

We began as visionary outliers... irreverent to convention, deeply reverent to the mystery that unites all souls across cultures and time. Today we are more seen, embraced, understood, sought, and needed than ever before.

As we reach out through our public programs and broadening global reach, we have sought to embrace and evoke the world’s deep wisdom traditions in choosing, with great humility, to now be known as Sofia University – knowing well that today we are but an imperfect work in progress and that this choice represents a beginning of a generation’s work to fully grow into our new identity. Our theme at present is, ‘Becoming Sofia University.’”

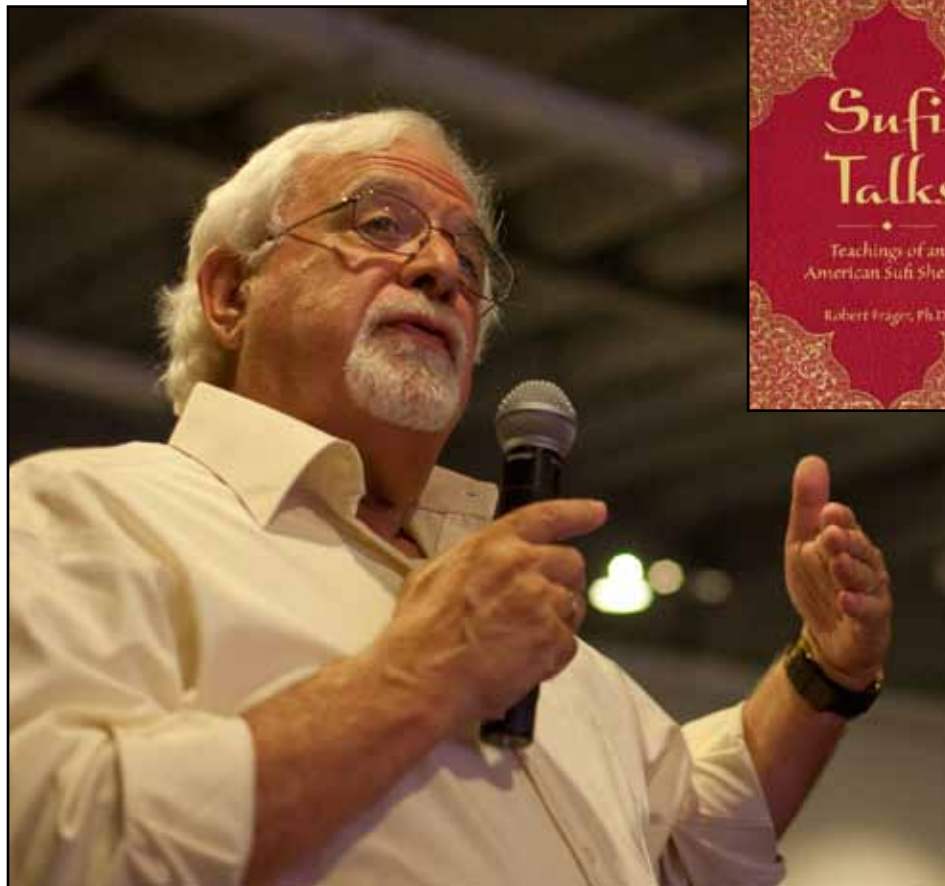
Dr. King reflected upon his own history with warmth and humor, explaining how his personal experiences, companions and learning prepared him for his new role at Sofia. It seems fitting that he has been delegated to this particular role in the Sofia community, in part because his values align so closely with the school, including the holistic value for and integration of “habits of heart and spirit.”

Like many of us, King learned that an American upbringing has placed him in a position of privilege compared to those living in other parts of the world; and with that privilege comes responsibility. He commented, “We are collectively here today engaged in a most noble profession, one that changes lives and can transform societies.”

Dr. King shared that inauguration events were designed to celebrate the diversity Sofia University lives and practices on a daily basis, as well as diversity in the community it serves. As Sofia forms international alliances, it is intentionally extending the reach of its offerings and the mix of its student population, while placing value on community:

“At Sofia University, we strive to embrace and model the core values we teach: critical thinking, lifelong learning, whole-person education, the responsibility to others of our privileged lives, the deep understanding that we are joined in our mysterious depths by a single spiritual nature and reality. It is our deeds, the lives we choose to live everyday that betray and distinguish us. Sofia University has been blessed with an unusual opportunity and a unique responsibility to fearlessly step up, become our better selves, in word and in deed, and give back in the very best spirit of our inherited traditions... Let us work together, in unity and love.”

After a standing ovation for Dr. King’s address, Lama Pema ended the inauguration with a blessing. The platform party led the recessional, exiting the auditorium as Lady Gaga’s, “Born This Way,” played appropriately in the background. The reception lasted into the evening, and together as a community, Sofia University partied on.



Talk About a Good Read: Sofia Founder Publishes New Book on Sufism

Sofia founder, Robert Frager, Ph.D., has written a new book, *Sufi Talks: Teachings of an American Sheikh*. A practicing Sufi for more than 30 years, Frager serves as a Sheikh in the Halveti-Jerrahi Sufi Order. He has previously authored books on Sufism, Islam, psychology, and spiritual guidance. Some of his published works include *Heart, Self, and Soul: The Sufi Psychology of Growth, Balance, and Harmony*, and *Sharing Sacred Stories: Current Approaches to Spiritual Direction and Guidance*.

Sufi Talks has received high praises, including the following excerpt from a review by Frederic and Mary Ann Brussat of "Spirituality & Practice": "*Sufi Talks* consists of an enlightening series of conversations about spiritual matters. Frager challenges us to work on building habits of the heart which involve openness, hospitality and everyday spirituality."

When asked about writing *Sufi Talks*, Frager commented, "I've been a Sufi teacher since 1985 and have led a small group of dervishes in the Jerrahi Order, which is a 300-year old Turkish Sufi Order and a branch of an 800-year old Sufi Order. We've been meeting since 1981 and these talks are taken from recordings that I've given every Saturday night over a period of 26 years."

The book, which explores Sufism as it is practiced in the U.S., is also a personal experience for Frager, detailing his experiences within the Sufi community. He says, "In a sense, the book is an account of the living teachings of Sufism. This book is really based on that relationship; when I sit and talk to my community."

When asked about preparing for talks with his dervishes, Frager says, "I often respond to what's in the room in a way that I'm not even conscious of. I may come in with a talk prepared and all of a sudden it veers off and covers something else. In fact that happens somewhat close to 50% of the time. Inevitably one or more of the dervishes say, 'You must have prepared that talk for me because that is exactly what I was needing to hear.'"

Huston Smith, author of *The World's Religions* and Distinguished Adjunct Professor of Philosophy, Emeritus at Syracuse University reviewed the book, saying, "A wise, discerning and practical book by a man who has walked the talk. I learned a lot from *Sufi Talks*."

Sufi Talks: Teachings of an American Sheikh is published by Quest Books and available for purchase at www.questbooks.net.

Meet the New Kid on Campus: California Campus Compact (CACC)

An Introduction by CACC Executive Director, Elaine K. Ikeda



This past July, amidst all the change and transformation (and construction!), Sofia has openly welcomed California Campus Compact (CACC) and our staff to the community. Now that we're officially calling Sofia University our new "home," I'd like to introduce ourselves and invite everyone to visit us on campus. We love meeting new folks and seeing new faces...in a brand new, beautiful building, no less! But for now, I'd like to give you a little insight into who we are and what we're all about.

California Campus Compact is a statewide coalition of California's leading colleges and universities. Since our founding in 1988, CACC has and continues to build the collective commitment and capacity of colleges, universities and communities to advance civic and community engagement for a healthy, just and democratic society. Through ongoing dialogue and collaboration, we're committed to the development of socially responsible individuals as well as public and private higher education institutions. Each year, California Campus Compact invests in and champions more than 500,000 students, faculty members, administrators and community members involved in diverse and ground-breaking activities that support and expand in these areas of civic and community engagement throughout California.

As the only coalition that brings together the diverse collection of California colleges and universities around a common commitment to higher education's civic purposes, California Campus Compact is a powerful ally in making the case for civic engagement, public service and student involvement in campus-community partnerships and for sustaining the momentum for higher education's public service role in California.



California Campus Compact Staff:
L-R: Cathy, Liane, Piper & Elaine

California Campus Compact is part of the national Campus Compact network and is one of 35 state Compact offices nationwide. The national office of Campus Compact was founded in 1985 by the presidents of Brown, Georgetown and Stanford universities and by the president of the Education Commission of the States. In the mid-1980s, the media portrayed college students as materialistic and self-absorbed, more interested in making money than in helping their neighbors. The founding presidents of Campus Compact believed this public image was false because they noted many students on their campuses who were involved in community service and believed many others would follow with the proper encouragement and supportive structures. Campus Compact began with the goal of attracting 100 member campuses. Today, there are more than 1,100 member campuses nationally. They are supported by 35 state Compact offices nationwide, including CACC.

In 1988, California Campus Compact became one of the first two state Campus Compact offices formed (Pennsylvania was the other) to provide member campuses with local, state and regional support. Charles Young, who was then Chancellor of the University of California, Los Angeles, and Donald Kennedy, who was then president of Stanford University, led the group that founded CACC. California Campus Compact has grown from 17 member campuses at its inception to close to 50 campuses today.

California Campus Compact was previously hosted at the University of California, Los Angeles from 1988 to 1995 and at San Francisco State University from 1995 to 2012. We are pleased that Sofia University will now host CACC and will continue to work with the organization to demonstrate leadership in engaging students – locally and globally – in our communities. Sofia University president, Neal King, has been a member of the CACC executive board since 2011, and California Campus Compact strongly supports Sofia University's service and purpose.

So as you can see, we have a lot in common with the values and mission of Sofia University. Both organizations seek to foster the development of individuals, organizations and societies toward their fuller potential for wisdom, health and wholeness. We couldn't think of a better team! We are grateful for the warm welcome that the Sofia community has given us, and we are excited to begin our journey of collaboration together.

All in the Family: Daughter of Former ITP President Joins Board of Trustees

Jacqueline Moore, the newest member of Sofia's Board of Trustees, brings legal expertise, as well as a very personal connection to the school. As the daughter of former ITP President (1985-1989), Ernest Moore, Jacqueline strives to use her connection to the university and its community to serve a larger purpose by truly making an impact on important school decisions. Her father was a member of the board until his death in 2005, and she has thankfully accepted the opportunity to support the school and follow in his footsteps.



Jacqueline's father, Ernest Moore, fled Germany in 1934 and later joined the U.S. Army as an intelligence operative to help defeat the Nazis during World War II. He became president of ITP in 1983, after having spent 35 years as an executive at Stanford Research Institute (now SRI International). In 2005, the Ernest Moore Endowed Scholarship Fund was created from the generosity of his family and friends. Students receive scholarships in memory of Ernest. The Moore family has

continued to stay connected to Sofia University and gives generously to the scholarship in Mr. Ernest Moore's name. Jacqueline is pleased to be able to carry on her father's work and continue her family's close association with Sofia.

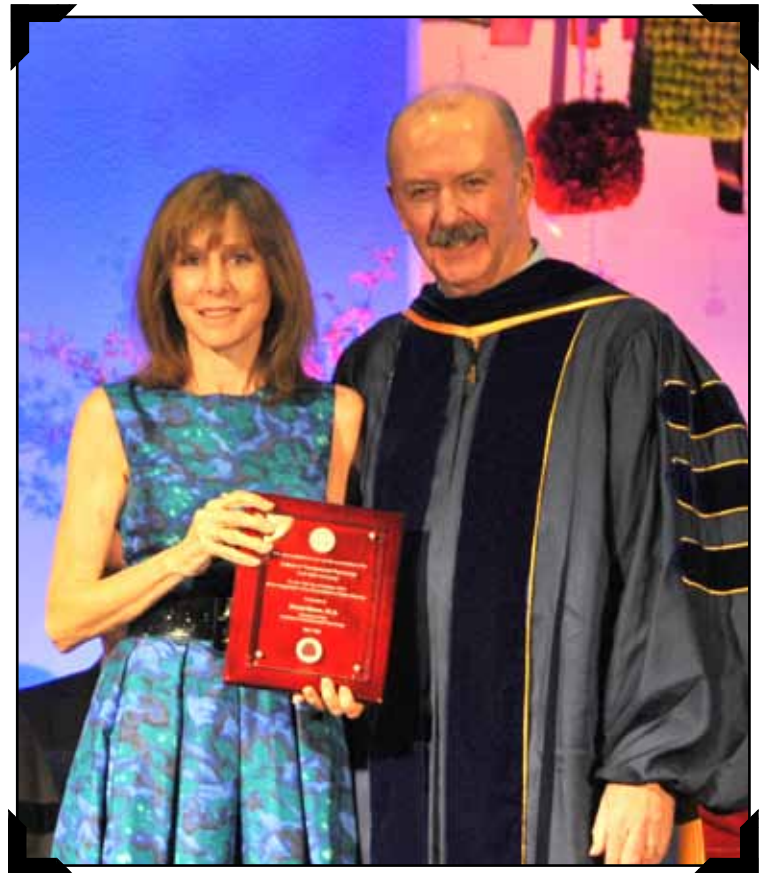
"I am honored to serve this unique school that my father loved so much," remarked Jacqueline. "He was a member of the board until his death in 2005, and I am happy to have the opportunity to support the school too."

Jacqueline not only holds Sofia close to her heart because of her father, but because she feels the core values of Sofia are something she can strongly appreciate. Jacqueline explains, "Sofia embraces whole-person education that supports personal and community transformation through qualities of mindfulness, discernment, compassion, and appreciation of differences. This outlook creates a learning community of diversity and acceptance, which is rare and in which I love being able to take part."

Jacqueline Moore currently serves as General Counsel at Divco West Real Estate Services. Prior to joining Divco in 2003, she was

a founding partner and General Counsel of Wilson/Equity Office, General Counsel of Wilson/Cornerstone, and also worked as a tax and real estate lawyer at Morrison & Forester. Jacqueline received her Bachelor of Arts degree from Stanford University, Phi Beta Kappa, and her Juris Doctorate degree from Stanford Law School, where she was recipient of the Hilmar Oilman Jr. Award for excellence in legal writing.

Sofia University has openly welcomed Jacqueline Moore as a member of the Board of Trustees. Sofia President, Dr. Neal King, stated, "Ms. Moore is an excellent addition to the school's Board of Trustees. In addition to being a lifelong advocate for education, she brings a personal passion for the school combined with a superior legal mind – something every board needs." Jacqueline hopes to stay at Sofia for some time committing to her passion for the school's mission and vision.



Jacqueline receiving a plaque on behalf of her father for his service as president of ITP.



“Through the relational cohort model, I made deep connections with others following a similar path and got critical feedback on my own growth edges in need of further attention and healing.”

– Daniel Foor

Life After Sofia: Alumni Spotlight

At Sofia University we're lucky to have alumni who treat us like family. Our wonderful alumni keep in touch, sharing with us their post-grad activities and accomplishments. We are proud of the positive changes our alums are making in the world and feel fortunate to share their stories with you.

Daniel Foor, Ph.D., MFT, graduated from Sofia (then ITP) in 2005 after completing the Master of Clinical Psychology program (MACP). Since graduating, he's pursued his dreams in spiritual and ancestral work. His pursuits have taken him to exotic places across the globe – he's lived and worked in countries like Czech Republic, Mexico, Ecuador, Egypt, and Morocco.

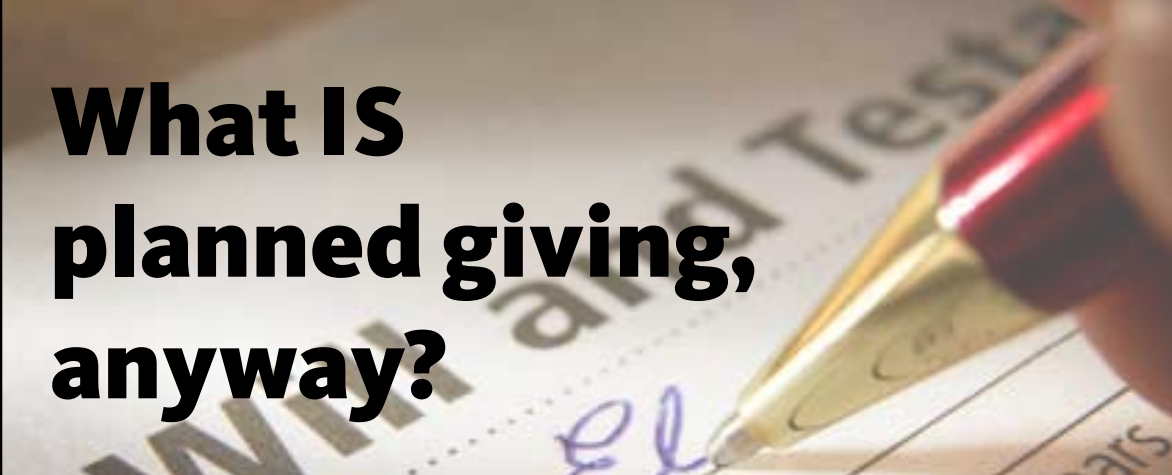
Daniel sat down with *Connections* to reflect on his ITP experience and explain how it prepared him for his professional career: “The integrative approach of ITP served as inspiration for my subsequent doctoral research on the use of shamanic healing methods in a clinical mental health setting, as I wanted to send a clear message of encouragement to upcoming holistic practitioners.” He also tells *Connections* how he learned more about himself from the school's transpersonal, transformative model: “Through the relational cohort model, I made deep connections with others following a similar path and got critical feedback on my own growth edges in need of further attention and healing.”

Today Daniel leads trainings, rituals and community circles focused on honoring ancestors, tending our relations with the natural world, and remembering our unique destiny and calling. Over the past two decades, he has trained with indigenous and earth-honoring elders of diverse backgrounds, including his own Northern European ancestors. He also offers individual mentorship sessions, rites of passage and ministerial services (e.g. weddings, funerals, birth rituals, home blessings). He says his experience at the Institute provided him with the guidance to flourish upon his life's work: “Rather than compartmentalize my training as a therapist and my calling to spiritual practice, I was encouraged to draw upon my passion for earth-honoring traditions in ways that enhanced my ability to provide effective therapeutic services for people of all backgrounds. Sofia is keeping alive the vision of a critically needed holistic transformation within the mental health fields, and my time as a student empowered me to carry with dignity, courage, and professionalism a vision of psychology that honors the Earth and our many relations.”

Dr. Foor is also the founder of the Earth Medicine Alliance (www.earthmedicine.org), a San Francisco Bay Area-based interfaith nonprofit focused on helping humans to heal and enliven their relations with the rest of the natural world. The organization features an annual conference with nearly 20 diverse ceremonial leaders as well as Voices of the Earth, a free online archive of interviews with earth-honoring elders and teachers.

Dr. Foor will also be featured in the upcoming anthology by the Society of Shamanic Practitioners called *Spirited Medicine: Shamanism in Contemporary Healthcare*. His contribution on complex trauma and shamanic healing references his doctoral research, *An Interview-Based Inquiry into Challenges Faced by Licensed Mental Health Professionals who Utilize Shamanic Healing Practices*. Daniel is also working toward final publication in late 2012 of his first book, *Ancestral Medicine: A Manual for Tending our Relations with the Dead*.

For more information visit: www.ancestralmedicine.org.



What IS planned giving, anyway?

If you're still wondering what a planned gift is, no worries – you're in good company. Also known as a “legacy gift,” a planned gift is a way for you to make a larger contribution than you could normally make from your income. Some planned gifts (like the Charitable Gift Annuity) can provide you with lifelong income. Others use estate and tax planning techniques to provide for Sofia University and your heirs in ways that maximize the gift and minimize its impact on your estate.

By definition, a planned gift is made from your overall estate planning. Regardless of the planned gift vehicle you use, benefits of funding a legacy gift can make this type of charitable giving attractive both for you and for Sofia University.

Why are planned gifts important to Sofia?

To ensure long-term financial sustainability, Sofia needs an endowment, that is, significant donated resources that are invested to produce income and maintain the university over time. The best way to build an endowment is from planned gifts.

Expanding Sofia's impact in the world, making our transformative education available to more students around the world, reaching into our community with low-cost counseling for underserved populations, increasing diversity at Sofia and within the field of transpersonal psychology, providing financial assistance to more students...these are the impacts of your planned gift. It is the ultimate gift.

A planned gift does not need to be complicated. It can be as easy as adding Sofia University to the list of beneficiaries of your IRA or life insurance policy, or adding a codicil to your will. (We can provide sample language.)

Celebrating you, our planned giving donors:

Those who make a planned gift are brought into the Robert Frager Founder Circle as our way of saying thank you for being so thoughtful. If you have remembered Sofia in your will or trust, please let us know so we can include you!

We acknowledge our members through a complimentary annual social event and list our members on our donor wall at Sofia University. Of course, you have the option of remaining anonymous, if you desire.

Please consider joining us by making a planned gift – one that will live on, that expresses your values, that leaves a legacy. For more information, please contact Tracy Byars at tracy.byars@sofia.edu or (650)-493-4430 x 267.

Don't have a will? No problem! Contact tracy.byars@sofia.edu to receive FREE Quicken Willmaker Plus software. If you'd like to benefit Sofia University through your will, we can help you with that as well. Let us know how we can assist you.

**If you have remembered Sofia /
ITP in your will or trust, please let
us know so we can include you!**

**To connect
with each
other,
connect
with us!**

**Do you want to
connect with your
cohort or fellow
alumni?**

**We can help with
that – just email
alumni@sofia.edu,
and we will get in
touch with them for
you.**

**To get and give
advice and support,
join the ITP (Sofia)
Alumni Mentorship
Group on LinkedIn
– a unique group
of like-minded
alumni who help
each other bring
their transpersonal
education and
experience to the
world.**

Saskia Gives Back to Sofia

Proud to be a part of the first graduating class of Sofia University (July 2012), alumna Saskia Stockbroekx-Pinto wanted to give back to her alma mater. In her own words, her experience at Sofia is one to be treasured, as she felt a deep connection both to faculty and to the core Sofia belief in transformative, transpersonal education. With a personal view that we should all give back to our communities in any way that we can, Saskia drew upon more than 20 years of woodworking experience to create a gift both meaningful and functional – a beautifully constructed, lacquered wooden sand tray to be used by our counseling center, the Community Center for Health & Wellness (CCHW).



What is a sand tray?

Sand tray therapy is an expressive and dynamic play process that is utilized in counseling sessions by children, adolescents, individual adults, couples, families, and groups in the presence of a trained sand tray therapist. A sand tray therapist's office is often stocked with an extensive collection of miniature objects, sand and sometimes water. The sand is typically contained in a tray with a blue bottom; for example, Saskia's tray was hand-painted to a calming shade of sky blue. Clients are then invited to create a scene in the tray by placing objects into the sand in any configuration that "feels" right. Without having to use words, clients can increase their capacity for individual expression utilizing the tray. Self-awareness and communication are enhanced by this process. Saskia reflects on her own experience with sand trays: "It so happens that during my practicum, I had one child client who didn't want to talk and week after week she would play with a sand tray and play out things. Sand tray can give a therapist a lot of information that is needed without speaking. The choice they make in the figurine – what they pick is already so telling."

Time, Talent, or Treasure

In her own words, Saskia says, "I'm a big believer in giving back, whether it's time, talent or treasure. It's very important. People think about and talk about doing it, but never actually do it. I say, let's not think about it – let's do it." Spending many long hours to complete the tray, Saskia thought about its future usefulness and meaning to the school: "Admittedly, I did put a lot of love into the tray – when I was sanding it I kept thinking how I

hoped all the students would use the tray. I wanted to make it functional, but also beautiful." Saskia's sand tray is solid wood without any metal screws or nails to hold it together. The wood is finely sanded and polished, and the interlocking corners have a seamless design.

Currently a freelance calligrapher and Furniture Design instructor at Mission College, Saskia's first passion is woodworking, a therapeutic process all its own: "I find that with woodworking and making furniture, I can come up with a concept, build it and then use it once completed. Woodworking is so meaningful to me – it's therapeutic to build something out of nothing – and the finished product is functional, too." Four years ago, Saskia endured a difficult time in her life and found solace in her woodworking. "I would say as long as I can create, I will be okay. It is healing for me. For some it's painting or art; for me it is building furniture and working with wood."

The Sofia Experience

"The best part of my experience at Sofia was learning mindfulness. Once I was taught mindfulness, I think I became a better friend, mother and therapist. Other schools don't have as much influence on mindfulness. Mindfulness and the transpersonal approach are what set Sofia apart from other schools." Saskia also feels that Sofia's faculty prepared her for internship work and to sit for professional exams. "I was able to bring any and all concerns to my professors and they helped guide me through them. Academics aside, the whole-person experience at Sofia meant the most to me."

**Expanded
Campus Into
Building Next
Door**



**Preparing to offer
undergraduate
completion
programs in
multiple disciplines**



**Name change
from ITP to
Sofia**



**Renovations in
new building,
including a 500-
seat auditorium
for events**



Ch-Ch-Ch Changes

**At a glance, here are some of the
changes that have happened since July**



**Outdoor
labyrinth,
created by Lars
Howlett and
Robert Ferre**



**Community Center
for Health &
Wellness (CCHW)
moved on campus**



**California
Campus
Compact (CACC)
housed in new
campus building**



**Adding
New Public
Programs
Department**

Public Programs

For the latest event information and details, please visit www.sofia.edu/calendar.php

January 2013

COMMUNITY BUILDING WORKSHOP: An Adventure in
Connection and Authenticity
Friday January 4, 2013 - Sunday January 6, 2013

RITUAL THEATER (Creative Expression Sunday Series)
Sunday January 20, 2013

GRANDMOTHER WISDOM, MONA POLACCA:
Walking in the Balance in the Circle of Life
Wednesday January 23, 2013

February 2013

ONE BILLION RISING: STRIKE, DANCE, RISE to end violence
against women
Thursday February 14, 2013

MAKING SACRED MASKS TO CONNECT WITH YOUR SOUL
Creative Expression: Sunday Series
Sunday February 17, 2013

HIGHER EDUCATION AND THE LIFE OF THE SPIRIT
Thursday February 21, 2013

March 2013

VAGINA MONOLOGUES
Friday March 1, 2013

VOICE MATTERS: SPARKING YOUR CREATIVE VOICE
Creative Expression: Sunday Series
Sunday March 10, 2013

April 2013

AN EVENING WITH MICHAEL LERNER
Thursday, April 4, 2013

May 2013

LAW AND ETHICS: Continuing Education Workshop
Facilitator: Karen Erlichman, PhD
Sunday May 19, 2013

**To submit a proposal for Sofia University's Public
Programs, please complete the proposal form at:
<http://tinyurl.com/b4xkd7m>**