

Panelist Bio/Headshots

Dr. Stephanie Mines, Facilitator



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Dr. Stephanie Mines is the author of five books that reflect over three decades of research as a neuroscientist. She has investigated shock and trauma as a survivor, a professional, a clinical researcher, and healthcare provider. Her nonprofit [The TARA Approach](#) is instrumental in the systemic change she promotes as a Regenerative Health paradigm.

Dr. Mines also developed [Climate Change & Consciousness](#) to facilitate inner transformation for grounded climate action. Climate Change & Consciousness serves an international and intergenerational community of visionary activists.

In addition, Dr. Mines is an award-winning poet. Her poetry has been published in anthologies and in chapbooks.

Dr. Mines' latest book, *Memoir of An Embryologist: How I Discovered the Secret of Resilience*, will be released in 2023 from Inner Traditions/Sacred Planet Books

Ya'Acov Darling-Khan



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Ya'Acov has been studying and practicing shamanism all his life. When he was 21, he was hit by lightning and through this, began a three-decade-long journey of initiation. He has been recognised as a practicing shaman by Elder Shamans from the Sami (European tradition), and Achuar and Sápara peoples of the Amazon. Together with his wife Susannah, he is the Co-Creator of Movement Medicine, a contemporary and dynamic shamanic practice designed to support people from all walks of life to be who they are and give what they've got. Ya'Acov's work come straight from the heart. He inspires people, often with great humour, to remember who they are.

He is the best-selling author of *Jaguar in the Body, Butterfly in the Heart* (Hay House 2017), the creator of *Shaman's Song - Shamanic Journeys to Empower, Inspire and Re-Connect* (Hay House 2018), and the Co-Author of *Movement Medicine - How to Dance, Awaken and Live your Dreams*, (Hay House 2009). His new book, *Shaman – Invoking Power, Purpose and Presence at the Core of Who You Are* was published by Hay House in Spring 2020.

Anita Sanchez



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Anita Sanchez, PhD, Nahua (Aztec) and Mexican American, is a consultant, trainer, speaker to Fortune 500 corporations, education, and non-profit organizations. Anita bridges indigenous wisdom and science for individual to societal renewal focusing on diversity, equity, inclusion and cultural transformation. Board member of the Pachamama Alliance and Bioneers. Author of Success University for Women in Business and international award-winning book, *The Four Sacred Gifts: Indigenous Wisdom for Modern Times*. www.FourSacredGifts.com Other awards include 2020 Conscious Company Media “World Changing Woman” and 2020 World Woman’s Foundation “Woman of the Hour” #SheisMyHero campaign to inspire 1 million girls to live their dreams and leadership.

Clare Hedin



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Clare has been a professional energy healer, sound healer, performer, recording artist, multi-disciplinary artist, and consultant of creativity and consciousness for over 25 years. Trained in Reiki I/II/III, Emotional Body Balancing, and Light Body, she has been the subject of EEG studies researching the shamanic relationship between creativity and healing. She was evidenced as entering exceptionally high alpha states whilst healing, demonstrating her unique skill in her craft. She co-designed the sound healing program @ Sound Healing Institute, San Francisco ('02-'03), taught classes there on metaphysics, sound, interspecies communication, and voice ('03-'07), and created a unique pathway to bring in her original healing music for patients, families & staff @ Oakland Children's Hospital ('01-'06) She was featured in The Sacred Science video healing series. She lives in the San Francisco Bay Area, performs regularly at Grace Cathedral, San Francisco, and has 11 CDs to date. Her next album 'Singing The World To Peace' is due for release in early May. She also paints 'energy balls' for healing and altering consciousness. **All her work is available on her site: Music, Healing & Consciousness:** <https://clarehedin.com/>

Spring Cheng, PhD, Co-Founder of Resonance Path Institute, www.resonancepath.com



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Dr. Spring Cheng is a coach and teacher in leadership development and self awareness. Spring created a holistic blend to integrate her diverse experience as a dancer, artist, scientist and Chinese medicine practitioner.

Spring spent the first half of her life in traditional, pre-industrialized China and the latter half in the US. After she received a doctoral degree in molecular biology and masters in biostatistics, she worked in the pharmaceutical industry as a data scientist. However, in her career as a scientist, her heart and spirit felt empty and deserted. She then dedicated herself to reconnecting with her own indigenous root through Chinese medicine and Taoism. Later, with her partner Joe Shirley, Spring co-founded the Resonance Path Institute, where she integrated these different disciplines through coaching and leadership development.

Spring invented The Resonance Code, a rebirth of the ancient Chinese classic I Ching, the Book of Change, in the context of leadership and organizational development. She is the author of The Resonance Code: Empowering Leaders to Evolve towards Wholeness. She is an

advocate for integrating indigenous wisdom with modern thinking in the field of adult development. She brings her work to diverse places such as the U.S., Canada, China and European countries.

Allison Davis



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Allison Davis, MS, LPCC, PhD, is a counselor, educator, and researcher of perinatal mental health. Her work focuses on the development of mothers' psychoecological growth in matrescence, the transition into motherhood, reframing eco-related distress as resilience and offering a path through the mental health dangers of idealized green motherhood towards lifestyles that are psychologically healthy and ecologically sustainable. Through articulation and application of an ecofeminist-informed developmental approach, she fosters ecological thinking and contact with nature for psychotherapeutic healing and growth. She maintains a clinical practice at Mother Nature Therapy, LLC, teaches at Alliant International University in the Professional Clinical Counseling Program, and conducts postdoctoral research in the Maternal Psychology Lab at Columbia University.

Michele Wilcox



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Michele Wilcox is a TARA Approach Certified Self-Care Teacher and Advanced Practitioner. She is a central and founding member of the TARA Approach Faculty, specializing in self-care.. The TARA Approach is a clinically tested, trauma-informed, culturally sensitive comprehensive protocol for the resolution shock and trauma. Michele has taught and continues to teach in a variety of settings, including preschool classrooms; yoga studios; faith communities; clinics; global conferences and educational institutions, both live and virtually. Michele is also an active community member of Climate Change & Consciousness, and the liaison in the collaboration with its partner OzGREEN to support youth worldwide in addressing climate change. Michele has worked closely with TARA Approach Founder Dr. Stephanie Mines for over seven years. She has been instrumental in developing the Regenerative Health for A Climate Changing World paradigm. As facilitator and mentor, Michele supports youth in Africa in their reforestation projects and in enhancing community resilience in the face of desertification and all the byproducts of colonization. To find out more about Michele go to: www.ReSourceforHealth.us.

Lev Nathan



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SINCE 2010, LEV NATAN HAS BEEN CATALYZING BREAKTHROUGHS FOR ORGANIZATIONAL LEADERS, ENTREPRENEURS, HEALERS, ARTISTS & ACTIVISTS. WHO WORK FOR THE COMMON GOOD IN THESE POIGNANT TIMES OF ACCELERATED COMPLEXITY. IN 2020, HE BECAME THE FOUNDING DIRECTOR OF [ALLIANCE FOR A VIABLE FUTURE](#). A NON-PROFIT INITIATIVE WITH THE MISSION OF AMPLIFYING NORTHEAST CLIMATE LEADERSHIP.

Lev has been doing men's work for more than twenty years. He has served on the Menschwork Wisdom Council and undergone training through EVERYMAN, Mankind Project's Boys to Men program, Wild Earth's Track and Sign program, and the Sterling Men's Institute. Lev is certified as an Integrative Sound and Music Practitioner through The New York Open Center's Sound & Music Institute, and utilizes sound healing instruments. He will be completing his fourth year as a Sundancer in The Lakota Sundance Ceremony, which includes fasting with no food or water for four days to pray for Life.

Peter Whitehouse



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Peter J. Whitehouse, MD, PhD is Professor of Neurology at Case Western Reserve University and Professor of Medicine at the University of Toronto as well as current former Professor in seven other departments, including Psychiatry, Neuroscience, Nursing, Bioethics, Cognitive Science, Psychology, History, Organizational Behavior and Design and Innovation He received his undergraduate degree from Brown University and MD-PhD (Psychology) from The Johns Hopkins University (with field work at Harvard and Boston Universities, followed by Neurology Residency, Fellowship in Neuroscience and Psychiatry, and a faculty appointment at Hopkins. In 1986 he moved to Case Western Reserve University to develop the University Alzheimer Center. As Case he received his Master's in Bioethics and several management credentials. He is the author of hundreds of peer-reviewed publications. In addition to leadership roles in neurological and psychiatric associations he has served on the board of the American Geriatrics Society and the Governing Council of the American Public Health Association. In 1999 he founded with his wife, Catherine, The Intergenerational School, a unique public multiage, community school (www.tisonline.org). He considers himself an intergenerative transdisciplinary designer and activist. His fields of endeavor are cognitive/brain health, integrated health care, intergenerational learning, interprofessional practice, deep bioethics, organizational aesthetics, narrative epistemology, transmedia performance arts, civilization transformation, and play. He occasionally performs as Sylvanus, the Tree Doctor, a metaphorical character who asks what

humans can learn from trees and forests about health. Currently he leads the InterHub in the Presencing Institute (MIT) and was recently a Fellow at Oxford University. His latest forthcoming book with Danny George is *American Dementia: Brain Health in an Unhealthy Society* (Johns Hopkins Press, 2021) building on the previous coauthored book *The Myth of Alzheimer's: What You Aren't Being Told About Today's Most Dreaded Diagnosis* (St. Martins Press 2008).

Ibu Robin Lim Midwife ~ Bali, Indonesia and Philippine Islands



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As a Filipina~American~Micronesian grandmother midwife I am blessed to kneel at the feet of birthing women, the StarGate between Earth and the Land of Souls. Every 11 seconds a pregnant woman or newborn dies somewhere on Earth. 800 mothers and 7,000 babies die each day. Most of these lives are lost due to preventable or treatable causes. Solutions include eradicating disparities in food security and making skilled midwives available to every MotherBaby. In answer to the need, with the help of many brave BirthKeepers, I founded Yayasan Bumi Sehat (Healthy Mother Earth Foundation) in Indonesia, and Wadah Philippines Foundation. We have built Medical Relief and childbirth clinics in Bali, Aceh (post 2004 Indian Ocean tsunami), Lombok, (after devastation of 2018 earthquakes), Papua (where black women suffer terrible disparities in care). In the Philippines we sustain childbirth clinics in Dulag, (in the aftermath of the super Typhoon Haiyan) and Palawan (highest known teen pregnancy rate on Earth). My Passion is culturally appropriate respect and Human Rights in Childbirth, and healthcare as a human right. My circle of support has been the astonishing Bumi Sehat team, plus my husband, Wil, and eight amazing grown and growing children (ages 46 to 16), I have six grandchildren, born gently into my hands.

The seed of the BirthKeeper, was planted by my Filipina Lola (grandmother), who was a Hilot, traditional midwife and healer. Lola Vicenta planted an anting-anting, in my heart, so I would be forever 'irritated' by injustice. My sister, Christine died in 1990, from a complication of her 3rd pregnancy. Her death was preventable, but the OBGYN did not take the time to address her extreme hypertension. My sister's passing cemented my destiny to become a BirthKeeper. In 2006 the Alexander Langer Foundation honored me. In 2011 I was chosen CNN Hero of the Year. 2012 APPPAH The Association for Pre and Perinatal Psychology and Health gave me the Jeannine Parvati BirthKeeper award. In the shadow of the global pandemic, Bumi Sehat has helped provide basic foods to unemployed families. Along with family/friends I have harvested, dried, ground, encapsulated and tinctured heritage anti-viral herbs. Using traditional herbal medicines of my Ancestors illness and suffering has been prevented and people have been cure

Robin's published books (in Spanish, Italian, Russian, Indonesian, Hungarian and English) include: *After the Baby's Birth*, *Wellness for Mothers*, *Ecology of Gentle Birth*, *Awakening Birth*, *Eating for Two... Recipes for Pregnant and Breastfeeding Women*, *Placenta the Forgotten Chakra*, *Eat Pray Doula*, *The Geometry of Splitting Souls* (poetry, Blue Light Press), *The Natural Family Planning Workbook... a lifestyle of nonviolence* (with Marie Elena), *Butterfly People* (a novel), and many more in Bahasa Indonesia are available on-line. www.iburobin.com

Stella Eisenstein



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Stella Osorojos Eisenstein is a half Daughters-of-the-American-Revolution American, half Colombian/Ecuadorian walks-between-worlds. She began her training as her father had done with his father, by assisting in his Orthopedic clinic and tagging along as he made hospital rounds, but eventually woke one morning knowing that becoming an acupuncturist would integrate a crucial part of her soul. At Emperor's College, where she studied under Yvonne Farrell, she had a spiritual awakening that she documented in a memoir, *Star Sister: How I Changed My Name, Grew Wings, and Learned to Trust Intuition*, published in 2012. She then went on to study Ortho-Bionomy with Christina Montes de Oca and Ursula Hofer, Depth Hypnosis with Isa Gucciardi, and Integrative Manual Therapy with Sharon Wieselfish-Giammatteo, Kris Albrecht, and Lisa Wheeler—all of which she uses in her private practice among the turf fields and quahogs of southern Rhode Island. Making a home in the interstices, she began teaching Resonant Attention in 2021 and sharing about re-skilling medicine at resonantattention.substack.com, where she also documents her own journey with autoimmune disease, scoliosis, and cancer. Less a modality and more a principle of medicine, Resonant Attention engages the power of Interbeing and even miracles. Stella explores the energetic phenomena and felt experience around healing, including trauma, homeopathy, stay-listening, witnessing, allopathy, intention, and ritual. It seeks, ultimately, to heal medicine itself.

Recommended Reading List

Books by Stephanie Mines on Regenerative Health

We Are All in Shock: Energy Healing for Traumatic Times (Red Wheel-Weiser)
They Were Families: How War Comes Home (New Forums)
Sexual Abuse/Sacred Wound: Transforming Deep Trauma (Station Hill)
New Frontiers in Sensory Integration (New Forums)
The Dreaming Child: How Children Can Help Themselves Recover from Illness and Injury (The TARA Approach)

Books by Anita Sanchez

The Four Sacred Gifts (Simon and Schuster)
Ecological and Social Healing (Taylor Francis)

Books by Ya'Acov Darling Khan

Jaguar in the Body, Butterfly in the Heart (Hay House)
Movement Medicine (Hay House)
Shaman (Hay House)

Articles by Dr. Peter Whitehouse

[InterWell: An integrated school-based primary care model](#)
[Intergenerational Community Schools: A New Practice for a New Time](#)

Relevant Books

Inflamed: Deep Medicine and the Anatomy of Injustice. by. Rupa Marya, Raj Patel
The Immortal Life of Henrietta Lacks by Rebecca Skloot

The Emergency: A Year of Healing and Heartbreak in a Chicago ER
by [Thomas Fisher](#) (Author), [Ta-Nehisi Coates](#) (Foreword)