

CURRICULUM VITAE FOR JULIA AHLERS NESS

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SUMMARY OF MAJOR ACADEMIC AND PROFESSIONAL WORK

Bachelor of Arts Degree in Academic Theology: College of Saint Benedict (1981-1985, St. Joseph, Minnesota)

The College of Saint Benedict is one of the nation's leading institutions in liberal arts education for women. It functions in partnership with Saint John's University, Collegeville, MN. In 1985 I graduated Magna Cum Laude and was inducted into the National Catholic Honor Society. During my time at St. Ben's, I was very active in the Ministry Preparation Program, a pre-professional program for students interested in exploring ministry options within the Church, sponsored by the Office of Campus Ministry at St. John's.

In my senior year I worked for the Director of Campus Ministry at St. John's as a Student Campus Minister, specifically as student co-coordinator for the Ministry Preparation Program. In addition to helping to staff the Office of Campus Ministry, my primary duties included the planning and organizing of monthly student gatherings for the Ministry Preparation Program, assisting the Director in organizing the Program-sponsored lecture series featuring top scholars and practitioners within the fields of Theology and Church Ministry, and planning and conducting a Fall and Spring Retreat for Program members.

My work with the Ministry Preparation Program introduced me to Bernie Evans, Virgil Michel Ecumenical Chair in Rural Social Ministries and Associate Professor of Pastoral Theology at the SJU School of Theology. His encouragement led me to the National Catholic Rural Life Conference.

National Catholic Rural Life Conference (1985-1986, Des Moines, Iowa)

NCRLC communicates a Catholic perspective and urges public action on rural life and environmental issues. I served as program coordinator for two national conferences on land theology, which included speakers such as Walter Brueggemann, Wes Jackson and C. Dean Freudenberger. I also served as staff advisor for the implementation of the United States Catholic Bishops' 1986 Pastoral Letter, *Economic Justice for All*.

Center for Rural Affairs (1987, Hartington, Nebraska)

The Center for Rural Affairs is a nationally known rural advocacy and sustainable agriculture research organization. I was a writer for and final editor of *Resourceful Farming: A Primer for Family Farmers*, a summary of the on-farm research results of the four-year Small Farm Resources Project. This project, one of the pioneering research projects in what is now called "sustainable agriculture," sought to help dryland farmers develop effective, low-cost moisture conserving farming practices. I also co-authored *Resource Audit and Planning Guide*, a holistic resource planning guide for farmers developed as part of the Project.

Master of Arts Degree in Theology: United Theological Seminary of the Twin Cities (1989-1993, New Brighton, Minnesota)

United is an ecumenical seminary of the United Church of Christ. In 1993 I received my Master of Arts in Theology, with a focus in ethics. I studied with and twice served as teaching assistant (Spring 1991, 1992) to James B. Nelson, then Professor of Christian Ethics. During my time at United, I received the Presidential Scholarship, a full-tuition scholarship.

My master's thesis, *Holistic Resource Management: Bringing Justice to People and the Land*, documents the positive social, financial and environmental effects of Holistic Resource Management, as seen from the perspective of justice. Holistic Management®, as it is now called, is a framework for making decisions that considers the interconnectedness of the environment, people and resources. Holistic Management® was developed by Allan Savory, founder of Holistic Management International based in Albuquerque, New Mexico.

While in graduate school, I also wrote "Thinking Like a Mountain: Toward a Sensible Land Ethic," which was published by *The Christian Century*, 25 April 1990. The article uses as its basis a well-known essay by legendary conservationist Aldo Leopold. It makes the argument that a "sensible land ethic" is based on sound ecological principles.

Saint Mary's Press (1989-1995, Winona, Minnesota)

Saint Mary's Press is a leading publisher of Catholic religious educational materials. I served as a contract writer and development editor of high school textbooks and teaching manuals.

I served as writer for the following:

Special Topics in Justice and Peace: Nine Articles for Student Handouts is a small booklet that I developed and wrote as a supplemental resource for a high school religious education course on Justice and Peace. (1990)

Growing in Christian Morality is a high school textbook that I co-authored with Barbara Allaire and Carl Koch, FSC. I served on the development team and was responsible for draft revisions. It makes extensive use of stories and real-life examples to teach the basic principles of Christian Morality from the Catholic perspective. (1992)

Christian Justice: Sharing God's Goodness is a high school textbook I co-authored with Michael Wilt. I led the development team and served as lead writer of this textbook. This textbook reflects my strong bias to teach by presenting a positive vision and by showing concrete examples of that vision. It presents the larger goal of justice and peace as making the Kingdom of God a reality in this world. In the Kingdom of God, human dignity is respected, power is used appropriately, strangers are considered neighbors, peace is waged, simplicity governs our personal and communal living, everyone's basic survival and "thrival" needs are met and the Earth is sustained by respecting natural processes. (1995)

For the following publications, I served as a development editor. My primary task was to work with the author to identify substantive weaknesses in the manuscript and to make suggestions for improvement to both content and structure. At times, I was also called upon to do major revision work to a publication, for which I was required to draw upon my academic training and skills:

Exploring the Gospels of Matthew, Mark and Luke, a high school workbook by Joseph Toritto. (1990)

Jesus of History, Christ of Faith, a high school textbook by Thomas Zanzig. Revised Edition. (1992)

Womenpsalms, a devotional resource compiled with Rosemary Broughton and Carl Koch, FSC. (1992)

Celebrating Sacraments, a high school textbook by Joseph Stoutzenberger. Revised Edition. (1993)

Teaching Manual for PrayerWays, a teaching manual for the high school textbook *PrayerWays* by Maryann Hakowski. (1995)

Land Stewardship Project (1998 – 2001, White Bear Lake, Minnesota)

Land Stewardship Project is a private, nonprofit organization founded in 1982 to foster an ethic of stewardship for farmland, to promote sustainable agriculture and to develop sustainable communities. I served as a contract writer and editor of the main publications of the Biological, Financial and Social Monitoring Project, an integrated on-farm research project initiated by LSP as an extension of their work teaching Holistic Management® to farmers in Upper Midwest. The Monitoring Project included farmers, nonprofit organizations, university researchers, government agency personnel and private consultants.

The Monitoring Tool Box is a how-to workbook for on-farm monitoring developed by the Monitoring Project team. Since its publication in 1998, the *Tool Box* continues to grow in popularity. I served as both development editor and revision writer. (1998)

“Monitoring Pasture Vegetation” is an additional chapter to *The Monitoring Tool Box* that I wrote in consultation with members of the Monitoring Project. (2000)

Whole Farm Participatory Research: Recommendations from the Monitoring Project Team is a final report that I wrote for the Monitoring Project Team. The report documents the research philosophy of the Project. (2001)

Self-financed Sabbatical (2002-2004, Burwell, Nebraska)

In the Spring of 2002, my husband and I sold our small acreage in Southeast Minnesota to take a self-financed sabbatical in the expansive grassland region of North Central Nebraska. This was a time of renewal and exploration of the question, “What’s next?” After ruling out opening my own local foods restaurant and/or catering business, I made the decision to get back into academia. In the Spring of 2003 I applied and was accepted into the religious studies doctoral programs of both McGill University in Montreal and Marquette University in Milwaukee. By that Fall, I could see that the academic path was clearly no longer appropriate for me. Instead, I strongly felt led to take my personal pursuit of spiritual development and healing to a professional level.

Practitioner of Christa Healing Method® (1998 to present)

I have been studying and working with the Christa Healing Method® since 1998, using it for personal growth and to assist family and close friends. In Spring 2004, I decided to start building my own professional spiritual healing practice with the Christa Healing Method® at the heart of my practice.

The Christa Healing Method® was developed and is taught by Adriene Wentworth of Christa Resources, LLC of Monument, Colorado. The Method is a very powerful form of energy healing that works with high vibrational, spiritual healing frequencies, traditional mantras and seed sounds of Divine Consciousness to remove energetic blocks at the spiritual, mental, emotional, physical and DNA levels. Removal of these blocks allows vital Life Force Energy, “prana” to flow correctly and fully and thus create health and wellness at all levels of being. For the spiritual aspirant, whether newly awakened or well-along on the journey, the Method is a profoundly helpful tool for spiritual advancement and healing.

In 2004 I earned status as an “advanced practitioner” of the Method which qualifies me to teach the Method to others. I am empowered and trained to attune people to Level One of the Christa Energy, a specific frequency band of Cosmic Christ Energy that awakens, protects, heals and empowers those who carry it, and to the Ana Mata Energy, a pure form of Divine Feminine Energy. (I am attuned to Level One Reiki as well.)

In addition, I have written a couple of pieces for Adriene Wentworth, including “The Connected, Protected and Empowered Path,” which provides the main content for her web site, ChristaResources.com.

Nationally Certified Licensed Massage Therapist, State of Nebraska (2005 to 2007)

The State of Nebraska requires a “license to touch” of healing practitioners who charge a fee to perform any type of healing modality that involves touching the physical body, such as Reiki or Healing Touch®. Because the Christa Healing Method® does involve some “hands-on” healing work, I was ethically bound to obtain licensure in order to build a healing practice in Nebraska. A license in therapeutic massage and bodywork gave me the most flexibility.

In the Fall of 2005 I completed the 1000 hour training program in Therapeutic Massage and Bodywork required by the State of Nebraska from **Ancient Wisdom College of Healing Arts in Council Bluffs, Iowa**. After passing the National Certification Board Exam in Therapeutic Massage and Bodywork, I obtained my massage therapy license from the State of Nebraska.

- From October 1, 2005 through December 6, 2005, I contracted to substitute for an established LMT on maternity leave at Back In Touch Therapeutic Massage in Wayne, NE.
- From January 16, 2006 to January 4, 2007 I operated my own therapeutic massage practice under the establishment license of Massage Works in Beemer, NE.
- From January 21, 2007 to December 21, 2007 I operated my practice under my own establishment license: Julia A. Ness, LMT, in West Point, NE.

Center for Healing Partnerships (2008 to present)

In January 2008 I began this new endeavor to focus my skills and training as a Spiritual Healer and Teacher and to bring other life-long interests together under an inclusive umbrella.

The heart of the Center for Healing Partnerships is its focus on working in co-creative partnership with Nature and Spirit to help people

- “to clear, to heal and to move forward” in their life’s journey,
- to find their True Voice and heal back to their Authentic, Whole Self and
- to become more empowered to fulfill their Soul’s Purpose and reclaim their Spiritual Birthright as an embodied Instrument of God’s Light and Love in the World.

The Center is also a venue for teaching people how to create their own successful co-creative, healing partnerships with Nature and Spirit.

I am currently in the process of shifting this new and developing business from my current base in Northeast Nebraska to near the St. Cloud area of Minnesota, where I intend for it to blossom into a useful and well-respected healing and teaching center.

ADDITIONAL WORK EXPERIENCE

Mrs. B's Historic Bed and Breakfast and Restaurant (1997, Lanesboro, Minnesota)

Innkeeper responsible for welcoming and checking-in guests, taking phone reservations, serving as diner hostess, helping with food preparation.

Ahlers Grain and Livestock (1994-1996, Granville, Iowa)

Bookkeeper and general laborer for my family's grain and livestock operation.

NCI Consulting (1988, Fenton, Iowa)

Co-owner with my husband of an independent agricultural consulting business specializing in soil fertility and animal nutrition.

ADDITIONAL EDUCATION AND TRAINING

The EFT Course in Emotional Freedom Techniques (DVD Home Study Course)

A foundational course that teaches the basics of the Emotional Freedom Techniques as developed by EFT founder Gary Craig. EFT is a very simple yet highly effective method for releasing unresolved emotional issues and is used by millions worldwide, including lay persons, a wide variety personal development and healthcare professionals.

Holistic Management (Live Seminar; 1990, 1992; Allan Savory Center for Holistic Management; Albuquerque, New Mexico)

A framework for decision making that is goal-based and considers the interconnectedness of the environment (broadly understood), people and resources. Its processes are applicable to businesses, communities, families and individuals.

Natural Brilliance (Personal Learning Course; Learning Strategies Corporation; Wayzata, Minnesota)

An effective protocol for breaking through stuck states created by paradoxical problems in order to unleash one's "natural brilliance" and achieve personal and professional success.

Perelandra, LTD. Center for Nature Research (Jeffersonton, Virginia)

A collection of powerfully simple processes for working in conscious co-creative partnership with Nature Intelligences for health, gardening, personal development, and much more. Include extensive work with flower essences.

PhotoReading Whole Mind System (Live Seminar, 1998, 2003; Learning Strategies Corporation; Wayzata, Minnesota)

An innovative, accelerated learning process that increases reading efficiency and comprehension by way of techniques that enhance the mind's natural abilities.

The Sedona Method (Personal Learning Course; Sedona Training Associates; Sedona, Arizona)

A simply, highly effective and scientifically proven technique for removing mental/emotional blocks to abundance, health, well being, happiness and success.

PERSONAL INFORMATION

I grew up on a crop and livestock farm in Northwest Iowa. I attended St. Joseph's Grade School and Spalding Catholic High School in my hometown of Granville. I graduated at the top of my high school class of 48 students in 1981. Issues of Spirituality and Healing have been life-long interests.

I am happily married to Richard Ness since 1988. Our family currently includes a Maine Coon cat, Oliver; two young dogs of mixed breed, Dharma and Billy; and, a small chicken flock.

I enjoy a rural lifestyle, vegetable gardening and gourmet cooking.

REFERENCES

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