

Margaret Astrid Phanes

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## Curriculum Vitae

I am an innovative and perceptual trainer. I offer training in consciousness studies, especially meditation, and digital arts. I have pioneered distance learning in both areas. My strengths include: fine-tuned visual, written and presentation skills, marketing and design, relationship development and mentoring.

### Courses and Workshops

*Sri Aurobindo and His Essential Thought*

Indira Gandhi National Open University | SACAR

Online Learning

November 2008 - present

*The Essentials of Integral Psychology, Integral Philosophy  
Orientation Programme*

University of Tomorrow

Online Learning

August 2006 - February 2008

*Concentration Meditation*

The College on Maui

October 2006 - present

Kahului, HI

*Divine Poetry, Vision, and Meditation*

Unity Church

May 2005 | Online pdf

Wailuku, HI

*Meditation; Focus in the Workplace*

The College on Maui

May 2005

Kahului, HI

*Meditation, the Art of Transformation*

The College on Maui

September 2004

Kahului, HI

*Inspiration and Soul Purpose*

College of Botanical Healing Arts

May 2001

Santa Cruz, CA

*Concentrated Meditation: The Energy That You Are*

College of Botanical Healing Arts

2000

Santa Cruz, CA

Previous to 2000

*Meditation as Digital Art*

East-West Books

Mountain View, CA

*Transpersonal Art Therapy*

John F. Kennedy University

Orinda, CA

California Institute of Integral Studies

San Francisco, CA

*Stress Management*

Solano Community College

Suisun, CA

Napa Community College

Napa, CA

University of California at Davis Extension

Davis, CA

Mission College

Santa Clara, CA

### SPECIFIC TRAINING

Produced meditation presentations for events and online; 2002 - present.

Study Program in Integral Yoga philosophy, psychology, and education; 1990 - 2000.

Meditation trainer: education, business and health venues; 1975 - present.

Comprehensive training in consciousness studies; 1973-1990.

Meditation and digital art gallery: [www.margaretphanes.com](http://www.margaretphanes.com)

**SA CENTRE FOR ADVANCED RESEARCH**, Hyderabad, India 11/07 - present  
Assistant Editor  
Designed and coordinated the web version of "...Journal of Integral Studies."

### **THE COLLEGE ON MAUI**

Trainer, Graphic Arts 5/08 - present  
Lecturer, Information and Computer Science 8/02 - 5/08  
Initiated and taught coursework in digital arts for print and web design for onsite and distance education for the University of Hawaii System.

**UNIVERSITY OF CALIFORNIA EXTENSION**, Santa Cruz, CA 95060 5/95-7/02

Software Trainer | Human Potential Trainer | Artist  
A key trainer in the Graphics Program at UC Extension, Santa Cruz. Provided additional training to the publishing and photographic industries, notably the Monterey Bay Research Institute. Developed marketing collateral materials for clients. Established human potential workshops and classes for education, business, and health industries. Exhibited digital art in galleries and online exhibitions.

**FAMILY SERVICE OF THE NORTH BAY**, Vallejo, CA 94590 3/73-5/80

California Institute of Integral Studies, J.F. Kennedy University, UC Extension at Davis, Solano Community College, Napa Community College, Mission College  
MFT | Trainer  
Produced and promoted classes: radio, video, and print media. Provided training in transpersonal psychology, meditation, and art therapy; counseled individuals and families.

### **EDUCATION**

University of California Extension, Santa Cruz, Digital Media  
Schaeffer School of Design, Design  
California Institute of Integral Studies, PhD Research, Future Studies  
Humanistic Psychology Institute, PhD Research, Transpersonal Psychology  
M.A. University of San Francisco, Psychology  
B.A. Sonoma State University, Major: English, Minor: Art, History

### **LICENSES**

MFT #7999                      Community College Credential                      Adult School Credential

### **BIBLIOGRAPHY**

Phanes, Margaret. "Invoking Oneness." ...A Journal of Integral Studies Nov. 2008, Vol IX  
Phanes, Margaret. "Conscious Choice." "Maui Vision" Oct./Nov. 2008  
Phanes, Margaret. "Invoking Oneness." Maui Vision Dec.-Jan. 2007-2008: 27  
Phanes, Margaret. "Spheres of Influence." ...A Journal of Integral Studies Nov. 2007, Vol VIII  
Phanes, Margaret. "Concentration Meditation." Maui Vision Oct.-Nov. 2006: 24  
Phanes, Margaret. "Envision." Collaboration, Journal of the Integral Yoga... 2005: 23  
Phanes, Margaret. "Being" Understood - The Path of Inspiration." Maui Vision April-May 2005: 26  
Phanes, Margaret. "The Divine Looking Glass." Self-published 2002