

# LEA MOON

## SUMMARY

This is a outline of the life skills, education, business experience, management experience, trainings, workshops, and personal experience that supports my qualifications to hold space with individuals as a consultant and coach for life and business.

## EXPERIENCE

### **CHILDREN'S THEATER OF MAINE** PORTLAND MAINE 1977-1982

I was an active member of the troupe for 5 years up until the time when I began learning and performing at USM.

### **RUSSELL SQUARE SUMMER THEATER** GORHAM MAINE 1982-1987

I performed in the production of "Stop the World I Want to Get Off and "My Fair Lady." In addition to my performances I helped in many areas of production primarily in the Costume Design Department.

### **USM SUMMER THEATER INTERNSHIP** GORHAM MAINE 1986

This was a living on campus summer long program that rotated assignments to all department in a small theater production. This allowed me to learn how to manage a small production from every aspect, including box office, lighting, set design and production, costuming, props, and acting.

I found out that I thrived in roles that required me to be responsible for a variety of tasks while overseeing the overall production. This was an incredibly challenging experience and I learn a lot about myself and gain invaluable skills in management both personal and professional.

### **THE AUDIO LAB** WESTBROOK MAINE 1986-1987

This business family run business was where I learned my first skills in running and managing a small business. I helped out for two years answering the phones, cleaning, and doing bookkeeping. The familiarity with owning and running a business has been an incredible asset in my work experience and has gifted me the propensity to assert myself numerous times as an entrepreneur. I am eternally grateful to have two parents that have been very successful at owning their own businesses.

### **PERSONAL CAVEAT** MAINE 1985

In this year I began getting treatment for depression. I saw a therapist weekly. This treatment lasted for just under a year and was terminated due to lack of funding. Within a year I was using alcohol addictively to manage my depression and anxiety. In 1987 I moved to California to live with my Mother.

### **GLENDALE COMMUNITY COLLEGE** GLENDALE CALIFORNIA 1988

Through an alternative education program I completed my high school requirements at a local community college and began pursuing a associates degree in fine arts.

### **DOHRING COMPANY** GLENDALE CALIFORNIA 1988

This was my first job. I was hired as a tele-surveyor and was promoted to team leader within my first month of employment. It became clear that I have a predisposition to leadership roles and that I thrive best when I have multiple tasks that require creative solutions to successfully accomplish them.

### **PERSONAL CAVEAT-RECOVERY** CALIFORNIA 1987-1989

After struggling for several years with depression and addiction I was placed into a inpatient treatment facility and into 12-step recovery. I continued to struggle and finally got sober in December of 1989 after and 6 month outpatient treatment facility.

I currently have 20 years sober from all mind altering substances and have been active in 12-step recovery in many different roles. In my first year of attendance I began working the steps and sponsoring individuals in their recovery process. I lead meetings and spoke regularly about my experience as a recovering alcoholic and drug addict. I have traveled around the states sharing my experience at conventions and mentoring others in the program.

In my 3rd year of recovery I began working extensively within a group that approach the steps in a very thorough process of evaluation. I attended several workshops with leaders within that movement and began teaching and facilitating groups and workshops using those methods.

In 1996 when I moved back to Maine I was instrumental in cultivating and organizing a thriving community of sober young people. I hosted and organized several weekly meetings and fellowship events. I sponsored several women at that time and maintained that practice for 4 years.

I have sponsored hundreds of individuals throughout my 20 years in recovery and this is the primary training and foundation I call upon when holding space for individuals in my professional practice as a life coach. Although my belief systems have changed and my approach has matured over the years I still call upon this invaluable experience.

**THE CLEAN TEAM** GLENDALE CALIFORNIA 1992-1994

I began my own residential house cleaning business in 1992 within 6 months I have more clients than I could manage on my own and teamed up with another woman and together we managed the client base for 18 months. After time and research I realized that it was not cost effective for me to grow the business beyond me and I decided to go back to school.

**PASADENA CITY COLLEGE** PASADENA CALIFORNIA 1994

I attended a certification program in Emergency Medical Services and graduated top of my class. In this program we were required to intern within several hospitals and with state and private ambulance companies.

**MIDWAY HOSPITAL E.R. TECHNICIAN TRAINING** MIDWAY CALIFORNIA 1995

After attending several internship within the hospital setting and determining the pay-rate I would like to make, it became clear that I wanted to use my EMT certification within a hospital setting. In order to do that I became phlebotomy certified and EKG certified.

**JUVENILE APPREHENSION** SUNVALLEY CALIFORNIA 1995 For 6 months while getting my hospital certifications I work for a private agency that arrested juveniles and placed them into treatment programs. This role was highly challenging and taught me how to managing high stress situation with efficiency and accuracy. This job required me to physically hold down and bring individuals into custody against their will. In order to function in effectively in that environment I needed to shut down emotionally and function instinctively. This came naturally given my personal history of childhood abuse.

**PERSONAL CAVEAT-APPALACHIAN TRAIL** FLORIDA 1996

I was deeply effected by my experience arresting youth and began questioning many things in my life. During that time I saw a news story about young people who took 6 months to hike a trail from Georgia to Maine. From the moment I saw that news piece I knew I would hike the trail. I moved to Florida to stay with relatives while I saved funds to hike the AT. In February 1996 I began hiking and spent 4 months hiking on the trail. It was a life changing experience. When I finished hiking I decided to move back to my home state, Maine.

**OAKHILL HOSPITAL** SPRINGHILL FLORIDA 1995-1996

I worked as a float in the intensive care unit, emergency room, and surgical intensive care unit. I worked overnights which I preferred to the stress filled daytime hospital environment.

**MAINE TURNPIKE AUTHORITY** WESTBROOK MAINE 1996-1997

Hired for a 9 month temporary assignment to assist in the implementation of the Transpass system. Promoted in my second week to team leader and promoted again in my second month to be primary

processor and walk-in customer retaliations person. Within this position I advanced quickly and oversaw and learned many different tasks quickly. Due to union rules I was unable to be hired as a permanent employee after the contract was completed.

**FEMINIST SPIRITUAL COMMUNITY (FSC) PORTLAND MAINE 1997-2000**

This is a community started by Eli Hanney in 1980 as a extension of her USM teaching. This group meets every Monday night and creates various rituals. Together we share in connection and community. This group taught me how to lead rituals in a traditional pagan format and from a personal expression of Self. Through out my involvement in the community I lead many rituals and supported the creation of a rites of passage for women in their mothering phase of life. I extended this practice of leading rituals into my home and lead full moon ceremonies at my home and in nature. Incorporating ritual, altars, and the sacred into everything I do has become inseparable part of how I live my life and create space. I received this training throughout my active membership at FSC. I remain a non-active member today and feel forever grateful for that guidance during my late madien years.

**EARTHDANCE PLAINFIELD MASSACHUSETTS 1997-2000**

I took my first workshop in Contact Improvisation in August of 1997. This is a beautiful dance form that involves partnering in a spontaneous dance of connection. This dance form was a passion of mine until my pregnancy in 2000. I attended 2-4 workshops every year. In addition to attending their July and January Jams. I learned the basics, fundamentals, and advanced skills within this dance form. In addition to the for of C.I. I took trainings in Authentic Movement which is another delicious dance form. I maintained these practices in Portland and Bath through local dance communities. This background in dance influences how I hold space and support individuals in clearing blocks at a somatic level.

**DANCE NEW ENGLAND POLAND SPRINGS MAINE 1997-2000** This is a yearly 2 week dance camp experience. There are several dance classes a day in addition to open jams. I attended this yearly and advanced my skill set as a dancer incorporating many different dance forms into my skill set and experiencing the Gabriel Roth's 5rhythms ecstatic dance practice for the first time.

**RE-CONNECTION COUNSELING 1997-2007**

It was during my first DNE that I attended a workshop in Re-connection counseling or what is also known as co-counseling. This is an involved shared process of being supported and in supporting another in clearing emotions. This process encourages emoting as a primary means of releasing and resolving recurrent negative emotional patterns. This organization is world wide and provides connection and support for hundreds of thousands of individuals who do not thrive in a traditional counseling experience. I have had the honor of practicing this in Maine, North Carolina, California, Oregon, and Washington State.

**ART PROJECT-MENSTRUATION & SEXUALITY PORTLAND MAINE 1997-1999**

I worked with photos, drawings, paintings, and multimedia projects using menstrual blood as a unifying expression. It was during this time that I was clearing and confronting many of my personal beliefs about my menstruation sexuality, and repression as a woman. I had several show of my work and created much talk and generated notoriety and disgust among many during this project. It was powerful for me and many people were impacted by this work.

**SEXUALITY AND TANTRA PORTLAND MAINE 1997-1999**

It was during this time that began taking workshops and reading books about sexuality, kundalini, and tantric practices. This work brought up many feelings that had been repressed since my early childhood. I was feeling for the first time in my life a connection to my body and my life force energies. It was scary and exciting. The work of Margot Anand has been instrumental in my personal journey. I specifically have benefited from her Sky Dancing Tantra which focuses on the spiritual component inherent in Tantra similar to Buddhist tantric practices.

**MAINE ROASTERS COFFEE** PORTLAND MAINE 1997-1998

Hired on after working on a temporary basis as their office manager. I managed retail staff in 3 retail locations, assisted the Owner in daily operations, maintained all books and records, and answered all incoming calls. This job was high paced and required a high degree of management and organizational skills.

**PERSONAL CAVEAT-MARRIAGE-CANCER-LONG TRAIL** MAINE AND VERMONT 1998-2000

In August I got married. That year my husband was diagnosed with type one diabetes. My mother was diagnosed with breast cancer. After caring for my mother through her bi-lateral mastectomy I took a month off and backpacked the Long Trail through Vermont alone. Upon returning I was informed that my husbands dad was diagnosed with terminal pancreatic cancer. My husband flew to CA and took 4 months off and cared for his dad until his passing.

**ART PROJECT-CHEST PLATES** PORTLAND MAINE 1999

It was during this time that I began using art as a means of caring for and expressing my feelings about the cancer in my life. I began creating chest plates using casting materials to create molds of my body. Once dried I would decorate them.

**MARTIN'S POINT HEALTHCARE** PORTLAND MAINE 1999-2001

Hired and eventually promoted to the departments Administrative Assistant I entered referrals and supported the department in all of their administrative needs. I work at this job until I became disabled from it.

**COLLABORATIVE CREATIONS** PORTLAND MAINE 1999-2003

I created this not for profit venture as a means of creating a creative community for myself and a means of inspiring art within others. I began hosting weekly art days at my home. Then I began teaching and exploring collaborative art within the workshop environment. I had 5 students and together we spent several months creating art together. Shortly after beginning this project I began losing use of my arts due to a work related injury and then got pregnant. During my pregnancy I was on bed-rest for 6 month. I received 6 body-casts during my pregnancy. This experience inspired me to create a art project called the "I Am Project."

The I Am Project was created with the intention to promote healthy body image in women and girls. I visioned, formed, hosted, managed, organized, and casted over 100 women that had there casts displayed at over 55 locations in the greater Portland Area in the Summer of 2002. There was many sweet volunteers that I managed and many business donated supplies to make this incredible event happen.

**PERSONAL CAVEAT-BABY** BALLARD HOUSE, PORTLAND MAINE 2001

After months of bed-rest and preparation I gave birth to my son. We had a fast, powerful, and beautiful water birth that I planned and prepared for. During my pregnancy I spent my days learning and practicing techniques form the Birthing from Within book and methodology. This was an incredible creative outlet and was instrumental in preparing for my empowered birth experience. I nursed my son for 3 and a half years and I practiced attachment parenting in his early years and I remain a student of connection parenting techniques (Pam Leo.) Everyday with a child is a learning experience.

**BREAST CANCER EXHIBIT** DENVER COLORADO 2003

In October 2003 the city of Denver hosted me as a traveling artist and I volunteered my services for two weeks and casted over 30 women for a breast cancer awareness event. The event raised several thousand dollars and was very successful.

**PERSONAL CAVEAT-MARRIAGE ENDS-LOVE & PTSD** PORTLAND MAINE 2003

In 2003 I ended my marriage ended. Re-birth of love and life began. after several months of grieving my marriage, I began dating a woman for the first time. This was a powerful experience because I never felt

confident enough to pursue my attraction to women. Our culture has many blocks for individuals who feel love for those of the same sex. Within my union I experienced intimacy at levels I had never conceived of. Having this love and support in my life created the safety needed to allow years and years of repressed memories to surface. I was in a state of constant PTSD for nearly two years as I began remembering the physical, sexual, and emotional abuse of my childhood. I was unable to work and decided to live on my disability insurance so I could devote my whole life to healing. I sought treatment in several locations and then finally found a therapist who did EMDR. She is still a vital part of my life though her role has shifted some now that I have resolved much of my debilitating PTSD.

**5RHYTHMS DANCE**, GABRIELE ROTH, MAINE, NORTH CAROLINIA, NEW MEXICO, CALIFORNIA, OREGON 2003-PRESENT

This dance form is a spiritual practice that facilitates an ecstatic experience in the dancer. Through the use of music, connection, and the wave individuals are able to move, clear, dance, and transcend that thought mind and come into a space of collective consciousness. This has been my primary spiritual practice for 6 years and remains one of the most powerful forms of practice. The use of movement held loosely in a structure has enable me to transcend many limitation and to reach levels of consciousness that I could not have experience without this practice. Although I am not a facilitator of this dance form as it takes 5-10 years of devoted learning and practice, I find that this practice informs much of how I hold space in group settings and in individual sessions. As a result of my experience with this dance form I have been able to facilitate dance in several workshops and within several community environments. This is an amazing practice.

**SHAMANISM AND SOUL RETRIEVAL** PORTLAND MAINE 2003-PRESENT

Through the loving guidance of Sage Hayes a shamanic practitioner I was able to retrieve several parts of myself from early traumatic experiences. This process took 12 months and radically changed my life. Using life force energy techniques and creating a safe container we journeyed back into my childhood and called my spirit back home to this time and dimension. I went onto study shamanism with her and through a channelled source with an Incan Elder.

In 2006-2007 I work in great depth with this Elder and continue connection with him as needed in support of my healing practice.

**REIKI MASTER TRAINING** PORTLAND MAINE 2003-2004

I attended two reiki attunement workshops and several one on one session where I received my first Reiki Master Certification.

**PERSONAL CAVEAT-COMMUNITY** USA 2005-2007

Through personal inquiry with my therapist I came to the decision to seek intensive alternate treatment for my mental illness. In January 2005 I began looking for intentional community that would support me in my healing.

**EARTHAVEN** ASHVILLE NORTH CAROLINA 2005

I accepted an internship at an 300+ acre eco-village located deep in the North Carolina Mountains. This was a 4 month long internship where I learned several natural building forms. The internship was hosted by the community and we were required to participate in the larger community in a variety of ways. We cooked meals together, we sat in council meetings together, and we made decisions using consensus models. We were trained in a process form called the forum. The "forum" is a process form developed by the Zegg community in Germany.

During my time there I organized and facilitated a daily morning dance practice. This was well received by the community and I still get emails today from individuals who miss my morning dance class.

**LOST VALLEY** DEXTER OREGON 2005-2007

Lost Valley is a eco-village that created its own community based process form and workshop series called "The Heart of Now." In the fall of 2005 I attended my first workshop and every other workshop

they offered for 18 months. I took many workshops as a student and then began assisting at the monthly beginning workshops. I learned how to hold space at a group level and how to facilitate activities. I witnessed and held space with individuals through a wide variety of releases. Living and breathing The Heart of Now during the 4 month I was a resident of the community and during my monthly visits as an assistant. This enabled me to advance and define my skills as a workshop facilitator. Personally I learned how to be present with my feelings and I learned that I could trust people to witness and love me through it all no matter how messy or loud my feeling got. These skills are incorporated into every session I have with clients. I have the capacity to hold individuals thorough really intense energetic and emotional releases.

**SOMATIC EXPERIENCING, HEARTWOOD, GARBERVILLE & SANTA CRUZ CALIFORNIA 2006-PRESENT**

I was first introduced to this technique by several students in the 3 year Somatic Training Certification offered by the Foundation for Human Enrichment. I have received several sessions using this technique and I have gone on to study the work privately. Peter Levin has written a book that is geared specifically to teaching techniques that can be used by the layman in their personal journey. I have incorporated my personal experience and practice of these techniques into some of the session I offer with people.

**TANTRA FOR WOMEN, EVALINA ROSE, SEBASTOPOL CALIFORNIA 2005-2007**

I have attended several workshops with Evalina and enjoy and ongoing connection to her and her work. In addition to her tantra workshops she hosts a January visioning retreat. I went 3 years in a row and enjoy having this community to share and track my evolution with. This process of yearly evaluation, ceremony, clearing, and tracking is a process I have integrated into my own practice with clients. I intend to create a similar workshop here on the east coast.

**PERSONAL CAVEAT-BOOK AND ON-LINE STUDY SANTA CRUZ CALIFORNIA & PORTLAND MAINE 2005-PRESENT**

I am an avid student of Eckhart Tolle, Byron Katie, The Law of Attraction, Pema Chodron, and Adyashanti. I have read, re-read, and studied in great detail the works of these people. Through webbased media outlets I have been able to listen to talks, view videos, and attend events with these people. The work of awakening and end struggle is a personal journey and one I intend to fully manifest within my lifetime. I am scheduled to attend a 5 day silent retreat with Adyashanti next year in California.

**CHILDREN OF THE SUN SEDONA ARIZONA, MT. SHASTA CALIFORNIA 2006-PRESENT**

In 2007 I initiated contact with Tiara Kumara regarding her Children of the Sun community vision. After many talks and emails a ning.com community site was created to reflect the vision and growing need for an global network of healers and individuals. Through this community connection I have received and been trained in LIGHTBODY ACTIVATION, 12 STRAND DNA ACTIVATION AND KUNDALINI AWAKENING (2007.) I am a member of the lightbody activation group. Each full and new moon we join together in global unification and transmute and receive activations in support of our highest vibrations and to maintain alignment.

**LIFE MASTERY TRAINING, RAVI WALSH, EDUCATIONAL DIRECTOR COS, SANTA CRUZ CALIFORNIA 2007**

I took a 9 month self-mastery program. During this training we worked with intention and then integrated Ravi's "life tracking" into our life experience helping us to track the manifestation of our intentions in our lives. Through this training I was introduced to "the work" of Byron Katie. Part of this Life Mastery Training involved a process of self inquiry. Every month we would work with written materials provided to us by Ravi, participate in teleconferences, receive shambala reiki and lightbody activation attunments.

**SACRED UNION, MALE & FEMALE ENERGY INTEGRATION, DORATHEA JOYCE, MOUNT SHASTA CALIFORNIA 2007**

I received several sessions and maintained personal connection via email with Dorathea for 6 months as we worked to integrate my masculine and feminine energies into the union of Self. Once these energies came into balance and integrated into my physical form I join in a sacred union with Self. This is powerful work and I am able to hold space calling upon my actualized Self.

**STAR CODES, MERKABHA ACTIVATION, CRYSTALLINE GRID OF CONSCIOUSNESS, UNIFICATION OF THE FLOWER OF LIFE, PETER MELCHIZEDEK, SYDNEY AUSTRALIA 2007-PRESENT**

I have the honor of being in connection and receiving healings, activations and downloads from Peter Melchizedek. He is ordained as a high priest of the Melchizedek order and is currently embarking on a trip around that world visiting sacred sites and vortexes. He works to grid and anchor the merkaba and crystalline grid on earth. He also holds star codes and works with the white brotherhood of light to bridge new earth. I have received numerous activations and downloads that support me in my space holding as a lightworker and a beacon of new earth. I hold and resonate with the sacred geometry code of the vesica piscis within my DNA and weave portals inter-dimensionally allowing individuals to bridge paradigms. I can assist individuals in awakening their dormant DNA, birthing new life creations/identities, activating kundalini, and activate their lightbody raising their energetic vibrations.

**CHRIST BLUEPRINT, PADMA AON PRAKASHA, LONDON 2007-2009**

I have received several healing sessions and have read and been trained in The Power of Shakti book and the Christ Blueprint and 13 codes. I work with these energies to clear and bring balance with clients. This work is powerful and enables clients to access their life force energy and experience more pleasure physically.

**SHAMBALA REIKI MASTER, ANNETTE GATES, PORTOLA VALLEY CALIFORNIA 2006-PRESENT**

I have received my Shambala Reiki Master certification from Annette Gates. We spent two years together sharing in sessions and attuning to our healership. She is a 4 year graduate of the Barbara Brennan School of Healing, Sexological bodyworker, life coach, heartmath trainer, reiki master, and hypnotherapist. I have studied with Annette and mentored with her in her hand of light work. Our time together enabled me to see the human aura and gave me the skills to use crystal to work with the human energy field to release blocks and repair damage.

**DANCING FREEDOM, SAMANTHA SWEETWATER, MOUNT SHASTA CALIFORNIA 2007**

I have attended several workshops with Samantha and enjoy a powerful connection to her and her work in this world. Through her work of Dancing Freedom; The Path of Embodied Awakening, she is supporting individuals all over the world in their ascension process and bridging new earth.

**HARMONY FESTIVAL, SANTA ROSA CALIFORNIA 2008**

I volunteered my hands on healing services in the goddess grove for 3 days. I had the honor of having my massage table right next to the 13 grandmothers tent. I spent time sitting and connecting into the wisdom of the land. This was a powerful learning experience and through my journeying process decided to move back to Maine.

**OUR SACRED PASSAGE, SANTA CRUZ CALIFORNIA & PORTLAND MAINE 2008-PRESENT**

After sitting in sacred space with the 13 grandmothers I received a vision and was asked to educate myself about the sacred passage of death. Through that process I have talked to and formed connections to a handful of individuals who are doing advocacy in america to reclaim the sacred passage of death. I have been trained in how to facilitate a home funerals and how to fill out the proper paper work and how to care for the one laying in honor. In Maine there is a newly forming organization of individuals who support people in having natural funerals and home ceremonies. It is an honor to hold space in this way and to continue to advocate for a reform in how our culture deals with death.

**THE AWAKE COLLECTIVE, PORTLAND MAINE 2009-PRESENT**

I am the founder of the awake collective which is a community space created with the intention to support and nourish our awakening processes. The vision and the guiding intentions are a reflection of my individual path of healing and healership. I remain curious about what form this collective platform will take and I remain resonate with it's intention for it is a reflection of Self. Through this process I have channeled and visioned into works that explore the collective consciousness and group synergy. As I continue to align clear and intend, this vision will create form through me in divine timing.

**LEA MOON CONSULTING & DESIGN, PORTLAND MAINE NOVEMBER 2009-NOW**

This is my possibility.

It is my hope to attend a 2 year Ministry Training though the Center for Sacred Studies. There I will have an opportunity to be mentored by the 13 grandmothers and further evolve my presence as a space holder and leader within the movement to awaken.

<http://www.cssministryofprayer.org/ministry.html>