



CONTINUUM CENTER

40 YEARS 1979-2019

**Exploring consciousness, human capacity,
and the continuity and interconnectedness of life**

EXHIBITS

The Continuum Exhibit: On consciousness, its relationship to the physical universe and the physical body * Edward Curtis photographs of the North American Indian: Highlighting the deep connection to Nature and consciousness in all life.

SPEAKERS AND CONFERENCES

Continuum Center hosts internationally known scientists and cultural leaders. From their diverse disciplines and traditional wisdom they converge in optimism.

TRAINING/CURRICULA

Our 1984-86 Whole Mind Learning Project partnership with the MN State Dept of Education, Humphrey Institute and First Bank (now US Bank) trained 300 public school teachers in inner resource development. Adding a new interdisciplinary and cross cultural conceptual framework, the Discovery of Self curriculum was piloted at Harrison Secondary in North Minneapolis in '91 and has since expanded into trainings for all populations, from Fortune 100 executives to families in the worst slum of Rio de Janeiro, Brazil.

THE CONTINUUM EXHIBIT



The original Continuum Exhibit broke all attendance records in 1978 at the LA Museum of Science and Industry with over 2 million visits in under a year. Hugh Harrison bought the rights from co-creators Catherine Dees and Kay Croissant and built a \$250K exhibit with JFK University. It came up to the Twin Cities in '79 to tour sites including the top of the IDS, Landmark Center, and the opening of Calhoun Square in '84.

"There is an exhibit in town so outstanding that I would like to recommend that everyone I know go see it. The exhibit is called Continuum..."

Earl Bakken - founder, Medtronic

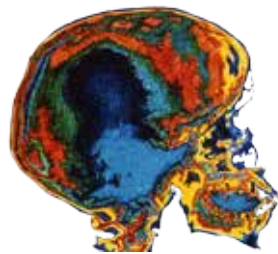
The original exhibit was an interdisciplinary, cross cultural and multi-faith exploration of consciousness, human capacity, and the continuity and interconnectedness of life.

"Directly and indirectly social values depend on whether consciousness is believed to be mortal or immortal, reincarnate or cosmic, localized and brain-bound or essentially universal."

Roger W Sperry, Nobel Laureate

In 2019 a remake/update of the original exhibit, with decades more research and relevant content, will be displayed in phases. Continuum: Consciousness and Interconnectedness and Continuity of Life

explores themes illustrating consciousness as much more than brain chemicals and neurons, and indicating we are here to grow towards a fundamental unity that transcends the 3 physical dimensions + time.



Dagara Elder Malidoma Some', PhD: *"What we see in everyday reality is not nature lying to us, but nature encoding reality in ways we can come to terms with under ordinary circumstances."*

SPEAKERS AND CONFERENCES

Since 1981 we've hosted internationally known physicists, physicians, brain scientists, biochemists, immunologists, virologists, psychiatrists, psychologists, mathematicians, astrophysicists, athletes, authors, and astronauts, as well as Native American, West African, East Indian, Asian, Mayan, Egyptian and Tibetan cultural leaders. From diverse disciplines and wisdom they share insights on consciousness.



Our conferences bring together a range of voices and collaborators on behalf of paradigm shift, dating back to our 1988 conference, *Toward the Caring Community: Business, Medicine and Education Explore Human Systems Research*, with cosponsors including MN Dept of Education, Mpls Dept of Health, Sister Kenny Institute, St Thomas Graduate



Programs in Business, St Mary's Graduate Center, North Memorial Hospice, First Minnesota Savings Bank, Volunteers of America, US West Communications, and many others.



Steve Kaufman 

“THE DAY WHICH WE FEAR AS our last is but the birth-day of eternity,” wrote Roman playwright Seneca nearly 2,000 years ago. It's an attractive way of looking at death but very much at odds with what most people feel in 1980.

For most Americans, whatever their religious convictions, death is the ultimate catastrophe — not a mere passage to another world, but the beginning of a new and bitter, terrifying end. It's here and now — and only here and now — that we live.

Continuum exhibit fascinates in many ways

The message (from that they mention no all clinical evidence sides is that too through that process feeling that the pithern?

Waiting, unsolved, of this life... so suicide?

Mean but always...



Larry Batson



‘Whole Mind Learning’ aimed at improving student concentration

By Janet Groat
Staff Writer

When Daniel Kade's fourth-graders return to class after science lunch, they are squirmy, impulsive, their enthusiasm overflows in streams of chatter.

Minnesota Star and Tribune Sunday, November 2, 1988

... is to relax... Can be more atten...

The technique is part of an approach called Whole Mind Learning... that is being tried this year in...

Can positive thoughts add years to life?

By Lewis Cope / Staff Writer

What's on your mind may affect how you live.

Continuum Center
‘Human capacity’ is focus of exhibit

By Linda Owen
Staff Writer

Walk into the main floor exhibit at Landmark Center and you're taken to the first step into an extraordinary world.

The main issue of Continuum Center's exhibit is death, but it's viewed through an optimistic lens. The exhibit, which runs at Landmark through Aug. 22 (and may return next fall), is a bewitching mixture of fact and scientific evidence, of cognitive and concrete physical experience. Add it if leaves you with many more questions than you came in with, that's what it's intended to do, according to Continuum organizers.

What Continuum Center and its exhibit are all about leads to daily precise conclusions and words. “We’re organizers to present scientific and other evidence of the untapped human capacity,” says board chairman Michael LaFreniere “specifically, evidence related to the existence of human consciousness.”

Another clue lies in the dictionary definition of consciousness: “a self-awareness of one's own existence.”

Exhibit: Stimulating more questions

Continued from Page 1C

people's ability to regulate their own body functions. “We attempt to show you what you do,” and the electrical connection with Continuum's wired plant, LaFreniere



What Continuum program... the Continuum Center... the exhibit is...

... it's not plain that... something to...

... it's not plain that... something to...

... it's not plain that... something to...

Physician-Authors to Speak on Mind/Body

... second part of a speaker series...

Other researchers found that participants in a mind-body fitness program were able to reverse cholesterol buildups in their arteries, even when the clogging was severe. The program included 30 minutes of meditation, along with aerobic and vegetarian diet.

• A 1982 Massachusetts study showing job satisfaction as the best indicator for personal heart disease.

• A study published in the *Journal of the American Medical Association* showing high cholesterol levels by as much as 30 percent in people who are not eating 30 minutes each day.

Dooley, former medical director at the Medical City...
... at the Medical City...
... at the Medical City...

Twin Cities Pulse

Earl Bakken Comments on Continuum

It is not plain that... something to...
... it's not plain that... something to...
... it's not plain that... something to...



Leonard Inskip

Treating body and mind

Death from a broken heart is...
... it's not plain that... something to...

EDWARD CURTIS EXHIBIT OF THE NORTH AMERICAN INDIAN:

Consciousness is in all of life and all things are interconnected

"Understanding is not knowing the kinds of facts that your books and teachers talk about. I can tell you that understanding begins with love and respect. All things – and I mean all things – have their own will and their own way and their own purpose. This is to be respected."

Rolling Thunder, Shoshone



The Continuum Edward Curtis exhibit tours non-museum settings including schools, corporations, casinos, hospitals and public events, and highlights the traditional world-view of the North American Indian. Staffed by Native Americans transitioning out of prison or treatment.



"I have benefitted greatly from exposure to our collection of Edward Curtis photographs. I went on two exhibits and they were wonderful experiences for me. I met a lot of people at both exhibits and it was fascinating to see how much people are interested to see and learn what Edward Curtis has done. I have to say that being surrounded in this office with Edward Curtis photographs on the walls, enriches my capacity

to be proud of my heritage. I enthusiastically am looking forward to attending more exhibits. I feel I have something to contribute."

George Fairbanks, Ojibwe

We would like to express our appreciation to the Continuum Center for organizing the display of Edward Curtis photographs and the associated Joey Browner talk. These events attracted a record turnout and provided a terrific kick-off to Diversity Month at Honeywell Solid State Electronics Center. We have already received many positive comments on this work, including several "best ever" critiques! We also heard enthusiastic responses like, "wonderful preservation of history" and "an inspirational presentation".

Honeywell SSEC Diversity Council

TRAINING PROGRAMS/CURRICULA



The '84-'86 **Whole Mind Learning Project** (WML) trained 300 K-12 public school teachers around the state in the background research and classroom applications of imagery and self-regulation/relaxation.

WML was a partnership with MDE, the Humphrey Institute, and First Bank (now US Bank), and in '91 evolved to become **Discovery of Self**, piloted at Harrison Secondary, synthesizing leading-edge interdisciplinary science and time-honored multi-cultural teachings for a new set of operating assumptions helping participants access the proverbial "other 90%" of brain/mind capacity for productivity, creativity, health, relationship-building, and professional, academic and sports performance. DoS has a broad spectrum of application.



Continuum Center Executive Director, Jane Barrash, worked in North Mpls with the North High Polars 2013-2017, as the vision, focus, and mindset development coach. The Polars went through the full curriculum plus pre-game drills. It helped them go from worst to state champs in 3 years and achieve a 95% graduation rate with 75-80% of the players on the A/B honor roll. In 2016, in partnership with Heritage



Youth Sports Foundation, Athleadership was launched - a summer jobs program training North Mpls high school athletes to teach DoS elements to youth in their community and become spokespeople for positive engagement.

SPECIAL EVENTS



T-Shirt Tie-dye Party

The impetus was that members of the state champion North High Polar basketball team and Braemar Panache girls' synchro team tie-dyed together for the April 2017 ice skating show, *Breaking the Ice*. On the T-shirts: **If you want peace, make it.**

Breaking the Ice - Skating Show



[Strib video clip](#) - N Mpls basketball players skate with Edina synchro team

Picnics with a Purpose

Collaborations to create opportunities and access for people from all over to connect around positivity and optimism in North Minneapolis celebrating the transformative power of new relationships.



Continuum Exhibit Tour Schedule

Feb 2: Mpls Convention Center

March: Richard Green Center

April: Jones-Harrison

More dates/locations pending

Call 612.374.4948 for more info or to host the exhibit. The final 90 panel exhibit will be complete in November 2019.