

Curriculum Vitae :: Robin Ellen Lucas

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EDUCATION

Master of Arts in East-West Psychology

August 2015

California Institute of Integral Studies - San Francisco, CA

Specialization: Cohesion of the psychology of the mind and physiology of the body

Bachelor of General Studies with Engineering, Computer Science and English Literature May 1990

University of Michigan - Ann Arbor, MI

Registered Yoga Teacher (RYT®)

July 2007

Samudra School of Global Living with Shiva Rea - Venice Beach, CA

writing. communication. creativity. perseverance. wonder.

WRITING EXPERIENCE

- 2008 - Present R.E.L. Copywriting of Mill Valley, CA - Freelance writing, creative ad copy, editing, blogging, press releases, newsletters
- 1977 - Present My Secret Innuendo® of Mill Valley, CA - Poetry writing, creative writing
- 2008 - 2015 CIIS of San Francisco, CA - Author of papers on psychology and spirituality
- 2011 - 2013 Inflow Studios™ of Ashland, OR - Copywriting and editing
- 2013 - Present Rebelle Society of the internet - Creative writing
- 2013 - Present Medium of San Francisco, CA - Creative and humorous writing
- 2010 - 2014 SF Examiner of San Francisco, CA - Citizen Journalist Yoga and Wellness Examiner
- 2014 - Present Micropoetry Society of the Internet - Poetry writing
- 2010 - Present Yoga Robin of Mill Valley, CA - Blogging
- 2007 - 2009 Shiva Rea Teacher Training of Venice Beach, CA - Yoga and spirituality writing
- 1994 - 2001 Oracle Corporation of Redwood Shores, CA - Technical writing
- 1990 - 1994 PwC of San Francisco, CA - Technical writing, Proposal writing

DIGITAL MARKETING EXPERIENCE

- 2008 - Present R.E.L. Copywriting of Mill Valley, CA - Web & blog copywriting, blog design & development, account management, technical support and social media management
- 2011 - 2013 Inflow Studios™ of Ashland, OR - Creative direction, web content copywriting, seo management, social media management, web development
- 2006 - 2011 Perfect Working Spaces - Content publishing, web & blog maintenance, technical organizational support and social media management
- 1994 - 2001 Oracle Corporation - Web design, web online application management

CREATIVE EXPERIENCE

- 2008 - 2015 CIIS of San Francisco, CA - Creativity integrated into each class and each paper
- 1977 - Present My Secret Innuendo® of Mill Valley, CA - poetry since age 10, starting as my hobby and creative outlet
- 2010 - Present R.E.L. Copywriting - Creative media presentation, creative ad copy
- 2006 - 2011 Perfect Working Spaces - Making creative spaces for people
- 1998 - 2001 Oracle Corporation - Creative group processes leadership

ORGANIZATIONAL EXPERIENCE

- 2006 - 2011 Perfect Working Spaces - Business organizational consulting, office organization, financial organization
- 2008 - 2009 Metta Institute - Office manager, fundraising manager
- 1999 - 2001 Oracle - Technical support group leader, customer call management and assignment

CORPORATE EXPERIENCE

- 1994 - 2011 Oracle Corporation of Redwood Shores, CA - Technical manager within support and development group
- 1989 - 1994 PwC of Chicago, IL and San Francisco, CA - Management consultant group member on application financials designs and implementations for large corporations
- 1988 - 1988 Accenture of Chicago, IL - Computer programmer for Andersen Consulting

GLOBAL PSYCHOLOGY EDUCATION

- 2008 - 2015 CIIS of San Francisco, CA - Completed these graduate school courses:
- Transpersonal Psychology
 - Eastern Theories of Self, Mind and Nature
 - A Cosmological Perspective on the Modern World
 - Contemporary Transpersonal Theory: Participatory Spirituality
 - Spiritual Counseling
 - Jungian Psychology and East-West Spirituality
 - Psyche and Cosmos
 - Contemplative Psychology
 - Consciousness, Spirituality and Healing
 - Yoga and Psyche Conference
 - Creativity in Tibetan Buddhism: The Poetics of Enlightenment
 - Yoga for Grief Relief
 - Healing the Total Body: Where Western Anatomy Meets Eastern Spiritual Science

GLOBAL PSYCHOLOGY EXPERIENCE

- 2007 - 2015 Incorporate writing, yoga, psychology graduate degree. Guiding individuals through an exploration of the psyche, understanding of global and cultural traditions, appropriate aspects of therapeutic care, manifesting life experiences that align with visions, creating work/life balance, trusting & knowing.
- 1996 - Present Personal Yoga practice - studied with master teachers, who each infiltrate their global teachings into the practice of Mysore Ashtanga yoga, Vinyasa Flow yoga, Prana Flow yoga, Bhakti Flow yoga, Anusara yoga, Iyengar yoga, Pranayama and Insight Meditation.
- 2000 - 2003 Books I've read during intensive psychotherapy:
- *Interpretation of Dreams* by Sigmund Freud on dream interpretation and the unconscious

- *Between Therapist and Client* by Michael Kahn on the therapeutic relationship and projection
- *Memories, Dreams, Reflections* by Carl G. Jung on dream interpretation
- *The Tao of Physics* by F. Capra on metaphysics
- *Insight Meditation* by Joseph Goldstein on meditation
- *Wheels of Life: A User's Guide to the Chakra System* by A. Judith on eastern chakra subtle body

1997 - Present Raising three children, who are now teenagers, as a single mother

publications. teaching. presentations.

PAPERS, PRESENTATIONS

Lucas, R. (2008). *My Body, My Heart, My Mind, My Life: About Sacred Divine Energy That Moves Through Us*, EWP-6005 East-West Psychology: History, Community, Inquiry, California Institute of Integral Studies.

Lucas, R. (2008). *The Sacred in Everyday Life: How Mind-Body Feels Spirit Through Hatha Yoga*, EWP-6752 Transpersonal Psychology, California Institute of Integral Studies.

Lucas, R. (2009). *Western and Eastern Containing Myths: A Comparison of My Myth and Eastern Myth*, EWP-6051 Eastern Theories of Self, Mind and Nature, California Institute of Integral Studies.

Lucas, R. (2009). *The Six Means of Knowledge: About the Pramanas*, EWP-6051 Eastern Theories of Self, Mind and Nature, California Institute of Integral Studies.

Lucas, R. (2009). *The Nature and Means of Liberation: Comparison and Contrast Between Darcanas Advaita Vedanta and Sanhkya-Yoga*, EWP-6051 Eastern Theories of Self, Mind and Nature, California Institute of Integral Studies.

Lucas, R. (2009). *Is the Internet a Hindrance to our Evolution?: A View on Love and Spirituality via Jean Gebser's Mutations of Consciousness*, PARP-6557 A Cosmological Perspective on the Modern World, California Institute of Integral Studies.

Lucas, R. (2010). *Pilgrimage as Participatory Journey: Exploring the Transpersonal Potential of the Road to Santiago*, EWP-9405 Contemporary Transpersonal Theory: Participatory Spirituality, California Institute of Integral Studies.

Lucas, R. (2010). *The Self: Finding the Center That Holds: Surrendering to the Infinite Order Which is Greater Than Me*, EWP-7792 Spiritual Counseling, California Institute of Integral Studies.

Lucas, R. (2010). *My Relationship with the Universe: the Dialog with my Center that Holds Me and its Deceit*, EWP-7792 Spiritual Counseling, California Institute of Integral Studies.

Lucas, R. (2010). *Coming into Wholeness: Speaking with your Unconscious*, EWP-7792 Spiritual Counseling, California Institute of Integral Studies.

Lucas, R. (2011). *As If Gathered Together For Me: An Evolution of my Inner Dialogs (Anima/Animus) While Studying Carl G. Jung*, EWP-7311 Jungian Psychology and East-West Spirituality, California Institute of Integral Studies.

Lucas, R. (2011). *Empowerment Redirected: Case Study on Spiritual Emergency Opening Doors to My Deepest Wound*, PARP-7001 Psyche and Cosmos I: Transpersonal Psychology and Archetypal Astrology, California Institute of Integral Studies.

Lucas, R. (2011). *Deep Listening, Authentic Speaking: An Experiment*, EWP-6556 Contemplative Psychology: Buddhist, Christian & Ecological Perspectives, California Institute of Integral Studies.

Lucas, R. (2012). *I Knew That I Knew You: Healing Through Love*, IHL-6037 Consciousness, Spirituality and Healing, California Institute of Integral Studies.

Lucas, R. (2013). *Business Plan: Yoga Instructor and Creative Writer*, WKS-044 Building a Successful Private Practice, California Institute of Integral Studies.

Lucas, R. (2014). *Distraction of Emotional Trauma: Through Undischarged Residual Energy*, WKS-103 Yoga and Psyche Conference, California Institute of Integral Studies.

Lucas, R. (2014). *Poetics That Breathe You, Compassion and Wisdom: What We Long For is Right Here Inside*, WKS-037 Creativity in Tibetan Buddhism: The Poetics of Enlightenment, California Institute of Integral Studies.

Lucas, R. (2014). *You Are the Space Between Reason: Holding a Space for Grief*, WKS-086 Yoga for Grief Relief, California Institute of Integral Studies.

Lucas, R. (2015). *Balance Me*, EWP-8799 Healing the Total Body: Where Western Anatomy Meets Eastern Spiritual Science, California Institute of Integral Studies.

Lucas, R. (2015). *Do You Know Who I am When I Move You Around?*, EWP-8799 Healing the Total Body: Where Western Anatomy Meets Eastern Spiritual Science, California Institute of Integral Studies.

Lucas, R. (2011). Reflection on *Bhagavad Gita by Eknath Easwaran*, Registered Yoga Teacher 200 Hour Training, Samudra School of Global Living with Shiva Rea.

Lucas, R. (2011). Reflection on *Yoga: The Spirit and Practice of Moving into Stillness by Erich Schiffmann*, Registered Yoga Teacher 200 Hour Training, Samudra School of Global Living with Shiva Rea.

Lucas, R. (2011). Reflection on *The Yoga-Sutra of Patanjali*, Registered Yoga Teacher 200 Hour Training, Samudra School of Global Living with Shiva Rea.

Lucas, R. (2011). Reflection on *Spandakarika by Daniel Odier*, Registered Yoga Teacher 200 Hour Training, Samudra School of Global Living with Shiva Rea.

TEACHING EXPERIENCE

- 2007 - Present Yoga Robin® - Private yoga teaching one-on-one, which includes development of training classes, tracking client progress, deepening of the therapeutic relationship, and incorporating global psychological personal approaches.
- 1994 - 2001 Oracle Corporation - Group technical leader teaching new hires, and other group members financial application install and setup procedures. Performed remote installs for client teaching online.
- 2006 - 2011 Perfect Working Spaces - Facilitation of financial bookkeeping, organizational techniques, website maintenance, social media management, software installations, PC vs. Mac.
- 2011 - 2013 Inflow Studios™ - Teaching business partner and client web development, HTML, domain management, SEO, and how to run a sole-proprietorship business.

PUBLISHING AND PRINT EXPERIENCE

- 2013 - 2013 Michael R. Macdonald, MD - Postcards published with my poetry
- 2013 - Present Rebelle Society - Online publications of creative writing
- 2010 - Present My Secret Innuendo® - Poetry selected for publications

WORK-IN-PROGRESS

- Poetry book for My Secret Innuendo®, my poetry business name
- Yoga book, incorporating photography, healing modalities and poetry

PROFESSIONAL AFFILIATIONS AND AWARDS

- Yoga Alliance, Registered Yoga Teacher
- Perfect Poet Awards
- Red Bubble Feature Awards