

CURRICULUM VITAE

Karen Newell
Charlottesville, VA

EDUCATION

Bachelor of Arts - Communications, 1985
Lewis & Clark College, Portland, OR

SKILL SUMMARY

Audio brainwave entrainment meditation specialist, project management, teaching/training, video/audio editing, web development, strategic planning, network technology, communications.

BUSINESS OWNER

Jan. 2011-present

Co-founder, Sacred Acoustics

Research, development and presentation of brain entrainment sound technologies used to enhance expanded states of consciousness.

FREELANCE WORK

2007-2016

Web Developer, The Site Well

Work with various clients to create custom designs and/or incorporate existing sites into a content management system. Includes HTML, CSS, search engine optimization, ecommerce, forms, analytics, banner ad management, video, audio, flash, etc.

EMPLOYMENT HISTORY

Sep. 2011-Aug. 2012

Director of Web Development, The Monroe Institute, Faber, VA

Converted content and redesigned website, including photography, reorganization of site architecture and incorporating it into a content management system. Set up online retail store for purchasing 300+ products and programs.

Nov. 1998-May 2011

Director of Information Technology, Alter Communications, Baltimore, MD

Performed web development and maintenance for numerous websites, including content management, ecommerce, banner advertising, design, video, analytics, blogs, mailing lists, search engine optimization and database conversion and integration. Member and facilitator of strategic planning team. Project manager for various initiatives. Network, desktop and server installation and maintenance. Research, implement and maintain software and database solutions. Vendor selection and coordination.

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June 1994-Nov. 1998

Systems Manager, Jewish Times Group, Baltimore, MD

Researched, planned, developed, budgeted, implemented, documented and maintained computer technology requirements for a group of five weekly newspapers, three magazines and graphic design studio. Selected and developed relationships with vendors for services including web development, internet service, hardware, network installation and maintenance. Support for desktops, servers and email. Managed art department personnel and processes.

Dec. 1993-Nov. 1998

General Manager, Blue Sky Design, Baltimore, MD

Managed all business operations of graphic design studio. Developed and maintained yearly budget, expenditures, billing and quotes to ensure profitability. Responsible for job scheduling, payroll, hiring, supervision and reviews of all personnel. Continued systems duties listed below as Operations Manager.

May 1991- Dec. 1993

Operations Manager, Blue Sky Design, Baltimore, MD

Instituted new technology for desktop publishing in Macintosh environment for three locations. Procured, planned and maintained all system requirements. Instituted technology and production standards among three sister publications. Developed training documents and trained users at each site. Acted as traffic manager, supervisor of production/office staff and customer/sales service.

June 1986-May 1991

Type Manager, Typeagraphic Shop, Baltimore, MD

Originally hired as typesetter, responsibilities quickly increased to include staff supervision, quality control, training new employees and establishment of job flow and record keeping methods. Maintained typesetting computer equipment.

May 1985-June 1986

Typesetter, Quality Composition, Baltimore, MD

Worked with Compugraphic computer typesetting equipment composing advertisements, newspaper and magazine copy, brochures, charts, signs, etc.

PUBLICATIONS

Alexander, E. and Newell, K., *Living in a Mindful Universe: A Neurosurgeon's Journey into the Heart of Consciousness*, New York: Rodale Books (2017).

PROFESSIONAL ENGAGEMENTS

2013 Sound Meditation Presentation, Omega Institute, Rhinebeck, NY (7/27)
2014 Meditation Workshop, Sivananda Yoga Retreat, Paradise Island, Bahamas (3/11)
2014 Sound Meditation Presentation, Assoc Comprehensive Energy Psychology (ACEP), Phoenix, AZ (5/29)
2014 Retreat, Omega Institute, Rhinebeck, NY (10/5)
2014 Sound Meditation Workshop, Open Center, New York, NY (10/7)
2015 Sound Meditation Workshop, Omega Institute, Nosara, Costa Rica (1/18-23)
2015 Sound Meditation Workshop, Mile Hi Church, Denver, CO (1/30-31)
2015 Meditation Workshop, Sivananda Yoga Retreat, Paradise Island, Bahamas (5/1-2)
2015 Sound Meditation Workshop, Theosophical Society, Wheaton, IL (5/16)
2015 Sound Meditation Workshop, Sun Valley Wellness Festival, Sun Valley, ID (5/23-25)
2015 Sound Meditation Workshop, Aspen Center for Living Peace, Aspen, CO (7/26)
2015 "Synchronicity" Workshop, Omega Institute, Rhinebeck, NY (8/21-23)
2015 "We Do Not Die" Conference, Findhorn Foundation, Scotland (9/27-30)
2015 Meditation Workshop, Theurgy Divine Transformation Conference Nashville, TN (10/17-18)
2016 "Near-Death Experience" Panel/Workshop, Vail Symposium, Vail, CO (3/14-15)
2016 Meditation Workshop, "Death & Dying" Nurses Conference, Iowa Western, Council Bluffs, IA (4/28)
2016 Meditation Workshop, Theosophical Society, Wheaton, IL (6/11)
2016 Sound Meditation, St James Church Piccadilly, London, England, UK (6/17)
2016 "Free Will as our Destiny" Retreat, Omega Institute, Rhinebeck, NY (8/26-28)
2016 Meditation Workshop, Chicago IANDS, Evanston, IL (9/10)
2016 Sound Meditation Workshop, Spirit University, Sarasota, FL (9/17-18)
2016 Weekend Retreat, Sedona Mago Retreat Center, Sedona, AZ (10/7-9)
2016 Meditation Workshop, Traditional Chinese Medicine Conference, Reston, VA (10/14-16)
2016 Meditation Workshop, Cedar Tree Institute, Marquette, MI (10/21-22)
2016 Meditation Workshop, Community for Integrative Learning, Wilmington, DE (10/28-29)
2016 Multi-Sensory Presentations, Insight Events USA, Austin and San Antonio, TX (12/2-3)
2017 Sound Meditation Workshop, The Open Center, New York, NY (1/21)
2017 Meditation Presentation, "La Conscience et l'Invisible" Symposium, Paris, France (2/4-5)
2017 Sound Meditation Workshops, Sivananda Yoga Retreat, Paradise Island, Bahamas (3/6-10)
2017 Physicians and NDEs, Panel/Workshop, Vail Symposium, Vail, CO (3/16-17)
2017 Invited Presenter, SoundsTrue Neuroscience Training Summit, Online (3/29)
2017 Sound Meditation Workshops, The Infinity Foundation, Chicago, IL (4/21-22)
2017 Meditation/Consciousness Workshop, Edward Via School of Osteopathic Medicine, Blacksburg, VA (4/27)
2017 Multi-Sensory Keynote, Muddy Creek Music Hall, Winston-Salem, NC (4/30)

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2017 Sivananda Neuroscience Symposium Keynote, Workshops, Panel, Paradise Island, Bahamas (6/2-4)
2017 IANDS National Conference Keynote, Panel, Workshops, Westminster, CO (8/4-6)
2017 IIIHS International Conference Keynote, Workshop, Montreal, CAN (8/11-14)
2017 Omega Institute Weekend Workshop, Riding the Wave of Consciousness, Rhinebeck, NY (8/25-27)
2017 Multiversity 1440 Retreat Center, Weekend workshop, Beyond the Illusion, Scotts Valley, CA (9/22-24)
2017 The Open Center Meditation Workshop, New York, NY (10/7)
2017 Ottawa International Writers Festival, Multi-Sensory Keynote, Ottawa, Canada (10/21)
2017 Theosophical Society, Sound Meditation Workshop, Wheaton, IL (11/4)
2017 Mas Alla De La Luz Conference, Workshop, Madrid, Spain (11/11-12)
2017 Alternatives UK Tour, Multi-Sensory Keynote, Edinburgh, Scotland (11/14)
2017 Alternatives UK Tour, Multi-Sensory Keynote, Birmingham, England (11/15)
2017 Alternatives UK Tour, Multi-Sensory Keynote, Bristol, England (11/16)
2017 Alternatives UK Tour, Multi-Sensory Keynote, London, England (11/17)
2017 Alternatives UK, Sound Meditation Workshop, London, England (11/18)
2018 InGoop Health Summit, New York, NY (1/27)
2018 Sivananda Yoga Retreat Center Keynotes and Workshops, Paradise Island, Bahamas (2/17-19)
2018 Young Presidents Organization Keynote, Beverly Hills, CA (2/27)
2018 Spirit University Keynote and Workshop, Sarasota, FL (3/17-18)
2018 Vail Symposium Panel and Workshop, Vail, CO (3/21-22)
2018 Virginia Festival of the Book, Author Keynote, Charlottesville, VA (3/24)
2018 Muddy Creek Music Hall Sound Meditation Keynote, Winston-Salem, NC (4/15)
2018 Rhine Center Keynote and Workshop, Durham, NC (4/27-28)

DISCOGRAPHY

Foundation Series: Om, Earth, Blue, Portal. Sacred Acoustics (2012).
Golden Light: Feed Your Soul. Sacred Acoustics (2013).
Om 2: Foundation One. Sacred Acoustics (2013).
Crystal Portal: Access to Infinity. Sacred Acoustics (2014).
Spiral of Time: Explore Past, Present, Future. Sacred Acoustics (2014).
Healing Center: Refresh & Revitalize. Sacred Acoustics (2014).
Know Yourself: Who Am I? Sacred Acoustics (2014).
Divine Love: A Unique Yoga Nidra Experience. Sacred Acoustics (2014).
Lotus: Awaken to Compassion. Sacred Acoustics (2015).
Light Body: Ignite & Become. Sacred Acoustics (2015).
Foundation Series 2: Om, Earth, Blue, Portal. Sacred Acoustics (2016).
Heart Presence: Focus, Inspire, Create, Reflect. Sacred Acoustics (2016).
Sacred Siesta. Sacred Acoustics (2013).
Sacred Sleep. Sacred Acoustics (2013).
Sacred Lullaby: Soothing Slumber. Sacred Acoustics (2017).

Cosmic Womb: Nurturing Tranquility. Sacred Acoustics (2017).
Event Horizon: Crossing the Boundary. Sacred Acoustics (2017).
Heart Center 2: Ground & Expand. Sacred Acoustics (2017).
Whole States: Expanded Minds. Sacred Acoustics (2017).
Whole Alpha 9 hz Tones. Sacred Acoustics (2017).
Whole Theta: 6 hz Tones. Sacred Acoustics (2017).
Whole Delta: 3 hz Tones. Sacred Acoustics (2017).
Total Eclipse. Sacred Acoustics (2017).
Lunar Cycles: Release & Renew. Sacred Acoustics (2018).
Solar Eclipse: Turning Point. Sacred Acoustics (2018).

Updated 5-20-2018