

Dianna Conner Heals at Someday Farm

By Shannon OCork
Recorder Correspondent

Killingworth – Dianna Conner is a wholistic minister who believes the wayward way some people eat reflects a lack of self-appreciation and self-esteem. And on Saturday, March 15 at Someday Farm, 272 Roast Meat Road, Conner is giving a seminar on the intricate connection she finds within love and spirituality – or their lack – and a craving for sweetness in food.

Conner lived other lives before taking up her ministry, she said in a recent interview. For too long, she said, she was a woman who sought the trappings and external values of the upscale suburban woman. She was married for 22 years until her husband died of heart disease in the mid-1990s. While taking care of him, Conner's own health seriously declined and after his death her home burned down. Those life-changing events led Conner to Wesleyan University where she graduated with honors with a Bachelor of Arts in art history. Later, she sought her spiritual training at the Kripalu Center for Yoga and Health and the Women's Leadership Institute at Hartford Seminary. She received her health teaching certificate in 1998 and was concurrently ordained as an interfaith minister under the Universal Brotherhood Movement.

While working toward spiritual growth, Conner also concentrated on her physical well being, determined to recapture her health. In time, over a long time, her health did return and she credits "joyful eat" for part of her recovery.

Conner teaches that "joyful eating" is proper eating, balanced and moderate, and easier said than done. Any food is good as long as it is allowed "to flow through" the body giving nourishment and not become an end in itself. A craving for chocolate, for instance, she said, is easy because chocolate "has ingredients that lift the serotonin level in the brain and make you feel better." And chocolate has another ingredient in it, too, she said, that "makes you feel you're in love and raises self-esteem." So chocolate must be carefully watched because it can become a "substitute for something as important as an intimate relationship."

Conner also practices energy healing or the laying on of hands. Energy healing was a force in her recovery, she said, and she uses it now to heal others. She emphasizes, too, the "feminine divine", which is too often neglected today where God is commonly referred to by the masculine He. In the old days of mythologies and many gods, the feminine divine had a proper place. But religions, as they organized and codified, focused on the idea of one God, a Father, and lost the importance of the feminine side to divinity, she said.

Conner's seminar will concentrate on exploring ways to make informed food choices in stressful situations and will demonstrate how we reflect our own self-value in what we eat. She will show, too, she said, how to revitalize the self without food, an enriching experience. She will talk about the benefits of "going inside" oneself and the benefits of "going outside" to nature for spiritual harmony. Water is important, she said, water in lakes and rivers and oceans, and water to drink.

One of the reasons I got sick, " is because I got away from nature. I shut down from all spirituality. I was just consumed with keeping up with the Jones, wanting people to like me, and feeling like a phony because I didn't know who I was."

After her husband's death, Conner began seeking her own passions. It took time for her to come to know what it was she truly loved. And it was a struggle, but an exciting one. "I'm in a wonderful space in my life right now," she said.

To reserve your space at the "Craving Sweetness" seminar, call Dianna Conner toll free at (877) 294-8983.