



At One: An Everywoman's Journey to Self

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At One: An Everywoman's Journey to Self, is a one woman play, that follows the life story of Professor Katrina Parker on her self-discovery journey, as she moves toward joy by dismantling the life patterns that have brought her suffering. Through a series of scenes that follow Kat's chronological life, we witness the thoughts, events and behaviors that lead her towards her breakdown and breakthrough. This theatre piece came about through improv, role play, archetype immersion, and philosophical exploration. The show is co-created by Lindy Wiens and Susan Shehata through HeartPlays. It is written by Lindy Wiens and performed by Susan Shehata.

To me, Integrative Theatre is about recognizing that life is art and that art, in turn, can joyfully inform and even transform our everyday lives. Integrative Theatre is asking big questions about our lives and the nature of the universe. Instead of toiling to find "the right answers", we use the imaginative, creative and limitless framework of theatre to play in those questions, knowing that this is where the magic lies. ~Lindy Wiens, Director

This show was born out of our stories, but quickly took a turn towards a story larger than both of us; a story that I see so many of my clients negotiate in their lives. ~Susan Shehata, Actor

At One: An Everywoman's Journey to Self, premiered to Minneapolis, MN audiences in February, 2014 at Patrick's Cabaret. This piece was created with the intention to bring it to different events, expos, venues and communities, so the technical needs are basic and very adaptable to various spaces. Susan Shehata has many years of workshop presentation experience, as a holistic wellness professional, making workshops and talkbacks on wellness topics team nicely with this show.

If you have any further questions about At One: An Everywoman's Journey to Self, I would be happy to address them.



Susan Shehata

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Audience Reviews

What an inspiring time for me, taking in your performance. The synchronicity of messages coming to me these days in stillness is a quiet yet explosive joy in and of itself! Through At One, I thank you for showing possibilities and holding a torch for myself and others to see and follow. You and Lindy are doing a powerfully wonderful healing with this work. I look forward to experiencing more! ~R.R.

It was really an honor to experience your At One performance. I was really moved and I hope that you and Lindy have many more opportunities to share this gift with others. ~Shelley

I find myself still remembering and resonating with the richly nuanced stories you told so brilliantly in your performance last night. I feel touched that you shared so candidly and creatively of your life and journey with us. ~Amy

Artist Bios



Susan Shehata

Susan Shehata, also known as The Space Guru, is a Mentor, Guide and Performing Artist. Susan has been a professional performer for nearly twenty years and a holistic wellness professional for over thirteen years; this project marked the first merging of these two worlds.

After receiving a B.F.A. in Theatre, Susan has worked professionally as a stage and on-camera actress, focusing primarily on musical theatre and improve/sketch comedy. (Credits include: Brave New Workshop, Mystery Café, Bloomington Civic Theatre, Verizon Wireless, Best Buy). She then chose to focus her energy on Holistic Wellness, securing her certifications in Feng Shui, Reiki and Rebirthing/Breathwork and has had her own wellness practice for many years. She is grateful for this co-creation that is an integration of her life's work.

Lindy Wiens

Lindy Wiens believes, with all of her heart, that combining various facets of theatre, personal growth processes and universal consciousness has the power to create joyful connection and transformation. Through Integrative Theatre, she endeavors to create magical, leading edge performances and facilitate transformative, heart-centered playshops and performance labs for non-performers and performers alike. Lindy received a B.A. in Theatre from Keene State College, an M.A. in Counseling Psychology with a concentration in Drama Therapy from the California Institute of Integral Studies and is a Certified Coach through Coach Training Alliance.