

Kundalini



Right Thinking, Right Action: Psychological Housekeeping East & West

A One-Day Seminar

Sunday, March 30, 2008

9:30 am – 4:30 pm

The Centre

316 Dupont Street

(One block west of Dupont Subway)

Toronto, Ontario

March 30, 2008

Kundalini: Right Thinking, Right Action: Psychological Housekeeping East & West

- 9:00 Registration
- 9:50 – 10:00 Introduction and meditation
- 10:00 – 11:00 *Freud, Reich, Krishna a.k.a. Libido, Orgone, Kundalini*
Alf Walker
- 11:00 – 11:15 Break
- 11:15 – 12:15 *Lifting the Veil of Obscurity*
Dale Pond
- 12:15 – 1:30 Lunch
- 1:30 – 2:30 *A Critical Look at Right Thought*
Jerry Steinberg
- 2:30 – 2:45 Break
- 2:45 – 3:45 *Colours of the Spirit*
Janet Faubert
- 3:45 – 4:30 Panel and Audience Discussion

Sponsored by

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For more information: 800- 986-1857

findpond@bmts.com or www.icrcanada.org

Kundalini - Right Thinking, Right Action: Psychological Housekeeping East & West March 30, 2008

Seating is limited: pre-registration will ensure your place

Register online at www.icrcanada.org/events.html or fill in and mail the form below.

NAME _____

ADDRESS _____ (St) _____ (City) _____ (Province) _____ (Postal Code)

PHONE _____ (H) _____ (B) _____ e-mail _____

PAYMENT ENCLOSED _____ \$35 (\$25 for students and seniors) _____

MAIL REGISTRATION TO: _____ Institute for Consciousness Research

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Kundalini - Right Thinking, Right Action: Psychological Housekeeping East and West

Exploring methods to manage and understand the Kundalini process from various perspectives

9:30 Registration

9:50 – 10:00 Introduction and meditation

Paul Pond, Ph.D., Moderator – is Director of Research for ICR and has been involved in Kundalini research for more than thirty years.

10:00-11:00 "Freud, Reich, Krishna a.k.a. Libido, Orgone, Kundalini." - Exploring modern psychological theories and spiritual/religious philosophies and practices. Freud founded the human personality on the innate energy/mechanism of primal sexual life energy he called libido. Reich expanded and deepened this idea anchoring it in the cells of the body. Gopi Krishna expanded our modern understanding of an ancient spiritual/religious energy-mechanism (Kundalini) which reaches to the foundation of our very existence. We will look at ways these ideas compliment or contradict one another and how we may use them in our lives.

Alf Walker, M.T.C., M.T., Dip. C.T.P. Alf has been a massage and shiatsu therapist for over 25 years, a practicing psychotherapist for 15 years and has had a life long interest in mystical experience and spirituality. He worked with Gopi Krishna at his Kundalini Yoga Research Project in Dehra Dun India in 1982-83.

11:00 – 11:15 Break

11:15 – 12:15 "Lifting the Veil of Obscurity" - Being shrouded throughout our lives can obscure not only the full potential of who we are but prevent us from acquiring knowledge of our relationship to the divine mystery. Once the veil is lifted and we see clearly the beauty of our souls, we can then experience the wonder that comes from being re-united with the divine source of all. The veil can be lifted in many ways preparing us for deeper inner experiences while leading us to more genuine and loving relationships with the earth and all of her inhabitants. By sharing, we can help one another to lift our veils of obscurity until we see clearly the wonder that we are.

Dale Pond has been involved in Kundalini Research for more than 25 years, is corresponding secretary for ICR and works and laughs with seniors in a Markdale Home for the Aged.

12:15 – 1:30 Lunch

Afternoon Moderator – Teri Degler, M.A., author, is a long-time student of yoga philosophy and mystical experience and teaches workshops on creativity and creative writing. She has recently finished writing her next book, *The Divine Feminine Fire: Shakti, Shekinah, Sophia and the Call to Creativity*. See www.teridegler.com.

1:30 – 2:30 "A Critical Look at Right Thought" - This presentation will look closely at the word "right". What is "right" and what is "wrong" has to do with a number of factors, not the least of which is the thought process and the elements at play in this process. We will look at some of these elements and how they influence our determination of "right" and "wrong".

Jerry Steinberg is a rabbi, psychotherapist and writer. He lived and studied for two years at Yasodhara Ashram under Swami Sivananda Radha who placed considerable emphasis on the Kundalini experience. Jerry writes in the areas of spirituality and healing and has recently completed a manuscript - *The Unlikely Nature of God - A Kabbalistic Perspective*.

2:30 – 2:45 Break

2:45 – 3:45 "Colours of the Spirit." - A guide to a practical meditation method that eases stress, alters undesirable personality traits, and enhances harmony and spirituality will be presented. It is a method that helps a person purposefully create the life that they desire.

Janet Faubert, R.N., has practiced meditation for over 30 years. She has written a book outlining the convergence of science and spirituality, and explains how Colour meditation utilizes physical and metaphysical laws to enhance life and spirituality while co-operating with the universe. Professionally, she is a Neonatal Intensive Care nurse.

3:45 – 4:15 Panel and Audience Discussion

4:15 - 4:30 Closing

You may want to bring your own lunch but food will also be available at a few area restaurants including those that serve vegetarian, Indian, and French food

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