

ICR's 2009 ANNUAL CONFERENCE

Kundalini: Changing Lives from Within

This year we will explore ways in which the psycho-physiological changes to an individual's being brought about by the Kundalini process are manifested in their lives. Presenters will give examples of the inner changes that occurred in their lives and share ways in which they were outwardly expressed. Such outward expressions include new or spontaneous creative talents, a change in profession or lifestyle, a desire to be of selfless service to humanity, or a life-long commitment to spiritual growth.

Present in everyone, the Kundalini mechanism can restart spontaneously or through the application of a chosen practice or discipline. In either case the individual's life can be thrown into turmoil that effects their physical and mental stability as well as their relationship with their human environment of family and friends. In many ways those undergoing a spontaneous awakening often have the greater challenge because they lack the knowledge and understanding to cope with the changes taking place. Often these changes include subjective experiences that are not included in our generally accepted socio-scientific paradigm. This limits the resources available to someone seeking aid and thus makes the journey more dangerous than it needs to be. In each case, success is only achieved once the proper environment is created both within and without.

As Rudolf Steiner has stated "we must avoid any disharmony between our higher experiences and the events and demands of our every day life. ...We must transform the earth by implanting in it what we discover of the spiritual realm. Our task is the transformation of the earth. Therein lies the only reason for seeking higher knowledge."

We hope that along with your participation, the information available this weekend will lead to a greater understanding of how to manage and integrate these experiences into our daily lives in a healthy way.

"Looking Back Through the Eye of God"

1975 was the year Dale's life began many internal changes through a meditation course that would ultimately lead her to find herself "Looking back through the eye of God" in 1988. This interior experience of union with the ALL left her reeling and shook the very foundation of her being. She soon learned that it was much more profound. What followed was an outpouring of spontaneous poetry, music and art which is a "Gift from the Muse". This experience of union with the All burns within me as a deep desire to be of service. Helping seniors to find pleasure and fun at the end of their days has become a great pleasure in her life. Looking sincerely at anyone and finding yourself, opens pathways to all-encompassing spiritual growth. Each day Dale practices the act of putting aside the pettiness and seeing the greatness in everyone. Through a play of poetry, music and art she hopes to weave together a sense of the mystery that is us. The player of the music awaits us and our gift of surrender. Come surrender with Dale to re-discover the "Wonder".

Dale Pond, after being initiated by her own Kundalini process in 1975, has been involved in Kundalini Research for more than 25 years, is corresponding secretary for ICR and works and laughs with the residents of a Home for the Aged in Markdale.

Channeled Poetry as a Sign of an Activated Kundalini

Neil Sinclair will share his understanding and experience of the process of writing poetry in the state of an awakened kundalini. He will also bring into the conversation the poetry of Gopi

Krishna, Rumi, William Blake, Shakespeare, and others in order to show the unifying factors that indicate the presence of an activated kundalini. Neil will also discuss the significance of channeled poetry to the future of mankind as a source of revealed truth.

Neil Bethell Sinclair is the author of *The Spirit Flies Free: The Kundalini Poems*, 2008, Life Force Books (available at Amazon.com). He underwent Nirvikalpa-samahdi in 1973, and has been in an expanded state of consciousness continually since then. Currently the CEO and Chairman of CyberTran International (www.cybertran.com), he has been in the environmental field for the last thirty years. Neil's book of poetry is the first time his poems written over the last thirty-four years have been published, poems that have emerged from the medium of the transcendental state.

Crystal Journey

The intent of this totally improvised and unique performance is to create soothing, meditative and healing music. David Hickey performs with Quartz Crystal Singing Bowls, over 20. Each produces a pure note or tone, the purest there is, you have to hear them to believe it. They are played in combination with 8-18 Paiste Planet and Symphonic Gongs and Chimes. Each gong features a strong fundamental note tuned to represent a natural harmonic series based on the orbital properties of the Sun, the Earth, the Moon and the other planets. It's like having a full orchestra. I also perform with other beautiful organic instruments to add the finishing touches to an amazing performance.

David Hickey is based in Mount Hope, Ontario, and has been touring Canada coast to coast the past six years. He has

performed over 500 shows and released 6 CD's. David has played the Bowls and Gongs accompanied by various musicians as well as with the Winnipeg Chamber Orchestra June 2006. Crystal Journey has dedicated it's intention for the music to help raise awareness to our environment and such social causes as Tibet and Burma, raising funds for these and various other charities. www.crystaljourney.ca

The Emergence of Divine Love

This presentation will focus on Cecilia's journey of discovering unconditional love. She was aware at an early age of guidance given by luminous beings. This guidance manifested and evolved in various ways, and was often surprising and delightful. She will share Kundalini experiences and how it affected her. Plus the realization of Light in all things and opening Cecilia's senses to other dimensions. The Heart understands the Universal Language of Love. As she journeys this sacred path the truths are revealed in mystical ways.

Cecilia Van Manen has been currently a Certified Trager Practitioner for twenty years. In her practice she utilizes 2M degree Reiki, Therapeutic Touch, Intuitive counseling, Relaxation Techniques and Meditation. Her other experience includes: Twenty years of nursing in an acute care hospital that opened her eyes to whole body/mind experience; Studies with various Native and Shaman Medicine men and women; Completion of a Vision Quest with SunBear [Lakota healer] and the Bear tribe; Practice of Body Electronics pioneered by Dr. John Ray and incorporated the teachings of Jim Goure about manifesting Light in conscious and unconscious realms. She sends heartfelt thanks to all her teachers. .

The Art of Aligning Ourselves to our "Higher Purpose"

In this session, participants will be invited to explore how our concepts, especially those relating to our understanding of a "higher purpose", may be

influencing how the Kundalini process evolves within us.

With a background in yoga philosophy and practice, Vedanta as a means for knowing oneself, the world and that which we call God, and the thinking of J. Krishnamurti, **Beverley Viljakainen** is committed to enabling herself and others to be "the fullness we already are" and thus contribute in a meaningful way to making the world a better place for those who are to follow.

Inside Effects

In this presentation, Richard will share how he "fell" into the Kundalini process which was totally unknown to him at the time. He relates that the first stirrings took place during his "mid-life crisis". At age 39 he became increasingly dissatisfied with his career in construction and went into massage therapy. After graduation he attended another course where he had a spontaneous Kundalini awakening. For many years, the ensuing process was very uncomfortable until he found out more about it and discovered ways in which he could help himself. The initial experience was not pleasurable and the repercussions still are with him. These repercussions though at times very uncomfortable serve him well in his practice. In retrospect, Richard can see that what happened in his life was necessary to propel him to where he is today.

Richard Jaunzemis lives in the country outside of Harriston Ontario with his wife, family, and dog. He has been a Massage therapist for 13 yrs. and was led, pushed, dragged to this path by a series of "coincidences" and gifts that I have discovered on my life journey. Richard discovered that there is a path we can follow if we just listen and watch for the signs and ask for guidance.

The Black Madonna

Jennifer's journey with kundalini energy began with dreams of tornados which eventually transformed into a female presence of mystery around fifteen years ago. She will examine these experiences through her paintings which

have guided her throughout this process. They have preceded each experience sometimes by years and helped to find some understanding of dealing with the tumultuous events that she was going through. Jennifer will be using these images to describe how the kundalini process effected her through seven areas.

1. Physical experiences, energy and of illness- Muladhara-Root. 4 petal.
2. Emotions, psychological processes - Swadhisthana-Sacral..6 petal.
3. Creativity, will, gifts - Manipura-Solar...10 petal
4. Relationship....to others, self and God - Anahata-Heart....12 petal
5. World view, voice, expression- Vissuaha-Throat...16 petal
6. Images, symbols, dreams -Ajna-Third Eye....96 petal..
7. Spiritual issues...service, purpose, healing....teaching....Sahasrara-Crown 1000 petals.

Jennifer plans to present a pamphlet to each participant of the visual journey of her kundalini experience . In the future, she will be working on producing an illustrated book form of this journey.

Jennifer Clark works from her 'strawbale' studio outside of Durham, Ontario where she makes her art and raises two young sons with her partner. Her formal education includes a degree in ceramics and photography from the Ontario College of Art; two years of Fine Art Studies at York University and an Honours BA in Fine Art from the University of Guelph and has studied ceramics for nine months at the Banff Centre for the Arts in Alberta.

She has been teaching art for 17 years and especially enjoys working in non traditional settings. In the last five years Jennifer has been greatly motivated and challenged by the Waldorf inspired Edge Hill Country School where her children attend. She is currently working on producing a catalogue - book of her work and can be reached at 519 369-2176 or jhclark3@sympatico.ca