
ICR's 25th ANNUAL CONFERENCE

Integrating Spiritual Practice in a Modern World

One of the main purposes of the research on kundalini is to provide a theoretical basis for individuals interested in or in the process of having mystical related or consciousness expanding experiences. This should provide a framework into which the individual can integrate their experience and offer guidelines that will help keep the process on a course that will lead to a healthy conclusion.

Much of this research is based on the Eastern esoteric concepts of Kundalini and Prana (the subtle intelligent life-energy). The concept of Kundalini provides an established and time-tested model with which we can measure and judge our own as well as the experiences of others. Information about Prana is key to understanding and interpreting consciousness expanding experiences. In addition to this, the lives and writings of mystics and geniuses provide examples of what to do and what not to do when in the throes of an expanding consciousness. They also provide an indication of the state of consciousness to which the entire Race is evolving. This does not degrade or diminish the role of the average person. For each of us has an important role to play in this life. We must always remember that human consciousness is experienced on a continuum and each individual's brain is its own laboratory. And, in this sense, each and every one of us has an opportunity to observe the changes occurring in our own consciousness and add to humanity's understanding of the process.

This year our presentations include:

Lifestyle: Why We Should Care.

In this presentation we discuss the lifestyle generally recommended by all religious and esoteric traditions. Current breakthroughs in the findings of empirical science, like neuroplasticity and epigenetics, underscore the importance of these recommended lifestyles and the value in being aware of the Kundalini process in each of us. **Paul Pond**, has a doctorate in physics and has been involved in Kundalini experience and research for more than 30 years. He has written and spoken extensively on the subject. His focus has been on lifestyle issues and their impact on individual spiritual experience.

The Process of Awakening. Our purpose in life is no secret and the guidelines are available to all of us. With examples from the teachings of Gopi Krishna, Eckhart Tolle and other spiritual disciplines, we will examine the commonalities of the spiritual laws that govern the evolution of the human spirit. **Eileen Holland** has been involved in the study of Kundalini for over 30 years. She has researched and written several essays on the characteristics of Kundalini awakening in mystic/geniuses. She leads workshops on creative living, participates in ongoing spiritual studies and is presently expressing her own creative process in poetry.

The Goal and the Prize of Life is based on Gopi Krishna's Revelations directed to our continued and accelerated evolution toward a predetermined target, representing the next plateau in our evolutionary journey. **George Tompkins'** career began in the advertising industry where he served as a television executive prior

to establishing his own motion picture and video company. In time, his firm grew to become the largest non-theatrical motion picture company in the world. Mr. Tompkins sold his business in 1970 and began to explore the then emerging fields of the west-east religions, humanistic psychology, and a wide range of self-improvement schools. In 1971, he met Pandit Gopi Krishna, who was then introducing the subject of Kundalini to the west via his many books based on his own personal experiences. Mr. Tompkins and Gopi Krishna became close personal friends and co-workers with others in the dissemination of Gopi Krishna's global perspective of human evolution toward a predetermined target. In 1991, seven years after Gopi Krishna's passing, Mr. Tompkins went to India for the purpose of advancing the unfinished work of Gopi Krishna. He founded the Kundalini Research Association International -Indian Chapter, where he is President and Executive Secretary. Many of India's most prominent scientists are members of the governing body and scientific advisory board. Mr. Tompkins has now shifted his energies to the United States, because of the rapid advancements in technology and research directed to the brain and human energy systems that are happening in the U.S.

Spiritual Activism and Kundalini. Michael Molina will take the audience on a journey of personal healing, exploring the link between spiritual activism (karma yoga) and Kundalini. Recounting his own personal experience of transformation, Michael will discuss how the evolu-

tionary processes within us can be enhanced through our own ability to heal both ourselves and the planet. Michael will introduce the Emerging Sciences Foundation, and will offer practical ways in which each of us can recognize the spiritual activist within. **Michael Molina** is the founder and CEO of the Emerging Sciences Foundation www.emergingsciences.org, a California non-profit dedicated to the grassroots expression of emerging fields of scientific investigation, such as Kundalini research. He resides in Los Angeles, California with his wife Linda and their two children, Adam and Ian.

Creative Inspiration: Get more inspired; be more inspiring! Is a look at the development of increased creative inspiration as part of the spiritual journey and how integrating creativity into our modern lives can make them more meaningful, more spiritual, and more inspired. For centuries, spiritual teachers from Christian saints to Sufi mystics have been showing us by example that inspired creativity often goes hand in hand with the spiritual journey. Great yogis have even described in detail how their practice turned them into poets so gifted that words dripped like ambrosia from their tongues. How can this inspired creativity come to be part of our own spiritual journeys? And how, in turn, can integrating creativity into our modern lives make them more spiritual, more meaningful, and more inspired? Award-winning writer **Teri Degler** is the author/co-author of ten books – including *The Fiery Muse: Creativity and the Spiritual Quest* (Random House of Canada) and *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self* (Dream River Press USA). A long-time student of yoga philosophy, mystical experience, and highly creative women mystics, Teri has taught creativity workshops in the

United States and Canada and made many media appearances. See her website - www.teridegler.com or her blog - blog.teridegler.com.

The Goal of a Spiritual Practice. This presentation will focus on what a spiritual practice is actually trying to accomplish in an individual. It will include the general characteristics of one who has achieved success in this endeavour, and will show how this process relates to evolution in both the individual and collective sense. It will also discuss the merits of intense vs. gentle forms of practice. **Michael Bradford** has been involved in research on Kundalini and the evolution of consciousness for more than 30 years. In 1977 he travelled to India where he spent six years serving as a volunteer worker for the Central Institute for Kundalini Research, founded and directed by Pandit Gopi Krishna. Michael is a long-time board member of ICR, and currently works as both a computer consultant and as a Vedic astrologer.

Living Life with Love in Mind. A life of living with love in mind is a spiritual practice that is for the benefit of everyone, everywhere and at anytime. The beauty of it is simplicity itself, with no unnecessary paraphernalia required. All we need to do is surrender to love in all situations. In this modern world, where people are stressed out, frustrated and quick to anger, there are endless opportunities for love. Love is never wasted and it has no boundaries. The true power held within love can be comprehended as it becomes as natural to us as breathing. **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.

Human Movement Potential. In this inspiring and practical work-

shop, you will be guided through simple grounding, breathing and relaxing exercises you can do anywhere, anytime. We will discuss the significance of these practices in our daily lives and share personal experiences. Together we will explore the power of rhythm and how it bypasses the mind's role in questioning, doubting and negating. Music inspires movement from our very core. Through simple movement practices we will feel the freedom to move from within, exploring ways to awaken the force of creativity and power within us all. Together we will lift our spirit and energy and perhaps even discover an original movement that is our trademark. We will teach our cells new ways of being and take time to affirm our hearts, our creativity, our individuation as well as our connection to the One Spirit. This is a hands-on transformational workshop you don't want to miss! **Julia Ray** is the owner of Yoga Vibe in Toronto where she runs classes and workshops that encourage students to explore their possibilities and inner potential through the practice of yoga and movement. Having studied a multitude of yoga styles and healing modalities including bio-energy, dream work, movement therapy and shamanism, Julia's focus is on guiding her students to continuously process and embody their human potential. The way she teaches allows for the epiphanies of the student's experience to emerge and be recognized towards the path of individuation and wholeness. She teaches from an intuitive understanding of the human body and psyche and strongly believes in the collective creative experience as a way of healing and health.

ICR: A 25 Year Journey. An open forum that will incorporate past and present experiences with a look to the future direction of ICR. Facilitated by **Vitold Kreutzer**.