



# Kundalini

## The Evolving Health Paradigm

***In order to better facilitate a more balanced evolutionary process, a life embraced in harmony with proper health in all aspects of human awareness is required. During this thought provoking one day seminar we will explore the relationship of our thinking and actions to the health of ourselves, our neighbours, other species, the planet and all creation.***

Our presentations include:

**"Kundalini: The Energy of Evolution"** - A brief review of the concept of Kundalini as the energy/mechanism that guides and directs our evolutionary process. **Paul Pond**, Ph.D. is the Director of Research for ICR and a long time student of the Kundalini process.

**"Kundalini: My Process, My Health"** - Everyone's process is different and unique - while some may experience a more gradual continuous awakening, the intensity and urgency of Kundalini may have its own divine schedule for rapid change in others. The more awareness and understanding we have of the process, the more we can help ourselves to stay balanced throughout this journey. Sabine's own personal "Health Paradigm" has changed dramatically compared to the beginning days of her journey, and she will share what she has found to be helpful along the way and what continues to pose challenges to both her physical and spiritual well being. **Sabine Bruestle** first embarked on her spiritual journey in 1984 and it has transformed her health, her life, her very being. While fully involved in the corporate world, she whole heartedly embraces all things spiritual and is on a continuous journey of discovery on how best to integrate both worlds, the spiritual and the more mundane earthly one.

**"Evolutionary Signposts and Health"** - The evolutionary process exhibits a fundamental yearning and instinctive impulse towards a state of being where health, love, vitality and well-being increasingly become prerequisites of and a by-product of the creative forces behind human evolution. We will examine together a concept of life where health is a state of being that manifests in every aspect of our lives, including the surrounding environment and that which dwells within us. **Vitold Kreutzer** is a custodian of a small piece of nature, a baker of organic goods and an advocate of sustainable living. This lifestyle encompasses co-operating with the forces and intelligence of nature and practically applying alternative and renewable forms of energy, especially those which originate within. His study of the real world of the spirit in humanity and the natural world has motivated him to seek out spiritual truths and our connection to the Creator.

**"Connecting with the Wholeness that We Are, using Ayurveda as a Personal Health Care Approach"**

In this session, we will explore how, by applying a holistic approach to our own individual wellness, we can become more connected with the evolutionary process that we are an integral part of, know it or not. Ayurveda, a health care modality commonly referred to as "a sister science of Yoga", will be used as but one example. **Beverley Viljakainen** credits the principles of Ayurveda with improving her health while deepening her understanding of human experience. She has a background in yoga philosophy and practice including Vedanta as a means for knowing oneself, the world and that which we call God, and the teaching of J. Krishnamurti.

**"The Evolving Health Paradigm"** - An interactive session involving presenters and attendees to further explore individual and institutional options for creating and maintaining the overall health and harmony necessary for our healthy evolution.

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**Sunday April 18, 2010** from 9:30am to 4:30pm

The Centre - 316 Dupont St, Toronto, Ontario

**Registration: \$35 (\$25 for Seniors and Students)**

*For more information or to Register:* [www.icrcanada.org/events.html](http://www.icrcanada.org/events.html) or 1-800-986-1857

OR mail payment to:

ICR c/o D. Pond, 165 Valley Crescent RR#4, Markdale, ON N0C 1H0

# Kundalini



## The Evolving Health Paradigm

A One-Day Seminar

**Sunday, April 18, 2010**

9:30 am – 4:30 pm

The Centre

316 Dupont Street

(One block west of Dupont Subway)

Toronto, Ontario

April 18, 2010

### Kundalini: The Evolving Health Paradigm

- 9:00 Registration
- 9:45 – 10:00 Introduction and Meditation
- 10:00 – 10:15 *Kundalini: The Energy of Evolution* - Paul Pond
- 10:15 – 11:15 *Kundalini: My Process, My Health* - Sabine Bruestle
- 11:15 – 11:30 Break
- 11:30 – 12:30 *Evolutionary Signposts and Health* – Vitold Kreutzer
- 12:30 – 1:45 Lunch
- 1:45 – 3:00 *Connecting with the Wholeness that We Are, Using Ayurveda as a Personal Health Care Approach* - Beverley Viljakainen
- 3:00 – 3:15 Break
- 3:15 – 4:15 *The Evolving Health Paradigm* – An open forum
- 4:15 – 4:30 Closing

Sponsored by

The Institute for Consciousness Research

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For more information:

800- 986-1857 or [www.icrcanada.org](http://www.icrcanada.org)  
[findpond@cablerocket.com](mailto:findpond@cablerocket.com)

**Kundalini: The Evolving Health Paradigm April 18, 2010**

*Seating is limited: pre-registration will ensure your place*

**Register online at [www.icrcanada.org/events.html](http://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

165 Valley Crescent, RR #4

Markdale, Ontario N0C 1H0 PHONE: 800-986-1857 EMAIL: [findpond@cablerocket.com](mailto:findpond@cablerocket.com)

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## The Evolving Health Paradigm

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### 9:30 Registration

### 9:45 – 10:00 Introduction and meditation

**Morning Moderator - Eileen Holland**, workshop leader on creative living, has researched and written essays on the characteristics of mystics/geniuses apparent in Walt Whitman, Victor Hugo, Thomas Jefferson and Ralph Waldo Emerson.

**10:00-10:15 “Kundalini: The Energy of Evolution”** - A review of the concept of Kundalini as the energy/mechanism that guards our evolutionary process. **Paul Pond, Ph.D.**, is the Director of Research for ICR and a long time student of the Kundalini process.

**10:15–11:15 “Kundalini: My Process, My Health”** - Everyone’s process is different and unique - while some may experience a more gradual continuous awakening, the intensity and urgency of Kundalini may have its own divine schedule for rapid change in others. The more awareness and understanding we have of the process, the more we can help ourselves to stay balanced throughout this journey. Sabine’s own personal “Health Paradigm” has

changed dramatically compared to the beginning days of her journey, and she will share what she has found to be helpful along the way and what continues to pose challenges to both her physical and spiritual well being. **Sabine Bruestle** first embarked on her spiritual journey in 1984 and it has transformed her health, her life, her very being. While fully involved in the corporate world, she wholeheartedly embraces all things spiritual and is on a continuous journey of discovery on how best to integrate both worlds, the spiritual and the more mundane earthly one.

### 11:15 – 11:30 Break

**11:30 – 12:30 “Evolutionary Signposts and Health”** The evolutionary process exhibits a fundamental yearning and instinctive impulse towards a state of being where health, love, vitality and well-being increasingly become prerequisites of and a by-product of the creative forces behind human evolution. We will examine together a concept of life where health is a state of being that manifests in every aspect of our lives, including the surrounding environment and that which dwells within us. **Vitold Kreutzer** is a custodian of a small piece of nature, a baker of organic goods and an advocate of sustainable living. This lifestyle encompasses co-operating with the forces and intelligence of nature and practically applying alternative and renewable forms of energy, especially those which originate within. His study of the real world of the spirit in humanity and the natural world has motivated him to seek out spiritual truths and our connection to the Creator.

### 12:30 – 1:45 Lunch (off premise)

**Afternoon Moderator– Teri Degler**, award winning author who has researched yoga philosophy and the lives of highly creative mystics for years. Her latest book is *The Divine Feminine Fire*

*Creativity and Your Yearning to Express Yourself.*  
See [www.teridegler.com](http://www.teridegler.com).

**1:45 – 3:00 “Connecting with the Wholeness that We Are, using Ayurveda as a Personal Health Care Approach”** - In this session, we will explore how, by applying a holistic approach to our own individual wellness, we can become more connected with the evolutionary process that we are an integral part of, know it or not. Ayurveda, a health care modality commonly referred to as “a sister science of Yoga”, will be used as but one example. **Beverley Viljakainen** credits the principles of Ayurveda with improving her health while deepening her understanding of human experience. She has a background in yoga philosophy and practice including Vedanta as a means for knowing oneself, the world and that which we call God, and the teaching of J. Krishnamurti.

### 3:00 – 3:15 Break

**3:15 – 4:15 “The Evolving Health Paradigm”** - An interactive session involving presenters and attendees to further explore individual and institutional options for creating and maintaining the overall health and harmony necessary for our healthy evolution.

### 4:15 - 4:30 Closing

### Lunch

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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