



ICR Newsletter

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The Urgent Need for Kundalini Research

*from the writings of Gopi Krishna in the Dawn of a New Science
with introductory comments of George Tompkins*

It has been said that Gopi Krishna's greatest fault was that he had only one message and that all of his writings – more than a dozen books, scores of articles, interviews and lectures, and voluminous unpublished writings and correspondence – dealt with that message in one way or another.

The reason why he never varied from the message was because he took his directions from the Source from which he drew his inspiration. What the world stands most urgently in need of, he said, is knowledge of the Law of Evolution.

The drama that is being enacted all over the earth at this moment is staged to being about drastic changes in the thinking and behavior of the race. Nature is screaming warning after warning. This is what Gopi Krishna said when he first proposed that science should do its utmost to discover the Law of Evolution.

He made this appeal to scientists, scholars and world leaders in *The Biological Basis of Religion and Genius*, a landmark book published by Harper & Row in 1972. The noted scientist, Prof. C.F. von Weizsacker, director of the Max Planck Institute of Life Sciences, wrote the introduction.

In that book, Gopi Krishna pointed out that the mounting tensions in the world, increase in crime and violence, the trend towards more and more destructive machines of war, revolutions, terrorism and massacres, as the red-light signals of Nature foreboding disaster. If the leading minds of the world fail to interpret these red lights in the right way, a catastrophe is inevitable.

But the political leaders of almost all countries are entirely occupied with their own problems, and the leading scholars are lost in the labyrinth of their own learning. The result is that in spite of all the progress made, the earth has become a veritable Tower of Babel where the essentials needed for human survival, peace and happiness are lost in the hunt for faster cars, planes, computers or other extravagant additions to the existing flood of technologies and luxuries.

This is the reason why there is a virtual avalanche of interest in the study of consciousness at this time. The number of conferences, Web Sites, books and other publications on consciousness is growing month by month. There is even talk about "a new science of consciousness," but it is not clear what this term means.

"The recent surge of interest in

consciousness studies has left many commentators scratching their heads and looking for an explanation," says the publisher of the *Journal of Consciousness Studies*. "Seeing as science has effectively ignored the problem for most of this century, then why the sudden change? This used to be the province of religion, but we now look to science to provide a more authentic description of what it is to be a conscious agent."

When once the experiments proposed are confirmed, there will be no subject that will receive as much sustained attention from scholars in all its different aspects, spiritual, psychological, sociological and biological. But the most colossal task will be to explain the evolution of the mind in terms of the organic evolution of the brain.

- George Tompkins

Kundalini is the Guardian of human evolution and the Key to the Mystery of Existence. There is nothing in the whole mass of knowledge, gathered by mankind so far, of such paramount importance as the knowledge of this mighty energy responsible for all the phenomena of religion and the occult. A research, conducted in the light of the study made in this work, will clearly demonstrate

the fact that it is the existence of the evolutionary mechanism that has been responsible for the ferment and activity connected with religion and the supernatural from the remotest times to the present day. Even in the most primitive conditions, from the dim dawn of reason, man found himself always in the grip of the supernatural and the numinous on account of the influence exerted by this psychosomatic mechanism—much in the same way as a child is influenced, often in a vague, incomprehensible way, by the reproductive apparatus, waiting to come into play, in a proper form at a more advanced age. The existence of a religious impulse in the human psyche is a fact so palpably clear that to deny it would be to deny the truth of both ancient and contemporary history. But, if the phenomenon is accepted, what rational explanation have we provided for this almost universal urge? If no universally accepted explanation has been found so far, does it not mean that we are still floundering in the dark in respect of one of the most powerful impulses in the human mind that has been at the back of countless decisive events of history?

There has been inexplicable resistance among the scholars of our day in accepting that, side by side with the physical, there are also super-physical forces in nature about which we possess no certain knowledge at present. There is a deplorable lack of awareness of the fact that human consciousness is evolving and that the body has to keep pace with this evolution. The brain is remodeling itself by extremely slow degrees to reach another dimension of awareness, which forms the real theme of much of the religious literature of mankind. The greatest obstacle in the path of this metamorphosis is man's own unenlightened intellect. As the following chapters [in the Dawn of a New Science] are designed to show, the secret of the evolutionary mechanism has been known for more than 7,000

years, from the earliest beginnings of Egyptian civilization. The secret was guarded and preserved as no other treasure has been guarded and preserved during the whole course of history. But in spite of this fact, on account of the lure of worldly goods and the errors of reason, empire after empire and culture after culture crumbled to dust because the knowledge of the secret gained was not applied to regulate the life of the individuals and the society as a whole. The pride of intellect, which prevents the erudite now from accepting the existence of superior intelligent forces in creation that rule the fate of humanity, and exact obedience to the Law of Evolution at any cost, was prevalent in the ancient times also. But it was never so rampant as it is now and never before was there such a threat to the survival of the race as stares us in the face at this moment.

The brain is remodeling itself by extremely slow degrees

The validation of the mechanism of Kundalini by means of properly directed scientific research is bound to cause the greatest ever revolution in human thought. The craze for luxurious living, over-abundance, hectic speed, excessive use of machinery, immoderate ambition or desire for power and wealth, will then be found to be what they have always been held to be by every revealed direction from the other world—serious obstacles in the path of evolution and grave impediments in the functioning of the evolutionary mechanism. It will also then be demonstrated that when this craze for the comforts of the flesh and the goods of the earth exceeds a certain limit and a point of saturation is reached, the collective unconscious of the race reacts with violence to bring about a change in the unhealthy propensities fatal to the evolutionary growth. This is the rea-

son why great empires and kingdoms in the past, after attaining to a certain state of ascendancy, invariably came to grief. This is also the reason why the whole of mankind finds itself in such a desperate situation today, and even the most powerful nations find themselves up against some dilemma that they see no way to resolve.

The key figure for investigation on Kundalini is the true mystic. Purged of some of the superstitions and false beliefs that have attached to their person, they provide the still imperfect model of the future man and woman. They would not be an ascetic wedded to monastic vows, but a warm-blooded human being, with all their instincts intact yet well under control, living in a strife-free, harmonious world, in perennial communication with universal consciousness. The biological variations in their system will be observable, but not the variations in their illuminated mind. For the latter every savant, keen on this research, will have to traverse the path by themselves. The religious lore of India and the record of some of the vanished civilizations of the past provide us with ample material to show that the finished products of an awakened Kundalini were often represented in myth and fable, of course with exaggerations natural to the time. A new department of knowledge and dedicated application are necessary to make a beginning in this investigation. Kundalini provides the only channel for this research, for it is the natural device for the spiritual unfoldment of mankind. Without its invaluable help, intellect will continue to blunder, as it is doing now, landing mankind in jeopardy consequent on the violation of evolutionary laws.

The human race is not doomed to live forever in the prisonhouse of the senses: a fate to which modern science has irretrievably condemned it. For the still remaining millions of years of her life on earth she will not only be build-

ing and working with machines to pass a sensual life ending in senescence and death. Our infirmaries are crowded with people who once strutted with all the fire of youth, but now pass every day in fear of disease or approaching death. This is not to be the end of man. Denial of the glorious vision, that is the summum-bonum of human life, leaves no other outlet for the exuberant energy in human beings except to expend it on the gratification of lust or in the pursuit of boundless wealth and power. It is this wrongly directed energy that has been instrumental in creating the present explosive situation of the world. It has to find an outlet somewhere. If the healthy, natural outlet is denied it must then, as often happens in the case of sex energy, find vent in unnatural and destructive ways.

The present-day science with its whole emphasis on the study of the physical world, by its own shortsightedness, denies to itself the glorious vision of emancipated consciousness. A new science with a fresh outlook on the Riddle of Existence, oriented to study both the material and the immaterial worlds, is therefore needed to open the still hidden horizons for the elevation of the race. If this is not done the fires of ambition and desire which smolder in every human breast can never be extinguished. They can only be subdued if a more alluring and desirable prize makes its appearance on the horizon of the human mind. But this can only happen when the leaders of thought and the heads of state, with proper disciplines, prepare themselves for the sublime enterprise. Unless this is done, there is no hope that mankind will pass the present crisis safely to live in peace. Each war, however deadly, would but provide the base for a still deadlier one. The only remedy lies in changing the direction of the human mind from the temporal to spiritual objectives. This has to be done one day to conform to the evolutionary change in the human

brain. But it would be a blessing, indeed, if this could be done before the hanging sword falls.

There is nothing in the marvelous achievements of science, now before our sight, that can compare, even remotely, to the glorious possibilities dormant in the corporeal frame of mankind. The flood of inventions and the boundless store of modern chattels of enjoyment has greatly added to our comfort, no doubt. But they have also added to our unrest, to our worries and pressures. That spontaneous bubbling flow of unallayed happiness, which is the natural heritage of man in a healthy environment and a rational mode of life, instead

Investigation into Kundalini is to win access to the intelligent forces of creation.

of showing an increase, is on the wane in every part of the earth. This is a sign for sober-minded thinkers to cast another look on the prevalent values and norms to find where the error lies. If this is done, the need for the reorientation of our thinking and planning will at once become apparent. The aim of nature is to lift man to another dimension of consciousness, to be a superman in his own right possessed of amazing powers of body and mind. All the achievements won by science are but a means to this sublime end. But shortsighted reason in the false belief that there is nothing beyond its grasp, pulls him down again by its over-emphasis on the soma to the exclusion of his most precious possession—the eternal spark of the Divine in him.

This brief survey is, perhaps, enough to convey an idea of the stupendous nature of this research. There is no other area of study in the vast domain of science so pregnant with undreamed-of possibilities as Kundalini. It is the divine mechanism for the transforma-

tion of the whole race, from an aimless crowd of jostling, fighting individuals, unaware of themselves, into a harmonious assembly of illuminated beings who have experienced the sovereign glory of the soul. There is no other knowledge that can bring peace and happiness to strife-torn mankind, at present delicately balanced on the precipice of war, as the knowledge of this mighty illuminative power. Kundalini provides the only way to settle the long-standing conflict between reason and faith, science and religion. There is no other channel except this to validate the truth of the major faiths of the world and make known the glorious possibilities inherent in the priceless Yogic tradition of India.

The knowledge gained by this investigation will bring relief to untold millions afflicted with mental disability or disorder of some kind. It will yield the criteria on which mankind must build its social and political orders without bloodshed and violence. It also shall provide the norms for the way of thought and behavior of individuals in harmony with the needs of the evolving brain. In the light of these facts, Yoga provides the greatest enterprise known to man. It is in this light that it has been regarded so far. The finished products of Yoga, the great sages and rishis of India, have always been allotted a stature higher than even that of kings. From the Vedic times they were held to be the knowers of eternal Truths on which depends the safety, peace and happiness of the race.

It is a pity that, during recent years amid the bloom of material progress brought about by science, the divine potentialities inherent in Yoga for the mental and spiritual bloom of the race have been almost completely ignored. The priceless boons said to be possible with it in the spiritual lore of India—illumination, supernal wisdom, intellectual and artistic bloom, psychic gifts, and other rare faculties of the mind-

have not even been considered in determining the steps that were taken to initiate research on this time-honored discipline.

Investigation on the merely curative aspect of Yoga lowers it to the position of an unconventional system of therapy, like acupuncture or nature cure, and on the merely physical aspect, that is asanas and pranayama, reduce it to the position of a gymnastic exercise. This investigation has its own value, but it fails to represent Yoga in its true light. The real aim of Yoga is to open the door to the unused potential of the human brain. There is no doubt that an enterprise of this kind is

beset with difficulties, but it is the only way to rescue this lofty science from the oblivion into which it has fallen. It is the only way by which the sovereignty of this knowledge over all other sciences of the day can be firmly established. The other sciences deal with the body. This kingly science, as the Gita calls it, deals with the mind and the soul.

It is only through patience and humility that success is possible in this undertaking. Investigation into physical phenomena is aimed to acquire knowledge of the dead forces of nature, but investigation into Kundalini is to win access to the intelligent forces of

creation. This investigation, therefore, imposes a great responsibility on those who would undertake it. The destined hour for the empirical study of this unique phenomenon and the disclosure of the, so far, secret knowledge relating to it, I feel certain, has arrived. But who will win the crown of success in the effort remains yet to be seen. In the words of the Vedas, let us pray for Divine guidance, for the unity of hearts and unanimity of thought in this momentous task, for Kundalini provides the only solution to the most burning problems of the day.

-- Gopi Krishna

ICR's 30th ANNUAL CONFERENCE and RETREAT

Reawakening the Science of Kundalini

Note our New Location and Change of Dates to July 18th and 19th

We live in an age of unbounded discovery and exploration. We have surveyed the subatomic world with massive particle colliders, embarked on missions to explore the surface of Mars, and stood in wonderment at solo voyages to the deepest oceans. Yet, the question remains as to whether much of this exploration of the outer world has been misdirected. Are we ignoring the possibilities of discovery in what is perhaps the closest and most intimate of our environments?

According to Gopi Krishna: "present-day science with its whole emphasis on the study of the physical world, by its own shortsightedness, denies to itself the glorious vision of emancipated consciousness. A new science with a fresh outlook on the Riddle of Existence, oriented to study both the material and the immaterial worlds, is therefore needed to open the still hidden horizons for the elevation of the race. If this is not done the fires of ambition and desire which smolder in every human breast can never be ex-

tinguished. They can only be subdued if a more alluring and desirable prize makes its appearance on the horizon of the human mind. ... The only remedy lies in changing the direction of the human mind from the temporal to spiritual objectives. This has to be done one day to conform to the evolutionary change in the human brain".

In this year's ICR conference, we will focus on topics that will help to reawaken the ancient science of Kundalini from a variety of perspectives. It is hoped that through the continued effort of many people involved in this area of discovery that the next major renaissance of science, art, culture, and human civilization will take place.

Please **NOTE** that the 2015 Annual ICR Conference will be held at a **new location** this year. Once again we have found a beautiful outdoor setting, on a large open property just North of Markdale. The conference date has also been changed to **July 18 and 19**.

Our program this year includes:

The Concept of Kundalini According to various esoteric traditions there is a latent creative power in the human body which, when activated, can lead to enhanced creativity, genius, psychic abilities, religious and mystical experience and, in some aberrant cases, to certain forms of mental illness. In the Indian Yogic tradition, this creative power has been known as Kundalini. According to this tradition, Kundalini can be aroused to activity through certain spiritual practices, such as the various forms of Yoga. In certain individuals whose nervous system is ripe for the experience, it can also become active spontaneously. In this presentation we will discuss the concept of Kundalini as postulated by Gopi Krishna. He presents Kundalini as a physiological mechanism that can enhance the brain and nervous system of an individual so

that higher states of consciousness can manifest. He also suggests that human evolution has proceeded under the direct guidance of this super-intelligent mechanism, and that it has a specific goal towards which the species as a whole is evolving – cosmic consciousness. In this context we will discuss the various factors that can influence Kundalini arousal and activity, and why research into this amazing mechanism is so important, both for the health of the individual and for the continued evolution of our species. **Michael Bradford** has been involved in research on Kundalini and the evolution of consciousness for more than 35 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 is a practicing Vedic astrologer.

Stories of Spiritual Transformation: The Fulfillment of Kundalini Process Once Kundalini Shakti, the Divine within, is released and active, She works dedicatedly to bring the seeker to spiritual fulfillment. According to the teachings of Kundalini Vidya, an ancient scripture based spiritual science, She chooses the way to completion that is best for each individual. Kundalini Vidya identifies patterns of Kundalini process based on the workings of the subtle body system. These reveal similarities and differences among the experiences of people with Kundalini process in much the same way that the natural objective sciences explain the functions of physical nature. To more fully understand identifiable similarities and differences among the kinds of Kundalini process described in the Vedic system of Kundalini Vidya, 20 advanced consultees of Patanjali Kundalini Yoga-Care, a spiritual guidance service in Tennessee, took part in a phenomenological research study of

their spiritual development. Emergent themes from these stories are selected and discussed. Joan Shivarpita Harrigan, Ph.D. (Shiva) is the spiritual director of Patanjali Kundalini Yoga-Care—USA. She has practiced, studied, and taught Raja yoga, Advaita Vedanta, and Kundalini Vidya for more than thirty years. A psychologist and *brahmacharini*, she authored Kundalini Vidya: The Science of Spiritual Transformation and Stories of Spiritual Transformation: The Fulfillment of Kundalini Process. For more information visit www.kundalinicare.com.

Kundalini Science and a Brighter Future for Humanity Scott will talk about what he calls “The Royal Road of Imperfection” and share his own experiences with Kundalini energy and how this intelligence within led him to live a more simple and healthy life in support of this process. He will describe some of the physiological (some of which he believes are scientifically measurable) and psychological manifestations of his Kundalini process, share some of the psychic experiences and mental instabilities he experienced, as well as some of the new gifts and talents he received. He will also share certain spiritual and personal practices which helped him to survive, heal, and grow through the Kundalini process as well as to learn to love at a deeper level. He will describe the new state of consciousness he is experiencing today, as well as talk about different aspects of the bright and glorious future that he believes is the destiny of the human race. Finally, he will also share some thoughts on how he believes empirical science may be connected with the science of the inner exploration of our own consciousness. **Scott Hiegel** lives in the Washington D.C. area. He runs a business consulting and spiritual direction business called Solquest. He has been experiencing an ongoing Kundalini process since the mid 1990’s. His interests include

helping himself and others to develop and use their personal gifts and creative talents, as well as move toward an inner state of peace and serenity; working 12 step programs of recovery, which have been instrumental in helping him to survive and grow in his own Kundalini process; and reading books by Gopi Krishna and other mystics. One of his greatest dreams is to one day do a full length feature film, through the vehicle of a poignant human story, on the subject matter of Kundalini and the potential of the human brain and mind to reveal the glory of the human soul. One of his greatest loves is his 23 year old daughter. He has written a book which details his life story, spiritual knowledge, and Kundalini experiences as well as includes 48 poetic verses. These verses in poetic language portray the journey of a rise from normal consciousness to a more expanded consciousness as well as describe the beauty and magnificence of the human soul.

A Novel Consciousness Case Study Approach Consciousness is a dynamic field of energy and information. The brain can be considered an operational filter. It extracts only those essential elements required to represent an experience that is localized in space-time as a continuous flow of awareness. A model will be presented describing the neurobiological and geophysical processes involved during the course of spiritual development which suggests that cultivating expanding levels of consciousness is analogous to entraining or becoming entangled with fundamental energies. This model attempts to accommodate recent findings in parapsychology which supports the brain’s capacity to functionally transduce non-local information. A case study will be presented revealing an interdisciplinary approach to consciousness research that positions the researcher as both the observer as well as the subject. Data presented will include results of ongoing

ing analyses, including four years of quantitative electroencephalographic (QEEG) measures recorded at rest and during self-induced alterations in consciousness. The potential and perils of conducting research in this manner will be discussed along with implications for future consciousness research. **Mandy A. Scott** is First Nations Indigenous Cree from Northern, Ontario, Canada studying consciousness using quantitative electroencephalography (QEEG) at the Consciousness Research Laboratory through the Human Studies PhD program at Laurentian University in Sudbury, Ontario. Over the years she has worked to personally explore and experience the phenomena she pursues in the laboratory however her insights have necessarily been compartmentalized from the data collection process. Today she presents a new model which proposes that as a result of the intrinsically interdisciplinary nature of consciousness research, personal development is essential too, and thus must serve to inform, the research process.

Literary Research: Delving into the Living Light Doing literary research gives you a rare opportunity to delve into the greatest mystics, geniuses, and creative minds of all time. It allows you to discover hidden layers of meaning in both the extraordinary and the ordinary happenings in their daily lives. What's more, it allows you to unearth evidence that there is only one spiritual energy – regardless of whether we call it holy spirit, holy wind, jeng chi, or kundalini-shakti – and to see how this knowledge could someday be a powerful unifying force for people of all spiritual traditions. In this talk, Teri will share some of the fascinating finds – from the sacred to the sexual – made during her years of research and will set out the simple basics of how you can get involved in the project and start making your own discoveries. Award-winning

author **Teri Degler**, has ten books to her credit including *The Fiery Muse: Creativity and the Spiritual Quest* (Random House, Canada). Her most recent book, *The Divine Feminine Fire* (Dreamriver Press, USA) has been an Amazon.ca #1 Bestseller in two spiritual categories. A widely experienced public speaker, she has taught workshops on creativity and creative writing in the United States and Canada and has appeared widely in the media. *The Divine Feminine Fire* is now available as in German by Aquamarin Verlag in 2012. For more information on scheduling her for a workshop see www.teridegler.com.

Cosmic Consciousness and the Kundalini Shakti as Found in the Bible Material from his book entitled *The Gospel of Jesus Decoded, the Mystery of Shem* will demonstrate that Jesus actually taught that the Universe is a Divine living being, and that our Oneness with the Universe is realized by entering into the experience of Cosmic Consciousness through the awakening of the Kundalini Shakti. A portion of Michael's presentation will demonstrate how Christian Theology veered from the original message of Jesus, and will also provide clear and valid evidence that the core message of Jesus is virtually the same as the pronouncements of many other spiritual luminaries such as Gopi Krishna, Richard Maurice Bucke, Adi Shankara, Sri Ramakrishna, Sri Aurobindo, Ramana Maharshi and many others. Michael will compare the teachings of Jesus to the concepts presented in the book entitled *Cosmic Consciousness: A Study in the Evolution of the Human Mind*, by Richard Maurice Bucke. Bucke suggested that Jesus was referring to Cosmic Consciousness when he proclaimed that the *kingdom of heaven/kingdom of God* is within you. But Bucke offered no direct evidence to support his claim. Michael's presentation will substantiate Bucke's state-

ment, and will also demonstrate that the Biblical term *New Birth*, achieved through the agency of the *Living Waters* is the awakening of the Kundalini Shakti and will confirm Gopi Krishna's suggestion that indications of Kundalini can be found in the alphabets of languages other than Sanskrit. **Michael Bowes** was raised in a devout Christian family and has been passionate about spirituality since his early youth. He discovered yoga and meditation in his mid-twenties; and through the years he studied and practiced under the tutelage of various yogis and swamis. In 1990 he began studying the Bible in the original languages; and during years of research he discovered the original message of Jesus, which includes Cosmic Consciousness, which is achieved through the awakening of the Kundalini Shakti. In 2013 he published *The Gospel of Jesus Decoded, the Mystery of Shem*, which provides details of Jesus' message that were apparently lost in time for nearly two thousand years. For more information go to www.gospeldecoded.org.

The Personal Experience of Kundalini And its link to Religious and Mythical literature. The only way to understand the sacred texts and Myths of the ancient Rishis and Sages is to experience the same transformative process. I was able to interpret specific symbols related directly to the transformation of consciousness by integrating my own Kundalini awakening with the symbolism used in the ancient literature, the myths, legends, mystery religions and fairy-tales. The talk will cover a number of essential phrases such as the virgin birth and castration motif, which are poetic ways to describe the sublimation principle. The epithets of "born again" or twice born will be covered, along with a new discovery of the "Evil King" motif which appears in practically all religious myths. In general the talk will be a summary of how the transformative processes are hidden

within the worlds Myths. The Greek, Egyptian, Christian and Vedic Indian civilizations will be discussed. **Joseph Alexander** has been researching and experiencing the effects of Kundalini for over thirty years. He received B.S in Architecture in 1973 from Lawrence University in Southfield Michigan. After a career as an artist and painter he is now devoted full time to writing on the link between Mythology, Religion and Kundalini. He has worked with the ICR on a number of book covers in the early eighties. His many personal experiences on the spiritual transformative path added to the fundamental theories of Gopi Krishna and Sri Aurobindo are the basis for his research into Mythology.

The Future Direction of Kundalini Research Kundalini research represents a total shift in the way we measure success both for ourselves and humanity, according to Emerging Sciences Foundation president and founder Michael Molina. In this open forum presentation, Michael will present groundbreaking new projects that are helping to lay the foundation of future research. "Kundalini Research" will

ultimately impact every area of human thought and activity, requiring us to broaden our definition of the term as it evolves into the Super-Science of the future. To accomplish this, a new culture will need to be created around Kundalini – one of healing, unity, and devotion. Michael will engage with the audience during his talk, and welcomes any questions and feedback. President and founder of the Emerging Sciences Foundation, **Michael Molina** is working to unite the various individuals and groups around the globe interested and involved in Kundalini research. Michael has been interested in Kundalini research since his early 20's, after a spontaneous and profound Kundalini experience. He is also the creator of *Brilliano*, an online collaboration tool that serves as a hub for Kundalini people and projects, such as the Kundalini Database Project. Michael lives in Los Angeles, is married, and has two children.

Music: A Gift from the Muse Music has the power to engage us in self-knowledge and also the ability to lift our souls to spaces beyond the drama of life. At this year's conference we

would like to create a musical experience made up of your favorite inspirational music that moves you to a higher state of awareness. Choose your favorite piece of music and share a few words about how this music inspires you. This is an opportunity to share a part of yourself through the power of music. To contribute to this musical interlude, please let us know by sending us the title of the piece, along with the artist that you have chosen, no later than June 20. If you do not feel comfortable, we can share your description of the piece that you would like to share, by proxy. This presentation will be an experience created by you and all of us will be the receivers of this beautiful gift. We look forward to receiving your music choice soon.

Closing Ceremony

For more information or to **REGISTER** online go to: www.icrcanada.org/store and click on **Events Registration**

OR mail payment to:
ICR c/o D. Pond,
165 Valley Crescent - RR4 ,
Markdale, ON N0C 1H0

From Generation to Generation

"Time will prove the correctness of our stand. I am not the last of the line that has already appeared to beseech their contemporaries to look within. Others will rise to repeat what has already been said and win confirmation for the disclosures made, if lacking still. No power on earth can prevent truth from spreading when time for it has come, just as no power can stop the sun from bathing the earth in light when the night is over. The verdict on what I have revealed does not rest in the hands of a few scholars in a particular country, living now or who may rise in the future. The secret we have disclosed, not by choice but at the decree of fate, is not

limited by time and place but covers the whole earth and is of everlasting value for the race. I know what I am up against in the claim I make and the truth I reveal. The day will come when those whose intuition was right in accepting this disclosure are vindicated."

--Gopi Krishna

Now over 40 years since we were introduced to Pandit Gopi Krishna, I realize that for all this time we have been carrying the baton that he and others handed to us, not because we all had experiences but because our intuition told us that he was speaking truth. He shared with us the secret of our well-being and our hidden potential for

higher states of consciousness. Hopefully, we have shared that knowledge with those whose lives we have touched along the way. Passing along a baton of such great responsibility, we hope that we have done it with the love and grace that Gopi Krishna and others did in their lifetimes. Now younger souls are ready to grasp the baton from us and as elders we will continue to support them in this effort. May they continue to pass this baton along until Kundalini Research is vindicated creating a world in which we can live more in harmony with each other and the beauty of the ALL.

-- Dale L Pond



Thomas Gifford Howe

(In Memoriam)

by Ted Wood

On March 11, 2015 ICR lost an invaluable supporter and good friend. Tom Howe passed away unexpectedly at age 63.

Tom was a graduate of the University of Waterloo and combined a successful career in specialty insurance and engineering with a deep interest in the spiritual. While living in England, Tom and his wife Teresa developed a passion for travelling, art and theatre. In addition to the world's fabulous cities, he loved visiting sacred places including Angkor Wat, the Great Sphinx and Machu Picchu.

Tom was a founding member of the Institute for Consciousness Research and for the past 30 years served as a board member in many

different capacities – from Chairperson to Secretary to Treasurer. He truly shined. His generosity of spirit and welcoming nature helped guide the organization. At board meetings, always organized, Tom kept us on track if we went off on a tangent. And we did like to stray off topic as we enjoyed each others company and friendship. We worked together but we also played together. Our members in their tributes have said he was “a big brother”, “a good friend”, “a spiritual warrior” and “a beautiful soul”. Tom was all of these and much more.

Tom was a generous contributor to ICR projects especially in the area of publishing. In 2003 he proposed ICR's Publication Honorarium to encourage authors whose written work furthered the Institute's research into Kundalini. To honour his memory and his contributions the Board of ICR has renamed the

publishing Honorarium “The Thomas G. Howe Publishing Honorarium”.

Tom was always interested in the mysteries of life. Inspired by the wisdom of Gopi Krishna, he meditated and practiced yoga. In the late 1990s he formed a book group which concentrated on spiritual books from many traditions. Those of us who participated gained much as we absorbed and practiced what we learned.

Tom was a leader and fine example to all who knew him. His generosity of spirit, his dedication to service, his kindness and his friendship are the legacies he leaves.

All of us at ICR extend our deepest sympathies to Tom's wife Teresa, his children, his grandchildren and all of his extended family and friends. We say goodbye to a dear friend whose memory we will hold closely in our hearts.

NOTES and NEWS

The Thomas G. Howe Publishing Honorarium was established to encourage and support those researchers and authors who write and submit articles to ICR that further the Institute's research related to Kundalini. To be considered, the completed article must be a minimum of 4,000 words in length, and be submitted to the Article Review Committee by May 1st each year.

For detailed information on the criteria ICR will be

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