

ICR's 30th ANNUAL CONFERENCE and RETREAT

Reawakening the Science of Kundalini

Presentation Summaries and Speakers Bio-data

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 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."

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 Annual ICR 2015 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 Brad-**

ford 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. Finally 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 hu-

man 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 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 Conscious-

ness 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 statement, 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: 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

Some Pertinent Information

Location

This year's conference will be held at **Beaverdale House, 605640 Sideroad 13A - RR2, Markdale** approximately 2 ¹/₄ hours drive northwest of Toronto (see map on reverse). The residence entrance is on the left (south) side of Sideroad 13A. We advise that you use **Google maps** for specific directions.

For out-of-towners, we recommend arriving Friday, July 17th, as the conference starts early Saturday morning. If arriving at night in the dark, look for the green and white fire sign #605640 at the entrance to the driveway.

Meals

Lunch and dinner will be served at the conference site as per price list, or you may bring your own.

Camping and Accomodations:

If you are camping at the conference site we suggest you bring lawn chairs, cooler, extra beverages, lanterns, tents, and food for breakfast.

Weather:

Usually warm to hot days and cool nights. Dress is casual. There are swimming facilities nearby, so bring bathing attire.

ICR Membership

To become a voting member of ICR include \$25.00 with your conference registration and meals fee.

Accomodations Available in the Area:

*Note: Due to other events within the local area we **strongly** suggest you book your accomodations right away. If you should have difficulty please let us know.*

Tahitian Noni Place Bed & Breakfast

Flesherton: (519) 924-0129 ; (800) 961-0371 (10 Minutes)

Knight's Inn

Flesherton: (519) 924-3300
(20 minutes)

Eugenia Falling Waters

Flesherton - RR4: (519) 924-3446
Offering 10% discount (20 minutes)
email go to www.bbcanada.com

Danby's B&B

Markdale: (519) 900-0399
e-mail go to www.bbcanada.com
(20 Minutes)

Rabbit Run Guest House

Flesherton:(226) 668-6005
(20 minutes)
e-mail go to www.bbcanada.com

Rivervalley B&B

Kimberley: (519) 924-0863
(15 minutes)

For these and other B & B's contact: www.bbcanada.com Click on Ontario, then Bruce Peninsula Southern Georgian Bay and Lake Simcoe then down to the towns nearby us: Durham, Kimberley, Markdale, Flesherton.

The Internet may also be used to locate motels in these areas.



Institute for Consciousness Research

Invites you to their 30th Annual Spiritual Conference & Retreat

at our New Location

Beaverdale House
RR # 2 Markdale, Ontario
July 18th and July 19th, 2015

Reawakening the Science of Kundalini

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.... 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

For more information:

1-(800)-986-1857 (until 9:30 pm EDT)
Website: www.icrcanada.org
email: findpond@cablerocket.com

SATURDAY

July 18th, 2015

Breakfast not available. Please plan accordingly

Morning Session: Kundalini Process

Chairperson: Teri Degler

9:00 - 9:45 * Welcome / Announcements /
Meditation/Introduction

9:45 -10:45 * **The Concept of Kundalini**
Michael Bradford

10:45 -11:00 BREAK

11:00-12:15 * **Stories of Spiritual
Transformation: Fulfillment
of the Kundalini Process**
Joan Harrigan

12:15 -1:30 **LUNCH / RECREATION**
(Served at Conference site)

1:30 - 2:30 * **ICR - Annual General Meeting**

Afternoon Session: Personal Experience

Chairperson: Patrick Hayne

2:30 - 3:30 * **Kundalini Science: A Brighter
Future for Humanity**
Scott Hiegel

3:30 - 4:00 **Yoga with Helga Schroeder**

4:00 - 4:15 BREAK

4:15 - 5:30 * **A Novel Consciousness Case
Study Approach**
Mandy Scott

5:30 - 6:15 **DINNER**
(Served at Conference site)

7:00 * Casual Sharing at the Pond's
Residence

SUNDAY

July 19th, 2015

Breakfast not available. Please plan accordingly

Morning Session: The Muse

Chairperson: Ted Wood

9:00 - 9:30 Welcome / Meditation

9:30 -10:30 * **Literary Research: Delving
into the Living Light**
Teri Degler

10:30-10:45 BREAK

10:45-11:45 * **Cosmic Consciousness and
Kundalini Shakti as found in
the Bible** - Michael Bowes

11:45 -1:30 **LUNCH / RECREATION**
(Served at Conference site)

Afternoon Session: Inspiration

Chairperson: Michael Bradford

1:30 - 2:30 * **Experience of Kundalini: Its
Link to Religious/Mythical
Literature** - Joseph Alexander

2:30 - 3:15 * **Music: A Gift from the Muse**
Conference Participants Sharing

3:15 -3:30 BREAK

3:30 - 4:30 * **Open Forum: The Future of
Kundalini Research**
Facilitator: Michael Molina

4:30 - 5:00 * **Closing Ceremony**
Facilitator: Vitold Kreutzer

5:00 **DINNER**
(Served at Conference site)

Conference Registration

The conference fee is \$35.00 each per day or \$55.00 each for the weekend. The cost of our vegetarian meals is additional as follows:

Lunch \$18.00 Dinner \$20.00

Note: In order to guarantee your meals you **must** be paid by July 10th, 2015. Since space at the conference is limited, we strongly suggest that you register early. We cannot guarantee walk-ins session space and/or meal availability.

If you are planning to attend please circle meals and mail a cheque payable to ICR, at 165 Valley Cres. - RR #4 Markdale, ON, Canada NOC 1H0, or **register and pay online** by July 10th, 2015 at www.icrcanada.org/store and click on Events Registration.

Saturday: L D Sunday: L D

Person/s ____

Conference Location: Beaverdale House
605640 Sideroad 13A, RR#2 Markdale, ON

