



ICR Newsletter

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Living the ACT

written c1973 by Gopi Krishna

What I am presenting is based on a remarkable experience I had thirty five years ago, which has continued undiminished until now. This experience shows that there is a Divine Key, a Psycho-somatic Lever in the human brain and nervous system which, with meditation, worship and prayer coupled with self-discipline, can lead to a beatific state of higher consciousness.

It is safe to assume that the desire for meditation is an innate tendency of the human mind and has been in evidence for the past many thousand years. Meditation, in the generally accepted sense of the term, is concentration with a spiritual objective. Patanjali, the most renowned authority on Yoga in India, divides meditation into three parts. Dharana, which means concentration in the preliminary stage; then Dhyana, which means stabilized concentration for a certain length of time; finally Samadhi, which means complete absorption in one thought or object to the exclusion of every other thought and even sense impressions. During Samadhi one becomes oblivious of the world. The object of developing the practice of meditation to the point where only one object remains as the focus of attention, and

all other flow is arrested, is to create a condition of stillness in the mind so that the Reality behind our thoughts, fancies, passions, and desires becomes manifest. When this unveiling occurs a new, glorious world opens before the inner vision of the seeker practicing the discipline.

A definite tendency to absorbed states of mind at times is also noticed in children and infants. We often see the chubby little ones looking at some object that has excited their curiosity with an expression of deep absorption on their sweet faces, as if trying to probe into the very depth of it. Sometimes the state of absorption is so deep that the least disturbing noise or the close approach of somebody wakes them up from their abstraction with a start. The idea prevalent in many countries is that the child has the possibility of entering into other planes of being, enveloping it in golden dreams and visions which it sees and raptly contemplates at times. This can be possible because the mind of a child is not too much agitated by the fret and fever of the world. The human child, during its growth, symbolizes the distant future of mankind by its beautiful, abstracted states, at times pointing to the age when man shall

have learned to explore the inner universe of consciousness, more extended and more marvelous than the universe perceived by our senses.

In all intellectual and creative work concentration and absorption play a most important role. In fact, creative talent or genius is inseparable from absorption. We have heard of or read stories about the intense states of absorption of men of genius, like Newton and others. During the creative period of a talented man, an abrupt interruption or disturbance is not only highly disagreeable but may also cause a shock. It is necessary to mention these facts to show that meditation or sustained concentration is a natural process; the same is true when meditation is used for God realization.

If we turn now to average men and women we find here also that it is the moments of intense absorption that provide them with the happiest, most beautiful and most harmonious intervals in their lives. A few illustrations are enough to make this clear. Everyone knows with what concentrated attention one reads a most interesting and fascinating novel or story. We are absorbed in it, heart and soul, for the time being, and not seldom postpone other work

just to have the time to complete it without distraction.

When we listen to enrapturing music, when we see a masterpiece of painting or sculpture, when we watch a fascinating drama or a motion picture, when we see a grand panorama of nature, when we read of the exploits of space travelers and, from their eyes, see the picture of our earth as a small rotating globe far away, we often enter into a deep, absorbed state of our mind, and then forget ourselves and our surroundings in the intensity of our feelings for the time being. The same happens in the play of love. We forget about ourselves and the world in the ecstasy of this contact and remain in a state of intense absorption all the period while the contact lasts, forgetting even the flow of time.

I have dwelt on these aspects of deep engrossment of our attention to show that, apart from its spiritual or religious significance, meditation or a deep state of absorption of the mind plays a signal role in our lives. But why is it that this state of deep concentration is necessary for the intellectual and the man of genius for their creative activity and also for the average man and woman for the happiest, most thrilling and most beautiful moments in their lives? It is because at such moments we come nearer to our soul, the Fountain-Head of all knowledge, all science, all art, all music, all happiness and all the exquisite sensations which we enjoy. They do not come from the instruments and objects which we employ but from the unfathomed depths of our own being, which is a drop in the Ocean of Infinite Existence.

All spiritual exercises and the methods of meditation, all modes of worship and prayer, enjoined by the founders of religions and the great spiritual teachers, are all directed to achieve one purpose and one purpose alone and that is to reach the deeper levels of the soul and through it to God or the Universal

Spirit, the Eternal Source of all. The Mystic in trance or the Yogi in Samadhi attains to a state of concentration where he is entirely absorbed in the contemplation of this Source of all Beauty, all Harmony, all Life and all Happiness in the Universe. It is for this reason that it is called Sat-Chit-Ananda or Existence-Consciousness-Bliss by the Indian sages. It is a concentrated state of blissful consciousness, impossible to describe.

I might be asked what are the surest means and infallible methods to reach this Sun of Happiness, this glorious Cosmic Plane of Being in which the mortal lives constantly in contact with his immortal soul, free from fear and grief. I have no answer to this question nor to the best of my knowledge is there a positive answer in the revealed scriptures of any faith, not in the Bible,

Keep the Divine always in your mind.

nor in the Vedas, nor in the Gita, nor in the Quran, nor Dhammapada, nor in any other scripture. The reason is that we do not deal here with material objectives. We do not here aspire to have wealth, to cross an ocean, to make a discovery, to climb a mountain, to gain power or to visit the moon, but we are here aspiring to gain approach to the Ocean of Consciousness that feeds all life in the universe, the Lord, the Creator, and it is not we who can decide when He will grant the audience, but it is for Him and Him alone.

All we can do is to hope, to aspire, and to shape our lives in a way to make this dream possible. There is no secret entrance, no royal road, no magic key to reach the Author of our Being. We have to try for it with all our heart and soul and leave the decision in His hands. There is no magic formula or mantra or secret method of meditation

that can work miracles and carry us to a higher state of consciousness by the momentum of our own efforts without Grace Divine. This is a point on which all religions and all systems of Yoga and other religious disciplines are agreed. The door must be opened from the inside. We cannot force it.

A realization of this point is of greatest importance in our approach to meditation and choice of the methods employed and practiced. We should realize that we can only knock at the door and continue to knock till our prayer is heard and the door is unlocked. An understanding of this fact can be of greatest help to us and save us from pain and disappointment. Viewed from this angle meditation becomes a part and parcel of our lives, a life-long occupation, a permanent duty that we owe to God. We have not to hurry, we have not to find magical methods but we have to tune our minds so that the thought of God and the Divine is never far from it.

We can attend to all our occupations and duties without the least hindrance, and perhaps with even more efficiency if divine thoughts are occupying a place at the back of our minds. This is Sahaja Yoga, the easiest and most effective form of spiritual discipline. It is prescribed by every great religious teacher of the past. This is what Christ means when he says "love your God with all your heart and soul", because a beloved object occupies a permanent place in the hearts of the lover. When we are able to think of a beloved sweetheart a hundred times a day without impairing the efficiency of our work, we should also be able to do it with the Divine if our thirst is real. The same is taught by Buddha and the Gita. Keep the Divine always in your mind.

This is the safest method, for no force is necessary. The Mind can become habitual to it, with slow, gradual application. I have said that

this has to be a life-long practice and search. The constant remembrance of God, the holiest of the holy, is to be followed by purity of thought and conduct. The world has not to be given up, the desires have not to be totally denied. They are part and parcel of human life. But moderation has to be exercised to keep the thought on God, otherwise desires and passions consume all our energy and time. Moderation and purity of mind are therefore essential and form an integral

part of meditation.

But where from comes this desire for meditation, this urge to attain to an inner state of peace and beatitude or to experience God? This is because our brains are still evolving, because mankind has to reach a higher state of consciousness for which there is a special arrangement in the brain and nervous system of man. This mechanism is not yet known to scholars. It is my earnest wish to make this divine power-reservoir known to the world of science. It

is because of this possibility in the brain that our meditational exercises succeed.

It is necessary that this fact should become well known, because once it is, meditation for gaining a higher state of consciousness by stimulating this centre of the brain, known as Brahma-Rendra in India, will become an integral part of human life, leading to a glorious state of consciousness, conducive to the peace and happiness of the world.

The Impenetrable Mystery *

by Gopi Krishna

Like attracts like in human association. The first symptom of a malfunctioning Kundalini, even when slightly active, is an irrational and vagrant tendency of the mind towards the occult and the divine. All the monstrosities and horrors associated with religion are an outcome of this misdirection of thought.

A skeptical mind which looks with suspicion at what is not demonstrable to reason is far more healthy than a credulous mind that accepts and acts on every supernatural story it encounters. Ascription of lawlessness to creation is the first sign of incipient chaos in the thoughts of an individual.

It is a grave error to suppose that the arousal of Kundalini can be achieved with impunity by anyone who applies himself to the discipline. The popular idea that the practices result simply in the activation of a new force in the body is fallacious. Those who believe that the arousal and mastery of the force can be achieved by one's willful effort alone live in the paradise

*This essay from Gopi Krishna's expanded autobiography, *Living with Kundalini*, was published in pamphlet form in 1991 by The Kundalini Research Foundation Ltd.

of fools.

Properly speaking, the position has to be viewed the other way round. It is actually the pressure exerted by the slowly opening supersensory channel in the brain on one's mind which acts as the root of the religious impulse, driving one to seek expedients to satisfy the longing.

All those who experience spiritual hunger in some form would be wiser if they ascribe it to this impulse, coming from their subliminal depths and based on a certain transitional condition of the brain, rather than to their own wish or desire. More precisely, the impulse for God-realization or the urge to gain occult powers, in its psychosomatic origin, is parallel to the growing erotic impulse and its satisfaction in the mind of the adolescent. It is not a motivation subservient to our will, to be channeled as we choose, but a deep-rooted impulse coming up from the unfathomable depths of the psyche in which the brain, too, plays a vital part. The thrust of Kundalini actually comes from the depths of consciousness and its instrument of expression, namely the brain.

There is nothing so important in our search for spiritual knowledge than the recognition of the fact that religious

thirst is the outcome of a certain organic urge and that in order to relieve this thirst it is very necessary to know where this natural impulse is designed to lead. Without this knowledge we would be at a loss in assessing the correctness of our own desire and in determining the path we must follow to satisfy it.

It is evident that there is a close connection between the evolving center in the brain and the so-called abode of Kundalini, meticulously described in the ancient texts. Analyzed in the context of present knowledge, the proximity of Kundalini to the reproductive organ signifies its command over a source of surplus energy available to meet the demands of the system when the silent chamber in the brain begins to operate. It is this surplus store of sex energy which one often wantonly dissipates for pleasure under the mistaken belief that this waste does not recoil on the system in any adverse way.

Since there is little awareness, even among the learned, of the evolutionary transformation of the brain and its demands on the body, this senseless expenditure of the precious energy causes ravages in the system of which the whole extent is impossible to gauge at the present level of our knowledge.

Immoderation in erotic pleasure is a sin against nature that can have far-reaching consequences. It is a blunder to yield unrestrainedly to the demands of sexual desire. The cost paid for the momentary thrill of the erotic sensation, when it exceeds a healthy limit, is so high that generations can suffer for the unbridled lust of one libidinous ancestor.

For instance, a depleted store of reproductive energy in an individual can prove seriously detrimental when Kundalini is suddenly aroused. In fact, one of the reasons why a spontaneous activation often ends in mental disorder is the fact that, in addition to a faulty genetic heritage or unhealthy organic structure of the body, the excess expenditure of the reproductive essences can cause ravages in the system which make adapting to the new activity of the brain impossible.

Among the millions of lunatics on the earth, whether in mental homes or at large, we see the unhappy result of our lack of knowledge of the evolutionary mechanism and lack of understanding about the two-fold activity of the reproductive system. Much of our current knowledge of psychology is based on assumptions dangerous for the sanity and survival of the race. The main reason why mental and nervous disorders have shown an alarming increase in the industrial and advanced countries in the West rests on the fact that, with all-round improvement in the standard of living, the tempo of evolution shows a corresponding increase, calling for appropriate changes in the environment and the way of life of the evolving multitudes.

Confusion in Ethical Values

Our mental bodies are swayed and influenced by a psychic environment in the same way as our gross bodies are affected by their physical surroundings. There are instinctive defenses in all human beings which come into play from early childhood. Parents in our

time are now often more concerned with the intellectual progress of their children during their early years and seldom pay attention to the cultivation of those qualities that are much more important for them than the culture of the intellect.

People cannot survive properly if their moral defenses are allowed to deteriorate for lack of parental or administrative attention, however tall they may grow in intellect. Unfortunately, our notions of morality are still distorted. Even war is not considered to be an immoral act. If it were, then the armed forces of nations would not receive the approbation, honor and homage that they attract. But prostitution on the part of a woman who may be driven to it by starvation, poverty or other pressures in her life, is considered to be a grossly immoral.

This disorientation and confusion in our ethical values and ideas about morality is due to the fact that there is no proper awareness of the aim of evolution and the moral code of behavior that must be followed, by individuals and by the race, in order to achieve it.

Values will change, new laws will come into force, new patterns of society will be devised, new criteria for merit and distinction will be framed, and the whole structure of history will be rebuilt when the implications of Kundalini arousal become universally known.

In all our thinking about the human race, about our social, political, cultural behavior, dietary and other needs, the factor of spiritual evolution has never been taken into proper consideration. There can be no doubt that it will be necessary to revise our thinking and to overhaul existing systems of thought and behavior to conform to evolutionary demands, once their reality is established beyond dispute.

The awakening of Kundalini and its ascent to the highest center in the brain is a strictly biological phenomenon, as

amenable to study and investigation as any other phenomenon of nature. The main reason why it has remained so long outside the pale of scientific research is because its physical or biological nature has remained unknown. Whatever has been written about it by ancient or modern writers has kept it shrouded in super-naturalism, myth and metaphor.

The transcendental state of which as yet only a faint though unmistakable picture is available from the descriptions furnished by visionaries is the natural heritage of the human race, with all its feelings and desires. Only they must be refined and restrained in order to act in consonance with the needs of a higher kind of perception.

When aroused to intense activity by individuals already advanced on the path of progress, Kundalini can lead to most remarkable and extremely valuable results. It can develop the organism by general stages from its native condition to a state of extraordinary mental efficiency, conducting it ultimately to the zenith of cosmic consciousness and genius combined.

Civilization and leisure, divested of the glaring abuses that have crept into both, due to ignorance and a fundamentally wrong conception of the goal of human life, are but means to this important end. Crudely planned and wrongly used at present, they will necessarily have to pass through a process of refinement when the goal is clearly established.

Solving the Mystery of Mind

It seems, then, that our scientists and scholars have entertained a wrong conception of human life. All of our social sciences, politics, jurisprudence, education, psychology and philosophy are based on the assumption that the human species has attained the highest stage of its intellectual bloom. All our literature, poetry, fiction, mythology and epics are based on this view of a compounded human nature in which

good and bad, sublime and profane, will continue to exist side by side for all time to come.

Actually, our theories and concepts about the mind, including the theory of evolution, take no account of the part played by the brain in the advancement of human knowledge and the progress of science. This is because the lightning activity that occurs in our cerebral cortex every moment of our life is entirely hidden from our view. Our world of thought, our imagination, our feelings and emotions, which we believe to be our most precious and intimate possessions, are not our own but exist in the neuron structure of the brain.

This fact is brought sharply to our attention by the deviations in personality that occur as the result of accidental injuries to it. It is also apparent in the case of double personality in the same individual, one radically different from the other.

This habit of disassociating the mind from the brain is so common that when any attempt is made to establish the association it causes surprise and even doubt in the minds of those who have not given sufficient thought to the issue.

The only natural way to solve the mystery of mind is through the arousal of Kundalini. It is the greatest enterprise and the most wonderful achievement in front of human beings. There is no other way open to our restlessly searching intellect to pass beyond the boundaries of the otherwise meaningless physical universe.

Materialism on the one hand, and institutional religions on the other, leading to the segregation of people into different self-contained compartments, are limiting the powers of perception of the mind to a dangerous extent. Their antagonism and friction could lead to a conflagration that can swallow us all.

The brain is molding itself imperceptibly in the direction of a superior type of

consciousness able to apprehend the subtler layers of creation. **[Italics added]* This idea, that under the direct influence of the cosmic Life Energy the brain is still in a state of organic evolution, is so important that, compared to it, all other discoveries of modern science pale into insignificance. What it clearly implies is that there must exist a predetermined target, an already existing blueprint of consciousness, towards which the brain is evolving.

Research on Kundalini provides the only method available to science to establish this empirically. Once this is accomplished, a host of highly important issues, demanding urgent attention, is bound to arise. Of these, the most vital, namely the direction of the evolutionary impulse and the mode of conduct necessary for individuals and societies to facilitate the process of transformation, needs immediate clarification in order to prevent all of them from pulling the race in a direction contrary to that designed by nature.

Only a few successful experiments would suffice to convince the world of the validity and the natural character of the phenomenon. The experiments would also provide indisputable evidence for the existence of design in creation and, at the same time, open to view a new and healthy direction for the sublimation of human energy and the use of human resources. In short, the investigation would prove the existence of life as an immortal, all-intelligent power behind the physical phenomena on earth, and bring within its scope the possibility of planned cultivation of genius and higher consciousness in people not gifted with them from birth.

There is no other way save this open to men and women to arrive at the solution of an otherwise impenetrable mystery of creation; no other way to find out what path has been aligned for our progress by nature; no other way for us to know and recognize ourselves, and no other way to save us from the consequences of conscious or unconscious

violation of the laws which rule our destiny.

A research project of this kind is the only method to bridge the gulf between science and religion, between warring political ambitions and ideologies, more deadly than the most virulent disease and more awful than all the epidemics combined, between religious faiths, races, nations, classes and, finally, between human beings.

The time is near when the mechanism will make its existence felt by the sheer force of inexplicable concomitant factors not amenable to any other solution. Until then, mankind will continue to bide precariously on the top of a sleeping volcano liable to violent eruption at any time.

***Stem Cell Research Hints at Evolution of the Brain**

According to a report released on www.sciencedaily.com:

New research, published in the journal Cell September 24, 2015, supports "the notion that unusual stem cells may have played an important role in the remarkable evolutionary expansion of the primate brain".

"Researchers at UC San Francisco have succeeded in mapping the genetic signature of a unique group of stem cells in the human brain that seems to generate most of the neurons in our massive cerebral cortex.

The grand architecture of the complex human cortex.... begins as a uniform layer of neural stem cells and builds itself from the inside out during several months of embryonic development.

The human cerebral cortex contains 16 billion neurons, wired together into arcane, layered circuits responsible for everything from our ability to walk and talk to our sense of nostalgia and drive to dream of the future. *In the course of human evolution, the cortex has expanded as much as 1,000-fold, but how this occurred is still a mystery to scientists.*" *[Italics added]*

Reawakening the Science of Kundalini

The 30th Annual ICR Conference & Retreat held this summer was a true celebration of thirty years of promoting kundalini research. Presenters and participants ranged from individuals who've been students of kundalini for all three decades and longer to bright and budding young scientists and researchers on the cusp of consciousness research.

Held July 18th and 19th on the lush grounds of Beaverdale House near Markdale, Ontario, the conference was opened by Vedic astrologer and Kundalini authority, **Michael Bradford**. Michael gave an overview of how this latent creative power is seen in the yogic tradition as a super-intelligent, evolutionary force that, 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. His reasoned, authoritative discussion of the various factors that can influence Kundalini arousal and activity made a strong case for importance of research into this amazing mechanism – both for the health of the individual and for the continued healthy evolution of our species.

Scott Hiegel traveled from Washington, D.C. to describe some of the physiological – and he believes scientifically measurable – manifestations of the kundalini awakening as he has experienced it. With his characteristic warmth and gently self-deprecating humor, Scott won over the audience and brought us all to a deeper understanding of the spiritual and personal practices that have helped him not only survive, heal, and grow through the Kundalini process but learn to love at a deeper level.

PhD Candidate and consciousness researcher **Mandy Scott** brought her academic background and her First Nations Indigenous Cree heritage to-

gether by presenting her current research work in a traditional native listening circle and encouraging group participation. Mandy reported the preliminary results of the on-going parapsychology case study that she is conducting at the Consciousness Research laboratory at Laurentian University. The study explores the brain's capacity to transduce nonlocal information. Mandy presented data that included the results of ongoing analyses, including four years of quantitative electroencephalographic (QEEG) data.

Author and researcher **Teri Degler** motivated conference participants to become involved in the ICR's literary research project with an enthusiastic description of how delving into the lives of the greatest mystics, geniuses, and creative minds of all time provides an opportunity to uncover fascinating facts – from the sacred to the sexual – about their experiences and their relationship to what the ancient yogis called the awakening of kundalini.

Michael Bowes, an author from Arizona who has studied the Bible in its original languages, gave a fascinating talk on the parallels found in Richard Maurice Bucke's book *Cosmic Consciousness*, the teachings of Jesus, and the traditional yogic view of kundalini shakti. Michael used his extensive study of Biblical language to underscore the relationship between concepts found in the New Testament and the writings of luminaries from the yoga tradition such as Gopi Krishna, Adi Shankara, Sri Ramakrishna, Sri Aurobindo, and Ramana Maharshi.

ICR Board member **Myrna Filman** did an excellent job presenting for her friend, **Joan Harrigan**, Director of the Patanjali Kundalini Yoga Care center in Tennessee, who was unable to attend. Focused on the Vedic system of kundalini vidya – an ancient scripture based on spiritual science – Joan's ex-

ceptional paper illustrated how kundalini shakti, the Divine within, works to bring each spiritual seeker to fulfillment in the way that best fits that individual. The presentation also included fascinating material from the stories of twenty advanced consultees of PKYC. They took part in a phenomenological study which was designed to increase understanding of the similarities and differences among the various kinds of the Kundalini process described in *Kundalini Vidya*.

Writer, artist, and Director of Literary Research for the Emerging Sciences Foundation, **Joseph Alexander** was also unfortunately unable to attend. His fascinating paper linked his personal experience of the awakening of kundalini with the symbolism found in the ancient myths, legends, mystery religions and fairy-tales. It delved deeply into traditional tales such as Snow White to illustrate how the mysteries of spiritual transformative are hidden in our mythology. Joseph's talk was presented by **Michael Bradford** and well-known Canadian author **Bev Spencer**, whose own extensive knowledge of myths and fairy tales added to the presentation.

More experiential sessions included 'Music: Gift of the Muse,' wherein presenters shared music of personal significance. **Dale Pond** beguiled us with a deeply moving musical meditation. Helga Schroeder led us in yoga inspired stretches and relaxation—a welcome break between sessions.

Mike Molina, founder of the Emerging Sciences Foundation and the primary force behind the Kundalini Database Project, led a round table discussion on the future direction of kundalini research. Michael is also the creator of Brillano, a social media site that is just part of his on-going effort to unite the various individuals and groups around the globe who are



Prodigal Genius: The Life of Nikola Tesla

(Pub: Ives Washburn, Inc. 1944, pp. 326, ISBN 1-59605-713-0)

Written by John J. O'Neill

Reviewed by Dale L Pond

Of all the biographies I have read about Nikola Tesla, this one in particular drew me in with a more comprehensive overview of his life and times. But more than that, when considering Tesla's life in relation to the Kundalini paradigm, it emphasizes many of the characteristics that Gopi Krishna laid out as the criteria for examining the biological process of the evolving consciousness. At some point in his life Tesla even studied the *Vedic* concept of *prana* as the creative energy of the universe.

John O'Neill was a Pulitzer prize winning reporter. As a young man he was drawn to Tesla by his amazing genius and also by the charm of his charismatic personality. The two men became friends and Nikola shared himself openly, as much as he would, with this young man. There is a quote by Tesla that says "John O'Neill understands me more than any man alive." This biography describes this remarkable life in a way that the reader might feel more of a friend to Tesla. It is written with great enthusiasm and sincerity in an attempt to share not only all aspects of Tesla's genius, but his deep personal experiences as well. From his amazing discoveries and unbelievable creative output to his mental eccentricities, relationships, successes and disappointments, nothing is left out.

O'Neill examines Tesla's early life in the small Croatian village of Smiljan with compassionate detail, including descriptions of his phenomenal memory, psychic episodes, highly cre-

ative imagination and his survival of several severe illnesses. We also discover that hereditary genius does in fact run deep within the Tesla family. Both his older brother and Mother appeared to utilize it in their own lives. It is said that Tesla attributed his and his brother's genius to his Mother as she displayed an amazing memory and also created devices to help make her time in the kitchen less demanding.

As an example of how the highly creative imagination of Tesla worked, O'Neill describes in detail how Tesla would think of an object and then it would "appear" before him exhibiting the appearance of solidity and mass. It is said that the visions so greatly possessed the attributes of actual objects that it was usually difficult for him to distinguish between the vision and reality. Tesla found this abnormal faculty functioned in a very useful way in his schoolwork with mathematics. For example, he would envision a blackboard that had the problem on it and all of the operations and symbols for finding the answer. Every step of the solution appeared in rapid succession, making it difficult for him to work it out by hand on his slate. He was able to give the answer almost as quickly as the whole problem was given by the teacher. Because of this ability the teachers had some doubts about his integrity and thought he must have found a clever, but dishonest way of coming up with the correct answers. Eventually they came to accept him as a student 'who was unusually apt at mental arithmetic'.

This was a gift that Tesla would make good use of in his life's work.

Winding through Tesla's life we view the man as an inventor, but we come to appreciate the man who loved to entertain his friends and meet new people from all walks of life. This could be partly why O'Neill titles the book *Prodigal Genius* as his lifestyle was very extravagant. However, Tesla's research discoveries would require large amounts of financial backing and individuals that he met and connected with at these parties were known to help him financially from time to time.

The author cannot say enough about this great genius who helped to create the modern era, but also bemoans the fact that Tesla left behind no offspring to carry on his legacy. Nikola was wholly committed to creating a better world for all of humankind through his wondrous discoveries and inventions, sacrificing his own personal life to that end. O'Neill described Tesla as a Superman, an "automaton", a supreme invention of his own making. In O'Neil's own words "Tesla was a superman, a self-made superman, invented and designed specifically to perform wonders; and he achieved them in a volume far beyond the capacity of the world to absorb."

As we read on, we realize the importance of the fact that Tesla filed an enormous amount of patents for all kinds of inventions that would inspire future scientists in ways that they would find surprising. In fact they are still

Continued on page 8

Prodigal Genius... from page 7

attempting to figure out how some of his theories would work. He was indeed a man ahead of his time. O'Neill firmly states, "Tesla was an inventor, but he was much more than a producer of new devices: he was a discoverer of new principles, opening many new empires of knowledge which even today have been only partly explored." He did many experiments on wireless communication and limitless "Free"

energy for the world, not a concept that corporations would be interested in, but it was always a vision of Tesla's.

With the compassionate description of Tesla's later years, O'Neill asks the question of how it could happen that a man of such genius, that brought so much light to the world, could end up spending the last part of his life feeding pigeons and being forced to move from hotel to hotel, and in the end, dying alone.

After sharing all of this, it is my hope that you too will feel deeply compelled to read this fascinating account of one man's creative life. It was a life that literally changed the world in so many ways that it is almost unbelievable, but true. Tesla was truly a light of the world. At the end of reading this book, I must admit that I felt a great sense of gratitude to this man - Nikola Tesla - the prodigal genius.

Reawakening the Science... from page 6

interested and involved with Kundalini research. Michael led conference participants in an inspiring exploration of the possibility that Kundalini research will ultimately impact every area of human thought and activity and how this will, in turn, require us broaden our definition of kundalini and develop a culture of healing, unity, and devotion around it.

The conference wound up with an uplifting and inspiring session in the round, led by **Vitold Kreutzer**. Participants commented on their experiences of the weekend.

An exciting adjunct to this year's conference was the participation of film-maker **Duncan Carroll** and his team, working on a film entitled, 'Chasing Enlightenment.' Carroll wants to

shed light on the quest to find scientific evidence of enlightenment—not just the state but the entire mechanism in human evolution. The conference afforded Carroll an opportunity to conduct in-depth interviews of participants who knew Gopi Krishna, and also those who have had profound kundalini experiences. Along with the comments of religious historians, Ph.D. researchers, true believers and skeptics, some of them filmed during the conference, the film will track the biometrics of a group practicing kundalini yoga, which is said to lead to enlightenment.

As important as the conference's content, was the opportunity to kindle, renew and deepen friendships with those from as far away as California and Arizona during mealtimes, breaks and evenings. Sharing with so many like-minded individuals enriched the experience of

the conference beyond measure. Some commented that they wish such a dynamic spiritual community were available to them on their home turf. But as **Michael Molina** told us, we can continue to involve ourselves through online networking of various kinds. The electronic age gives us unprecedented opportunities to contribute to the work of kundalini research from a distance, and to enrich our own spiritual journey by being part of this far-flung community. We share a passion for the spiritual quest, and above all the conference showed us that we do not journey alone.

To learn more about Kundalini or become involved in the research through the **Kundalini Database Project** visit the Emerging Sciences Fdn at www.emergingsciences.org

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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