

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 15th, 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 Accommodations:

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.

Accommodations Available in the Area:

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

Jasper Stuart House

*Kimberley: (519) 599-1166
(20 Minutes)*

Knight's Inn

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

Eugenia Falling Waters

*Flesherton - RR4: (519) 924-3446
(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

31st Annual Spiritual Conference & Retreat

at

**Beaverdale House
RR#2 Markdale, Ontario
July 16th - July 17th, 2016**

Kundalini:

The Role of Sexual Energy in the Transformation of Consciousness

Sublimation of reproductive energy is the basic lever of all spiritual disciplines. Subtle changes occur in the biological composition of the cells and the nerve fibrils, and a new activity starts in the brain. This is due to the opening of a normally closed chamber to the influx of an extremely fine biochemical essence that rises in a luminous stream from the reproductive region through the spinal cord. The extract serves as nourishment for the highly enhanced activity in the brain.

-Gopi Krishna

For further information:

1-800-986-1857 (until 9:30 pm EDT)

Website: www.icrcanada.org

email: icr@icrcanada.org

SATURDAY July 16th 2016

Breakfast not available. Please plan accordingly

Morning Session: The Kundalini Process

Chairperson: Alf Walker

- 9:00-9:45 *Welcome/Announcements/
Meditation
- 9:45-10:45 ***The Role of the Reproductive
System in the Kundalini Process**
Michael Bradford
- 10:45-11:00 BREAK
- 11:00-12:15 * **How Soma Gives Immortality**
Dr. Pankaj Seth, ND
- 12:15-1:30 **LUNCH/RECREATION**
(Served at Beaverdale)
- 1:30-2:30 ***ICR—Annual General Meeting**

Afternoon Session: The Hidden Dimension

Chairperson: Teri Degler

- 2:30-3:30 ***Sexuality - The Hidden
Dimension of Spirituality**
Jerry Steinberg
- 3:30- 4:00 **Yoga** with Helga Schroeder
- 4:00-4:15 BREAK
- 4:15-5:30 ***Open Forum Discussion**
Facilitator: Myrna Filman
- 5:30-6:15 **DINNER** at Beaverdale
- 7:00 *Casual Sharing at the Pond's
Residence

SUNDAY July 17th 2016

Breakfast not available. Please plan accordingly

Morning Session: Sublimation

Chairperson: Ted Wood

- 9:00-9:15 *Welcome/Announcements
- 9:15-9:45 **Tai Chi** with Gwen Goodwin
- 9:45-10:45 ***The Sacred Roots of Tantra**
Teri Degler
- 10:45-11:00 BREAK
- 11:00-12:15 ***Kundalini: The Sublimation of
Sexual Energy**
Bi-Ma Anden
- 12:15-2:00 **LUNCH/RECREATION**
(Served at Beaverdale)

Afternoon Session: The Shroud of Knowing

Chairperson: Sabine Bruestle

- 2:00-3:15 ***Open Forum Discussion**
Facilitator: Alf Walker
- 3:15-3:45 **Quantum Chakra Meditation**
Bi-Ma Anden
- 3:45-4:00 BREAK
- 4:00-4:45 ***Mystical Poetry: The Shroud
of Knowing**
Facilitator: Dale Pond
- 4:45-5:15 ***Conference Closing**
Vitold Kreutzer
- 5:15 **DINNER** at Beaverdale

Conference Registration

The conference fee is \$35 each per day or \$60 each for the weekend. The cost of our vegetarian meals per day is extra as follows:

Lunch \$19.75 Dinner \$22.50

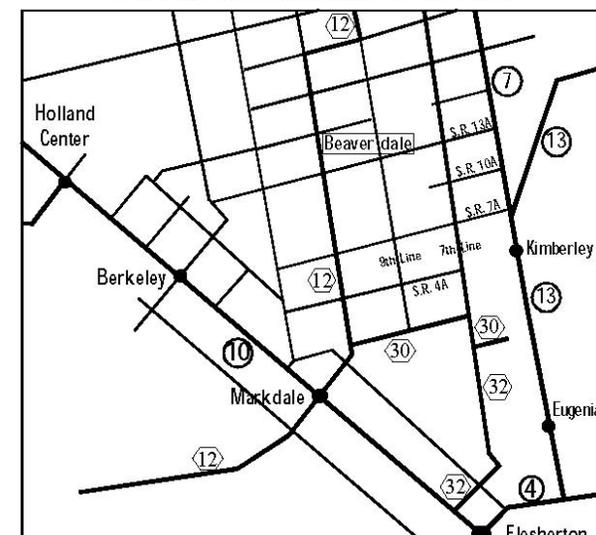
Note: In order to guarantee availability your meals must be paid by July 11th, 2016. Since space at the conference is limited, we strongly suggest that you register early. Unfortunately we cannot guarantee walk-ins session space and/or meal availability.

If you are planning to attend please circle meals and mail your cheque payable to ICR at 165 Valley Cres.-RR#4, Markdale, ON, Canada N0C 1H0, or **register and pay online** by July 11, 2016 at www.icrcanada.org/store and click on Events Registration.

Saturday: L D Sunday: L D

Persons _____

CONFERENCE LOCATION



Presentation Summaries and Speaker Bio-Data: 2016 ICR Annual Conference

Mystical experiences have often been described as erotically charged and sometimes sexually suggestive "unions" with the Beloved. Some ancient texts explain this phenomenon in terms of the awakening of Kundalini, the transmutation of sexual energy into spiritual energy and the union of the divine masculine and feminine.

This year our program includes:

The Role of the Reproductive System in the Kundalini Process. According to various esoteric traditions in India, Kundalini Shakti is the controlling and guiding principle behind all forms of spiritual transformation. Its goal is to upgrade the brain and nervous system of the body so that the individual can experience a new faculty of perception—cosmic consciousness. In order to achieve this goal, Kundalini Shakti attempts to modify the body so that a more potent form of psychic fuel is produced and sent to the brain via the spinal cord. The primary source of this fuel is the reproductive system. This presentation will consist of a brief overview of the concept of Kundalini, followed by an explanation of the subtle body and its energy conduits (nadis), as they are described in some of the esoteric traditions of India. This model will then be compared with the descriptions of the Kundalini process given by Gopi Krishna in his various writings. In particular, the essential role of the reproductive system in spiritual transformation will be highlighted. **Michael Bradford** has been involved in research on Kundalini and the nature of consciousness for almost 40 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.

How Soma gives Immortality In the Rig Veda, Soma is a nectar which gives liberating knowledge, and this refers to an internal process by which self becomes identified with the one, deathless consciousness. This process is described in the Upanishads and the Yogic and Tantric texts where attention is turned inwards and consciousness is pointed towards itself, rather than towards external objects. The sublimation of desires, including that of sexual energy enables the inward focus to be maintained until the process is complete. This presentation will highlight various classical sources, from the Vedas to the Hatha Yoga Pradipika, which describe this process of self-illumination. In the initial self-veiling, immortality sacrifices itself to become materiality, temporality and mortality. The final unveiling is called 'The death of death', revealing immortality, or Amrtam. **Dr. Pankaj Seth, ND** is a Naturopathic doctor, yoga/meditation teacher and filmmaker based in Toronto. His clinical practice focuses on Ayurveda, Pranayama, Meditation and Acupuncture. Pankaj's upcoming film, Soma: The Yogic Quest, due to be released in 2016 is a meditation on the mystical aspects of Yoga. www.doctorseth.ca • www.somatheयोगicquest.com

Sexuality - The Hidden Dimension of Spirituality My presentation will address the interface between sexuality and spirituality. For far too long the western religions have struggled to reconcile these two energetic forces, often suggesting that sexuality gets in the way of elevating consciousness. Yet, there is evidence to the contrary, particularly among mystics whose experiences parallel certain kinds of sexuality, in particular those of an orgasmic nature. My talk will suggest that when sexuality and spirituality are blended, each empowers the other and together take consciousness to a more profound level than either by itself. In my own tradition, Judaism, there has been a rift between the biblical notions of sexuality which were romantic, bold and earthy and the post-biblical notions which downplayed the primitive in favour of the so called aesthetic and theological. Unfortunately, this rift in Judaism continued into Christianity, and Islam as well as penetrating secular society. In other words, in the Hebrew Scriptures, sex was natural and holy and given by God as a fundamental aspect of what it means to be fully human. Post-biblically, it left its moorings and was too often perceived as something to transcend and overcome in favour of a so-called higher purpose. The "higher purpose", as I see it, is to integrate sex and God in a holy unity that promotes the expansion of consciousness. Kundalini is one path to achieve this goal and if one looks at certain aspects of Hindu art, some of which is presented in the Kama Sutra, there is support for what is being suggested in my presentation. **Jerry Steinberg** is a rabbi, psychotherapist and author. He was previously with the Federal Government of Canada as a Consultant in Yoga, Meditation & Altered States of Consciousness. His most recent book is "Rogue Rabbi - From Seminary to Ashram and Beyond." (ECW Press, 2012). He is currently competing two manuscripts – "Amelia - A Novel on the Interface of Spirituality & Sexuality" and "The Unlikely Nature of God - A Kabbalistic Perspective".

Open Forum Discussion on the Conference Theme Facilitated by **Myrna Filman**. Myrna's interest in Kundalini spans more than four decades and began with a profound personal experience in her early twenties. She has a long career as a nurse and currently works in mental health as an advanced practice RN. She lives in Northern California.

Tai Chi with Gwendolin "Gwen" Goodwin. : My spiritual journey didn't consciously start until relatively late in my life. Strong events pushed me onto the path I am on now and probably will be for the rest of my life. During those difficult times the practice of Tai Chi was one of the ways I kept myself grounded and healthy. For about 40 years now this ancient art is still part of my life and a joy to do indoors or outside in Nature wherever I may be.

The Sacred Roots of Tantra Say the word "Tantra" these days and people think "Sex!" Images flood the mind of the Kama Sutra and weekend workshops for couples that focus on prolonging pleasure and reaching ecstatic sexual states. But is this all there is to

Tantra? Or does it even have anything to do with true Tantra? This talk will delve into the ancient, sacred roots of Tantra – both the right-hand path where the union of the masculine and feminine was seen as symbolic and divine and the left-hand path which corrupted these teachings into the dark search for power and personal gain. More importantly, the talk will explore the deep meaning and relevance that Tantra – as the transmutation of sexual energy into spiritual energy – is not just for our spiritual growth but for the awakening of kundalini and the transformation of our consciousness. 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: Creativity and Your Yearning to Express Your Self” (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. The Divine Feminine Fire is also available in German from Aquamarin Verlag.

Kundalini and the Sublimation of Sexual Energy. This presentation is about how KUNDALINI has been The Journey of my life - how the power of Kundalini has completely pervaded and sublimated my sexuality and given birth to Cosmic Conscious experiences. It has also guided me from within to reveal what I call Quantum Chakra Meditation, which then also gave birth to a philosophical model that from within was named Cosmoholism (www.cosmoholism.com). I had very little information about this natural but often dramatic phenomenon until 1987 when I visited India for the first time and found a book about Kundalini that clarified what spontaneously, and at times very dramatically, had happened to me throughout my life from a very young age. Even though I have lived a spiritual life, it took me about 40 years of experiences until I found authentic resources of information, including documented life-stories and ancient scriptures, which profoundly confirmed to me the natural phenomena of Kundalini and the full relevance of my own experiences. Amongst the resources I found were Gopi Krishna and ICR! One of the greatest difficulties associated with having Kundalini experiences is their unfamiliarity to most people within our modern society. Yet today, there is nothing in my life more beneficial and healing than my awakened Kundalini and the extent to which I allow and acknowledge it to be naturally present. Kundalini has been my inner guide to reveal the Quantum Chakra Meditation – which can be worthwhile for supporting a Kundalini process in a balanced way to experience the Divine role of the Sexual energy in the Transformation of Consciousness in human life. **Bi-Ma Andén** was born in Sweden in April 1946. As she says: “When I reflect about my life, my life story seems like a fairytale, very magical but also arduous. This presentation though is mainly from the angle of my spiritual inner call, the mystical core in me. At a young age, from inner mystical experiences, I made a commitment with The Divine to devote my life to serve the change from a mundane oriented to a mystical or spiritual oriented society.

Open Forum Discussion on the Conference Theme Facilitated by **Alf Walker**. Alf has been involved with the Kundalini movement of Gopi Krishna since 1975. He volunteered at the Kundalini Yoga Research Project in Dehra Dun in 1982/83. Alf retired as a Captain from the Hazardous Material Unit of the Toronto Fire Department, as well as from his practice as a psychotherapist in 2014 to pursue his life-long interest in Spiritual Evolution and the work of Gopi Krishna. He lives in Toronto and Nobleton with his partner Miriam.

Quantum Chakra Meditation with **Bi-Ma Andén**. A way to support a natural non-forcing Kundalini awakening that unfolds Cosmic Consciousness through sublimation of the sexual energy.

Mystical Poetry – The Shroud of Knowing Facilitated by **Dale Pond**. Usually every year at the ICR conference we have a session that is a loving sharing of special music related to the theme. However, this year we decided to do something a little different. Since the topic is about how sexual energy is related to the transformation of consciousness we thought that it would be of value to have a session in which we would have different Spiritual/Mystical poetry read aloud. Throughout the world various descriptions of this internal experience of transformation have been given through the art of poetry. And, if the reproductive system is involved in this process then we can understand why the descriptions of this deep spiritual experience have an almost erotic theme or quality to them. This experience grows love within us and moves us into a place of oneness with the Mystery of Consciousness. To contribute to this poetical experience please email a copy of the poem that you would like to share with everyone to findpond@markdalecable.com. If you do not feel comfortable presenting the poem you have chosen or cannot attend the conference we can have someone else share it on your behalf. Please send or email your submission by June 30th.

For more information or to **register** online go to www.icrcanada.org/store and click Events Registration or mail payment to ICR c/o Pond, 165 Valley Cres., Markdale, ON N0C 1H0).