

ICR 36th Annual Conference—Zoom Event August 1, 2021

Spiritual Transformation and Health in a Changing World

Presentation Summaries with Speaker Bio-data



By now we are well aware of the additional pressure and stress that dealing with Covid-19 has brought into our daily life. We know too that the world is constantly changing and at times uncertain. All this has been magnified by the Covid effect. It is therefore paramount that we do all we can to maintain our health – physically, emotionally, mentally and especially spiritually. At this year's conference, we will explore some of the aspects of lifestyle considerations and how they might impact the evolutionary process of Kundalini. At this point, we play a decisive part in our evolutionary processes. Where our actions and thought and environment do not suit, it goes wrong, or is slow or distorted. But where the factors are favorable, then it is healthy and proceeds on the right lines. Thus, the importance of lifestyle in managing a Kundalini process cannot be overstated. Usually the enhancements

that Kundalini is trying to bring about in the individual cannot happen without substantial changes in lifestyle. Failure to make the necessary changes will often make the process more difficult, prolong its duration, and affect its outcome. During the time a process is very active it is imperative that the body be able to provide the quantity and quality of vital energy that the brain requires. This ability is impacted by numerous factors, of which the following are primary: diet, sleep, physical fitness, stress, alcohol, smoking and recreational drugs, concentration, sexual activity, relationships etc. A greater degree of harmony within ourselves and our environment can be created by becoming aware of and living according to nature's rhythms, which govern all living organisms and much of the physical world as well. Once we acknowledge the inherent healing capacity of the body, we can easily adopt a more holistic approach to our health, in terms of our daily activities, an approach based on the simple principles of living. We are then more likely to discover and include appropriate nutrition and exercise into our day, and to learn how to relax and interact with the external world as it is. This will support a healthy spiritual process as well.

Our presenters will share their experiences of transformation and ways in which they may benefit others.

See **registration information** at www.icrcanada.org or at the bottom of page 2.



12:15 pm: Gopi Krishna and Kundalini: His Awakening and Yours

Award-winning author, Teri Degler has eleven books to her credit including *The Fiery Muse: Creativity and the Spiritual Quest* (Random House of Canada) and *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self*. (DreamRiver Press, USA). For many years Teri has researched yoga philosophy, Tantra, the divine feminine known in yoga as kundalini-shakti, and the lives of highly creative women mystics. Her books have been translated into French, German, and Italian, and her freelance writing has appeared in many publications. Teri teaches workshops in the United States and Canada. See www.teridegler.com. Since 1990 Teri has been doing research for a Gopi Krishna biography that she hoped to one day write. That book is now

over two-thirds done. During this adventure, Teri has done in-depth interviews with Gopi Krishna's remaining family members in India and with friends and famous people who worked with him or visited him there. She has also explored a tremendous amount of material supplied to her by his long-time secretary, Margaret Kobelt. In her talk, Teri will share what she has gleaned regarding Gopi Krishna's view of kundalini awakening, how it can be achieved, and what it means for the transformation of consciousness so many of us are experiencing today.



1:00 pm: Reflections on my Kundalini Awakenings

When **Archana Sahni** had a profound kundalini awakening in 1994, she had never heard the word kundalini or the phenomenon of kundalini awakening. Despite no knowledge of kundalini and its place in the evolution of humankind, she intuitively realized the significance of what had happened to her. She kept a journal about her experiences and realizations, and expressed her experience through poetry. Somewhere down the line you could say she lost herself. In August 2020 she had a kundalini re-awakening, as a result of which she reconnected with her transformed self of 1994. This August onwards (August 2020), the kundalini re-awakening brought to her clarity about her future life path. It is her aim to present the context of her awakenings within the

broader context of her life narrative, as well as share her reflections on her own spiritual transformation that occurred/is occurring through the kundalini process. She intends to interlace her presentation with poetry and excerpts from her journals. Archana is a poet, educator, and life coach who lives between Toronto and Chandigarh (India).



1:45 pm: Kuṇḍalinī: The Lived Experience, Psychology and Eastern Metaphysics

Throughout this talk, **Ann Mathie** will explore the physical and metaphysical experience of Kuṇḍalinī that can arise spontaneously or as a result of spiritual practice. These experiences will be framed within the Tantric and Yogic world view to understand how Universal forces play an intrinsic part in human design. Viewed through the lens of *Sāṅkhya* Philosophy; the metaphysics which underpins most of India's traditions in Yoga and Tantra, Ann will examine how these forces are the modus operandi of our psychology and the means to transcend mundane existence. To unpack the Kuṇḍalinī phenomena further, she will investigate yogic texts which describe the subtle body model of the sun and moon and how this *amṛita* inducing phenomenon occurs. She will also point at

theories in current science that mirror these ancient insights. From a very young age, Ann has been fascinated by this topic through her fathers' anecdotal experiences of Kuṇḍalinī and his involvement with Zen priest and scientist Dr Motoyama, a leading scientist in the field of Kuṇḍalinī research. Her own experiences with Kuṇḍalinī furthered her need to understand these phenomena and has led to more than twenty years of research and an MA in the Traditions of Yoga and Meditation at the School of Oriental African Studies (SOAS). Ann has been conducting phenomenological and philological research in the Yogic, Tantric and Buddhist scholarly tradition. She is also a meditation and yoga practitioner and teacher.



2:45 pm: Stepping up to Co-Create - Left Handed Tantra Leading us into a Co-Creational Future

Frances Morgana Stephens experienced a spontaneous conscious awakening or full Samadhi at the age of 18 and has been involved with the dissemination of Spiritual information through the channeling of songs, poetry and books for many years. She will present an alternative vision of 'The Great Reset' that she perceives as playing out in the consciousness of every individual on the planet at this time. Frances will unfold the necessity of realising that we are engaged in 'Soul Lessons' as we Co-Create our reality and the importance of this realisation for the building of a sane, healthy future for Humanity and all of our fellow Terrans. As we allow

Vamacara or 'Left-handed' Tantric energies to expand and flow they will replace the tight hierarchical energies that have guided our evolution for many thousands of years and we will truly step into our role as conscious co-creators. Before becoming fully conscious co-creators of physical reality we must become aware that we are constantly engaged in 'Soul Lessons' or the 'Evolution of Souls'. Unless we are aware of our Life lessons and are constantly seeking to both understand the lessons and then to learn them, we are not working in conscious cooperation with our 'Higher Selves' or Spiritual Guidance. The times we are living through right now are a heightened opportunity for Humanity to understand past lessons and 'Clear' our Souls for a greater awareness to emerge and enable us to take a greater role in both the physical world we create and the manner in which we receive and learn our Soul lessons.



3:30 pm: Kundalini and Sacred Poetry

Neil Bethell Sinclair will discuss the emergence of sacred poetry from the activation of kundalini in both ancient and present times. Sacred poetry has formed the basis of religions, has been embraced by world cultures, and seems to come from a mysterious source. Neil will present examples of this poetry and thoughts on its role in the evolution of human consciousness. Neil Sinclair has been in an active kundalini state since 1973 when he was 18. He came across Gopi Krishna's autobiography and recognized his own experience. Following the activation of his kundalini he began to write poetry on mystical and religious subjects among others. He has written three books of poetry. He recognized his poetical process in the description of Gopi Krishna, who had

written several books that consisted of a single poem. Neil will show examples of sacred poetry both ancient and modern, and their relationship to active kundalinis. He graduated from the University of California at Santa Barbara in 1980 with a degree in Environmental Studies, and a concentration in Literature. He has had a career in environmental technology and today is Chairman of CyberTran International, a company dedicated to creating zero carbon footprint transportation.



4:15 pm Transforming Difficult Emotions as a Gateway to Health and Wholeness

On the spiritual path, tools to transform difficult emotions are often neglected because of a focus on transcendent states. When you have an experience of spiritual opening and expansion, all your unprocessed emotions come up to be healed. This can be overwhelming! Dani will lead a guided process to help you identify and transform your painful emotions as a way to experience more openness, physical well-being, and resiliency in relationships. **Dani Antman** has been at the forefront of energy medicine and healing since 1992, when she graduated from the Barbara Brennan School of Healing. She persevered through a challenging 12-year

Kundalini process, experiencing many physical, emotional and mental trials. Today, she is dedicated to helping others progress on their spiritual paths. Dani is the author of *Wired for God, Adventures of a Jewish Yogi*, a spiritual memoir of healing and awakening. She has a healing and counseling practice in Santa Barbara, California, and also works via phone and online with clients from around the world. www.daniantman.com



5:00 pm ICR Annual General Meeting

While all are welcome to attend, only those persons who qualify as voting members and who are present in person at the Zoom meeting are eligible to cast votes at the meeting.

The agenda for the meeting is as follows:

1. reading of the notice of meeting
2. approval of the minutes of the 2020 Annual General Meeting
3. reading and approving financial statements for the year ended March 31, 2021
4. reading and considering reports of committees
5. election of Directors
6. other business which may be brought before the meeting.

Registration Information

There is no registration fee for this event.

To register for our **36th Annual Conference**, simply send your full name along with your email address to mbradford@icrcanada.org. You will be sent the Zoom link with other relevant information prior to August 1st. If you have not received the Zoom invite by Sunday, July 25th, please email us through the contact window at www.icrcanada.org/contact. We look forward to your participation!

Donations to ICR are gratefully accepted at www.icrcanada.org/support.

You may also be interested in information on our website about kundalini at www.icrcanada.org/learn and our research at www.icrcanada.org/research.