



# ICR 37th Annual Conference

July 31, 2022 Zoom 12:00 PM – 6:00 PM EDT

## *Pathways for Spiritual Growth and Transformation*

### [For Registration Information](#)

Hopeful and optimistic, many of us have reflected on lessons learned in the last two years, turned our attention even more intently to our spiritual progress, and realized how critical our spiritual outlook is in dealing with the new and unexpected. Given the challenges we face – from personal resource and relationship issues to climate change and political instability – it can be difficult to feel that we have any power to make the world a better place. But we can: through our own spiritual growth and by bringing awareness of the Universal Creative Power, Kundalini-Shakti, and her role both in our personal transformation of consciousness and in global evolution. This year's exceptionally qualified presenters share their unique experiences of this transformative power and how it can benefit you.

#### **12:10 pm - Kundalini Shakti: Our Divine Personal and Global Transformer**



We live in intense times that poignantly provoke us to contemplate life's mystery and deepen our commitment to the goal of Realization. Our species, poised on the brink of its spiritual potential, seems to be faltering on the precipitous evolutionary step necessary for our survival and fulfillment. As stories of spiritual transformation throughout human history and my own observations demonstrate, Kundalini Shakti, known by many names, is the divine change agent responsible for our personal and collective advancement. Inner change yields world change, but both require our proactive participation. In the crucible of Kali yuga, existential suffering seems to be the catalyst needed for igniting our efforts to cooperate with Kundalini's spiritual agenda, motivating us to brave the purgative confusion and make the effort essential to reaching our ultimate purpose of Self-illumination.

**Bri. Joan Shivarpita Harrigan, Ph.D.** has practiced, studied, and taught Advaita Vedanta and Raja yoga for over forty years and is a retired psychologist specializing in spiritual concerns. Initiated as a monastic and mentored in Kundalini Vidya by Swami Chandrasekharanand Saraswati of Rishikesh (1930-2016), she was authorized to provide the services and teachings of their lineage through Patanjali Kundalini Yoga- Care—USA. She is the author of *Kundalini Vidya: The Science of Spiritual Transformation* and *Stories of Spiritual Transformation: The Fulfillment of Kundalini Process*. <http://kundalinicare.com>

#### **1:05 pm - Our Breath**



We are currently living in an epidemic of stress, anxiety and fear. This may cause us to feel threatened and to trigger natural responses of protection and survival within ourselves. Given this current situation, we all need to be involved in activities and practices that help balance stress and help bring resiliency to our body, mind, and spirit. Now more than ever we need to be engaged in practices of going within, of asking ourselves who we truly are, and of connecting to our true nature. One tool to try to balance our system is through our breath. Come explore the many facets of the breath: how it can help decrease stress, regain peace, and be a portal to the sacred now.

**Mauro Zappaterra, M.D., Ph.D.** obtained his degrees from Harvard Medical School. He is board-certified in physical medicine and rehabilitation with a focus on optimizing human performance, increasing awareness and decreasing suffering. He has been practicing mindfulness since 1998, and teaching it to patients with chronic pain since 2018. He leads the *Awakening Awareness Program* for the Emerging Sciences Foundation. He has published numerous scientific papers and medical book chapters on the cerebrospinal fluid, disability, and pain management. He has also published *I Am, All One, and All Love* – books exploring topics of awareness aimed primarily at children, but really for people of all ages. [www.holdingspace.com](http://www.holdingspace.com)

#### **2:00 pm - We Are The Future Ones: The Power of Community in Healing Your Awakening**



Survivor of a Kundalini awakening that turned a life she loved upside down, **Kate West** set out on a mission to find answers to questions she couldn't find anywhere else and to document the journey in a film. She discovered that, when it comes to Kundalini awakening, there are some teachers, gurus, and guides who can provide the scaffolding we need to hold on to while our reference points for reality are rapidly fading away but that, ultimately, WE are the experts and that TRUE healing happens in the relationships with family, friends, and other experiencers we met along the way. Join Kate to discover how these awakenings – and the relationships made – are part of a collective movement toward the shared consciousness that our planet is calling for.

**Kate West, Filmmaker**, is co-producer of *When Lightning Strikes: The "Unsexy" Side of Awakening*, a documentary film inspired by a quest for answers during her traumatic and ongoing kundalini awakening. As a result she founded a worldwide collective of experiencers, the "When Lightning Strikes Community". To date, one of her proudest achievements is helping to spearhead this vibrant global collective of kundalini experiencers who help one another not only to survive but to thrive.

See: [whenlightningstrikesfilm.com](http://whenlightningstrikesfilm.com) and [www.whenlightningstrikescommunity.com](http://www.whenlightningstrikescommunity.com)

### 3:10 pm - Sitting Still. To the Beat of My Own Drum.



In this presentation, **Morgan O. Smith** will talk about his introduction to Centerpointe Research & the Holosync Program, founded by the late Bill Harris. He will discuss how his daily use of this low-carrier binaural beat technology led to his emotional, mental and spiritual transformation that started in 2003. He will also explain how he uses sound technology via Yinnergy, to experiment with other traditional and modern practices, and how years of this method eventually led to his spiritual awakening that began in 2008 and continued until December 2019, where he experienced a kundalini awakening and a state of nondual/absolute monism that he relates to Turiyatita, a level of consciousness that means literally “beyond the fourth”.

**Morgan O. Smith** has studied Eastern philosophy, metaphysics and meditation for almost two decades. He splits his time working as a mentor for youth and at-risk families and as a spiritual life coach. A mystic philosopher, he is a certified meditation instructor and brainwave entrainment facilitator. He is also a provincial youth outreach worker and a former facilitator for the Strengthening Families Program. Morgan's desire to help others overcome difficulties and find inner peace arose after a spiritual awakening in 2008. Following this life-changing event, he developed Yinnergy Meditation, a grassroots project that encourages emotional, mental and spiritual growth through audio-induced deep meditation. He was also an inspiration for the book, *The God Behind The God* by Aran Herbert. <https://insighttimer.com/yinnergy>

### 4:05 pm - The Connection between the Electrical Properties of the Body & the Energy of Higher Consciousness



Through her studies of radio propagation as a licensed amateur radio operator, **Linda Molina** (call sign KN6GOH) began to see the correlation between fractals, meridians, and electromagnetism. In this presentation, Linda will explore electromagnetism, electronics, and consciousness to understand the bio-energetic nature of our bodies, revealing some of the startling similarities between them. Linda seeks to inspire people to tune their bodies, like tuning a radio, to reach higher frequencies of elevated consciousness. **Linda Molina**, as the co-founder of the non-profit Emerging Sciences Foundation, works to bring knowledge to the world through service. Linda Molina is a visionary who works hard at creating the change

we wish to see in the world, both in the inner world and outer. With years of working with spiritually awakened individuals, and with an understanding of the process of awakening through her own experience and as a researcher, Linda believes that the investigation of the evolutionary process holds the keys to a better world. Co-founder of the Emerging Sciences Foundation with her husband Michael Molina, she has served as Director since 2013. <https://www.emergingsciences.org>

### 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:
- Reading of the notice of meeting
- Approval of the minutes of the 2021 Annual General Meeting
- Reading and approval of financial statements for the year ended March 31, 2022
- Reading and consideration of Reports of Committees
- Election of Directors
- Other business which may be brought before the meeting

## To Register



There is no registration fee for the 2022 ICR Zoom Conference!

To register for our 37th Annual Conference, simply send your full name along with your email address to [conference@icrcanada.org](mailto:conference@icrcanada.org). You will be sent the Zoom link with other relevant information prior to July 31<sup>st</sup>. If you have not received the Zoom invite by Sunday, July 24th, please email us through the contact window at [www.icrcanada.org/contact](http://www.icrcanada.org/contact). We look forward to your participation!

You may also be interested in information on our website about kundalini at [www.icrcanada.org/learn](http://www.icrcanada.org/learn) and our research at [www.icrcanada.org/research](http://www.icrcanada.org/research).

Donations to ICR are gratefully accepted at [www.icrcanada.org/support](http://www.icrcanada.org/support).