



ICR's 38th Annual Conference

August 6, 2023 Online 12:00 PM – 6:00 PM EDT

Kundalini, Consciousness, & Our Evolution to Enlightenment

In these demanding times, we need to ask ourselves how our spiritual practice can lead not only to our personal evolution but also to that of humanity as a whole and, in turn, make possible a state of peace, happiness, and health for all. In India, Kundalini-Shakti is thought to be responsible for both the creation of life itself and for its evolution to the ever-higher levels of perception that can ultimately lead to enlightenment – unity with the Infinite Consciousness. **Explore how your spiritual practice, your knowledge, and your insight can help others transform and evolve to higher states with this year's dynamic, exceptionally qualified presenters:.**

Kundalini: The Power Of Revelation In Everyday Life 12:10 – 1:05 pm EDT

The practice of traditional Kundalini yoga begins with awakening and continues with the full unfolding of our capacity to know the Divine in every moment and in all of creation. Lawrence will discuss the practices that support a fully integrated life and provide examples of the kinds of transformation people doing these practices have experienced in various settings, even prisons. He will discuss mantra, a central practice for attuning the mind to Kundalini – a practice often misunderstood, even though it is the basis of many yogic and Buddhist tantras. **Lawrence Edwards, PhD** is author of *The Soul's Journey: Guidance from the Divine Within* and collections of inspired verse that include *O My Beloved* and *Kali's Bazaar*. With over 45 years of meditation training, including years spent in India training as a monk, he is the founder of Anam Cara Meditation, a non-profit organization dedicated to teaching meditative practices from a variety of traditions and empowering people to live from their highest nature in everyday life. A psychotherapist and a board certified neuro-biofeedback clinician, he was a faculty member of New York Medical College for twenty-four years and was a long-serving Chair of the Kundalini Research Network.



Preliminary Practices on Paths to Transcendence in Eastern Traditions 1:05 – 2:00 pm EDT

Various methods exist for preparing the mind for profound insights and psychological changes which can happen during spontaneous Kuṇḍalinī awakenings and meditation practices – and refining our behaviour when accessing deeper structures of the mind can be highly significant. Ann will explore the mechanisms behind thought in Sāṃkhya Metaphysics (a philosophy which supports most traditions in Tantra and Yoga) to better understand how ethical behaviour impacts various stages on the path to awakening. She will also look at how preliminary practices such as the Pāramitā (transcendent action) safeguard against certain psychological hindrances when we start to deepen our insights, and she will examine spiritual teachers' responsibility and the impact their behaviour has on furthering enlightenment. **Ann Mathie** has been practising yoga and meditation for nearly 20 years and has a Masters in the Traditions of Yoga and Meditation from SOAS University of London with ongoing Sanskrit training. Her own experiences have pointed her toward a phenomenological investigation of the parallels between spontaneous Kuṇḍalinī awakenings and Buddhist and Yogic paths to enlightenment as well as cutting-edge consciousness theory.



Karma Yoga Calisthenics: Take Care of Yourself; Take Care of the World 2:00 – 2:55 pm EDT

In writing *Gopi Krishna—A Biography: Kundalini, Consciousness, and Our Evolution to Enlightenment*, Teri Degler had access to never-before-told stories from his life and letters. They included his advice for the healthy awakening of kundalini, his vision of the future, and his concept of kundalini in relation to spiritual “energies” from other traditions – from Christianity's holy spirit to the tumo fire of Tibetan Buddhism. But one of his greatest revelations was on the power of karma yoga and its role in enlightenment. Her talk will explore this and exciting ways people are making karma yoga part of their everyday lives. **Teri Degler**, an award-winning author, has twelve published books, including *The Fiery Muse* and *The Divine Feminine Fire*. A student of Sanskrit, she has written on Tantra, yoga philosophy, and highly creative mystics and, especially, the divine feminine known as kundalini-shakti in Hinduism and the parallels that can be found in Sophia and Shekinah.



Karma Yoga To Integrate Equity Into Spiritual Awakening 3:10 – 4:05 pm EDT

We live in times when committing ourselves to a peaceful lifestyle is difficult, but increasingly necessary. Learning to focus internally and care for our spiritual growth is challenging enough, but what about equity and inclusion? For Michelle, a truly peaceful life must be one focused on justice. Not only has she achieved spiritual improvements, but she has opened the door to unexpected benefits such as healing community wounds and creating movements that the next generation can get excited about. The talk will share practical examples of how Michelle's Kundalini process and karma yoga have become trustworthy teachers on her path. **Michelle Howell** is a full-time farmer and mother of five who has been having mystical experiences since early childhood. A dedicated community organizer, she has been the impetus behind a number of food expansion and policy initiatives that have given under-resourced individuals, including expectant mothers, in her state better access to fresh healthy food. In 2022, the foundation for a Healthy Kentucky recognized Michelle as a "Healthy Kentucky Champion" – an esteemed award that recognizes dedication to improving the health of Kentuckians. Michelle attributes her commitment to motherhood, farming, equity and justice to her daily spiritual practices along with her lay membership in an ecumenical monastery in Appalachia Kentucky.



Awakening the Soul Through a New Revolution 4:05 – 5:00 pm EDT

All of us will soon be called on to seek a deeper spiritual connection to ourselves and others, leading to a global awakening. As humanity embarks on a major revolution in AI technology, another revolution is brewing that could turn modern technology on its head and into the service of the evolution of human consciousness. **Michael Molina** presents his vision of the near-future, in which a fusion of university researchers, spiritual teachers, spiritual practitioners, and a new breed of data scientists unite to unlock the secrets of our evolution toward Higher Consciousness. He will also provide an update on efforts to facilitate spiritual awakening through his app, related to kundalini – the source of consciousness and evolutionary potential. **Michael Molina** was transformed by a mystical experience in his early 20s, which moved him to be of service. He believes in empowering people with the means to improve themselves and the world we live in, so he founded the Emerging Sciences Foundation and created the Brilliano app. He has served as an ESF board member since 2009. Michael is married and has two boys. With over twenty years experience, Michael is a recognized expert in leading large tech programs and projects across a wide variety of global industries.



ICR Annual General Meeting 5:00 – 6:00 EDT

While all are welcome to attend, only those persons who qualify as voting members and who are present in person at the online meeting are eligible to cast votes at the AGM. The agenda for the meeting is:

- Reading of the notice of meeting
- Approval of the minutes of the 2022 Annual General Meeting
- Reading and approval of financial statements for the year ended March 31, 2023
- Reading and consideration of Reports of Committees
- Election of Directors
- Other business which may be brought before the meeting

For Free Registration:



To register send your full name along with your email address to conference@icrcanada.org. You will be sent the Zoom link with other relevant information prior to the conference. If you have not received the Zoom invite by Sunday, July 30, please email us through the contact window at 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 and our research at www.icrcanada.org/research.

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