

## **Consciousness: Where Science and Spirituality Meet** - *Swami Amar Jyoti, Swami*

Amar Jyoti Creation is a never-ending phenomenon. Even if we travel billions of light-years to the end of the universe, the same question will arise: What lies beyond? It is limitless Light everywhere—you can hardly conceive it. The very conceptions you are making are the barriers between you and your truth. To break those barriers, you have to give up conceptions. Then you and your truth will be one, indescribable, beyond time and space. There is no language there. You cannot know the truth. You become the truth that you already are. To Know, you have to Be. At some point even scientists will say, “We tried everything. We reached where we could. It gave us many experiences, but the secret of creation is still elusive.” It will always remain elusive as far as ego can perceive. You do not have to worry about where or when the universe started. Where it starts is space; when it starts is time. The totality cannot be calculated within time and space. Time and space are conceptual; therefore truth cannot be known within time and space. When you are one with the truth, your very questions will not arise. The solution is not in answering your questions, but where questions do not arise. When time and space conceptions are lost, no dimension exists. It is all-pervading Light, infinite and eternal. If we build telescopes of immense measurements—let’s imagine one that is a thousand light-years in diameter—we will see fantastic, unimaginable things, but even then it will never end. Our resources will end but we will not discover the source of creation. If you really are bent upon knowing the truth of the universe, you need not go anywhere. Just drop your ego. Know thyself, you will know everything.

## **Quantum BioFeedback for the 21st Century: WOW Processing** - *Laura Cirolia, Rev. Louisa Dyer, MA*

The WOW Processes are dynamic, alchemical experiences that can alleviate suffering on any level of Being – physical, emotional, mental, or spiritual – by activating present moment awareness and then grounding the Power and Love of Presence into new, conscious choices for living and loving. Using these powerful, precisely timed guided meditations with the WOW hand position produces a quantum biofeedback that facilitates easy release of whatever is no longer wanted, awareness of what is truly desired, and real-world activation of who you truly choose to be – happier, healthier, and consciously evolving. WOW quickly and easily: energizes creativity, enhances clarity of purpose, reduces suffering, upshifts the quality of love in your relationships, helps you accept, embody and express Oneness, and brings you into greater alignment with true purpose.

## **TransDance® with Heather Munro Pierce** - *Heather Munro Pierce*

Come delight your inner Buddha as we engage in an embodied exploration of the Seven Factors of Awakening through movement, music, and mindfulness. A TransDance journey integrates elements of tribal motion, freeform expression, moving meditation and activated imagination into a potent, playful and prayer-full ecstatic dance experience. Spaciously facilitated, all movement is at your own pace and interpretation. Heather has facilitated inspirational, transformative and healing movement for nearly 20 years.

## **Breema: The Art of Being Present** - *Mary Cuneo*

We need to come to a dimension of consciousness in which we can see things as they are.

We have been conditioned to never be present. We're always in the past or future. So we don't know we exist, and we receive life energy mechanically, without knowing it. The aim of Breema is to bring us to a tangible experience of presence that becomes our foundation for a new dimension of health, consciousness, and self-understanding. Breema is a unique and simple approach to experience body-mind connection. It offers a profound understanding of the underlying unity of all life that is expressed in a dynamic and practical philosophy—the Nine Principles of Harmony. Join us for Self-Breema exercises and Breema bodywork—a living expression of the unifying principles of existence, through touch and movement. Practicing Breema offers us the possibility of entering the process of disidentification with ourselves. In the unification of body, mind, and feelings, we receive Conscious energy. With it we can see the reality of things. This is the alchemy that turns lead into gold. Lead is our fragmented, conceptual relationship to life through past and future. Gold is the present moment. Since 1980, the Breema Center has been presenting Breema's practical approach to harmony and Self-understanding. This presentation will be done by staff instructors from the Breema Center. "When you're present, everything that exists in the entire universe is present with you. Because when you're present, you are unified in unity."

### **TaKeTiNa – experiencing duality through a rhythm process - Elaine Fong**

Imagine being able to experience the duality of chaos/order, expansion/contraction, falling in/falling out, in a rhythm process that uses your body as the principal instrument. TaKeTiNa is a unique process capable of activating human and musical potential through rhythm. In TaKeTiNa, the body is the main instrument. Using your voice, your hands and your feet, you are guided into three separate rhythmic layers which directly affects the nervous system. The experience of simultaneity is therefore direct, intense and lasting. TaKeTiNa conveys rhythm in such a way that people can absorb, understand, and learn in the most natural manner. Instead of being taught random rhythmic patterns, TaKeTiNa guides its participants directly into the experience of primal rhythmic movements that are anchored in the sensory-motor system of every human being. This underlying rhythmic foundation expresses itself through music in every culture. The TaKeTiNa process combines the rhythmic knowledge of ancient cultures with insights from our modern world including rhythm research, cybernetics, neuroscience, and chaos theory. Both information systems are present in this new path of learning. TaKeTiNa is a rhythm process developed in 1970 by Austrian composer and percussionist Reinhard Flatischler ([www.taketina.com](http://www.taketina.com)). Today it is applied worldwide in the field of education and therapy in music universities, hospitals, rehabilitation-clinics, psychotherapy practices and pain therapy. It is also used in work with theater groups and corporate trainings. The effects that the TaKeTiNa Rhythm Process have on the nervous system are researched and verified in various projects with scientists and physicians

### **Beat and off-beat, tuned and de-tuned: Complex oneness through Kundalini- Tantra devotional Dvaita-Advaita Kirtan - Stuart Sovatsky**

As in modern improvisational jazz, pre-classical Indian group chanting (anahata-nad kirtan, "spontaneously guided group chanting") gives pre-eminence to emotional flux over "classicalized" melodic and rhythmic forms in the pursuit of nondual or, more precisely, "dual-nondual" (dvaita-advaita) states of consciousness or "merger with dieties." In the tantric glandular transformations (urdhva-retas) known as rasayana (hormonal vibrational alchemy), these highly variable shifts of tempo, mood, tune or mantras during group

chanting are held by the pre-classical traditions as most effective in provoking the pineal secretion of the endogenous psychedelic known as amrita (hormone of immortality) perhaps akin to endorphins and melatonin. Two-thirds group experiential practice of anahata-nad kirtan and one-third didactic group discussion.