



# Evolving through Challenges into Oneness Consciousness

June 20-23, 2019 at Seabeck Conference Center, Seabeck, WA, USA

## TENTATIVE PROGRAM/SCHEDULE

This schedule is still subject to change. For more information on the presenters, please visit our website [www.collaboration.org/aum/2019](http://www.collaboration.org/aum/2019).

Thursday, June 20<sup>th</sup>

Evening	<b>Welcome gathering</b>	
	<p><b>Karen Litfin: Prospects for Human Unity at the Dawn of the Anthropocene</b>            In the face of political upheaval, rampant commercialism, and ecological destruction, our struggling species is arguably no closer to a living unity than when Sri Aurobindo foresaw it a century ago. Yet powerful developments are afoot—most especially the new geological epoch, the Anthropocene, in which humanity has attained an ironic unity as the primary driver of systemic change on Earth. From the vantage point of the Integral Yoga, the Anthropocene signifies not only an assemblage of socio-ecological crises; it poses a crisis of consciousness. How can we as practitioners infuse our inner lives into social and political modalities commensurate to the evolutionary challenges of our time – and find joy in doing so?</p>	
	<b>Gathering around the fire pit.</b>	

Friday, June 21<sup>st</sup>

Morning	<p><b>Lynne Aebi: Purna Yoga Rise &amp; Shine</b>            Join this morning class for gentle stretches and openings to get your body awake and ready for the day. You will flow through several series to open the hips, shoulders, spine that will leave you calm, but energized and ready to start your day.</p>		<b>Meditation</b>	
	<p><b>Rod Hemsell: Reason and Responsibility in Yoga</b>            By the faculty of reason we can harness the energy of life and apply it towards realizing its potentials. Reason is not just in our mind; it is what makes everything be and become what it is. It is the principle of principles. As Aristotle put it, “Nature does everything for a purpose”. Reason is inherent in things. This is the real meaning of reason, which we try to reproduce when we think; we try to find the reason in things. When we are successful then we have understanding. And we can apply it to the manipulation of things, the organization of causes and effects, the achievement of goals, because it is an innate principle of being. But the yoga of knowledge might challenge this idea.</p>			
	<p><b>Paul Sawh: Mother's Vision of Physical Culture</b>            Both Mother and Sri Aurobindo taught us that our body is the base of our yoga. One of the best means to develop the body is through exercise and other aspects of physical culture, the details of which Mother has written about. Paul will present with pictures and commentary and then engage us in fun, practical applications involving movement and muscles.</p>			
Afternoon	<p><b>Charles Flores: Evolutionary Spiritual Action</b>            This presentation will emphasize the active and dynamic expression of consciousness in action in the world, inspired by the work of Sri Aurobindo and the Mother. Many speak of spiritual practices such as yoga as a personal affair. Sri Aurobindo was only interested in a spirituality that would have the impact of transforming the world. Not all of us are yogis in an ashram, but live fully in the world in crisis. We will discuss and experience some of the elements of action and ways that our inner work and values may have actual impacts in the world in line with our highest aspirations.</p>			
	<p><b>Ron Jorgensen: Poetry as a Path for Inner Development with Introductory Poetic Steps</b>            If you have felt dissatisfied with your understanding and enjoyment of poetry, not even to speak of its major power in The Integral Yoga, carry that burden no longer! Our Sri Aurobindo will help and I will try to accompany him as much as capable. There will be an unfolding of three parts: 1 discussion of bases and elements of poetry, 2 poems — not only their excerpts from Savitri — that may ignite and draw us along the Way and 3 our contributions of our own or other poetry we feel authenticates our time together. Bring whatever you wish. With your pen and paper and handouts, leave with more.</p>			
	<p><b>Wendy Lines and Julian Lines: Awareness through the Body</b>            ATB is An Integral yoga practice to enhance concentration, relaxation and self-knowledge in children and adults. Through a wide variety of exercises and games, ATB offers individuals opportunities to come to know themselves better, to explore the complexity of their being, and find ways to integrate and harmonize this complexity around the inmost center of their being.</p>	<p><b>Sandra Storwick: Gentle Purna Yoga</b>            This class is designed to help you unite your mind, body and spirit. You will do Heartfull® Meditation techniques, bowing the mind to the heart, and gentle yoga poses to open the body so that the body is more prepared to hold the light of the Divine. It is a practice that helps the human form embody the teaching of Sri Aurobindo and Mother and become the Light.</p>	<p><b>JV Avadhanulu: Introduction to the Integrated Practice of Pranayama</b> as a Tool for Health, Healing, and Yoga. This practice consists of simple Yoga postures, Pranayama (Yogic breathing to manage your energy through Chakras) and Deep Relaxation. It can be done in 30-35 minutes.</p>	<p><b>At discretion: Volleyball, Ping Pong, Tennis, Horse Shoes, Hiking.</b></p>
	<p><b>Alan Baiss and Joseh Garcia – Film: Conscious: Fulfilling our Higher Evolutionary Potential</b>  <i>Conscious</i>, is inspired by the work of Sri Aurobindo and the Mother and investigates our human potential to take a leap in consciousness, which might be both essential and inevitable if we are going to continue this human adventure. The film features interviews with renowned thinkers, including Stanislav Grof, Michael Murphy, Aster Patel, Brian Thomas Swimme, and more. Accompanied by beautiful images and inspiring music, <i>Conscious</i> explores the role of art, love, crises, and the soul in our conscious evolution. <i>Conscious</i> has been selected for the Canada Independent Film Festival (2019)...</p>			<p><b>Gathering around the fire pit.</b></p>
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Saturday, June 22<sup>nd</sup>

	<b>Lynne Aebi: Purna Yoga Rise &amp; Shine</b> See above.	<b>JV Avadhanulu: Integrated Practice of Pranayama</b> See above.	<b>Meditation</b>	<b>Walking</b>
Morning	<b>Bill Leon and Ron Jorgensen: Expressions of Oneness as Mantric Doors to Experiencing Oneness</b> Human unity and other states of oneness are mentioned frequently in the writings and talks of Sri Aurobindo and the Mother and many others. They discuss the necessity for individual and collective evolutions in consciousness for people to achieve and act from a foundation in unity. In one sense, human unity exists naturally, but we deny and suppress this reality, deluded by our seeming separateness. This tendency is one of the root causes of much that is degrading civilization and the planet. Using mantric, written expressions on oneness, we will explore and experience different levels of oneness (from Origins to Self to Humanity to the Transcendent) and find our own expressions.			
	<b>Karen Litfin: Death, a Whip to Lash us to our Deathless State</b> Standing at the threshold of the Anthropocene, we face not only our personal finitude but also both the end of nature as something separate from human culture and the prospect of civilizational death. How can we use awareness of our individual mortality to simultaneously energize our inner exploration and bring ourselves more fully into life? And how can the Integral Yoga help us navigate the larger questions of human beingness in these times? This workshop will involve group sharing, movement, and guided meditation. Bring a journal and wear comfortable clothing!			
Afternoon	<b>Raina Imig: Parallels between Shamanism, Ancient Knowledge, and Integral Yoga: A Way Forward</b> Shamanism is humanity's innate ability to access other realms and to perceive with senses that number far greater than 5. The word shaman has Sanskrit roots, and is no doubt older than Indian civilization, first appearing among our early ancestors. Core elements of it exist in all cultures where humanity spread. Our own teachers, Mother and Sri Aurobindo, practiced the ways of mystics and adepts. We are coming into a time when humanity is reconnecting to her heart, to the Earth, and to these inborn abilities. It has simply become a necessity. Prepare for an experiential event, where we journey together for answers and healing.			
	<b>Savitri: Heartfull® Meditation</b> Have you ever wondered if there is more to life than meets the eye? Begin the journey into your inner world by learning the Heartfull™ Meditation Snacks. This is healthy snacking, as you learn techniques to center the energy of the mind, awaken the Heart Center, and surround the body with light and love. The Snacks allow you to meditate whenever the time or mood fits – in short bites, or, if you put all the Snacks together, in a longer meal.			
	<b>Wendy Lines and Julian Lines: Awareness through the Body</b> See above.	<b>JV Avadhanulu: Introduction to the Integrated Practice of Pranayama</b> See above	<b>At discretion: Volleyball, Ping Pong, Tennis, Horse Shoes, Hiking.</b>	
Evening	<b>Don Salmon and Jan Maslow: Changing the World from the Inside Out – A Workshop with live music and movement</b> A contemplative gathering, this will have brief periods of singing and moving together, with readings from Savitri and other writings. After a (very) brief talk, we'll break up into small groups to imagine together what it would be like to create a world which fosters the evolution of consciousness in each and every one of us.			
	<b>Gathering around the fire pit.</b>			

Sunday, June 23<sup>rd</sup>

	<b>Lynne Aebi: Purna Yoga Rise &amp; Shine</b> See above	<b>JV Avadhanulu: Integrated Practice of Pranayama</b> See above	<b>Meditation</b>	<b>Ron Jorgensen: Tai Chi</b> Though our time is sparse for the grand scope of the Tai Chi movements, we'll be able to learn and <i>definitely enjoy</i> some core flows. Chosen are The Constant Bear, Grasping the Sparrow's Tail, and Waving the Hands in the Clouds. More if we surprise ourselves as better than we'd thought!
Morning	<b>B Sullivan: Secrets of the Yoga (At Your Own Risk)</b> We know from Sri Aurobindo that "all life is yoga," but he wrote a whole book on the Secret of the Vedas that he summed up in three words. The Mother said she had a "spiritual ambition" to give something to everyone for doing the yoga easily—three more words. Do you know the three-line secret from Savitri?			
	<b>Closing comments and group picture.</b>			
	<b>Karun Das (Will Moss): Purification – Where the Rubber Meets the Road</b> In Integral Yoga commentary and practice, much of the focus is on reaching to the highest Heights, and bringing That down into these lower parts in order to enlighten and transform them. And we can have many wonderful experiences of Light, Love, Power, Bliss, Grace. However, along the way, all too often these come, they stay awhile, and then either get covered over or fade into the background, leaving only a white trace. What keeps our smaller self from catching Fire and becoming consumed and raised up into total Oneness? In this session we will look at the resistance to the Light, and how purification is an essential practice to bring ourselves more fully into Oneness. We will use guided imagery, discussion, and expressive activities in addition to the presentation in order to delve deeper into our hidden nature, in order to call in the transformative Light and Love and Shakti.			<b>Centers Meeting and Discussion of Sri Aurobindo 150<sup>th</sup> Birth Anniversary events in 2022</b>