Presenters from various backgrounds came together to share their perspectives and research within the field of consciousness studies during this two-day conference held in Mysuru, India. Participants from around the world, including representatives of CCA Australia, Canada, Spain and the UK, were invited to join with CICA International to explore the conference topic further.

The event opened with a Universal Prayer for Peace, and a ceremonial “Lighting of the lamp” by delegates. The following is a brief summary of the presentations and reflections.

Testimonials

“Congratulations for such a welcoming, heartfelt and richly layered conference, showcasing multiple contrasting yet complimentary viewpoints and questions, some of which we still have no answers for. I’m already looking forward to its next edition!”

Javi Otero, Spain

“In the conference, various notions centered around consciousness, say from Phenomenology, Philosophy to Cymatics and Biophysics offering different modalities by which one can understand this elusive concept associated with the phenomenon of life. It is really amazing to meet like-minded people under the shade of CCA and CICA. I thank the organizers for hosting this conference and look forward to attending such conferences in the future.”

J. Shashi Kiran Reddy, India
Day One Presentations

Key note address:
‘Wellbeing from Indian Perspectives’
Professor Kiran Kumar Salagame
Former Professor, Department of Psychology, University of Mysore

As a part of his presentation, Prof. Salagame talked about consciousness being a product of matter or matter being a product of consciousness. He also compared Vedic and Vedic related strategies to achieve well-being with Non-Vedic strategies.

These approaches acknowledge the innate spiritual nature of human beings; however, in the end the differences are more pronounced between the ‘mental states’ and philosophical underpinnings.

First session: Methods of Transformation and Emotions
Chair: Dr. Pran Boolaky

‘Using Consciousness to Heal Ourselves and Others’
Betty Jane Honeycutt
Amethyst Enterprises

Ms. Honeycutt presented the Emotional Freedom Technique (EFT), developed by Gary Craig in the 1990’s, as a tool for releasing stress, anxiety, and fear.

This technique involves tapping key points in the body to improve energy flow and promote physical and emotional healing. Ms. Honeycutt invited the audience to undertake a short demonstration of this technique, before presenting the research and ideas behind EFT and her position on the benefits of this practice.
‘Enhancement of Human Consciousness for Improving Emotional intelligence, Wellbeing and reducing Conflicts’

Dr. Vanitha Rathan
Dept. of Jainology and Prakrit, Manasgangotri, Mysuru

Dr. Rathan discussed that success, in large, depends on emotional intelligence. Developing emotional intelligence can help in accessing innate intelligence and amplify our sympathy, which can lead to career advancement and better relationships.

Consciousness of mind is a scientific technique for developing emotional intelligence. The practice of meditation and yoga can help us to achieve internal balance which enables us to keep our composure, make good decisions, communicate successfully and maintain effective leadership even when under extreme stress.

‘DeHypnosis & Inner-Team-Focusing® - An Integrative Path in Therapy and Coach’

Jörg Fuhrmann
PhD Candidate

Jörg Fuhrmann presented via Skype on DeHypnosis and Inner-Team-Focusing® (ITF) as a holistic method that is based on contemplative mindfulness and selectively incorporates the wisdom of the body with the inner trance work. Fuhrmann submits that we are all continually arrested in trances without a glimpse of awareness about this fact. These trances were once induced by parents, family, friends, educators, pedagogues, teachers, pastors and the media.

Our modern culture provides no periods of conscious recovery and collective DeHypnosis. ITF is an approach to deal with these unconscious induced trances, suppressed personality facets and repressed shadow parts.
'Corporate Consciousness: How many angels could dance on the head of a pin?'

Dr. Pran Boolaky  
*Senior Lecturer, Griffith University, Australia*

Dr. Boolaky discussed that a corporation is an artificial person whose soul(s) and body are made up of a board of directors. The corporation's consciousness is made up of a collection of individual consciousness, that is collective consciousness that could either harmonise or conflict through interaction.

During the interaction process, energy is propagated. Boolaky claims that collective (corporate) consciousness is corporate energy and it can end up in either positive or negative energy. He posits that corporate success or failure is dependent on whether corporate energy is positive or negative.

‘Understanding Self-Initiated Change’

Nalinikantha Rao  
*Organisational Development and Organisational change consultant*

Mr. Rao spoke of the insights that he gained in his professional practice over the last 20 years - that one's own commitment for organizational change is actually a function of their own willingness to change at the individual level.

He discussed the cycle of inner exploration which involves introspection/reflection, self-awareness and will. The cycle of en-action was then described which includes experimentation, trusting inner resources and then taking charge. He also explained how being genuine, having good intentions and using personal experiences may even lead to corporate change.
Third Session: Perception, Sounds and Stories  
Chair: Dr. Tina Lindhard

‘A study to explore the effects of Sound Vibrations on Consciousness’

Meera Raghu  
*BSc and Masters in Physics, graduate diploma in Computer Science, accomplished Musician*

Meera Raghu explained how sound vibrations can come in contact with us physically through the body and have an effect on our consciousness at the mental, emotional and spiritual levels. Sounds that are musical can be categorized as consonant sounds that are pleasant, and dissonant sounds that are unpleasant or not so pleasant.

Musical sounds are comprised of notes in increasing or decreasing order of pitch (frequency). The interval between notes can give rise to consonance and dissonance. While consonant intervals can cause happiness, joy, courage or calmness, dissonant intervals can cause tension, anger, fear or sadness, thereby affecting the emotional aspect of consciousness.

Further, it would appear that the intervals matter more than the notes. Pentatonic scales such as that of Bobby McFerrin’s song ‘Don’t worry be happy’ give rise to joy.

‘As Beyond So Within: Ancient and Modern Perspectives on Sound as a Vehicle for Introspective Inquiry’

Javi Otero  
*Music Technology, Research Director at Thel (Sonoceutical Lab)*

Throughout history, all around the world, sound has been used as a vehicle for introspection, spiritual growth, and the exploration of consciousness. Javi Otero played a sound clip which he created and the participants then shared their experiences.

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Mr. Otero asserts that sound can be instrumental in shaping the field of consciousness into a variety of different forms, producing relaxation, attentiveness, deep emotional responses, and non-ordinary states associated with heightened insight and expanded awareness.

‘Not Just The Great Spirit: Traditional Native American Views of Consciousness’

Dr. Richard Honeycutt
Researcher, author, speaker, and consultant in the field of Sciences within Consciousness

Dr. Honeycutt explained how by learning the teachings of the Native Americans about cosmology, the Good Medicine Path, and healing, we can discover a consistent practical view of consciousness that points us toward a truly blessed future. He described how to Native Americans, trees and rocks can speak to the people and give guidance because the people are prepared to listen to them.

Dr. Honeycutt explained that we learn these teachings most effectively not by academic discourse, but by hearing simple stories and comments in the way that the children learn from the Grandfathers and Grandmothers. When one learns these teachings and way of perceiving the world, listeners take on the responsibility of living according to this new understanding.
‘Wellbeing: a search through the Indian traditions’

Dr. Venkat Pulla  
*Senior lecturer Australian Catholic University, Melbourne, School of Applied Health*

Dr. Pulla presented many examples of cancer patients from the West, who underwent trying times yet remained happy despite their circumstances.

He explored how people perceived optimism, hope and resilience and also explored the meanings of the traditional Indian concepts of *ananda*, *sukha* and *dukkha*. He described how the cancer patients found acceptance as a way to face their daunting odds and in turn they implored hope. He concluded that exercising the choice of becoming resilient is a spiritual act—a process that builds hope and clearly allows us to define pathways to wellbeing.

‘Tribal understanding of well-being, peace and sustainability - Peace initiatives in Dandakaranya, India’

Dr. Mamidi Bharath Bhushan  
*Centre for Action Research & People’s Development (CARPED)*

Dr. Bhushan presented how tribes lived based on a harmonious system of Nature-Man-Spirit complex where the barter system existed and an exchange of goods was prevalent, instead of currency. Cultivation of land was done jointly and land was shared, not owned. Festivals were held to thank nature before consuming the food that was grown. He shared two world views of life and governance, violent and non-violent economies of need and greed. The tribes were given arms, fought each other becoming displaced and lost their knowledge of ancient systems. He discussed peace initiatives and progress in arresting the armed conflict in the tribal belt of Chhattisgarh state in India and the need for peaceful development and humane understanding of development.
‘Subjective science of the Absolute & Perceptual Realities’

J. Shashi Kiran Reddy

Independent researcher

Is there a different reality other than what we perceive? Shashi Kiran Reddy’s presentation attempted to tackle this question, through exploring a series of images illustrating how different species perceive the same thing at a sensory level. Shashi invited the audience to think about the concept of ‘absolute reality’, and questioned whether it is possible to perceive reality in an absolute sense, considering that the perception of reality differs according to each living specie, and if so, what this would be like. Shashi concluded by analyzing how science addresses biological entities, and called for a ‘new science’ of subjective experience with the potential to capture the ‘unique fingerprint of life’.

‘A scientific journey into the chakras and the human biofield - the anatomy of consciousness’

Dr. Thornton Streeter

Founder of Centre for Biofield Sciences

In his presentation, Dr Thornton Streeter explored the history of biofield research and the technologies that have been developed to make this possible. He shared a series of biofield images with the audience and presented his analysis of what these images represented, focusing on the appearance of the 7 chakras.

Dr Streeter discussed how the healing process can be undertaken with individuals who have been screened using this technology, and concluded by exploring how biofield technology may be utilised to support a new model of preventative screening.
‘The Six Main Levels of Consciousness and the Role of the Heart’

Dr Tina Lindhard

International University for Professional Studies (IUPS)

Dr Tina Lindhard explored the theory of the Six Main Levels of Consciousness, posited by philosopher Srinivas Arka, which concerns itself with the main levels a practitioner goes through when undertaking the inner journey of Self-discovery using a ‘heart-based meditation method’, such as Intuitive Meditation. In order to understand why heart-based methods have been used by many traditions and cultures throughout history, Dr Lindhard explained how she had explored Embryogenesis to understand more about the development of the heart, which predates that of the CNS and brain.

She also treated us to a clip of the “Cellular Dance of Love” to demonstrate the process of fertilization, and explained how during the first 49 days of our existence, the changing morphological forms of embryo resembles that of the “four kingdoms”: mineral, plant, animal and human. She then invited the audience to think deeply about the “nature of consciousness” and the fundamental question: Who are we?

‘Understanding consciousness: Wellbeing, Emotions and Conflict’

Srinivas Arka

Philosopher, Author and Inspirational Speaker

“Directing thoughts toward something specific brings about a specific effect”

“Mind is like a tail-end of the comet of consciousness in the sky of human spirit”

“The cerebral brain bears a faculty of awareness addressed as the Mind. Following this, the human Heart must also have a faculty contrary to intelligent Mind, which can be identified as ‘Intuitive Heart’, or ‘Heart-consciousness’.”

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Srinivas Arka concluded the series of presentations with his reflections on the nature of consciousness, making reference to some of the earlier speakers and their varying positions.

He referred to his theory which presented consciousness as having many layers, and shared his perspective that consciousness existed both in the brain and in the heart. He described this heart-level consciousness as something that brings forth “intuition”, which gives an individual strong impulses about what will happen.

Srinivas Arka concluded by positing that whilst scientific inquiries and research is being undertaken to explain or define consciousness, it is the individual’s “experience” of consciousness that ultimately matters.

Reflections and feedback

Participants and Presenters

The two day event concluded with a feedback session, where participants and presenters were given the opportunity to share what they gained from the presentations, and what they would have liked to hear more about. Many participants made reference to having another conference, to pursue further lines of enquiry.