

FOUNDATION FOR MIND-BEING RESEARCH

FMBR Monthly Meeting

TIME: 8PM, 4th Friday of the month

PLACE: The Great Sophia Room
Institute of Transpersonal Psychology
1069 E. Meadow Circle, Palo Alto, CA

COST: Free to members, \$10.00 Admission
\$5.00 Students with ID

Donations to the Foundation are tax deductible.

Meeting Directions

From Hwy 101:

1. Take the San Antonio Road exit west.
(away from Bay).
2. Take the first right onto Charleston Road.
3. Take the first right onto Fabian Way.
4. Take the first left onto East Meadow Drive.
5. Cross the first intersection (E. Meadow Circle).
6. ITP is a few buildings down on the right.

From Hwy 280 (San Jose):

1. Take Hwy 85 North (toward Mtn View)
2. Exit Hwy 101 North (to San Francisco).
3. Follow directions above **from Hwy 101**.

From Hwy 280 (San Francisco):

1. Take the El Monte/Moody Road exit in Los Altos.
2. Turn on El Monte toward SF Bay.
3. Turn left on Foothill Expressway.
4. Turn right at the first light, onto San Antonio Rd.
5. Go approximately 3 miles (past Central Expwy) and turn left on Charleston Road.
6. Take the first right onto Fabian Way.
7. Take the first left onto East Meadow Drive.
8. Cross the first intersection (E. Meadow Circle).
9. ITP is a few buildings down on the right.

April 24th Speaker

Join internationally published author **Dawn Clark**, who will speak on *Humanity Disconnected: Global System Failure and the Missing Piece*. Dawn will explain how cancer, phobias, repeated patterns, genocide, and environmental sustainability are all linked. She will further reveal how science, mystical tradition, and paranormal abilities intersect, and how to perceive the world through new eyes and a new consciousness. Last, she will help you to discover your *missing piece*: how to activate your inherent abilities to heal both yourself and the planet. Lecture: April 25th, Workshop: April 26th. See next month's newsletter for more information.

March 28, 2008 Meeting

The Art and Science of Transformation in Everyday Life

Marilyn Mandala Schlitz, Ph.D.

Your behavior, attitudes, and ways of being in the world can be changed in life affirming and lasting ways only when you transform your consciousness and commit to living deeply into that transformation. Our speaker, Dr. Schlitz, will identify the common elements of transformation in the experiences of a transpersonal psychologist, seasoned oncologist, Himalayan Yoga swami, Methodist minister, and more.

Dr. Schlitz will describe how you can transcend any one transformation approach by focusing on common elements across a variety of traditions, while affirming and supporting the diversity of approaches across religious, spiritual, scientific, academic, and cultural backgrounds. She will further explain how science and spirituality are interconnected, and empower you to become your own scientist, develop and test your own hypotheses, reach your own conclusions, and create your own path of transformation.

Dr. Schlitz will describe not only a framework for creating your own journey, but also how to link your personal transformation to a larger wave of collective and global consciousness, using your transformative powers to effect real-world change in organizations, society, and the world.

Speaker Bio:

Marilyn Schlitz, Ph.D., is a clinical research scientist, medical anthropologist, writer, speaker, thought leader, and change consultant. Her work over the past three decades explores the interface of consciousness, science, and healing. She is VP for Research and Education at the Institute of Noetic Sciences and Senior Scientist at the Research Institute at California Pacific Medical Center. She has published hundreds of articles on consciousness studies, lectured widely on a number of topics, including talks at the United Nations, the Smithsonian Institution, and the Explorers Club, has taught at Trinity, Stanford, and Harvard Medical Centers, and is the co-editor of *Consciousness and Healing: Integral Approaches to Mind Body Medicine*.

Marilyn Schlitz Ph.D., along with **Cassandra Vieten Ph.D** and **Tina Amorok Psy.D**, is the author of *Living Deeply: The Art and Science of Transformation in Everyday Life* and the companion DVD, *Living Deeply: Transformative Practices from the World's Wisdom Traditions*.

FOUNDATION FOR MIND-BEING RESEARCH

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From the Editor

A recent study, by Professor Florence Levy of the University of the New South Wales School of Psychiatry, suggests that our genes may be the cause of autism and Asperger's disorder. The study, published in the *Australian and New Zealand Journal of Psychiatry*, found that there were genetic differences in patients with autism, a disease that until recently was thought to be psychological in nature, characterized by repetitious behavior and resistance to change.

Autistic behavior can certainly be observed in social settings where autistic individuals manifest behaviors characteristically different from the norm. But looking at this on a larger scale, and at the behavior of humans in general, might it be possible that groups of humans suffer from a type of "planetary" autism; more specifically, politicians and religious leaders who cannot break their repetitive and destructive behaviors and who resist change to the detriment of humanity and the planet?

This brings up an interesting theory that may also explain an innate and planetary autistic consciousness. If we study the reoccurring cycles of humans on planet Earth, many leaders, particularly fundamentalists, fail to learn from past mistakes be they historical or individual. Are these fundamentalists hardwired into a repetitive, restricted, war-mongering consciousness?

I recently read Zecharia Sitchin's latest book, *The End of Days*. Sitchin is a linguist and Sumerian scholar who has translated Sumerian tablets and ancient calendar inscriptions. His translations have resulted in many books about human genetic manipulation by the Annunaki Gods, and wars of gods and men. *The End of Days* details repetitive, non-linear cycles from the perspective of messianic and celestial-based calendars, which imply that the end is the beginning and the beginning is the end.

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Art and Architecture of Consciousness Mali Burgess, Ph.D

Path

As far back as I can remember, I experienced everything around me: trees, stones, chairs, animals, and humans as luminous, vibrating consciousness. This ontological experience of consciousness, as a numinosity of being, informed my lifelong interest in a phenomenological approach to consciousness as synonymous with existence. A deep interest in essence led me to three fundamental aspects of the nature of consciousness: existence, relationship, and dynamic.

Insights

In 1987, I had an experience of the most fundamental three-dimensional relationship dynamic, the tetrahedron, in which the great complexity of life was embodied within its profound simplicity. This experience, and the subsequent research it inspired, led me to *geometric dynamics*—the nomenclature that I use to describe relationship as a dynamic of consciousness and the embodiment of that dynamic in the simultaneous expression of infinite and finite, eternal and temporal, everything and nothing. This complimentary interconnected relationship, mirrored in the fundamental flux of creation, informed my work in the creative arts, integral and healing arts, and education. It led to insights into the art and architecture of consciousness and the psychophysiological effects of the architecture of space.

Learning

At the heart of the paradox of origination, found in wisdom traditions and emergent theory, are awareness, emptiness, and pure being. While words cannot describe the ineffable essence of existence that lies beyond concept, definition, and self awareness, words that describe the process of the ever-present nature of consciousness include presence and awareness.

Present

In 1971 when I visited the University of California at Davis, the Architecture Department had designed a walking tour that progressed through the rolling grounds of the campus to literally and figuratively arrive at the social issue they felt most needed to be addressed to create a sustainable future: education. Education and awareness are key components of social change. In a world faced with serious challenges to the development of a more sustainable, humanitarian, equitable, and wiser global community, they inform the ways society can embrace collaborative, self-organizing, synergistic, creative, and sustainable approaches to learning as a living process. Education and awareness also inform the mystery of grace and the wisdom of being revealed inclusively in the present moment.

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FOUNDATION FOR MIND-BEING RESEARCH

Art and Architecture of Consciousness (Cont'd) Mali Burgess, Ph.D.

About the essay:

This essay was written in response to a call to previous FMBR presenters to reflect on their life-path, and the insights and learning that led them to a present issue of great importance.

About the author:

Dr. Mali Burgess spoke on the Power of Pattern on Human Beings at FMBR in 1991. Mali has a B.A. in Architecture & Visual Art from Princeton University and a Ph.D. in Interdisciplinary Arts & Sciences from Union Institute and University. Her conclusions, regarding a global process of education, have also become the vision of the GlobalShift University (GSU). The GSU, organized by Erwin Lazlo, is now in its formative stage and has a mission to educate and train a new generation of positive-change agents to work toward solving the world's most vexing and universal problems.— Bill Gough

From the Editor (Cont'd)

Sitchin's findings are that history repeats itself because of the cyclical and repeating nature of planetary cycles and the returning Gods, and what happens above also happens below. While Sitchin does not address genetic manipulation in this particular book, his attention to this in his other books raises some interesting questions. If humankind and the Earth repeat cycles based on the return of the planets as well as our Gods—who genetically created us in their image and historically launched wars among themselves on Earth—then are the messianic return expectations and war-mongering of fundamentalists hardwired by their seemingly autistic makers? Does this predispose them to a self-destructive autistic consciousness?

Many humans seem to be evolving in their consciousness as humanity approaches this so-called "end of days." Some researchers have noted that human DNA is mutating into 12 active strands. Does this mean that our DNA is finally mutating such that we are evolving out of an autistic planetary consciousness? Some seem to be. On the other hand, maybe fundamentalists—who keep repeating endless cycles of war and destruction, and who are resistant to change—are too hardwired to mutate and evolve. Will they all die off, instead, due to their errant ways? Is this what the "end-of-days" is really about?

— Dawn Abel

FMBR News

In one of her rare trips to the U.S. in January, **Dr. Natalia Shareyko**, M.D., Ph.D., and V.P. of the Institute of Biosensory Psychology, St. Petersburg, Russia, facilitated an interactive session and workshop for the FMBR entitled, *Feeling Beyond Your Usual Limits*.

The **FMBR Board** met on Feb. 3rd and Feb. 22nd to discuss the future direction of the organization and how best to meet member and administrative needs. This will be an ongoing process in 2008.

Institute of Transpersonal Psychology Events and Meetings

Mar. 7th–7PM-9:30PM, Mar. 8th–9AM-5:30PM
Pathways to Sophia: The Body Soul Connection.

Join Susan Smith, Ph.D., Nancy Burnett, Ph.D., Gloria L. Van Bree, Ph.D, and Ann Reading, B.A. as they explore the divine feminine, personified as Sophia. Ritual, movement, and expressive activities will guide opening to new connections. **Location:** ITP. **Tickets:** \$150, \$125 for students and ITP Alumni. **Registration:** Call 650-493-4430, x284, or email divine_feminine@itp.edu.

Apr. 4th–12PM-6PM, Apr. 5th–10AM-5PM, Apr. 6th–10AM-4PM. *The Sacred Female: Cultivating Shamanic and Tibetan Dakini Practices.*

Join Vicki Noble, M.A. as she explores the sacred female through the Dakini. The Tibetan Dakini is an icon of the female, linking cross-cultural female shamanism with the invisible dimension of magic and healing power. The Dakini, like the shaman, remains undomesticated and embedded in Nature. During the workshop, participants will be initiated into a shamanistic Dakini practice, adapted for today's contemporary women. **Location:** ITP. **Tickets:** \$350. **Registration:** Call 650-493-4430, x284, or email divine_feminine@itp.edu.

Smart Life Forum Cubberly Center, Rm H-1 4000 Middlefield Road Palo Alto, CA

March 20, 7PM: Karl Knopf, Ed.D
Fitness for Seniors

April 15, 7PM: Stephen Strum, M.D
Related Health Issues to Prostate Diseases

INFORMATION ABOUT THE FOUNDATION FOR MIND-BEING RESEARCH

The Foundation was established in 1980 to assist in the evolution of consciousness studies and to help bring this new field into wider recognition as a bona fide science. The interdisciplinary nature of the field is reflected in the activities of the organization and in the breadth of interests of its members who currently represent areas of engineering, science, medicine, the humanities, and the arts. With its major focus on facilitating the development of an integrated model of consciousness, the Foundation provides encouragement and resources to a rather unique group of creative researchers and scientists.

Because of the special nature of scientific inquiry in this area, the Foundation is interested in building its regular membership with competent individuals who:

- Are open to a multidisciplinary approach to knowledge
- Recognize they are an integral part of any experiment
- Know and are prepared to extend their own level consciousness

The intention is to develop high standards of credibility in all research activities and publications.

The Foundation is incorporated under the laws of the State of California and operates as a non-profit scientific research organization under IRS code 501(a)2 with tax exempt status under Section 501(c)3.

APPLICATION FORM (Please Print)



Name _____
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- I hereby apply for:
- Membership – \$35/year (Please include a brief description of your professional experience).
- Enclosed is my check for:
- Spouse Associate membership (optional) Name _____
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