

**OLGA LOUCHAKOVA, M.D., PH.D.**

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Date of birth: September 23, 1957

**HIGHLIGHTS OF EXPERTISE**

- ❖ Spirituality and spiritual practice
- ❖ Depth-psychology and Transpersonal psychology
- ❖ Phenomenology: theological, philosophical, ontological, topological, of life and of perception
- ❖ Qualitative research designs
- ❖ Practice of transformative education
- ❖ Cultural psychology
- ❖ Religious Studies: Esotericism
- ❖ Somatic psychology

**EDUCATION**

**Advanced Degrees**

- 1989 Ph.D., Neuroimmunology, USSR Academy of Medical Science, Russia  
1980 M.D., Pediatrics, St. Petersburg Pediatric Medical Institute, Russia

**Professional Certifications**

- 1992 Group and Individual Breathwork, Life Works International, England  
Rebirthing, Rebirthing and Transformational Studies Institute, Florida  
1991 Psychotherapy, Bechterev Psychoneurological Institute, St. Petersburg, Russia  
1991 Vertebroneurology and Chiropractic, Institute of Professional Advancement of Physicians, USSR Ministry of Public Health, St. Petersburg, Russia  
1982 Hematology, St. Petersburg Institute of Hematology, Russia

**Ordinations and Spiritual Mandates**

- 1998 Minister of Mind-Body Healing, Association of the Whole Person, U.S.  
1989 Instructor of the School of Psychophysical Self-Regulation (missionary body-energy-oriented ministry in Soviet underground, includes Kundalini Yoga guidance, meditative running, and wilderness guiding skills )

1998 Teacher of traditional Advaita-Vedanta, Shankara's lineage, U.S.

## **SPECIALIZED TRAINING**

### **Movement and Body-Oriented Transformation Systems**

- Kundalini Yoga (mandated to teach)
- Bikram Yoga
- Wu-Shu
- Meditative Running (mandated to teach)
- Spontaneous Dancing (a Russian system similar to Continuum) (mandated to teach)
- Ice-water bathing (mandated to teach)
- Breathwork (mandated to teach)
- White Crane Silat
- Gestalt Psychology

### **Hesychasm (Prayer of the Heart)**

- Personal study with Fr. L. Vodolazski, Tver, Moscow Patriarchy district (1987-1991), also in Puchtizki monastery, Estonia (1999).
- Field studies/research/traditional training in Sicily, Turkey, Romania, Scotland, U.K., Mexico (2001- current)

### **Phenomenology**

- Personal study with B. Giorgi, Ph.D. and A. Giorgi, Ph.D. (2001-2003)
- Independent studies of phenomenological philosophy and phenomenology of perception (ongoing)

### **Islam and Sufism**

- Personal study with Metin Bobaroglu, Bektashi Sufi order and Anatolian Enlightenment Foundation, Istanbul (1999-2003)
- Illuminationist philosophy of Surawhardi - personal study with Dr.Haghi, M.D., Ph.D., Harvard Center of World religions, disciple of S.H.Nasr (1999)
- Murid (formal disciple) at the Jerrahi Sufi order, Bay Area (current)
- Personal study with Mehmet Selim OZIC Effendi, Malamatia Sufism, Istanbul (1998-2001)
- Ibn-Arabi studies, with Beshara Foundation, and the circle of Sam Goldberger, Ph.D., Bay Area (current)

### **Hinduism: Advaita Vedanta and Shakta Vedanta**

- Personal study with Sri Ranjit Maharaj, acknowledged successor in the Inch-Giri Natha lineage, Maharastra, India (1996-2000)
- Study with Swami Dayananda Saraswati and Carol (Radha) Whitfield, Ph.D, Ph.D., Arsha Vidya Gurukulum Institute of Vedanta and Sanskrit, Shankara's lineage (1994-present)

- Advanced Kundalini Yoga studies with Swami Chandrasekharanand Saraswati, Vidya Guru in Gomutigiri Maharaja lineage (1996)
- Contemporary Vedanta studies with R. Adams, and H.W. Poonjaji (1992-1997)

### **Buddhism**

- Vipassana in Theravada tradition, Goenka's lineage, Shelburn Falls, MA (1992)
- Mahayana/Dzogchen training with Sogyal Rinpoche, Rigpa Foundation, Bay Area (1994)

### **Shamanism and Paganism**

- Slavic paganism and sorcery, with V. Antonov (1987-1989)
- Shamanism - J. Stevens and L. Sedletsky-Stevens, Pivotal Resources Inc., Santa-Fe (1993)

### **Gurdjieff system**

- with Russian teachers, Antonov's School, 1987-1992.

## **RESEARCH EXPERIENCE**

**In transpersonal and somatic psychology, and humanities** – 20 years of research in psychospiritual development, transformative spiritual practices and prayer, emphasizing the embodiment of consciousness. Methods: phenomenology, intuitive enquiry, heuristics, surveys and traditional quantitative approaches. Outcomes: publications, talks, educational programs. Registered Hridayam® trademark for a methodology of psychospiritual growth (*Hridayam® Counseling of the Kundalini Process of Spiritual Awakening*).

**In neuroscience** – 16 years (1976-1992) of neuroimmunological research of glia markers in normalcy, schizophrenia, multiple sclerosis, in sleep cycle, chronic fatigue etc.). Methods: immunoassays, chromatography, analytical biochemistry. biomodeling. Outcomes – 36 articles co-published in major journals in Russia and Europe, 1 book chapter co-authored, 3 patents in biotechnology (immunoassays).

**In social action** – 20 years of research of conscious agency and action, and of human transformation in conditions of cultural change. Methods: action and participatory cultural research. Outcomes: 2 consciousness development non-profit corporations founded in Russia and United States; new dialog and engaged spirituality growth methods implied in seminars and trainings.

## **TEACHING EXPERIENCE**

## **Academia**

1993 – present (United States)

Residential Ph.D., M.A., and on-line Ph.D. courses in cultural psychology, phenomenology, consciousness studies, doctoral research and process, diversity research, spirituality and psychotherapy, life-span development and aging, psychology of transformative teaching and learning, spiritual emergence/emergency. Also psychology of meditation, meditation practicum, Gurdjieff's teachings, Advaita Vedanta, Kundalini-Shakti Yoga, Christian Mysticism, integral spiritual practice.

Before 1992 (Russia)

Taught a vast variety of topics in comparative religious history, spiritual practice, human potential, spiritual psychology, somatic psychology, transpersonal theory, human science research, ecopsychology, and yoga (In School of Psychophysical Self-Regulation, an underground non-accredited school organized by dissident university professors in St. Petersburg, Russia).

## **General Public**

1992 – present

Taught a 3 year system of courses in bodily awareness-oriented psychospiritual development ([www.hridayamyoga.org](http://www.hridayamyoga.org)), which included guided spiritual practice, chakra and meridian work with the subtle body energies, movement, light and sound work, theory of integral spiritual development, group work, practices of Prayer of the Heart, engagement with the sacred art and architecture, components of Kundalini Yoga, Advaita Vedanta/Self-Realization/Non-duality, Breathwork, wilderness experience, meditative running, Goddess and sacred archetypes work, and other themes.

Prepared and certified instructors of this method. Facilitated satsangs, and conducted silent meditation retreats.

Supporting organizations: Esalen Institute, Interface, Mercy Center, Mount Madonna Yoga Center, Zen Mountain Center, Center of Transpersonal Psychology in London, ALUBRAT (Brazilian/ Portuguese Transpersonal Association), GRETT (Transpersonal Forum in France), Mexican Transpersonal Association, Unity Church and the Church of Religious Science.

## **PRIVATE PRACTICE**

1993-current private practice in psychospiritual somatic counseling, breathwork and enquiry with individuals with psychosomatic and personal problems in spiritual awakening, Bay Area, California.

Group retreats :

2000 Mercy Center, Burlingame, California  
Mt. Madonna Center, Watsonville, California  
1999 Westminster Retreat Center, Alamo, California  
1998 Zen Mountain Center, San Jacinte Mountains, California  
1997 Growing Edge Aurvedic Center, Big Sur, California  
Zen Mountain Center, San Jacinte Mountains, California  
1996 Madre Grande Monastery, San Diego , California  
Zen Mountain Center, San Jacinte Mountains, California  
1995 Mt. Madonna Center, Watsonville, California  
1994 St. Anthony Retreat, Three Rivers, California

## **JOB HISTORY**

### **In psychology, humanities, spirituality**

#### Institute of Transpersonal Psychology, Palo Alto, CA

2001 – current Assistant Professor of Transpersonal Psychology  
1993-2001 Adjunct Research Faculty, Extended Education Instructor

#### California Institute of Integral Studies

1993 – 2001 Adjunct Professor, Philosophy and Religion Program

#### Graduate Theological Union

1995-2000 Visiting Professor, StarrKing School for the Ministry

#### John F Kennedy University

1994 – present Adjunct Professor, Consciousness Studies Program

#### UC Berkeley

1994-1995 Instructor, Extended Education

#### Rosebridge Graduate School of Integrative Psychology

1993-1996 Adjunct Professor

#### Mercy Center (Catholic International Conference, Retreat, and Spirituality Center)

1995 – current Consultant

#### Esalen Institute

1994-present Instructor, work-study leader

Underground School of Psychophysical Self-Regulation, St.Petersburg, Russia

1987 – 1991 Instructor, senior faculty member

**In administration, non-profit work, and ministry**

Institute of Transpersonal Psychology

2003 - present Transpersonal Research and Education Specialization Founding Director

Hridayam® Church of Kundalini Yoga and Psychospiritual Development

(501(C) (3) Corporation). School of consciousness education holds several levels of experiential body-centered awareness courses, certified teacher training program, and the individual Kundalini process coaching training program.

1992 – present Founding President and Minister

“World of Breathing” International Association

St. Petersburg, Russia, a non-profit corporation

1990 – 1992 Founding President

**In science**

Pavlov Institute of the Academy of Sciences, St. Petersburg, Former USSR

1989 – 1992 Research Associate, Laboratory of Neurochemistry

1983 – 1989 Junior Research Associate

Cardiology Research Center, Academy of Medical Sciences, Moscow

1989 – 1991 Visiting Scientist, Laboratory of Immunological Methods

Institute of Childhood Infections, Ministry of Public Health, St. Petersburg.

1982 – 1983 Junior research associate, Laboratory of Functional diagnosis and Neurochemistry,

1980 – 1982 Senior research assistant

**CONSULTING AND SUPERVISION**

In transpersonal psychology (2004) – research consultant for the European Association of Transpersonal Psychology, London, U.K.

In spiritual direction (1987 – 1992), spiritual underground in Russia, Estonia and Moldova.

In counseling of spiritual emergence ( DSM IV code V ), for Mercy Center and other Catholic communities, Antropos counseling center in Livermore, outpatient medical clinics (1989 – present) in Russia before 1992.

Consulting in neuroimmunology (1987 – 1991) in St. Petersburg and Moscow, Russia, clinics of the Ministry of Health and of the USSR Academy of Medical Sciences.

### ACADEMIC DEVELOPMENT ACTIVITIES

2005 – current ITP Research Ethics Committee Chairperson  
2004 and 2006 Association of Transpersonal Psychology/Institute of Transpersonal Psychology bi-annual conference, Conference and Program Committee member  
2005 Sabbatical Committee Member  
2003 – current Research Development committee member at the Institute of Transpersonal Psychology  
2001 – 2003 Curriculum committee Member of the at the Institute of Transpersonal Psychology and the Diversity Council Chairperson at the Institute of Transpersonal Psychology

### THESIS ADVISORING

(Served as a Chairperson for the following Thesis at the Institute of Transpersonal Psychology, unless indicated otherwise).

#### Current

Apablaz, K. Hyperdiagnosis of ADHD in spiritually gifted children  
Little A. *Healing multigenerational family patterns using non-ordinary states of consciousness.*  
Kardos, I. *Mytho-poetic therapy with women immigrants*  
Hatt, S. *Attention-Deficit/Hyperactivity Disorder (ADHD) in Black and White: Phenomenological Inquiry in Narrative and Photograph Spanning the Racial and Socio-Economic Divide*  
Foggel, A. *Phenomenology of a Psychosomatic Conflict in Women of Chech descent.*  
Myller, M. *Black American Intergenerational Trauma: Scal development.*  
Shorter, J. *Phenomenology and Meaning Making of Visitation Dreams*  
Mulvihill, J. *Spiritual Dimension in Coping with Bulimia*

#### 2006

Farina, S. *Journeys to Wholeness: A Multicultural Study of Integration as a Mode of Acculturation in First Generation Immigrants in the San Francisco Bay Area* (Committee member)  
Burdge, S. *The relationship between spirituality and peace activism: Phenomenological inquiry into the experiences of peace activists in Israel.* Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.

#### 2005

- Meriwether, M. *Phenomenological study of effects of yoga and meditation on people suffering from asthma.*
- Schumaker, F. *Phenomenology of unresolved grief.*
- Larios, S. *The Effects of Journal Writing and Story Listening on World Assumptions, Spirituality and Health Following September 11, 2001.* (Committee member)
- Brown, J. *Attitudes of mainstream psychoanalysts and psychologists regarding the existence of the category of spiritual emergence.*
- Carey, T. *An Inquiry into the Divergent Interpretations of, and Valuations of, Western Buddhist Meditation Practitioners' involvement in Practices Which Emphasize the Ideal of Selflessness.*
- Kuhar, B. *Science as a path to God: a phenomenological enquiry into realization of an intelligence, God, or supreme order beyond the realms of science.*
- 2002 - 2004
- Callahan, M. *Distant energy healing as a potential means for treating clinical depression.*
- 2001
- Sepkos, M.. *Spiritual resilience in trauma survivors.*
- Moorehead, P. *The experience of transformation in Christian mysticism: interviews with nine Roman Catholic contemplatives*
- Williams, L. A. *Cognition and self-concept as predictors of non-prejudice.*
- 1999
- Stefik, B. S. *An exploratory study of the effects of practicing Tibetan dream yoga four foundations of waking life awareness and dreams.*
- McClellan, K. *Dark Night of the soul.*
- 1998
- Chang, I. C. *Chinese transpersonal education: effects on high school teachers and general public adults in Taiwan.*
- 1997
- Geddis, D. *Spirituality in work environment.* CIIS, M.A.Thesis.
- 1996
- Smith, M. *Journeying Home as Partners: Successful Long-Term Marriages of Partners in Alcoholism Recovery.*
- Compton, M. *Shekina and Cabbalistic studies of Trinity.* Ph.D.Thesis, California Institute of Integral Studies, San Francisco.
- 1995
- Olive-Stehli, L. *Jules Monarchin and Henri Le Saux: Two French Priests in India.* M.A. Thesis. California Institute of Integral Studies, San Francisco.
- Aidelberg, H. *Continuum Of Emotions and Chakras: Mathematical Modeling.*

Trendov, K. *Experience Of Drawing The Icon As Individuation*. M.A. Thesis. California Institute of Integral Studies, San Francisco.

Amlani, A. *Diet and psychospiritual development: physiological, psychological, and spiritual changes and challenges associated with lacto-ovo vegetarian, vegan, and live food diets*.

1991

Zulev, N. *Peripheral Neuropathies*. Ph. D. Thesis. Leningrad Institute For Physicians Advancement, St.Petersburg, Russia.

Totolyan, N. *Immune status in multiple sclerosis*. Ph.Thesis. First Medical Institute. Leningrad.

1990

Leikin, I. *Diagnostics and treatment of spinal blood circulation disorders*. Ph.D. Thesis. Leningrad Institute For Physicians Advancement, St.Petersburg, Russia.

Zuravlev, A. *Early pregnancy disorders - clinical strategy*. Ph.D. Thesis. First Medical Institute. St. Petersburg, Russia.

## **PUBLICATIONS & PATENTS**

### **Refereed Publications in Transpersonal Psychology**

Louchakova, O. (in press). Visioning the foundations of transpersonal therapy: Feminist phenomenological approach. *Synodies*.

Louchakova, O. (in press). Prayer of the Heart: Topological Self in the Ego-Transcendence Mode. *Existential Psychoanalysis*.

Louchakova, O. (in press). Spiritual Heart and Direct Knowing in the Prayer of the Heart. *Existential Psychoanalysis*.

Louchakova, O. (2006). Ontopoiesis and spiritual emergence: Bridging Tymieniecka's phenomenology of life and transpersonal psychology. In A.-T.Tymieniecka (Ed.), *From the Animal Soul to the Human Mind, Analecta Husserliana, V. 94* (pp. 43-68). Dordrecht: Kluwer.

Louchakova, O. (2005) Ontopoiesis and Union in the Prayer of the Heart: Contributions to Psychotherapy and Learning. In A.-T.Tymieniecka (Ed.), *Logos of Phenomenology and Phenomenology of the Logos. Book Four: the Logos of Scientific Interrogation. Participating in Nature – Life- Sharing in Life* (pp.289-311). (ANHU91). *Analecta Husserliana, v. 91*. Dordrecht: Kluwer.

Louchakova, O. (2005). On advantages of the clear mind: Spiritual practices in the training of phenomenological researcher. *The Humanistic Psychologist, 33, 2*(87-112).

Louchakova, O. & Warner, A.(2003). Via Kundalini: Psychosomatic excursions in transpersonal psychology. *The Humanistic Psychologist*, 31( 2-3), 115-158.

Brevde, G. & Louchakova, O. (2003). Transpersonalnaya Psychologia v SShA: istoria, problemy, perspektivy. Transpersonal Psychology in United States: history, problems, perspectives. *Vestnik Integrativnoi Psihologii*, 1, 14-16.

Wall, K. & Louchakova, O. (2002). Evolution of consciousness in responses to terrorist attacks: towards a transpersonal theory of cultural transformation. *The Humanistic Psychologist*, 30(3), 252-273.

Kungurtsev, I., & Luchakova, O. (1997). The unknown Russian mysticism: pagan sorcery, Christian yoga, and other esoteric practices in the former Soviet Union. In T. R. Soidla and S. I. Shapiro (Ed.), *Voices of Russian Transpersonalism* (pp. 7-15). Brisbane, Australia: Bolda-Lok Publishing and Educational Enterprises.

### **Non-Refereed Publications in Transpersonal Psychology**

Louchakova, O. (2005). Awakening to spiritual consciousness in times of religious violence: Reflections on culture and transpersonal psychology. In J. Drew & D. Lorimer (Eds), *Ways through the wall: Approaches to citizenship in an interconnected world* (pp. 32- 46). Lydney, Gloucestershire, UK: First Stone Publishing.

Louchakova, O. (2001). Words From the Soul. Time, East/West Spirituality and Psychotherapeutic Narrative. By Stuart Sovatsky. [Review of the book]. *Journal of Transpersonal Psychology*, 33(1), 74-76.

Louchakova O. (2005). Towards an Integral Strategy for Psychological Consciousness Research: Research Section in London Eurotas Conference, August 2004. Eurotas Newsletter online, 21, January 2005, <http://www.eurotas.org/headline1.htm>, retrieved 03/02/2005.

Louchakova, O. Essence of the Prayer of the Heart. (2004). In L. Lozowick, *Gasping for Air in the Vacuum.*, pp.35-50. Prescott, AZ: Hohm Press.

Louchakova, O. (2004). Transpersonal psychology 2004 conference. *Perspective*, June/July 2004, pp.22-23.

Luchakova, O. & Johnson, K. (2000). Icons: Windows to the divine. *The Quest*, 88(2), 44-50.

Kungurtsev, I. & Luchakova, O. (1994). The unknown Russian Mysticism: pagan sorcery, Christian yoga, and other esoteric practices in the former Soviet Union. *Gnosis*, 32, 20-27.

Kungurtsev, I. & Luchakova, O. (1994). Earth and spirit. *Gnosis*, 33, 14-21.

Louchakova, O. (1992). Principu chteniya esotericheskoi literatury. Principles of esoteric literature reading. In V.Chvanov (Ed.), Proceedings of All-Union Symposium. "Phenomeny jivoi i nejivoi prirody," Moscow, 1990: Baikal Foundation .

Kungurtsev, I., Luchakova, O. (1992). A proposal for collaborative psychedelic research in Russia. MAPS Newsletters, 3(2), 21.

Louchakova, O. (1990). Meditativnaya practica v letnem lagere dlya vsroslykh. Meditative practices in the summer camp for adults. In V.Antonov (Ed.), Raja and Buddhi Yoga (pp.423-428). Moscow: Association Cosmonautics to Humanity .

### Refereed Neuroscience Articles

Taranova, N., Dmitriev, Y., & Louchakova, O. (1992). Soderzhanie I oborot gangliosidov mozga u kryss s raslichnoi sposobnostyu obucheniya v normalnom sosotyanii I pri narusheniyah sna. Content and turnover of brain gangliosides in rats with different learning ability under normal conditions and under sleep disturbance. *Physiologia*, 6, 37-54.

Taranova, N., Totolyan, N., Louchakova, O., & Friedman, I. (1992). Autoantitela k cerebrosidam pri rsseyannom sklerose. Autoantibodies to cerebrosides in multiple sclerosis. *Sovetskaya Medicina*, 9, 26-47.

Taranova, N., Louchakova, O., & Guseva, V.(1991). Sposob otzhenki immunnoi reaktivnosti protiv nervnoi tkani v sdorovykh detyah. The method of estimation of the immune reactivity against the nervous tissue in healthy children. *Pediatria*, 7, 6-15.

Zulev, N., Lobzin, A., Louchakova, O., & Taranova, N. (1991). Sposob diagnostiki perifericheskoi nervopatii. The method for the diagnostics of periferal neuropathy. *Sovetskaya Medicina*, 28, 63-70.

Taranova, N., Sergeeva, S., & Louchakova, O. (1991). Nevroplasticheskie ismeneniya v neuroglie pod vliyaniem antitel k gliyaspecificheskim clicolipidnym antigenam. The neuroplasticity changes of neuroglia under the influence of antibodies to gliaspecific glycolipid antigens. *Dokl. Akad. Nauk*, 318, 244-247.

Makarov, A., Taranova, N., Louchakova O., & Leikin I. (1991). Antitela k glikolipidnum antigenam glii pri ostruh I chronicheskikh narusheniyah spinnomozgovogo krovoobrasheniaya. Autoantibodies to glia glycolipid antigens in acute and chronic spinal blood circulation disorders. *Z. Nevrol. Psychiatr.*, 91, 52-55.

Taranova, N. & Louchakova, O. (1991). *Diagnostika ismenenii v kletochnux strukturah nervnoi tkani. Metodicheskie rekomendatsii.* Diagnostics of the alterations of the cellular structures of the nervous tissue. Methodological Recomendations. St.Petersburg, Russia: Rus.Acad.Sci.publ.

- Louchakova, O. (1990). Vliyanie antitel k glycolipidam mozga na neorogliálnue otnosheniaya. Antibodies to brain glycolipid influence neuron-glia interrelationships. In E.Korneva (Ed.), *The Interaction of Nervous and Immune system* (pp.180-181). Leningrad: Acad.Sci.USSR & Acad.Med.Sci.
- Louchakova, O. (1990). Method for diagnostics of the alterations of the cellular structures of the nervous tissue in neurologic patients by the means of revealing the autoantibodies to the glycolipid brain antigen. In *The Proposals for Practical Use. Informational project*. P76.03.55, n.8 (pp.1-3).
- Taranova, N., Louchakova, O., & Buriakova, A. (1989). Antitela k cerebrosidam v suvorotke detei s neiroidetsiyami. Antibodies to brain galactocerebrosides in the sera of children with neuroinfections. *Z. Nevrol. Psychiatr.*, 89, 31-37.
- Taranova, N., & Louchakova, O. (1989). Antitela k galactocerebrosidam mozga kak immuodiagnosticheskiy test provrejdennii oligodendroglüi i myelina. Autoantibody to brain galactocerebrosides (galC) as an immunodiagnostic test of oligodendroglia and myelin damage. *J. Neurochemistry*, 52, suppl.1, S.196.
- Vinogradova, I., Dobretsov, M., & Louchakova, O. (1989). Antitela k glikolipidnum antigenam uvelichivayut medlennuye (neobuchnuye) potencialu v kontsevoi plastinke lyagushki. The influence of the antibodies to the glycolipid glia antigens increases the number of "slow" (unusual) miniature potentials of the end-plate of a frog. *Neurophysiologia*, 21, 217-222.
- Vinogradova, I., Dobretsov, M., & Louchakova, O. (1989). Vliyanie antitel k gliaspecificheckim glycolipidnum antigenam na sinapticheckuyu potentiatityu I depressiyu v nervnomushechnom cntacte v kontsevoi plastinke lyagushki. The antibodies to gliaspecific glycolipid antigens influence the synaptic potentiation and depression in the neuromuscular junction of a frog. *Dokl. Akad. Nauk.*, 304, 1504-1507.
- Sotnikov, O., Taranova, N., Chalisova, O. & Louchakova, O. (1989). Neirit- gliya vzaimootnosheniaya pod vliyaniem antitel k cerebrosidam. Neurite-glia interrelationships change under the influence of antibodies to galactocerebrosides (in vivo investigation of tissue culture). *Arch. Anat. Gistol. Embriol.* 46, 14-22.
- Suvorov, N., Makarov, F., Taranova, N., Rybakov, V., & Louchakova, O. (1989). Morfologicheskie i metabolicheskie izmeneniya v kletochnuh strukturah mozga pri nevroze. Morphological and metabolical changes in the cell structures of neurosis brain. In N. Suvorov (ed.) *Neurosciences: Experimental and Clinical Research*. (pp.55-66) Leningrad, Russia: Nauka.
- Taranova, N., & Louchakova, O. (1988). Neurosis induction influence upon the content and biosynthesis of rat brain gangliosides. In V.Shuvaev (Ed.) *Mechanisms of Regulation of Physiological Functions* (p.109). Leningrad, Russia: Acad. Sci.
- Taranova, N., & Louchakova, O. (1988). Effects of REM-SLEEP deprivation on brain and synaptosomal gangliosides content and turnover. *Neurochem. Intern.*, 13: suppl.1,178.

- Taranova, N., & Louchakova, O. (1988). Brain galactocerebroside immunogenicity in the people with nervous system diseases. *Neurochem. Intern.*, 13, suppl.1, 179.
- Louchakova, O. (1987). Micromethod for the determination of antibodies to nervous tissue galactocerebroside in complement fixation test. *Bull. Exp. Biol. Med.*, 104, 755-757.
- Taranova, N., Sergeeva, S., & Louchakova, O. (1989). Retzius neuron electrogenesis in the conditions of neuron-glia relationships altered by the antibodies to gliaspecific glycolipid antigens. In A.Roitbak (Ed.) *The Neuroglia Functions (p.11)*, Tbilisi: Acad. Sci. Georg.
- Vinogradova, I., Dobretsov, M., Bereznikovskaya, E., Matyushkin, D., & Louchakova, O. (1989). Possible Schwann cell function in the neuro-muscular junction of a frog. In A.Roitbak (Ed.). *The Neuroglia Functions (p.12)*. Tbilisi: Acad. Sci. Georg.
- Koslova, M., Glushenko, T., Slepko, N., Taranova, N., Andjan, N., & Louchakova, O. (1989). Glia cells differentiation in culture: morphological and immunocytochemical investigation. In A.Roitbak (Ed.) *The Neuroglia Functions. (p. 43)*. Tbilisi: Acad. Sci. Georg.
- Taranova, N., & Louchakova, O. (1987). Immunologicheskaya reaktivnost antitel k galactocerebrosidam myelina s antigenamy s rqualichnum lipidnum soderjaniem. Immunological reactivity of antibodies to myelin galactocerebroside with antigens different in lipid contents. *Neurochimia*, 219-226.
- Louchakova, O. (1987). Vyyavlenia antitel k neirospecificheckim antigenam dlya diagnostiki povrejdennii membran golovnogo mozga. Revealing of autoantibodies to the neurospecific glycolipid for the purpose of CNS membrane alterations diagnostic. In S. Severin(ed.), *Fundamental Neurochemistry - to Medicine. (pp.131-132)*. Gorky, Russia: Acad. Sci.
- Taranova, N., & Louchakova, O. (1986). Cerebroside of oligodendroglia and myelin:immunogenicity in the experiment and clinics. In S.Tucek (Ed.), *Molecular Basis of Neural Function. (p.422)*. Prague.
- Taranova, N., Kirtchik (Louchakova) O., (1985). Immunological reactivity of antibodies to myelin cerebroside in experiment and clinics. *Acta Neurol. (Napoli)*, 7, 243.
- Taranova, N., Kirtchik (Louchakova), O. (1985). Antitela k cerebrosidam myelina i ih rol v patogeneze autopimmunnuh demyeliniziruyushih sabolevanii. Antibodies to myelin cerebroside and their role in the pathogenesis of autoimmune demyelinating diseases (a review). *Z. Nevrol. Psychiatr.*, 85, 1863-1872.
- Ailamazyan, E., Taranova, N., Zuravlev, A., & Kirtchik (Louchakova) O., (1984). Exogenous 14-C-phospholipids absorption by the embryonal rat brain tissue during the last stage of prenatal development. In O.Adrianov (Ed.), *Developing Brain. (pp.214-215)* Tbilisi: Acad.Sci.Georg.

- Taranova, N., Shwalko, A., & Kirtchik (Louchakova), O. (1983). Aminoacid and protein spectrum and humoral immunity changes in children with Typhymurium infection. *In Acute Intestinal Infections*, VII, 60-63. Leningrad: Institute Experimental Medicine.
- Taranova, N., Shwalko, A., Rybalko, D., Kirtchik (Louchakova), O., (1982). Proteinogram and humoral immunity data changes during Typhymurium infection in children. In *Natural Immunity Factors*, VIII, 129-130. Chelyabinsk.
- Ailamazyan, E., Taranova, N., Zuravlev, A., & Kirtchik (Louchakova) O., (1984). Fetal tissue consumption of 14-C-labeled phospholipids injected into rats at the late stage of pregnancy. *Bull. Exp. Biol. Med.*, 48, 93-94.

### Patents

- Louchakova, O., & Zulev, N. (1991). Method for the differential diagnostics of peripheral neuropathy. Author certificate USSR, 4776382/14, *Bull. Otkr. Izobret.*
- Louchakova., O., & Taranova., N. (1988). Method for determination of the nervous system alterations. Author certificate USSR 1413531. *Bull. Otkr. Izobr.*,\_07.30.88.,n.28
- Louchakova., O., & Taranova., N. (1990). Method for obtaining the galactocerebroside antigen. Author certificate USSR 1461465. *Bull. Otkr. Izobret.*,\_02.28.89, n.8

### Manuscripts

- Louchakova, O. *Uncovering Prayer of the Heart: Handbook and Spiritual Transformation Guide*. Book proposal pending.
- Cultural Psychology: Human Beings in Context. Chapter for the *Psychology Text-book*, co-authored by the faculty of the Institute of Transpersonal Psychology, submitted to editor in Sept 2003.
- Louchakova, O. (2004). *Cultural Psychology: Culture and Consciousness*. On-line Study Guide. Institute of Transpersonal Psychology. Version 2.
- Louchakova, O. (2003). *Culture and Consciousness*. On-line Study Guide. Institute of Transpersonal Psychology.
- Louchakova, O. (2001). *Shakti-Yoga Verbatim (psychospiritual practices and contemplative psychological techniques)*. Lafayette, CA: Hridayam<sup>®</sup> School. Prepublication manuscript.

Louchakova., O. (1988). *Cerebrody nervnoi tkani i antitela k nim v experimente i clinice. Nervous tissue cerebrosidies and antibodies to them in experiment and clinical practice.* Unpublished doctoral dissertation. Leningrad, Russia: Acad. Med. Sci.

## Abstracts

Louchakova, O. (2006, April). Onotopoiesis and the Self: Phenomenological investigations of egological and non-egological condition [Abstract]. In *Toward a science of consciousness 2006*, Tucson, Arizona. Consciousness Research Abstracts, a service from Journal of Consciousness Studies, n. 238, p.168.

Louchakova, O. (2004, July-August). *Spiritual Tracks in Life-Span Development: Restoring the Human Person* [Abstract].. Paper presented at the 112<sup>th</sup> APA Convention, Honolulu <http://www.hridayamyoga.org/papers/complete.html>

Louchakova, O. (2003, August). *Psychospiritual development through the life-span* [Abstract].. Paper presented at the 111<sup>th</sup> annual American Psychological Association Convention, Toronto, Canada <http://www.hridayamyoga.org/papers/complete.html>

Louchakova, O. (2004, April). Via Kundalini: Intentionality of consciousness according to Shakta-Vedanta [Abstract]. In *Toward a science of consciousness 2004*, Tucson, Arizona. Consciousness Research Abstracts, a service from Journal of Consciousness Studies, n. 220, p.88.

Louchakova, O. (2004, February). *Phenomenological architecture of self-awareness: Applications in education and transpersonal psychotherapy.* Paper presented at the Transpersonal Psychology 2004 Conference of the Association of Transpersonal Psychology. <http://www.atpweb.org/present2004/louchakova.html>

Louchakova, O. (2004, February). *Character Transformation in Spiritual Emergence: Alternative Clinical Interventions.* Paper and workshop presented at the Transpersonal Psychology 2004 Conference of the Association of Transpersonal Psychology [Abstract]. <http://www.atpweb.org/ws2004/wslouchakova.html>

Taranova, N., & Luchakova, O. (1990). Antibodies to sulphocerebrosidies (SC): production, methods of determination, immune reactivity [Abstract]. In D.Biesold (Ed.) *Abstr. 8th Gen. ESN Meeting* (p.94), Leipzig.

Taranova, N., & Luchakova, O. (1990). Antibodies against brain galactocerebrosidies (GalC) in humans with acute neurological diseases [Abstract]. In D. Biesold (ed.) *Abstr. 8th Gen. ESN Meeting* (p.65,). Leipzig.

Loboda, E., Louchakova, O., Taranova, N., Makarov, A., & Leikin, I. (1989). Sensibilizatsiya immunnoi sistemy k neurospecificheskim glicolipidnum antigenam u bolnuh s narusheniayami

spinalnogo krovoobrasheniya. The immune system sensibilization to neurospecific glycolipid antigens in patients with spinal blood circulation disorders [Abstract]. In *The Advances of First All-Union Immunology Congress*, I, 79. Moscow: Acad.Med.Sci.

Louchakova, O. & Taranova., N. (1989). Anticerebrosidnuye antitela u ludey: productsiya, specifichnst, immunnaya reaktivnost. Anticerebroside antibodies in humans: production, specificity, immune reactivity [Abstract]. In *The Advances of 1 All-Union Immunology Congress*. II, 80, Moscow: Acad.Med.Sci.

Louchakova, O., (1987). Polychenie antitel k galactocerebrosidam mozga. Obtaining of antibodies to brain galactocerebrosides [Abstract]. In E. Severin(ed.) *Advances of All-Union Symposium on Lipid Biochemistry* ( p.113). Alma-Ata: Acad. Sci.

### **PROFESSIONAL MEMBERSHIP**

- Association for the Scientific Study of Consciousness (ASSC), member
- Association for the Study of Esotericism, member
- European Association of Transpersonal Psychology (Eurotas), member
- Association of Transpersonal Psychology , U.S. (Board of Trustees member)
- World Society for Clinical Yoga & Alternative Medicines, Lucknow, India (Hon. member)
- Kundalini Research Network (Board of Trustees member)
- Albert Hoffman Foundation (Board of Advisors, past member)
- Salus International Health Institute (Board of Advisors, past member)
- All-Union Society for Biochemistry and Neuroimmunology (Russia, past member)
- St. Petersburg Association for Transpersonal Psychology (Russia, past member)
- American Psychological Association (APA) Psychohistory Forum member
- American Psychological Association, Div 32 humanistic psychology member
- World Institute for Advanced Phenomenological Research and Learning, member

### **CONFERENCE PRESENTATIONS**

#### **Proposed**

Louchakova, O. (August, 2007) *Developmental Influences of Spiritual Experience: A Closer Look*. Paper for the Annual American Psychological Association convention, San Francisco, 2007.

### **Invited**

Louchakova, O. (October, 2006). "*Ontopoietic Healing of Trans-Natural Soul: Foundations of Clinical Theory in the Thought of Anna-Teresa Tymieniecka*". Paper for the annual meeting of the eastern Section of the American Philosophical Association, Washington.

### **Presented**

Louchakova, O. (October, 2006). *Mediating Intimacy: Essential Ibn-Arabi for education and psychotherapy*. Paper for the Muhyiddin Ibn'Arabi Society, Annual Symposium "Know Yourself", UC Berkeley, California.

Louchakova, O. (October, 2006). *Revisioning Transpersonal Psychotherapy: Feminist phenomenological approach*. Plenary talk for the Annual Conference of the European Association of Transpersonal Psychology, Loire Vally, France.

Louchakova, O. (August, 2006). Phenomenology of ego-transcendence: Methodological, cultural, developmental issues. International Human Science Research Conference, John F Kennedy University, Pleasant Hill, CA.

Louchakova, O. (June, 2006). Esotericism of the Heart in Sufism and Hesychasm: Ibn-Arabi's Interpreter of Desires and The Ladder of Divine Graces of Theophanis The Monk. Paper presented at the Second Biannual Conference of the Association for the Study of Esotericism, University of California, Davis, 2006.

Louchakova, O. (April, 2006). Ontopoiesis and the Self: Phenomenological Investigations of Egological and Non-Egological Condition. Paper presented at Arizona Science of Consciousness 2006, Center of Consciousness Studies, Tucson, AZ.

Louchakova, O. (2005, August). Self beyond the Ego: Issues in Phenomenological Psychological Study. In O. Louchakova (Chair), *Frontiers in transpersonal psychological research*. Symposium conducted at the meeting of the 24th Annual International Human Science Research Conference, Bournemouth, United Kingdom.

Louchakova, O. (2005, August). Ontopoiesis and Spiritual Emergence: Bridging Tymieniecka's Phenomenology of Life and Transpersonal Psychology. Plenary paper presented at the 55th International Congress of the World Society for Advanced Phenomenological Research and Learning, *Phenomenology of Life: From the Animal Soul to Human Mind*, Radboud University, Nijmegen, Netherlands.

Louchakova, O. (2005, May). Developmental Approach to Spontaneous Awakening: Case Histories and Clinical Strategies. Paper presented at the 6th annual Conference on Nondual Wisdom and Psychotherapy.

Louchakova, O. (2004, November). *Despertar Espiritual na Idade Moderna: Transformacoes do Ser*. Paper presented at the conference *Emergencia Espiritual e Crise Religiosa: Patalogia, Equilibrio e Ampliacao da Conscioencia*, Associacao Luso-Brazileira de Transpessoal, Lisbon.

Louchakova, O. (2004, August). *Transpersonal Epistemologies: Research of the Whole Person*. Keynote address, Eurotas Conference Research Section, London.

Louchakova, O. (2004, August). *Transpersonal Psychology as Human Science: Overview of the Qualitative Research Methods in Transpersonal Psychology*. Eurotas Conference, London.

Louchakova O. (2004, August). *Prayer of the Heart as a Preventive Medicine*. Eurotas Conference, London.

- Louchakova, O. (2004, August). Spiritual Life-Span Development as Restoration of the Human Person. Eurotas Conference, London.
- Louchakova, O. (2004, July-August). Spiritual Tracks in Life-Span Development: Restoring the Human Person. 112th APA Convention, Honolulu.
- Louchakova, O. (2004, July – August). Training of the Researcher’s Mind for Successful Qualitative Research. 112th APA Convention, Honolulu, 2004.
- Louchakova, O.(2004, August). Ontopoesis and Unity in the Prayer of the Heart: Contributions to Psychotherapy and Learning. Third World Congress of Phenomenology, Logos of Phenomenology and Phenomenology of the Logos, Oxford, England.
- Louchakova, O. (2004, June). Towards the Comparative History of Esotericism: Kundalini Awakening in the West. First conference of the Association for the Study of Esotericism “Esotericism From Europe to North America”, Michigan State University, East Lansing, Michigan.
- Louchakova, O. (2004, April ). Via Kundalini: Intentionality of consciousness according to Shakta-Vedanta. Paper presented at the Science of Consciousness Conference, Arizona Center of Consciousness Studies, Tucson, AZ.
- Louchakova, O. (2004, February). Character Transformation in Spiritual Emergence: Alternative Clinical Interventions. Paper presented at a Transpersonal Psychology Conference of the Institute of Transpersonal Psychology and the Association of Transpersonal Psychology, Palo Alto, CA.
- Louchakova, O. (2004, February). Phenomenological Architecture of Self-Awareness: Applications in Education and Transpersonal Psychotherapy. Paper presented at a Transpersonal Psychology Conference of the Institute of Transpersonal Psychology and the Association of Transpersonal Psychology, Palo Alto, CA.
- Louchakova, O. (2003, August). Culture and Body in Transpersonal Discourse. Paper presented at a Symposium Takes on Transpersonal Psychology – Emphases in the Field. 111th annual American Psychological Association Convention, Toronto, Canada.
- Louchakova, O. (2003, August). Psychospiritual development through the life-span. Paper presented at the 111th annual American Psychological Association Convention, Toronto, Canada.
- Louchakova, O. (2003, May-June). Transpersonal methodologies in research and education: Kundalini process, cultural studies, and fitness of the researcher training. Invited paper presented at the conference “Citizenship in the Interconnected World”, annual meeting of the European Association of Transpersonal Psychology, Bucharest, Romania.
- Louchakova, O. & Lukoff, D. ( 2003, May-June). Transpersonal Psychology in the US. Invited paper presented at the conference “Citizenship in the Interconnected World”, annual meeting of the European Association of Transpersonal Psychology, Bucharest, Romania.
- Louchakova, O. (2002, October). Psychospiritual practices from the Prayer of the Heart in monitoring the cardiovascular disorders: a case study. Paper presented at the bi-annual “Spirituality & Health-care” conference at the University of Toronto, Canada.
- Louchakova, O. & Warner, A. (2002, October). Neuroimmunology and Kundalini yoga: A comparative study towards direct knowing. Paper and poster session presented at the bi-annual “Spirituality & Health-care” conference at the University of Toronto, Canada.
- Wall, K. & Louchakova, O. (1998, August). Research on effectiveness of contemplative psychological techniques. Paper presented at the annual meeting of International Association of Applied Psychology, San Francisco, CA.

Before 1992 - multiple presentations in Neuroimmunology and Medicine

- 1991 Society for Neurology and Psychiatry, St. Petersburg, Russia
- 1990 National Symposium "Phenomena of Living and Non-Living Nature" , Moscow, USSR
- 1989 Fourth International School-Symposium "Mechanisms of Brain Function", Varna, Bulgaria
- 1988 Institute of Experimental Medicine of the Acad. Med. Sci., Leningrad, USSR  
All-Union Society for Biochemistry, Leningrad section.
- 1987 Seventh All- Union Symposium on Lipid Biochemistry, Alma-Ata, USSR
- 1985 First Soviet- Italian Symposium "Autoimmune Demyelinating Diseases", Leningrad

### **LECTURES, WORKSHOPS, TRAININGS, PANELS (INVITED)**

- Louchakova, O. (October 2006). *Inner Work with the Heart as Means of Self-Knowledge and Personal Transformation*. Workshop at the Annual Symposium "Know Yourself", Muhyiddin Ibn' Arabi Society, UC Berkeley, California.
- Louchakova, O. (2005, August). *Exploration of the Self through Prayer of the Heart: Applications in therapy and healing of cultural trauma*. Training conducted for the center of Transpersonal Psychology, London, United Kingdom.
- Louchakova, O. (2005, July). *Tantrik practices preparing for dying*. Workshop presented at the annual Association of Transpersonal Psychology conference, Berkeley.
- Louchakova, O. (2005, May). *Vedanta-Sufismo*. Training conducted for the Mexican Association of Transpersonal Psychology. Modulo VI Psicoespiritualidad. Pueblo, Mexico.
- Louchakova, O. (2005, January). Spiritual Guidance in Varied Traditions panel at a conference *The Heart of Spiritual Guidance*, The Institute of Transpersonal Psychology, Palo Alto, California.
- Louchakova, O. (2004, November). *Despertar Espiritual*. Invited workshop presented at a conference *Emergencia Espiritual e Crise Religiosa: Patalogia, Equilibrio e Ampliacao da Conscioencia*, Associacao Luso-Brazileira de Transpessoal, Portugal, Lisbon.
- Louchakova, O. (2004, February). *Research Frontiers in Spiritual Awakening: Transformations of the Self*. Colloquium presented at the Institute of Transpersonal Psychology.
- Louchakova O. (February 2004). Spirituality panel at a conference *Transpersonal Psychology 2004*, Association of Transpersonal Psychology and Institute of Transpersonal Psychology, Palo Alto, California.
- Louchakova, O. (May, 2002). *Neuroimmunology vis-à-vis Kundalini Yoga: life-span as a subtle energy endeavor*. Seminar presented at the Tesla Society of San Francisco.
- Louchakova, O. (1995, 1996, January-July). *Therapeutic Breathwork Training*, conducted for the Anthropos Counseling Center, Livermore, CA.
- 1992-2001 - multiple presentations at the Catholic, Episcopal and New Thought ecumenical conferences,
- 1993 - 1997 Kundalini Research Network and TREAT Annual Symposia
- 1996 - 1998 Esalen Invited Conferences:

1992 - Institute of Noetic Sciences, and Lincoln Center, New York

## **GRANTS AND AWARDS**

2003 – *Functional rearrangements in the human brain during the structured and registered exploration of self-consciousness: A culture-sensitive study*. Project submitted to the American Association of the Advancement of Science, in collaboration with The Pavlov Institute of Physiology, Russia, and the Department of Philosophy Rus. Acad.Sci.

2003 – project “Prayer of the Heart as an essential Activity of the Self” – project submitted to Stanford humanities center

1997 - John F Kennedy University, Professional Development Grant awarded to the study of the Prayer of the hearts

1987-1989 – biotechnology grants of the Shemyakin Institute of Bioorganic Chemistry, Russia.

## **REFERENCES**

Furnished upon request.

## **ADDITIONAL INFORMATION**

- ❖ Knowledge of English, Russian and written Sanskrit languages
- ❖ Excellent track record of teaching
- ❖ I interrupted the biotechnological production of several patented immunoassays involving cruel technology
- ❖ Interests in somatic experience, travel, art and culture, and people of different countries
- ❖ Interdisciplinary and encyclopedic knowledge
- ❖ Cross-cultural dialog, and existential enquiry experience
- ❖ Passion for bridging the gaps in favor of new emergencies