



Integral Mentoring and Ministry Curriculum

Program Requirements

The 2 year program leading to a certificate as an Integral Mentor requires

- 4 one semester courses (Specified below)
- 2 required workshops (on specific topics related to the Integral Model based on each students familiarity with the model)
- 4 elective workshops
- Participation in an Integral Master Mind Group
- 4 day program retreat

Satisfactory completion of all course requirements

The additional year of study leading to ordination as an Integral Minister requires

- 2 one semester courses
- 2 elective workshops
- 2 practice oriented intensives (Friday night, Saturday and Sunday)
- 4 day program retreat leading to ordination
- Completion of a final project related to the Integral Model
- Satisfactory completion of all course requirements

Two Program Core Courses Specifically for the Integral Mentoring Certificate and the Integral Ministry Ordination:

Course 1 – Mentoring Ourselves and Mentoring Each Other: Uncovering the Depth of Our Souls

(offered in the fall of 2011)

In this program we will study a variety of spiritual approaches and practices in an integral context. World renowned teachers will join us for an extraordinary experience of unity in diversity as we join together to enter a deep space with ourselves and each other. The teachings, exercises and practices will focus on seeing every experience in life as a spiritual opportunity, with a particular focus on the power of using our relationships as a source of spiritual friendship, healing and grounded evolution.

Individual interviews with the program facilitators and an initial meeting of the entire class (in person or via the internet) will orient students to the structure and flow of the course. Following a series of weekends with specific guest teachers, as specified below, students will have the opportunity to integrate those experiences through

- specific assignments,
- a series of conference calls and
- a final weekend devoted to solely to building a deeper understanding of both
 - the common thread running through the course as a whole and
 - the unique contribution of each set of teachings.

The weekends with renowned teachers include:

- **Finding Your Authentic Voice: Experiencing the Vibrations of the Seven Chakra's, Chloe Goodchild** Friday, September 16, 2011 7pm – 9pm; Saturday, September 17, 2011, 9am – 6pm; Sunday, September 18, 2011 9am – 5pm
- **Spiritual Friendship: Evoking the Energy of Transformation, Thomas Hubl,** Friday, October 14, 2011 7pm – 9pm; Saturday, October 15, 2011, 9am – 6pm; Sunday, October 16, 2011 9am – 5pm
- **Articulating an Evolutionary World Spirituality: Reimagining Our Lives, Reinventing Our Selves to Meet Challenge of the Times,**
- **Dr. Marc Gafni, Mariana Caplan,**
- Friday, October 28, 2011 7pm – 9pm; Saturday, October 29, 2011, 9am – 6pm; Sunday, October 30, 2011 9am – 5pm
 - **Embodying the Seamless Nature of Life: Waking Down with Each Other in Fullness, Saniel and Linda Bonder,**
- November 11, 2011 7pm – 9pm; Saturday, November 12, 2011, 9am – 6pm; Sunday, November 13, 2011 9am – 5pm
 - **Course Synthesis and Integration**
- **Lynn Feldman, Michael Pergola**
- Saturday, December 3, 2011, 9am – 5pm; Sunday, December 4 2011 9am – 5pm

Leaving behind the traditional spirituality that rejected the body as a source of temptation and sin, this course will explore the powerful energies that arise in the body while neither glorifying nor demonizing them. Rather, we will explore the various vibrations those energies assume in our bodies and how they become anchored mentally, emotionally and energetically. Without disowning the foundational expressions of these core energies, we will move beyond the either/or choice of either acting them out or repressing them. Through the sense experiences of sound, sight and word we will investigate our experience of that vital life force and the characteristic ways we make meaning of those naked energetic experiences (i.e. how do we channel that raw energy to live with ourselves and each other).

In the context of community and spiritual friendship this course will encourage each participant:

- To evolve personally
- To express their unique gifts
- To deepen their state of being, and
- To open more fully to the wisdom and joy seeking expression through their incarnation in this life and in this body

Our aspiration will be

- to open our energetic containers in a safe environment,
- to become aware of the fissures that limit our access to the vital life force,
- to see how those fissures developed in the course of our life experience,
- to strengthen our capacity to hold that élan vital without unnecessary repression or premature expression,
- to transform those energies into their higher vibrations

As we learn to embody an awakening for ourselves that encompasses both freedom and fullness, we will become better able to invite others into that same evolutionary vortex. In the process we will learn to

experience every event in life more fully, and to strengthen our capacity to metabolize even difficult experiences and intense energy as a part of our awakening. Simultaneously we will become better able to minister to others on that same step by step journey of an embodied, evolutionary awakening.

Through; sound, toning, heart gazing and rereading the sacred texts we will develop new capacities for our own life and new ways to invite those we work with to bring forth the depths of their souls and to express the rhythm of their hearts as a gift to the world. By expanding our limits mentally, emotionally, physically and spiritually we will learn

- to more fully inhabit our bodies,
- to live through challenges more gracefully,
- to experience joy more fully, and
- to open to a higher wisdom that transcends a narrow focus on our immediate needs

This course offering brings together the work of some of the most exciting thinkers on the planet with heartfelt practices and genuine experience. Each weekend with a world teacher will include exclusive time for IMM students, as well as time with a wider audience. Students will develop a panoply of skills and understandings that will prepare them to deal more skillfully with the many challenges life offers, and to be effective mentors and ministers in a wide variety of individual and community settings.

Using the groundbreaking framework of Ken Wilber as a context, and working with a distinguished faculty including; Terry Patten, Deborah Boyar, Chloe Goodchild, Thomas Hubl, Sanial and Linda Boonder, Mariana Caplan and Dr. Marc Gafni, the program will develop mentors and ministers who can serve as stewards of consciousness for the 21st century.

Course 2 – Re-Inventing Your-self on the Evolutionary Journey Home: Working through the States & Stages of Human Development

“While there may be rare individuals who have experienced instantaneous and lasting enlightenment, for most of us the spiritual journey is an ongoing process of development and unfolding. The notion that the journey from the ego (or lower self) to our true nature (or higher self) is a one-step process has caused no end of needless suffering and confusion.”

Ken Wilber

The Integral Perspective recognizes that each individual has a unique soul, a personal expression of the Great One that births us all. It sees that throughout history and across the globe various expressions of this fundamental oneness have emerged as different “surface structures”, but that those surface expressions rest on a common foundation or shared set of “deep structures”. This course explores the latest understanding of the stages those deep structures take on the evolutionary journey of consciousness.

At the same time the course incorporates an understanding of the extraordinary states of consciousness that have been central to the mystical teachings and practices of every great tradition throughout history. Access to these states can accelerate our development through the stages in certain ways, but is not a substitute for the ongoing process of differentiation and integration necessary to actually evolve through the waves of consciousness. **Utilizing knowledge unavailable 20 years ago, this course will explore the relationship between *states of consciousness* (the traditional purview of mystical spirituality) and *stages of development* (normally studied in adult developmental psychology).**

Topics covered below in more detail include:

- **Reclaiming lost territory**
- **Developmental Practices**
- **Course of Study**

Reclaiming lost territory

The course explores the challenges and the opportunities that we face as we navigate each step of that journey. With the awareness that “we can not skip steps” we will learn how to reclaim lost territory and to build a solid foundation for our own growth and for our work with others. Our capacity:

- to be truthful with ourselves,
- to see our strengths and weaknesses objectively, and
- to let go of the obstacles that have held us back

will expand dramatically. In the process we will learn to embody a heartfelt compassion and a deep wisdom that can transform every aspect of life – thoughts, feelings and behaviors.

Developmental Practices

Insights and practices from modern behavioral science and the humanities are woven together with the ancient teachings and the latest research on human development. This holistic approach provides a clear path for developing our capacity:

- as a midwife of consciousness,
- a facilitator of integral development, and
- a minister to the whole person – body, heart, mind and spirit.

Whether you’ve read some of Ken Wilber’s pioneering work, or simply feel ready to bring mind and heart into harmony as you take your next step, this course will give you a new understanding of your place in the world and a new set of approaches to create the life you most deeply desire, and to nurture others on the same journey.

Course of Study

I. Religion as Conveyor Belt to Spirit

- A. Catechism of the Stations of Life
- B. Transition and transformation skills
- C. Higher Stages & Higher States

II. Introduction to the Integral Map

- A. 5 elements of the AQAL map—intro
- B. Integral Operating System
- C. Quadrants
- D. Levels
- E. Lines
- F. States
- G. Types
- H. Zones
- I. Holons
- J. Perspectives, multi- and aperspectival awareness

III. Levels of Development

- A. Definitions

- B. Spectrum of Stages identified
- IV. Lines of Development Streams**
- A. Cognitive
 - B. Self Lines and how Spirit perceives self:
 - C. Values
 - D. Moral
 - E. Emotional: Joanne's area
 - F. Interpersonal- relationship and social competency and intelligence
 - G. Spiritual- Use of James Fowler
 - H. Needs
 - I. Kinesthetic: body and spirit healing work
- V. States of Consciousness**
- A. Natural states, non-ordinary states and their various cartographies or bodies that support them
 - 1. gross-waking body = physical, material, sensorimotor
 - 2. subtle-dream body = light, energy, emotional feelings, fluid and flowing, capable of visionary thinking
 - 3. causal-formless body = vast emptiness, Ground of Being, most subtle of all experiences that can become aware of Itself
 - 4. witnessing
 - 5. Ever-present, Non-dual
 - E. State training
 - F. Difference between States and Stages
 - G. Possibilities of errors in understanding States
 - a. pre/trans fallacy of interior states
 - b. possibility of reductionism and anti-intellectualism
 - c. uses of structuralism and possible pathologies in zones #4 and #2
 - d. discovery of directionality in the psyche in zone #1 can be discovered in structures
 - H. Importance of degree of consciousness to developmental trajectory
- VI. Wilber Combs Lattice**
- VII. Shadow issues emerge at each stage**

2 Program Core Courses (for the Integral Mentoring Certificate) from the Evolutionary Wisdom Curriculum include:

Course 3 – The 10 Premises of an Evolutionary Global Spirituality: Developing Personal Depth, Awareness and Presence as the Foundation of a Purposeful Life and Authentic Leadership

This course is designed to facilitate the process of inner transformation by deepening our capacity for *awareness* and *presence*. Built around One Spirit's 10 Premises of an Evolutionary Global Spirituality, the course explores the foundational practices and principles necessary for individual and social evolution. Personal and interpersonal development will be encouraged through a variety of approaches, including experiential exercises, readings, presentations, meditation, self reflection, journaling, drawing, dream

work and group dialogue. A series of personal practices will be encouraged to deepen our self understanding, spaciousness and equanimity in the face of challenges and stress.

Topics covered below in more detail include:

- **Awareness**
- **Presence**
- **Listening & Conversation**
- **Course of Study**
- **Who will benefit from this course**
-

Awareness is the simple, but not easy, inner capacity to know what we are experiencing in the moment.

To be more aware means to

- have more choice as to how to respond as various situations arise
- be more self-aware
- have greater awareness of others, and
- a more holistic awareness of the larger context and process.

It can also be described as Emotional and Social Intelligence. A large body of empirical data indicates that these capacities are essential for wise and effective leadership.

Presence is a subtle energetic quality that is experienced as

- centeredness
- relaxed attentiveness,
- spaciousness
- fullness, and
- deep peace

Full contact with the present moment frees us, at least in the moment, from the automatic patterns of the past and gives us access to new possibilities for the future. As our sense of presence increases, our capacity to open our awareness increases simultaneously. When we are deeply *present* we

- convey a sense of truthfulness
- are able to focus our own attention
- can draw the attention of others to a new level
- can ease our own and others anxiety, and in the process
- invite others to step into the crucible of transformation

The sense of spaciousness and genuine interest that we convey when we are *truly present* inspires others to look at their inner obstacles to success, and to step forward into a new level of their own potential.

Listening & Conversation

Presence is an inner capacity that allows us to listen fully to other human beings and to be more fully in touch with our own inner wisdom. We sense, with surprising accuracy, what will move the situation forward and what will get in the way or be a diversion. A leader, or for that matter a human being, who develops their capacity for presence:

- creates a space for vital conversation
- helps build authentic relationship
- invites genuine dialogue, between two people
- sets a large group context that fosters healthy, honest and positive participation, and
- encourages a quality of engagement that generates what can only be described as interpersonal meditation.

In the crucible of those conversations people speak the truth to each other in skillful ways that encourage inner transformation and highly effective collective action. The inner capacity for focused awareness and genuine presence provide a vital energetic foundation:

- for facilitating personal evolution
- learning a new capacities for team effectiveness
- developing deeper levels of authenticity, and
- providing inspiration to others to engage the great work of personal and collective transformation

Course of Study

- Awareness of Self, Other & World
- Social and Emotional Intelligence
- Developing Presence and Depth
- Body Awareness in the Spiritual Process
- Object Relations and the Development of the Conditioned Self
- Relational Dialogue
- Deep Listening and Inquiry
- Experiencing Our Authentic Self
- Working with the Shadow & Projections
- Encountering the Super-ego
- Growing Beyond Our Conventional Identity
- Transforming Difficult Emotions
- Cultivating Spaciousness
- Opening the Heart in Skillful Service

Who will benefit from this course

This course will facilitate both **personal and professional growth**. You will be encouraged to re-imagine your life, live your soul's purpose more fully and find new possibilities for self expression and service to others. As you open to more skillful ways of relating to yourself and those around you, you will become more present in every moment and more mindful in every encounter. Your ability to help others thrive in a changing world will expand exponentially.

Regardless of what role you play in society this course will help you be a more positive influence on everyone you meet. It has special relevance for leaders, managers, mentors, ministers, entrepreneurs, community organizers, consultants, teachers, ministers, counselors, coaches, health care professionals, legal practitioners, government workers, volunteers, clergy, parents and grandparents.

We will take an in depth look at our patterns of relating to ourselves, our partners, friends, family, co-workers, business associates and the wider community. Class members will explore the importance of communicating in a way that transforms our relationships. We will learn to move from a focus on self interest and seeing problems to a focus on creating new possibilities for ourselves and our community.

Course 4 – The Essential Journey from “I to We to All of Us”: Breaking the Bubble of Our Mistaken Identity and Learning to Play with Others to Create Excellence

This course will facilitate both personal and professional growth. All of us in contemporary life are involved with a myriad of organizations, groups and relationships. Whether at home or at work, we may sense that our participation could be more effective and our experience more satisfying if we only better understood what it means to live, love and work with others. Regardless of what role we play in society this course will help us move closer to that aspiration. It holds special potential for anyone who influences others and would like to interact with more understanding and a greater sense of ease.

This course will help you to

- develop yourself
- impact others more skillfully, and
- make a positive difference in the world.

Topics covered below in more detail include:

- **Who will benefit from this course**
- **What you will learn**
- **What questions will we address**

Who will benefit from this course

Students will develop practical skills for working in one-to-one relationships, groups and organizations, and to help others develop these same capacities. During this course participants will have the opportunity to develop the courage to show up authentically and honor multiple perspectives, while learning about the power of language and context. We will explore our patterns of relating with each other as they manifest with our partners, friends, family, co-workers and community. Practical skills for working with others in organizations will include facilitation, dialogue, the art of skillful conversation and an understanding of group dynamics and evolutionary change.

You will be prepared to become facilitators, spiritual counselors, mentors, adaptive leaders and integral ministers who are better able to meet the challenges of today's world. If you are a; Leader, Spiritual Counselor, Mentor, Minister, Consultant, Coach, Entrepreneur, Community Activist, Teacher, Health Care Professional, Legal Practitioner, Government Worker, Volunteer, Parent or Grandparent you will find this course of great practical value.

In this course we will distinguish between the stories in our lives that expand our horizons and those that limit us. In so doing, we change our relationship to the past and the present as we open to new possibilities for the future. Through the practices of awareness, presence and inquiry, we will develop new capacities for leadership and influence that will ignite the larger purpose that seeks to live through us.

What you will learn

- Identify your strengths and areas for growth
- Let go of assumptions, beliefs and defenses that no longer serve
- Enhance your mentoring, counseling and leadership capacities
- Investigate assumptions and defenses that effect your participation in groups
- Open to multiple perspectives
- Learn to reconcile polarities and conflict

- Develop a new state of being that supports a fuller expression of your soul
- Deepen your ability to relate more skillfully with others
- Enhance your ability to listen
- Open to see multiple perspectives and better understand others' point of view
- Learn and practice facilitation skills for your personal and professional life
- Foster the development of awareness, presence, and inquiry
- Deepen into a larger experience of who you are, and
- Practice facilitation skills for your personal and professional life
- Understand the impact our family and cultural background has on our ability to be of service
- Increase your ability to engage fully in every moment of life

What questions will we address

In the course of our journey we will encounter many questions, including:

- Who am I in relation to the experiences of “we” and of “all of us”?
- How have I been patterned by my family of origin
- How has my life story unfolded through my relationships?
- How can I support others as they face life’s challenges?
- What is my experience when involved in groups
- How can I influence positive change in the organizations I am a part of?
- How can I become more fearless, compassionate and resilient?
- What practices open my heart to engage more fully in the world?

2 Additional Courses for the Integral Ministry Ordination

Course 5 – Integral Ministry Course A: Ancient Wisdom for Modern Life: *The Great Religious Traditions in the Light of Contemporary Knowledge*

Ancient Wisdom for Modern Life encourages a direct experience of the mystical aspects of the world’s great spiritual traditions. The program explores the re-expression of those ancient understandings in the light of contemporary scientific and relational theories.

Through experiential exercises, reading, lecture, and dialogue we will build a trans-traditional understanding of the common ground beneath all the ancient paths and contemporary theories.

Through meditative and related practices we will translate our understanding into

- greater personal maturity
- a more skillful life, and
- healthier relationships.

Topics covered below in more detail include:

- **Mystical knowledge**
- **Course of Study**
- **Focus on the Traditions in the Light of Contemporary Theories**

Mystical knowledge

Mystical knowledge does not focus on facts, beliefs and doctrines but on the natural state of consciousness, direct experience, and insight (an extraordinary state of knowing called *gnosis* in the west and *jnana* in the east). This type of knowledge does not depend on academic or scholarly qualifications but on a person's capacity for presence. Nevertheless, a clear understanding and a grounded approach to practice are a vital part of most people's capacity to understand, experience, and remember the nature and meaning of their mystical experiences. Such gnosis offers wisdom, flexibility and appropriateness as it rises in the moment.

Course of Study

- A Trans-Traditional View of the World Religions
- Eastern Spiritual Paths and their Mystic Practitioners
- Western Spiritual Paths and their Mystic Practitioners
- Contemporary Spiritual Paths
- Neuroscience and Spirituality
- Social and Emotional Intelligence
- Conventional & Transpersonal Psychologies
- Healthy and Meditative Communication Rhythms
- Authentic Communication as the Heart of Sacred Relationship

Students will incorporate new insights, practices and interpersonal patterns into their daily routines. By seeing our personal and professional relationships, study groups, and program community as opportunities for interpersonal communion, we will develop new capacities for authentic relatedness and genuine communication.

Focus on the Traditions in the Light of Contemporary Theories

One of the primary emphases of this course is the way that each tradition addresses the question of identity and the polarity between self expression (autonomy) and community participation (connection). In this context one of the great spiritual questions is *Who am I?* Each of the great traditions has a slightly different take on this fundamental question, with a different emphasis on the nature of spiritual growth, prayer, meditation, ethics, life purpose and the role of spiritual texts. As we explore the similarities and differences in each tradition we will pay particular attention to one or two important aspects of each ancient teaching. The exact set of teachings for each weekend will be determined by the renowned guest presenters and the program faculty. Examples of topics that may be explored in any particular weekend are explained below.

- In Buddhism we may explore emptiness or sunyata
 - Entering Deeply into Our Lives: Buddhism and Emotional Intelligence
- In Christianity we may explore death and resurrection
 - Staying Present to the In-between: Christianity – Emptiness & Resurrection as a Metaphor for Transformation
- In Sufism we may explore the beloved
 - Breaking Through the Personality: Sufism & Surrender on the Road to Transformation
- In Judaism we may explore the power of community and the I Thou relationship
 - Being Our Unique Self in Relationship: Judaism – Recognizing the Depth In & Through Each Other
- In Hinduism we may explore dharma and diversity
- In contemporary spiritualities we may explore the Course in Miracles and forgiveness
 - Relationship as a Spiritual Path – Perspectives on “Getting Out of the Box”: The Aringer Institute, A Course in Miracles and Spiritual Friendship

- In Taoism we may explore ease, effortlessness and flow
 - The experience of Flow as understood by contemporary psychology
- In Native American/Indigenous Spirituality we may explore our relationship to the earth, our ancestors and future generations
 - Creating a new story of our origins and place in the cosmos in the light of contemporary knowledge and the work of Thomas Berry and Brian Swimme

We will work with the difference between the exoteric and the esoteric teachings in each tradition and use a contemporary approach (Emotional Intelligence, the Bridges Change Model, Imago Therapy, Shadow Work, the Arbinger Institute, the Psychology of Flow for example) to provide a new perspective on the traditional teachings. The entire course will be held in a developmental framework, with attention to levels, lines and states.

Integral Ministry Course 2 - Re reading the Sacred Texts in the Context of a World Spirituality: A Contemporary Understanding of Human Life, Waking Up to Emptiness and Waking Down to Fullness

Course content under development (to be offered in 2012)