

INTEGRAL SPIRITUAL EXPERIENCE — “States” breakout groups with Saniel Bonder in “AQAL and the Unique Self” modules

Theme: “Spirituality is not just evolutionary. It is itself evolving.”

In this interactive, lively group, we’re going to explore how Integral and related processes, including the ‘WholeHEART Way’ work that Saniel and his wife Linda teach, empower us to continually evolve in both:

- (1) the kind and quality of states we experience and realize, and
- (2) how we understand and relate to them.

Objectives. It’s our hope and intent that each participant will:

- gain a greater capacity to discern distinctions between different kinds of states and their roles in an Integrally-informed spiritual life
- learn how to serve his/her own ongoing growth by deeply questioning their own and others’ assumptions about why and how best to cultivate state-experiences and state-stage realizations
- come away liberated and equipped to walk their own Unique Self path in the midst of all state events and transitions that may occur

Along with presenting by the facilitator, our work will include dyad or triad groups, movement and dance exploration/expression, brief meditation, Q&A, and whatever other playfully serious ways present themselves to serve our intent and objectives.

Some of the questions we’ll explore:

- Is it really true that spirituality is itself evolving?
- If it is, what current evolutionary edges are being revealed in Integral and related evolutionary ‘greenhouses’ about States?
- If a “new enlightenment” is indeed coming into existence in our time, what old assumptions about states and how to relate to them would we do well to question? And . . . why?
- What are the most advantageous and trustworthy types of resources available for our pursuit of State experiences and/or realizations we aspire to?
- And, what are some of the least advantageous and trustworthy types of such resources? And . . . why?