



Bay Area Integral

Bay Area Integral presents:

Monthly Integral Community Gatherings with Terry Patten

Also see: <http://integralheart.com>

May 29 “The Heart of Integral Consciousness”

June 26 “Big Mind”

July 24 “Integral Politics

Aug 21 “Integral Life Practice”

Sept 18 “What Is Integral Community?”

Northbrae Community Church, 941 The Alameda, Berkeley
www.northbrae.org/directions.htm.

Local Integral Community Conversations

For the next several months, I'll be gathering once a month to help start and facilitate some authentic meetings in being. They'll vary in format. Sometimes I'll prepare a dynamic experiential teaching process in advance, and sometimes I'll invite you to an unstructured conversation that can surprise us as it spontaneously emerges and evolves. Sometimes we'll meditate. And we may on occasion explore our awareness using voice dialog.

- We will gather and engage **cognitively, emotionally, physically, interpersonally, and spiritually**
 - Our meetings will include **uplifting presentations and discussions**
 - **Experiential exercises** will help you participate in a way that is **vivid and real**
 - Through **group sharing** and practice you can use this as a **personal and intimate** foundation for upping your commitment and awareness.
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Meeting dates: Thursday Evenings 7 to 9:30 PM

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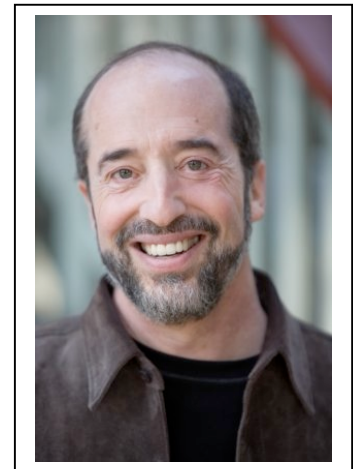
Suggested Donation: \$20 per meeting

To reserve your space: RSVP (see details below) to jordanluftig@hotmail.com

Terry Patten

Terry Patten worked with Ken Wilber and a core team at Integral Institute to develop Integral Life Practice, which distills ancient and modern practices into an intelligent contemporary transformational lifestyle. He has been walking the path for over thirty years, and has guided hundreds of people in discovering and deepening their practice, and in actualizing their higher potentials.

Terry was an early and longtime student and editor for the brilliant and controversial American spiritual teacher, Adi Da Samraj. He was also the founder and guiding spirit behind the Tools For Exploration catalog, which first presented and educated about the many emerging brain-mind machines, subtle energy tools, and other cutting-edge technologies for expanding awareness. He is also a grassroots conservationist involved in supporting the wise stewardship of restorative Redwood forestry.



Terry is a practitioner, writer, teacher, trainer, coach, and entrepreneur. He currently lives in San Rafael, California with his wife and son, where he recently finished a book, with Ken Wilber: *Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening*. He is deeply involved with the evolution of Integral spirituality, and is currently working on new projects on Integral Coaching, Integral Politics and Character Education. Terry is also a student and friend of Genpo Roshi, who has trained and certified him to lead groups of people into Big Mind, to meet their Original Face.

Our monthly gatherings will be limited in size. RSVP to reserve your space! Write to

jordanluftig@hotmail.com. If you are also responding for a spouse or friend, please include the names and email addresses of anyone else who will attend with you.