

January 10, 2009

Dear Friends,

Happy new year!

You're invited to participate in the 2009 Berkeley Integral Life Practice Sangha will have 20-30 people in the group.

All my life, and again in the process of writing the book ***Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening*** (co-authored with Ken Wilber, Adam Leonard, and Marco Morelli.) It explores how the impulse to become more aware, to care, and to be fully present can best be realized via a committed life of practice, taking advantage of Integral cross-training, in body, mind, spirit, and shadow practice, while regarding every moment of life, and all our relationships, as the arena in which practice comes "all the way down."

I've studied what empowers growth. A few key assists can really help us boost our authenticity, depth, growth and highest possibilities: **Inspiration. Friends. Practice. Perspective. Accountability.** I decided to lead a group this year to seize all these advantages. Let's support each other to meet the adventure of 2009 at a new octave of depth, openness, awareness, and aliveness.

Some key information about the structure of the sangha:

Devotion. Real spirituality is about love, and about intimacy with Spirit, appreciation and gratitude for the blessings in our lives. We'll begin by reawakening that fundamental ground, and continually refreshing it throughout the year.

Customization. Each of us will clarify our unique focus, our special challenges and opportunities. We'll find our heartfelt, loving inspiration. And we'll use the "open architecture" principles of ILP to clarify and streamline our practice and our lives.

Integral design. Our session format will continually morph. We'll go from listening to speaking to silent meditation. From sitting together in a circle, we'll clear the space for movement, then sit theatre style, then in small intimate circles, then sit separately, journaling. We will use our left, then our right brains. Then we'll exercise or dance. Then we might hear from various buried internal "voices." We'll support each other, and we'll enter into high states. We'll study, gain insight, then we'll go deep, daring

to open. We'll dance and celebrate, then we'll get real, and make powerful life changes.

The year-long group will begin on January 22nd, meeting on the 1st and 3rd Thursday of each month. We'll also have a couple of full-day sessions over the course of the year. I will be leading most of our meetings, and we'll also have some guest teachers and group processes. We've decided to keep the cost low, so it will be only \$75/month.

Contact me for three documents: a registration form, a group agreement form, and a confidential personal questionnaire. I hope you will decide to participate; if so, it would be helpful if you would use these documents (they're .doc files so you can play with them to enter your own information) to send information to me. If you'd prefer to print them out, fill out by hand, and mail or scan them, that's just fine. Email me for my snailmail address if you need it.

You're invited to join with me in this new sangha.

In service,
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Meeting Date/Time: January 22, at 7:00 PM
Location: Northbrae Community Church, 941 The Alameda,
Berkeley, CA 94707
Directions: www.northbrae.org/directions.htm