



---

## **Integral Spiritual Practice – A Deeper Experience:**

A Circle of Guided Practice & Evolutionary Mutuality,  
with Terry Patten

## Integral Spiritual Practice – A Deeper Experience:

A Circle of Guided Practice & Evolutionary Mutuality,  
with Terry Patten



Dear friends,

If you've taken my 8-week course—and begun the process of incorporating an evolutionary practice into your life—you've experienced some of the benefits of a daily Integral Spiritual Practice. You may feel happier and/or clearer more of the time, more emotionally available for others... or simply more in tune with the Mystery, more grateful to be alive.

Many people report that significant blockages in their lives (points of stuckness that may have holding them back for years) begin to open, and a **new creative energy** surges forth, as new possibilities of become apparent in their projects and relationships.

Anyone who really takes up Integral Spiritual Practice can't help but transform. Even if you haven't done your daily practice 100% of the time or completed all the course sessions fully, and even if you've apparently strayed off the path at times—if you've made a heartfelt commitment to transformation, and if you've consciously chosen to keep practicing, you should be noticing some real shifts in your being by now, whether subtle or overt.

A question that often arises at this point, and which several course participants have asked me, is, **"What's next? How can we continue growing and deepening our practice, building on the foundation we've established over the last 8 weeks—and how can we do so in community, with your continued guidance?"**

There's a desire to connect in real-time—with me and other practitioners—to support and stabilize the transformation you've experienced recently, and to catalyze an even deeper level of working together.

I understand this need for *sangha*, and for a living personal relationship to a teacher, knowing how crucial it was to my own maturation and deepening. I'm also sympathetic to the feeling that an online course with hundreds of participants can lack some of the juiciness that naturally comes from a smaller, more intimate group, working together more intensively and with greater accountability.

I know that some people need that "personal touch" and thus for some it's hard to get deep benefits from an online process with a large group.

In response, I'm excited to offer a new program entitled **Integral Spiritual Practice: A Deeper Experience—A Circle of Guided Practice & Evolutionary Mutuality** to explore the deeper transformations that come from engaging a daily practice in community.

## Integral Spiritual Practice – A Deeper Experience:

A Circle of Guided Practice & Evolutionary Mutuality,  
with Terry Patten



This 4-month program will be limited to **8-10 participants** (no more than 12) to insure that we have a truly intimate container, and to guarantee that I can give each participant a significant amount of personal attention.

In addition to creating new resources to support your individual exploration, I will hold **eight 120-minute interactive teaching calls** over the course of the 4-month program.

To further deepen the level of personal guidance, I will also, as a part of the program, engage each participant individually in a **60-minute private session** where we'll explore what's most pressing for you in your life and practice.

If this opportunity resonates with your inner calling, I'd like to welcome you into this sacred circle, and you'll find more details below on what the course entails, including information on how to apply.

This format will offer the kind of life-transforming work that makes the biggest lasting difference in people's lives. I'm delighted to make it available to anyone who feels served by my teaching in the ISP course. I look forward to connecting more deeply and personally with those of you who want to join me in taking this next step together.

In service, and with love,  
Terry



## Integral Spiritual Practice – A Deeper Experience:

A Circle of Guided Practice & Evolutionary Mutuality,  
with Terry Patten



## About the Program

**Integral Spiritual Practice: A Deeper Experience** is a 4-month program designed for people who have completed the 8-week Integral Spiritual Practice online course. It's a way for committed practitioners to deepen their practice in a small, intimate community, with the personal guidance of Terry Patten.

Integral Spiritual Practice—A Deeper Experience offers:

- An intimate circle of 8-10 (not more than 12) practitioners.
- 8 live sessions with Terry Patten (approximately 2x/month) — 90-120 minutes each, to include:
  - 20-30 minutes of **new teachings**, building on the foundations of the 8-week ISP course
  - Personal check ins – a transformational opportunity **to be heard and seen** in your process, whatever it is
  - Opportunities to **ask questions** and **receive personal coaching**
  - Guided invocations of **high states of consciousness**
  - Deep conversations purposed to evoke a **collective field of awakened intelligence**
- **Special bonus:** One 60-minute **private session with Terry**, where you can explore what's most alive and pressing for your in your practice and life



### Plus:

- We'll **buddy up** in pairs or triads with fellow practitioner friends:
  - Connect for mutual support via this "buddy" system
  - Receive clear guidance on how to skillfully engage each other for maximum connection and mutual benefit
- You'll receive brief **readings** to focus your awareness prior to each session

## Integral Spiritual Practice – A Deeper Experience:

A Circle of Guided Practice & Evolutionary Mutuality,  
with Terry Patten



- **Reflection questions** will be posted after each session with Terry for contemplation or journaling.
- You'll receive some guidance for your intimate work with your **practice partner or "buddy."**
- You'll have access to a small private **online group forum** for spontaneous sharing and connecting between meetings
- You'll be invited to participate in **morning virtual practice sessions** for prayer, meditation, and exercise.

And you'll enjoy:

- A **relaxed pace** with sessions every 2-3 weeks
- An **opportunity to review, integrate, and deepen** your relationship to everything in the 8-week ISP course

## What You'll Experience

- Experience the **profound intimacy** that arises when sincere practitioners explore their fears, hopes, and highest aspirations vulnerably together in a **human-sized group**.
- Take the journey of joining with others in creatively and productively exploring **our most real questions, challenges and discoveries**.
- **Awaken with others** by sharing the process of asking your biggest "big questions" — even questions for which none of us yet have sufficient answers!
- Explore how to more fully connect your life and sacred mission to a vast source of **renewable inspirational power**.
- **Be supported** in your ongoing practice of regularly reawakening to your divinity.
- Be supported in **awakening to your unique gifts** — AND learn to truly give them to others rather than focusing on or defending them.



## Integral Spiritual Practice – A Deeper Experience:

A Circle of Guided Practice & Evolutionary Mutuality,  
with Terry Patten



- Learn how you can skillfully awaken others by embodying your Integral Spiritual Practice, without creating a backlash by evangelizing.

## Additional Areas of Exploration

- **Work more deeply with your shadow.**
  - Explore with others how your fear creates shame, and how shame triggers unconscious self-soothing behaviors (our many “little addictions”).
  - Discover how you can freely choose to break the cycle.
- **Find your real answers to the very toughest practice question:**
  - What are your options when you find yourself in the hell of anxiety and disconnection?
  - What baby steps can you take, even then, to clear your mind, open your heart, and awaken to the Mystery?
  - How can you find the intention to practice when you don’t feel it?
- **Learn to navigate the changing seasons of your life:**
  - Get support for practicing even when practice is hardest.
  - Explore the tricky business of making life transitions, such as when your partnership or job ends, or when a new one begins.
  - Consciously prolong your health and vitality while, through practice, you transform your experiences of the losses associated with aging.
- **Explore the big riddles, or “koans” of our turbulent times and world crises –together with an intimate group.**
  - Let’s discover how integral spiritual practice and serious evolutionary citizenship can create the context for more profound collective consciousness and intimacy.
- **I will share more deeply about my devotional life, including:**
  - My adventures in vision-logic, devotional ecstasy, radiant transcendental consciousness, and impossible paradox with my root-guru.

## **Integral Spiritual Practice – A Deeper Experience:**

A Circle of Guided Practice & Evolutionary Mutuality,  
with Terry Patten



## Program Details

### ***How do I sign up?***

Go to <http://www.integralspiritualpractice.com/circle-of-isp-mutuality-registration> and fill out the application, and submit your deposit via PayPal.

### ***What happens next?***

Terry will personally review the applications and Liz will contact you within 3 days via email or phone to schedule a 20-minute interview with Terry (this is not the same as the 1-hour private session described above). During the interview, you and Terry will determine if you're a "fit" for the circle. If you are approved, we will ask you to pay the remaining balance and then send you a confirmation once you are officially in the program

### ***When will the meetings take place?***

Since we have participants in many time zones across the world, we're asking applicants to pick the times that would work best for them from among a list of times that work for Terry. On the application form, you'll be able to pick all the times that could potentially work for you, and we'll simply choose the time that works for the most people.

Here are the available times on the application:

Sunday 8-10 AM Pacific Time

Sunday 5:30-7:30 PM Pacific Time

Tuesday 5:30-7:30 PM Pacific Time

Wednesday 5:30-7:30 PM Pacific Time

Thursday 5:30-7:30 PM Pacific Time

Saturday 9:00-11:00 AM Pacific Time

### ***What if I can't make any of the times that are ultimately chosen?***

No worries. Just let us know within a week and we'll process a full refund for your deposit payment.

### ***What is the cost, and how is it paid?***

\$1,997

Deposit due upon submitting application: \$500

(This amount is deducted from the program fee when you pay the remaining balance.)

### ***How can I find out more?***

Please email program coordinator Liz Kennedy at [liz@integralspiritualpractice.com](mailto:liz@integralspiritualpractice.com) or call her at 310-928-6569.