

EWP6206: INTEGRAL TRANSFORMATIVE PRACTICE:
EVOLUTION FROM WITHIN

Spring 2006 (3 units).

Jan 23 Monday (3:00-6:00pm), Jan 28-29, Feb 11-12, & Feb 25-26.

Instructor: Jorge N. Ferrer, Ph.D.

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Course Description:

A consensus is growing among transpersonal authors and spiritual teachers about the importance of an integral growth of the person—that is, a developmental process that integrates all human dimensions (body, instincts, heart, mind, and consciousness) into a fully embodied spiritual life. When the various human dimensions co-creatively participate in our spiritual development, integral transformation organically unfolds from within. An integral transformative practice that is genuinely grounded in our most unique potentials rarely follows a pre-given path already traveled by others, nor can it be directed by external standards.

After an initial informative session (Jan 23), this experiential course is composed of three weekend retreats. In the first retreat (Jan 28-29), we will practice a number of “interactive embodied meditations,” which involve contemplative physical contact between practitioners allowing access to the creative potential of all human dimensions. The second retreat (Feb 11-12) will focus on the integration of sexual energy and the energy of consciousness, widely understood as the primary/immanent and the subtle/transcendent aspects of the Mystery, respectively. In the final retreat (Feb 25-26), participants will collaborate in the design of individualized integral practices. NOTE: This work involves structured, self-regulated, and respectful physical contact.

Summary of Educational Purpose:

The main purpose of this course is to introduce participants to a novel approach to integral transformative growth. A second objective is to provide a safe space where deep experiential inquiry and embodied spiritual practice can take place.

Learning Objectives:

After completing the course, students will be able to:

1. Practice interactive embodied meditations and design their own integral practices.
2. Identify personal pathways towards the integration of sexuality and spirituality in their lives.
3. Appreciate the importance of incorporating embodied experience in the study of human nature.

Learning Activities:

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| 1. Cognitive/Didactic (lecture): | 20% |
| 2. Practical/Applied (dialogue/integrative work): | 20% |
| 3. Experiential: | 60% |

Criteria for Evaluation:

Class presence and participation: 100%

Prerequisites:

None, but an openness to experiential ways of knowing (somatic, vital, emotional, imaginal, visionary, contemplative, etc.) is important.

Grading Options:

Pass/Fail

Level of Instruction:

MA and Ph.D.

Schedule of Classes:

Monday, Jan 23: 3:00pm – 6:00pm

Saturday-Sunday, Jan 28-29: Saturday (9:30am-5:30pm) and Sunday (9:30am-5:30pm)

Saturday-Sunday, Feb 11-12: Saturday (9:30am-5:30pm) and Sunday (9:30am-5:30pm)

Saturday-Sunday, Feb 25-26: Saturday (9:30am-5:30pm) and Sunday (9:30am-5:30pm)

Location:

Monday Informational Meeting: Room 307 Mission

Weekend Retreats: Room 607 Mission

Required Readings: (Handouts provided in class)Weekend Retreat I

Ferrer, J. N. (2003). Integral Transformative Practice: A Participatory Perspective.

Journal of Transpersonal Psychology, 35(1), 21-42.

Ferrer, J. N., Romero, M. T. & Albareda, R. V. (2005). Integral Transformative Education:

A Participatory Proposal. *The Journal of Transformative Education* 3(4), 306-330.

Weekend Retreat II

Romero, M. T. & Albareda, R. V. (2001). Born on Earth: Sexuality, Spirituality, and Human Evolution. *ReVision* 24(2), 5-14.

Ferrer, J. N. (forthcoming/2006). Sympathetic Joy and the Transformation of Jealousy:

Extending Buddhist Practice to Intimate Relationships. *Tricycle: The Buddhist Review*.

Weekend Retreat III

Ferrer, J. N. (forthcoming/2006). Embodied Spirituality: Now and Then. *Tikkun: A Critique of Politics, Culture & Society*.

Ferrer, J. N., Albareda, R. V. & Romero, M. T. (2004). Embodied Participation in the Mystery: Implications for the Individual, Interpersonal Relationships, and Society.

ReVision: The Journal of Consciousness and Transformation 27(1), 10-17.

Recommended Reading:

Ferrer, J. N. (2002). *Revisioning Transpersonal Theory: A Participatory Vision of Human Spirituality*. Albany, NY: State University of New York Press.

Course Schedule

EWP6202. Integral Transformative Practice: Evolution from Within

The following course structure may be modified according to the concrete reality and evolution of the group and of each participant.

Informational Meeting (Monday, Jan 23)

- Introduction to the course and general orientation.
- Experiential Practice: Unconditional acceptance as the foundation of integral growth.
- Participants' introductions.

Weekend Retreat I: Exploring Personal Reality: Body, Vital World, Heart, and Mind/Consciousness (Saturday, Jan 28 & Sunday, Jan 29)

- Introduction to the day and opening practice.
- Interactive Embodied Meditations: Exploring the capacity of accessing our bodies, vital world, heart, and mind/consciousness.
- Integrative work: Aesthetical/verbal elaboration of the experiences.
- Silence and contemplation. Circle of sharing.
- Ritual closure of the retreat.

Weekend Retreat II: Integrating Sex and Spirit: Individual and Communal Dimensions (Saturday, Feb 11 & Sunday, Feb 12)

- Introduction to the day and opening practice.
- Interactive Embodied Meditation: Contemplation of sexual energy and the energy of consciousness as manifestations of the immanent and transcendent dimensions of Spirit.
- Integrative work: Aesthetical/verbal elaboration of the experience.
- Implications of the integration of sex and spirit for intimate relationships: Monogamy, polyamory, and beyond.
- Silence and contemplation. Circle of Sharing.
- Ritual closure of the retreat.

Weekend Retreat III: Collaborative Integral Practices (Saturday, Feb 25 & and Sunday, Feb 26)

- Introduction to the day and opening practice.
- Foundations of co-operative integral transformative work.
- Collaborative integral practices: Participants arrange interactive practices according to their individual interests and needs.
- Integrative work: Aesthetical/verbal elaboration of experiential knowledge.
- Silence and contemplation.
- Final circle of sharing and ritual closure of the course.

Instructor:

Jorge N. Ferrer, Ph.D., is core faculty at the East-West Psychology Program, where he teaches courses on transpersonal studies, comparative mysticism, embodied spiritual inquiry, and spiritual dimensions of sexuality and relationships. He is the author of *Revisoning Transpersonal Theory: A Participatory Vision of Human Spirituality* (SUNY Press, 2002), and editor of a *ReVision* monograph on *New Horizons in Contemporary Spirituality*. He is currently co-editing (with Jacob Sherman) an anthology of original writings on participatory spirituality, *The Participatory Turn: Spirituality, Mysticism, Religious Studies* (SUNY Press, forthcoming). A leading scholar on “Transformative Practices” and “Integral Epistemology” at the Esalen Center for Theory and Research, Big Sur, California, in 2000 he received the Fetzer Institute’s Presidential Award for his seminal work on consciousness studies. Jorge offers workshops and presentations on integral spirituality and education both nationally and internationally.