

Integral Theory is a comprehensive framework that draws from the world's great scientific, spiritual and psychological traditions. This new way of understanding helps us to bring depth, clarity and compassion to our relationships with self and others.

Living an Integral Life

Series activities are open to both women and men. Facilitated and co-sponsored by **Leslie Her-shberger**, LFH Group (www.lfhgroup.com/) and **Quanita Munday**, Nzuzu LLC (www.nzuzu.org)

Christianity and the Transformation of Consciousness

Friday, August 20: 6:30 pm - Sunday, August 22: 1:00 pm

Christianity's influence on the collective consciousness of the West cannot be denied. Whether we are adherents of this faith, a different faith, or a non-traditional spiritual path, we may have found in our experience of Christianity both pain and blessing, wound and healing. Wherever you are on your life journey, and whatever your relationship to Christianity, we invite you to participate in a weekend of group learning and sharing, ritual, music, and storytelling. We will also explore the sometimes hidden, contemplative dimension of Christianity which recognizes that the heart is an organ of spiritual perception with a powerful potential to transform. **Fees:** \$300 Single Occupancy/\$250 Double Occupancy/\$200 Commuter

An Introduction to Integral

Saturday, October 9: 9:00-5:00 pm \$100 including lunch

Join us for a compelling one day look at Integral theory which offers a template for local, global and evolutionary transformation. As we grow, we expand our circle of concern and understanding. Through Integral we can:

- Recognize value systems, including our own, as true... but partial
- Understand how we have changed and transformed based on the life conditions we have experienced
- Understand the tension we experience with others in discussing religion, politics, relationships, and/or culture
- Communicate with others more effectively and with greater compassion.



Stages of Consciousness: An Integral Practice Group

Thursdays, October 21, November 4 & 18, December 2 & 16: 7-9:00pm

Integral is a groundbreaking theory that shatters our way of seeing the world and an experiential exploration of how we make meaning of the world. We will use music, group sharing, ritual, brief lecture, storytelling and images to develop a deeper understanding of ourselves and others and learn practices to facilitate our deepening awareness. **\$125 for the 5 session series**

Grailville Retreat and Program Center

932 O'Bannonville Road, Loveland OH, 45140

513-683-2340 www.grailville.org