

**Sunday, April 11th, 1-5 PM**

## **INTEGRAL POLARITY PRACTICE**

**Contemplative explorations in spirit,  
relationship, and compassionate activism**

**A workshop lead by John Kesler  
Suggested Donation: \$25-\$75**

*Integral polarity practice* (IPP) is a meditation and awareness practice developed by John Kesler. It is grounded in the Big Mind voice dialog process, and has integrated elements from ego development theory and integral polarity work inspired by tantric theory. IPP is also informed by a number of Eastern and Western traditions including John's own Mormon tradition. In this workshop John will lead us in a sequence of group activities that give voice to a range of archetypal polarities (energies, virtues, and transcendent resonances) that supports psychic integration and spiritual growth. IPP can be practiced to support inner exploration and growth, ethical relationship, en-spirited activism, and civic engagement. Ken Wilber the contemporary philosopher who has perhaps the most comprehensive grasp of the traditions of both East and West said "There is nobody doing more leading-edge work on the integration of Eastern and Western approaches to consciousness and growth than John Kesler."

John is a founding member of the Integral Spiritual Center and was one of the first to be certified as a large group facilitator in the Big Mind process by Zen master, Genpo Roshi, the founder of the process. The Big Mind process enables a person to access non-dual awareness or *big mind* and other transcendent states of awareness through an application of voice dialogue, a Jungian therapeutic technique. IPP makes no assertions about ultimate reality or that it is an exclusive path, but rather IPP provides a rich awareness and meditative practice which can complement any approach to life or spiritual practice.

More info at: [www.johnkesler.com](http://www.johnkesler.com) and <http://tinyurl.com/jknoho>.  
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