



Integral Christian Network

PRACTICING EMBODIED MYSTICISM

WeSpace Orientation Guide

You've joined a WeSpace group and you're ready to get started, but there are a few things we'd like you to know first. This is your "overview introduction" about these times of collective practice, detailing a bit more of the underlying intentions, values, guidelines, and procedures for this whole process.

WeSpace groups have an initial commitment period of **four months and eight sessions**. *At the end of this time, each group member can decide if they want to continue ahead into the next stage of the WeSpace group.* This can happen in the same group, or if there are not enough people, through joining another ongoing WeSpace.

Here are a few of the dynamics of how we approach WeSpace:

Intentions

An ICN WeSpace group is a loving community of embodied mystical practice. We gather to strengthen, encourage, and comfort one another as we develop and grow together with the following primary intentions:

1. Mystical Practice

In WeSpace groups we seek to develop all, a variation, or at least one of the following intentions:

- Mystical awakening in energetic, embodied expression, coming into deeper whole-body consciousness and knowing.
- Mystical communion with Jesus, other spiritual beings and guides, and one another in the WeSpace.
- Mystical oneness with God through transcendent and immanent unified experience.



2. Spiritual Community

We practice cultivating community with others on the mystical path, who will understand and support our experiences, gathered in shared purpose and commitment to mystical practice together, seeking growth, transformation, and loving evolution together. A community empowering without coercion, encouraging without guilt, and enlivening with hope.

To help foster community and get to know one another, all participants are also given the option to meet one-on-one with others in their group on the off weeks. Pairings and discussion questions are provided.

Values

Integral Christian Network WeSpace groups operate out of the following core values:

1. Love

We believe love is the driving force of evolution. Not just any love, but the deep surge of love from the divine heart within each one of us. Our groups really only thrive when we are all coming from this heart of love. This involves a commitment to connection, open-heartedness, and also risk. Love of course also includes respect for one another, including self-knowledge, care, and boundary-recognition.



2. Trust

First we ask you to trust your spiritual experience. Many of us haven't always been encouraged to do this by the church or spiritual authorities in our lives, and wading into new expressions and practices can sometimes cause a little apprehension. An openness to our experience allows us to release fears or attachments to being wrong or right. It gives us the willingness to humbly offer what we are hearing, sensing, or discerning without fear of coercion or manipulation—from ourselves or others. These are always shared with humility for the purpose of strengthening, encouraging, and comforting others.



We don't have to always fully cognitively know that what we share is 100% true and pure, but we offer from a place of intended trust and love, with humility and open hands, with the freedom to hold everything loosely and release whatever doesn't "ring true."

3. Mysticism

We can at any time welcome immediate, divine presence and awareness, without the need for intermediaries. We can experience this in each of the Three Faces of God, the infinite God-Beyond-Us, the intimate God-Beside-Us, and the Inner/Incarnate God-Being-Us. We practice embodied mysticism, moving into the awakened consciousness of spiritual knowing from our four centers, heart, feet, spiritual womb, and head.



4. Creativity

Each unique voice and presence matters in a WeSpace group, each of our creative expressions. We are always open to *emergence*, the possibility of a new way or form, the release of spiritual energy in unexpected avenues, the "worship" in the creative act (as Teilhard puts it). We seek to allow mystical consciousness to help us flow into not what we already know, but what we are about to discover.



5. Confidentiality & Accountability

Anything that happens in the group is considered confidential and shouldn't be shared without permission beyond the confines of the group, and at times with ICN leadership for the purposes of loving service. We hold each other accountable to these values in the group time, with the freedom and encouragement to "call out" or name when it seems a value or rule is being broken. This includes saying something in the group time and/or speaking with Luke if the problem is severe or persists. WeSpace groups are not be recorded unless all participants agree to do so.



Holding Loving Space

WeSpace groups are sacred containers for safe space and respectful community. We hold loving space for one another by keeping to our values and upholding the following guidelines for holding loving space in groups:

1. Deep Listening

We seek to listen to one another from the heart, without planning our response, self-defending, or correcting—with an attentive and focused intent.

2. Unconditional Positive Regard

We trust the good in one another and always view each other with respect, without critical thoughts, judgments, or agenda-filled evaluations.

3. Sit with What Is

We seek to simply *be present* with one another, without trying to change or fix anyone.

4. Allowing

We commit to allow everyone to be where they are, without trying to save or teach.

Another helpful framework we use for group dynamics is staying off [The Drama Triangle](#).

Group Guidance & Facilitation

Paul Smith and Luke Healy will be present and lead the first three meetings, after which they'll step back and return for the eighth WeSpace. Additionally, there will be a WeSpace guide who will stay with the group all throughout. They will facilitate the fourth meeting, after which the role is rotated amongst the group.

This is with the intention to empower each participant into active ownership, as well as encourage creative contribution from each member. Facilitation is quite simple and will be explained more when the time comes. If you are uncomfortable performing this role, just let your group know.

Contribution

WeSpace groups are a ministry of Integral Christian Network and are offered with the intention for everyone to be welcome and able to participate.

To keep this ongoing work possible, we do ask for a contribution of any amount that seems right to you, even a very small amount if your situation calls for it. The spiritual and energetic offering through financial contribution is a vital part of entering in and engaging with respect for one another, the gatherers, and the whole of this offering. You can give at any time during your participation in the group. Some like to “give forward” their donation at the end in support of the next WeSpace groups.

Our organization is fully dependent on the generous giving of our participants and supporters. To make a donation, or commit to monthly giving in support of this work, please visit www.integralchristiannetwork.org/donate. With much appreciation and thanks.

If you'd like more information about supporting ICN and our approach to financial consciousness, you can learn more here: <https://www.integralchristiannetwork.org/support>

