

## **An ICN Offering Enabling the Direct Mystical Experience of God**

Enabling the direct mystical experience of God is a primary aim of the Integral Christian Network (ICN). In ICN one of the approaches for this is to awaken four energy centers of the body – head, heart, womb, and feet, by what ICN calls Whole Body Mystical Awakening (WBMA) practices. These practices for individuals are available in 20-minute recordings provided on the [ICN Website](#). Group practices are more powerful than individual practices, and for this reason ICN features its biweekly WeSpace program where groups of five to eight people share together these practices.

Although I've had a daily meditation for many years, in March I was drawn to join a daily Zoom group WBMA practice offered by ICN movement facilitator, Allen Bourque. I have now experienced three months of Allen's daily WBMA practices. In ways of which I am not fully conscious, during these three months I have been feeling regular breakthroughs in my spiritual and personal development life. While during these months I have been active in many ICN, Pathwork, and other growth programs, practices, and resources, I am sure that beginning each weekday with Allen's WBMA group has had a significant grounding effect on my spiritual life and has helped make possible these breakthroughs.

I appreciate Allen's commitment to offer this daily practice and his humble and gentle leadership. While these daily practices serve us in the group, he enjoys and feels blessed in leading them as much as we participants do. During the three months I have participated, Allen's approach has evolved. In the beginning we would simply listen together to one of the WBMA recordings on the ICN website. One day Allen couldn't access the recordings, and instead of "panicking" (a foreign word to him) he simply created a new WBMA practice on the fly. That worked, and since then Allen has dropped the recordings altogether and continued leading the class himself. This makes the class more alive, responsive, and vibrant. Allen pays attention to our respective energies and needs and adjusts his meditation accordingly, but always bringing in the energies of the four centers and always leading the group to connect with each other from the heart center. The meditations are fresh, spontaneous, free-spirited, enlivening, and playful.

I am very grateful for these daily WBMA group experiences that Allen leads. **This group is open Monday through Friday to anyone interested.**

We meet weekdays from 7:40-8:00 CT (8:40-9:00 ET). [Here is the Zoom Link](#). Please try this out if you feel this morning practice in any way may serve you in your journey. ***ALL are welcome – come any day or days you can Monday through Friday!***