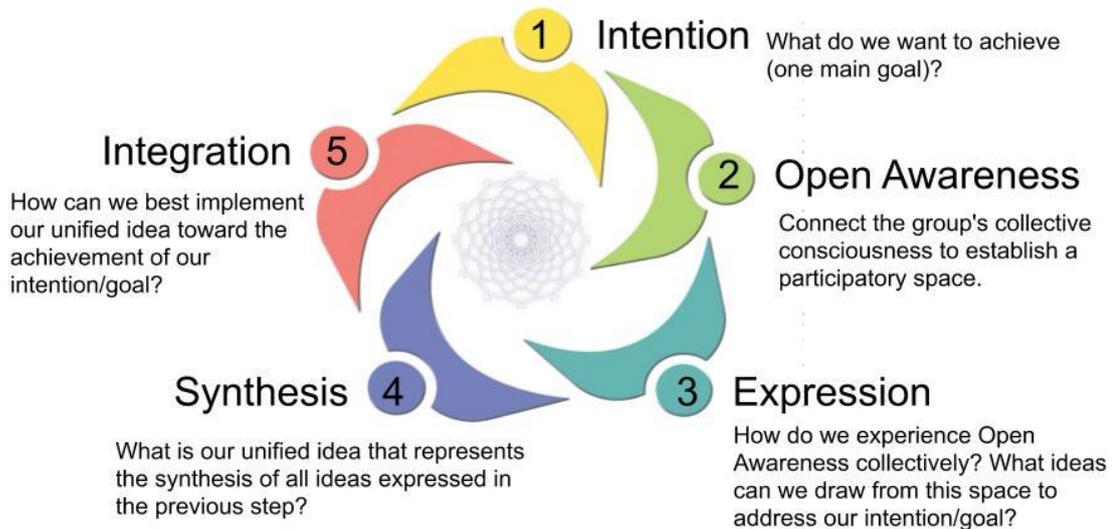


Open Awareness Integral Process



Developed by [Jevon Dangeli](#)

The Open Awareness Integral Process is a way to harness the collective consciousness and combined creativity among pairs or groups of people, in order to generate unified ideas for integration in appropriate contexts.

The process can be used as:

- a system for problem-solving, conflict resolution and mediation
- a means to facilitate and integrate change
- a format for collaborative coaching
- a form of inquiry and research
- a way to counteract tunnel awareness, including the negative consequences of the *digital zombie syndrome*

Description of the 5 steps:

Step 1: Intention

The intention should be the reason why the group have gathered and what you all hope to achieve through the process.

Groups would most often agree on their intention in a meeting or via correspondence prior to gathering for the process, although clarifying the group's intention can also happen at the start of the process. It's important that the group's intention is clear and agreed on by all members of the group before commencing to the following step.

Step 2: Open Awareness

There are various ways in which individuals can access the state of Open Awareness. You will know when you are in Open Awareness, as there is an *integral perception* inherent to it. This is when you are aware of your body as a whole, including sensations and emotions, as well as the mind's activity; yet not identified with any of that content; while at the same time becoming aware of your deep connection to everyone, nature, and everything else in existence. This vast and inclusive mode of perception gives individuals and groups the freedom to consciously reflect upon situations, and then respond ecologically and resourcefully.

In addition to the resources linked to at the end of this document, to follow is a simple way in which groups can enter into Open Awareness together.

The group should nominate one individual to facilitate the process prior to the session.

The facilitator should arrange that everyone sits in a circle without any objects between the individuals. Once the group have settled, the facilitator can provide the following prompts with about a 30 second pause between each prompt:

Prompt 1: Let's start by all inhaling through the nose, pulling a full breath deep into the belly, then releasing the breath slowly out from the mouth.

We'll continue breathing in this way until we all establish a collective breathing rhythm, where our own inhalations and exhalations become synchronised with that of everyone else in the group.

Once the group's breathing rhythm is in sync, the facilitator allows for about 3 more synchronised breaths before the next prompt.

Prompt 2: Now, breathing naturally again, we can all gaze gently toward the floor in the centre of the circle.

Prompt 3: Let's each begin to sense the entire volume of space between us and surrounding us. We can become aware of how we are all connected through our combined breath and the space that we collectively occupy.

Prompt 4: Now, we can allow awareness of our unifying space to extend beyond this area and throughout the atmosphere of the earth, including all beings around the world and our precious planet as a whole.

Prompt 5: Let's raise our eyes gaze from the centre of the circle and briefly make gentle eye contact with each other, purposefully connecting with each other and our collective consciousness, and in this way co-creating our participatory space, so that we can be open and receptive to the inspiration and ideas that it may give rise to.

This would be a basic example of how groups can enter into Open Awareness together, before moving to the next step in the process.

Step 3: Expression

The first thing in this step is that each member of the group should feel welcome to share what is present for them. Everyone in the group should hold an *empathic space* while each individual takes a turn to express what their experience of Open Awareness is like.

Once everyone has spoken, then the group can begin to focus on their intention for engaging in the process, and explore how the group's collective Open Awareness may inspire ideas to address this intention.

Once again, everyone should have an opportunity to speak and all ideas should be freely expressed. Ideas that peak the most interest and gain traction can be explored by briefly discussing the key points. Let creativity flow through the participatory space and take note of the main ideas and themes that arise.

Step 4: Synthesis

In this step the group brings all the main ideas and themes together, allowing for the synthesis of ideas to possibly give rise to new ones. Similar ideas can be clustered and merged into one unified idea. This can be a lively discussion, and as before, everyone should participate. All perspectives are welcomed.

Finally, the synthesis of all ideas should be agreed on by all and clearly expressed as the unified idea for integration on the final step.

If there was a disagreement about the unified idea, or if there were other compelling ideas that could not be merged into the unified one, then these factors can inform the intention for a follow-up process on another day.

Step 5: Integration

In this final stage of the process, the group look ahead at how they can begin to integrate their unified idea in the appropriate context, according to the intention that was agreed on at the outset of the process.

In this discussion, imagination and visualizing are encouraged, as the group projects their idea into life, anticipating a positive impact. This ending of the process should be filled with enthusiasm and energy to propel the idea forward and to begin implementing it. There should be agreement from all in terms of who will take responsibility for any particular tasks, while everyone shares accountability in some way. It may be a good idea to agree if and when a follow-up Process will take place before closing the current one.

Although everyone should be equal in this dialogue, the nominated facilitator should guide the process in order to cover all 5 steps and to keep momentum so that the session can be completed within the designated time.

To close, the group can briefly reflect on the meaning and value of the process that they have just undergone, pledge their commitment to integrate their unified idea, and mindfully close the process in whichever way is appropriate for the group.

The above is an example of how the Open Awareness Integral Process can be applied in groups. Of course, it should be adapted according to the group and their intention. It takes, on average, about an hour to complete one round.

Useful links:

- [Open Awareness Integral Process tutorial video](#)
- [Open Awareness free e-book](#)
- [Open Awareness training – online](#)
- [Open Awareness research & resources](#)
- [Licensed Open Awareness Facilitator Directory](#)
- [Jumi \(judo mind\) concept & free videos](#)