



META INTEGRAL[®]
ACADEMY
Training Embodied Practitioners



The Body of the Embodied Practitioner

The Hara, Heart, and Head
of Leadership

A collaboration between *Action Inquiry Associates*
and *MetaIntegral Academy*



This advanced workshop, hosted by Jesse McKay of MetaIntegral and Action Inquiry Associates and by Bill Torbert of AIA, will provide you with a careful blend of support and challenge designed to help you build your competence in the practice of *Action Inquiry*.

The structure and process of the workshop is designed around what many different cultures around the world recognize as the three most important centers of energy and intelligence in the human body: (1) the Hara, (2) the Heart, and (3) the Head.

For nearly all of us, one or more of these three body centers are not fully on-line. As a result our effectiveness at reaching the goals we set for ourselves and our experience of connection and fulfillment in life are compromised. The opportunity then is to bring more attention, not only to each of the three centers, but also to the degree of integration between them - such that we naturally bring more conscious power to our everyday lives.

(1) Hara: The more we are in touch with our Hara, the more we experience our own centered power. Aung San Suu Kyi, Mahatma Gandhi, and Nelson Mandela are but three recent examples of great souls who have tried to impress upon us the deep truth that no matter what our current situation is - we always have access to a profound self sovereignty. But, unfortunately, we often lose contact with this power within our self. And when that happens we are knocked around by the forces in our environment more than we need to be. And our lives drift...

The foundation of increasing degrees of inner freedom is greater capacity to resource ourselves from our Hara body center. By bringing our Hara center more fully on-line we slowly free ourselves up from needing to try to wring power from others. This allows us to engage with others in more creative, productive, respectful and mutually enjoyable ways.



(2) Heart: Our hearts are the seat of our vulnerable power. By bringing more of our hearts to each moment not only do we deepen our connection to our own presence and life energy, but also we increase our felt sense of the interiors of others - allowing us to more profoundly relate to and connect with them.

In the second act of this workshop we will explore how we can become more connected with our hearts such that we are more able to create fresh new possibilities and expand the event horizon of our lives.

(3) Head: Our capacity to see clearly and relate to our experience with lucidity and precision arises from the third of our three body centers.

When we can't see clearly it is often difficult to maintain a positive flow state with life, and we therefore get stuck in inner ruts more often. To avoid and/or correct the situation we can increase our capacity for greater clarity and lucidity by cultivating the intuitive center in our head. The foundational practice in this case is to erode our compulsive tendency to identify with the mental stream and the specific thoughts that arise in our heads, thereby freeing our attention to see in more and different ways than our habitual conditioning provides for. Indeed the inability to maintain a dynamic relationship with one's own thoughts is the cause of much suffering and poor performance.

Add together a powerful and centered Hara, a connected heart, and a clear and lucid intuitive center in the head, and you have a strong foundation for powerful action that not only is more effective in conventional terms, but also has a playful and lively undercurrent of transformation contained within it.

We invite you to experience and explore with us how you can bring more power, connectedness, and lucidity to your life through the engaging interactive *Action Inquiry* of this workshop. In case you are interested you will find the practical details on next page.



Venue: EarthRise Retreat Center, Petaluma CA, an hour north of San Francisco off Rt 101

Dates: 3pm July 20 - Noon, July 23

Room, Meals, and Program Fee: \$1,000

Limited to 14 participants

Contact Jesse McKay at <jessemckay@metaintegral.com> if interested

More about Bill Torbert <bill@actioninquiryleadership.com> can be found at:

<http://www.actioninquiryleadership.com/about-bill-torbert/bill-torbert>

More about Jesse McKay can be found by scrolling down the page at:

<http://www.actioninquiryleadership.com/about-bill-torbert/action-inquiry-associates-team/>



Additional Resources

To learn more over the internet about Action Inquiry, about the Leadership Action-logics, about the Organizational Action-logics, as well as training, consulting certification and leadership events, please go to the Action Inquiry website:

www.actioninquiryleadership.com.

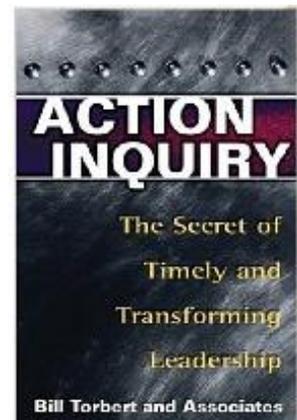
For additional information and further discussion please contact Bill Torbert, bill@actioninquiryleadership.com or Jesse Mckay jessemckay@metaintegral.com

Reading Material

A wealth of material is available from Action Inquiry Associates (AIA) and other authorities in the field of Adult Development Theory and Developmental Action Inquiry. Please refer to the AIA website for a detailed list. For ease of reference we include a limited summary here.

***Action Inquiry: The Secret of Timely and Transforming Leadership*, by William R. Torbert. Berrett-Koehler Publishers, 2004.**

Bill Torbert and associates illustrate how individuals and organizations can progress through more and more sophisticated “action-logics”—strategies for analyzing the world and reacting to it—until they will eventually be able to practice action inquiry continually. Offering action inquiry exercises at the end of the chapters, the book moves from junior managers beginning to practice action inquiry through CEO’s transforming whole companies, to world leaders transforming whole countries, as exemplified by Czech president Vaclav Havel. Through short stories of leadership and organizational transformations, this groundbreaking book illustrates how action inquiry increases personal integrity, relational mutuality, company profitability, and long-term organizational and environmental sustainability.

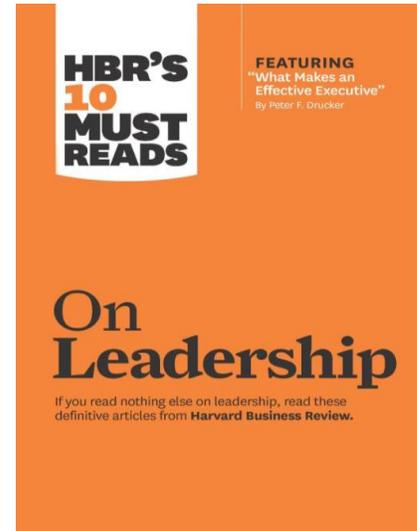


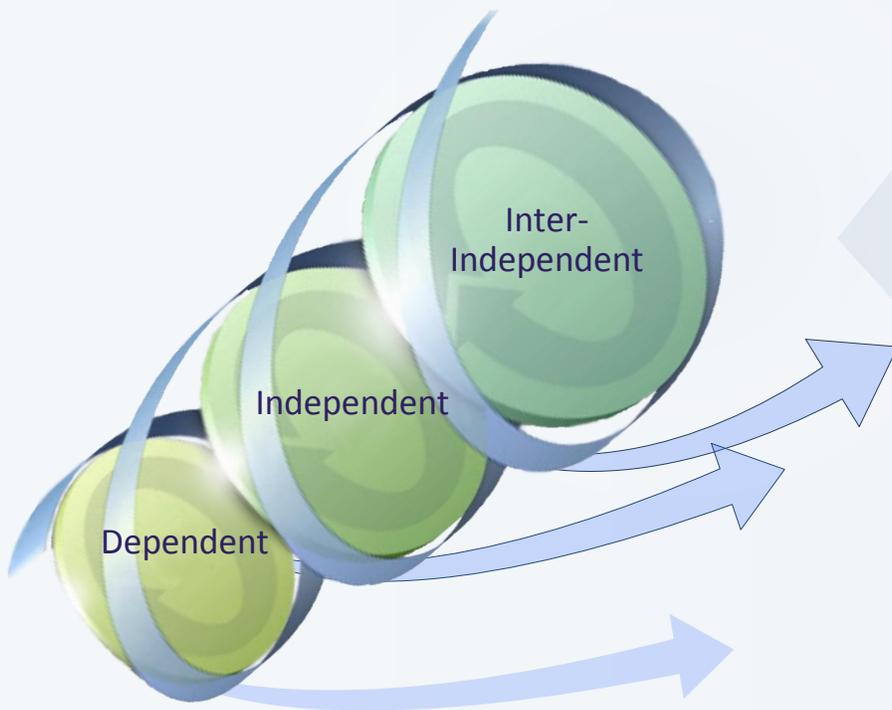
- Offers a powerful method that leaders in organizations of all types can use to increase the timeliness and effectiveness of their actions
- Provides numerous real-world examples of action inquiry in action
- Includes exercises individuals and organizations can use to begin practicing action inquiry



***Harvard Business Review* article:
*Seven Transformations of Leadership***

This article, recently included in a new HBR book of the **top ten HBR leadership articles** ever, includes a one-page preview that quickly summarizes the key ideas and provides an overview of how the concepts work in practice along with suggestions for further reading.





- Ironic
- Alchemical
- Transforming
- Redefining
- Achiever
- Expert
- Diplomat
- Opportunist
- Impulsive

To learn more about, or if you would like to take the

Global Leadership Profile

you are invited to contact Bill Torbert or Jesse Mckay
of *Action Inquiry Associates*