



Every so often we are called to undertake a journey of discovery. This is sometimes a journey of personal and spiritual understanding, the domain of the self, sometimes a journey into the physical world, the domain of the body and nature, sometimes a journey of meaning, the domain of culture.

The Inspire Project is itself a journey undertaken to sketch out a map, probably one of many, of the territory of growth and personal development. It seeks to provide path that leads you towards physical and spiritual health, emotional and mental balance, relational joy and energy to engage in community and career. The map can assist people to bring together all the dimensions of human experience and so become stronger, more complete because nothing is left out.

The Department of Business, Innovation and Skills also believes in such journeys and through its Transformation Fund is supporting The Inspire Project to lead a research and development project of informal learning over the next 6 months.

So what kind of journey specifically and for who is it intended? We are starting with people who are experiencing too much stress and strain in their working life and who are coming to the conclusion that if they go on doing what they've always done, they will continue to receive what they've always received, so now is a good time to make a change! That's where the Inspire Project comes in.

The Inspire Project is currently in the planning stage and will be open for enquiries soon. In the meantime call 01793 600156 or visit <http://backontrack.squarespace.com>

What's it all about?

Why such a project? The Inspire Project is based on the work of Ken Wilber who can be regarded as one of the most important thinkers of our time and a leading thinker on transformation whether that be at an individual level or at community or nation state or world level. The key principle he advocates is the practice of the art of integrating the many, and at times competing, ways of understanding, experiencing and living in the World.

This approach has come to be called Integral Theory and for those interested in further reading we will invite you to research the rich content at the Integral Institutes site - <http://integrallife.com> .

We want to make it clear that The Inspire Project is not an authorised provider of Integral Theory practices, if such a category of project actually exists? Rather we acknowledge the work of Integral Institute and we are setting out to interpret and implement Integral ideas in real life settings here in the UK.

Integral Theory views a world that is becoming fragmented, not only at the big political level but at community and personal life experience. We all too often develop one part of our 'self' at the expense of the other parts leading to unbalanced personal development and living. Ken Wilber's extensive research and practical solutions aim at nothing less than bringing together, in an integral and unifying way, the fragmented parts of our experience and culture and nature.

By 'touching all the bases' of our existence we can get leverage on how to make the changes we need to make towards a future we may not fully see, notice or even be aware of.

Integral theory provides ordinary people, professionals, politicians, parents, community organisers, students, managers and business executives or whatever, with a map that can be used to position the territory they occupy and territory to be explored.

So we assert that by embracing as complete spectrum of experience as possible, at as many levels as possible we will gain the leverage we need to grow, develop and become whole, deal with life and its stresses and assist others in the process of personal transformation.

How does the Inspire Project work?

Without wanting to describe the entire project on a side of A4 I'll simply say that by enrolling onto the Inspire Project you enrol onto a journey that will take you through an informal learning programme of many domains. In one area this could be a spiritual experience, however you which to define that word, and which is far more than a particular creed or affiliation. You may then progress on to an experience that connects body, its health and maintenance with the mind. The next step maybe to be engaged in a cultural activity from singing, artistic expression to broadcast and volunteering. You will have the opportunity to be aware of how you use your mind from mediation to mind perspectives and of course how your career and work decisions enable you to honour all the parts of you.

How will this all happen?

The project last for 6 months ending in March 2010 although we expect activities to continue for long after.

We invite you to find out more at a one to one meeting to enable you to enrol or if necessary undertake a short confidence building course and then consider enrolling.

Once enrolled, we ask all learners to undertake an online personal profile assessment. We use a system called Enneagram and the assessment is entirely free to enrolled students. The results are yours to reflect on and decide on usefulness.

We seek on average a commitment of one whole day plus 4-6 hours a month and your own study may well be considerably more.

Your participation is expected in our three Integral Practice days at Lower Shaw Farm during the period. This is where you will find out about the Integral Map and be able to walk the territory of Mind, Body and Spirit.

Following the Integral Practice days you will be able to participate in follow-on sessions to help you deepen your understanding and competence in any all of the mind, body spirit themes

The context of the Inspire Project's themes can be found in many areas such as work, community action, personal development, working and participating in a group.

Alongside the work we have asked 105.5 Swindon Community radio to provide us with regular broadcast facility where we can further discuss our work and invite students to talk of what they are learning journey.

Book an appointment by calling

Tel: 07903 664 495 / 01793 600156 between 10-00 and 3.00
Wednesday and Thursday between these time messages will recorded.
Or email Office@back-on-track.net for more information visit
<http://www.the-inspire-project.co.uk>

One to one session will be held at:

New Dimensions, The Former Even Swindon School, entrance off
Rodbourne Road, Romsey Street. SN2 2ER Call to make an
appointment.

One to one meet up sessions times are available from 10.00 AM to 4.00
PM on

20th Oct, 27th Oct, 2 Nov, 10 Nov

Confidence building days starting at 4.00 PM are available on 4th 5th
11th and 12th November.

Integral Practice days Nov 19th, January 26th, February 23rd
(Practitioners day 23rd March).

Discovery Walk 6th December, 26th January, 30 March

Other mind, body, work, spirit themes days and session to be
confirmed.