

TRANSFORMATIONS

My Life Journey in Spiritual Community

by Jim Morningstar

I believe that spiritual community is one of the most profound influences shaping my inner and outer life. My first community experience was growing up in the Catholic Church. Here the importance of prayer and ritual sank deep roots into my soul.

My second community was an urban ashram in my 20's. Here we not only lived and studied together, we also offered weekly relating exercises and monthly enlightenment intensives to all interested parties in the city around us. This gave me an appreciation for how sharing consciousness with the wider community promoted growth for all parties.

My third community was one that grew up around the courses, workshops and ongoing programs of the School of Spiritual Psychology which I started after I became one of the first twelve certified rebirthers in the 1970s. Growing together with the students and teachers of our three year School for thirty-three years was truly my launching pad for being a committed spiritual teacher/student in this life.

The seeds for this community were planted in my consciousness by Leonard Orr who knew that just doing continual breathwork sessions did not a whole person make. From the very early stages of rebirthing breakthroughs he saw that enlightened states were not maintained unless supported by a new philosophical foundation in an individual's consciousness and the tools by which to sustain it. He therefore founded two organizations: Rebirth International to foster rebirthing and rebirthing trainings; and Theta International to spread the educational component of spiritual community, the mainstay of which was One Year Seminars. The wisdom behind this was that unless people regularly experiencing the power of breathwork (faster than normal breathing) made a *long term* commitment to spiritual growth with like spirited individuals, they would burn out or drop out because their minds and life had no stable platform on which to build new habits and create new forms of relationship in their lives.

I became the co-director of Theta International and helped spawn communities of spirit and breathwork around the United States and Canada for several years. Guest leaders would travel to do all day seminars on specific topics in the One Year Seminars and often do breathwork sessions with individuals. However, unless local leadership took hold in teaching and breathwork training, these communities did not continue. As I look around the world today, I can easily identify the established breathwork communities that have started this way.

So my next calling to community has both local and global ties and grows out of my first three community influences. It also brings together the heart centered connections I have made while traveling and teaching Therapeutic Breathwork trainings and workshops around the world, being an officer in the International Breathwork Foundation (1997-2001), organizer of the first Global Inspiration Conference in the Western Hemisphere in the US (2001) and co-director of the Global Professional Breathwork Alliance (2001-present).

Community building is my passion. I have not only experienced what it has done for me, but also for countless others who have transformed their lives in a remarkably short period of time compared to the solitary seekers who have many less mirrors to reflect their unconscious fears and holding patterns, as well as their treasures and gifts. To be sure, spiritual community is not for the faint of heart, because the lessons are intense and ongoing. But the rewards are wisdom, maturity and a much more grounded steady state of inner peace.

Our human consciousness has evolved a technology that allows us now to expand our concept of community to include both local and distant members of interactive like-spirited companions. We have been testing this for the past several years in our School of Integrative Psychology. I believe we are now ready to have a community of community builders. Our bond is to deepen our inner selves together, share our resources for building or reinforcing our local communities and being foundational members of the global network of spiritual communities which is reforming our “noosphere” (Teilhard de Chardin’s term for that envelop of consciousness that extends beyond our biosphere and holds our planet on an evolutionary vs. devolutionary course).

I encourage all to help foster spiritual community either by joining one with a heart centered breathwork base in your area or by taking the initiative to organize one. The resources are available to you from the many established communities around the world, but you must have the courage to reach out. I, for one, have the curriculum from the original One Year Seminar programs with teaching notes, recordings and transcripts available for motivated community organizers and/or teachers.

If you have a spark (or flame) of interest in this scale of growth for you, I invite you to join us either through the monthly Video Only course or also include the monthly Practicum with both in person or online access and follow up recordings.

Please review the attached Course and Practicum announcement and contact me with questions or register and hold your place in this bold new adventure...**with love,**
Jim

*Life satisfaction, health, creativity and growth are all fostered in communities of like-spirited individuals. **You are the founder of yours.** Own the calling to your community of Heart and welcome yourself Home.*

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