



## Bence Ganti: Stages of Self Development and Embodiment Practice



Bence Ganti MA, is an integrally oriented clinical psychologist, Vipassana meditator and internationally known speaker on Integral Theory. He is the creator of Integral Flow Experience group process. The sessions will explore Ken Wilber's spectrum and the language of embodiment.

**TOP EMBODIMENT TIP:** Expand your map because whatever map you have, that's how you see the world.

### Ken Wilber's Integral Theory: The Ladder to Spirituality Introduction

- Ken briefly references the stages of: birth, child to adolescence, adult personal growth, postmodern states, human nature and potentials, spiritual states and enlightenment, and unified development.
- **Level 1:** Pre-early childhood self - physical self and emotional self are only accessible through embodied practice and somatic work.
- **Level 3:** Inner child - where psychodynamics of all impulses and personal emotions are stored.  
\*if the individual is in this level (colored red), the individual is not ready for transformation.
- **Level 4-6:** Major population - present in scientific self, organized self and communal empathic / humanitarian self.
- **Level 5-6:** Integral personal development.
- **Level 7-10:** Spiritual to deep enlightenment.

### The Language of Embodiment: Words, Images and Body

- Words are the embodiment for meaning. Images are the embodiment of the mental and the soul. The body is the embodiment for the psyche.
- **The spirit is your attention and the body is in your spirit.**
- As each level of the ladder is visited, there is an art for how much to push and how much to hold and love.
- To reach the top level, one encounters spiritual awakening, spiritual crisis and personal shadow work.
- A combination of one-on-one and group retreats are encouraged.
- In an Integral Slow Flow, there are no words, only music and a strong somatic field and a valid virtuous setting.
- The spiral dynamics stages are revisited for transformation towards the top level of the ladder.

### Integral Slow Flow Process: Regression - Opening up and Revisiting Previous Levels

- Open to journey through past suppressed emotions for emotional release.
- Humans associate emotion and psychodynamics first before the thoughts and words.

### Resources:

- ❖ **Website:** [Bence Ganti](#)
- ❖ **Resources:** [Integral European Conference](#) / [A Brief History of Everything](#)



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