

Integral Life Practice A 21st Century Blueprint For Physical Health Emotional Balance Mental Clarity And Spiritual Awakening Ken Wilber

Here is a concise, comprehensive overview of Wilber's revolutionary thought and its application in today's world. In *A Theory of Everything*, Wilber uses clear, nontechnical language to present complex, cutting-edge theories that integrate the realms of body, mind, soul, and spirit. He then demonstrates how these theories and models can be applied to real-world problems in areas such as politics, medicine, business, education, and the environment. Wilber also discusses daily practices that readers take up in order to apply this integrative vision to their own everyday lives.

Alexander Schieffer and Ronnie Lessem introduce a groundbreaking development framework and process to address the most burning issues that humanity faces. While conventional top-down, outside-in development has reached a cul-de-sac, a new, integral form of development is emerging around the world. Integral Development uniquely articulates this emergent approach, and invites us to fully participate in this process. The integral approach has been

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researched and framed over decades of in-depth experience in transformative development education and practice all over the world. It uniquely combines four mutually reinforcing perspectives: nature and community; culture and spirituality; science, systems and technology; and enterprise and economics. Conventional development theory and practice has prioritized the latter two perspectives, neglecting the former two. This has caused massive imbalances in today's world. The four interconnected perspectives allow for a transformative and integrated engagement with core development issues in a way that is locally relevant and globally resonant. Throughout, the practical impact of Integral Development is brought to life through highly innovative cases from around the globe, drawing on the authors' first-hand experience. This makes the book a living demonstration of the power of this pioneering approach. Integral Development shows how individual, organizational and societal developments need to be interconnected to release a society's full potential. It shifts the responsibility for large-scale development from often-distant experts and organizations to each individual, community, enterprise and institution within the society. It is essential reading - and a call to action - for everyone concerned with the current state of local and global development.

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journey to spiritual healing. Grace and Grit is the compelling story of the five-year journey of Ken Wilber and his wife Treya Killam Wilber through Treya's illness, treatment, and, finally, death.

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A provocative examination of how the great religious traditions can remain relevant in modern times by incorporating scientific truths learned about human nature over the last century. A single purpose lies at the heart of all the great religious traditions: awakening to the astonishing reality of the true nature of ourselves and the universe. At the same time, through centuries of cultural accretion and focus on myth and ritual as ends in themselves, this core insight has become obscured. Here Ken Wilber provides a path for reenvisioning a religion of the future that acknowledges the evolution of humanity in every realm while remaining faithful to that original spiritual vision. For the traditions to attract modern men and women, Wilber asserts, they must incorporate the extraordinary number of scientific truths learned about human nature in just the past hundred years—for example, about the mind and brain, emotions, and the growth of

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consciousness—that the ancients were simply unaware of and thus were unable to include in their meditative systems. Taking Buddhism as an example, Wilber demonstrates how his comprehensive Integral Approach—which is already being applied to several world religions by some of their adherents—can avert a “cultural disaster of unparalleled proportions”: the utter neglect of the glorious upper reaches of human potential by the materialistic postmodern worldview. Moreover, he shows how we can apply this approach to our own spiritual practice. This, his most sweeping work since *Sex, Ecology, Spirituality*, is a thrilling call for wholeness, inclusiveness, and unity in the religions of tomorrow. A resource for individuals responsible for siting decisions, this guidelines book covers siting and layout of process plants, including both new and expanding facilities. This book provides comprehensive guidelines in selecting a site, recognizing and assessing long-term risks, and the optimal lay out of equipment facilities needed within a site. The information presented is applicable to US and international locations. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in

factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways.

Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

The goal of an "integral psychology" is to honor and embrace every legitimate aspect of human consciousness under one roof. This book presents one of the first truly integrative models of consciousness, psychology, and therapy. Drawing on hundreds of sources—Eastern and Western, ancient and modern—Wilber creates a psychological model that includes waves of development, streams of

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development, states of consciousness, and the self, and follows the course of each from subconscious to self-conscious to superconscious. Included in the book are charts correlating over a hundred psychological and spiritual schools from around the world, including Kabbalah, Vedanta, Plotinus, Teresa of Ávila, Aurobindo, Theosophy, and modern theorists such as Jean Piaget, Erik Erikson, Jane Loevinger, Lawrence Kohlberg, Carol Gilligan, Erich Neumann, and Jean Gebser. Integral Psychology is Wilber's most ambitious psychological system to date and is already being called a landmark study in human development.

Ever since the publication of his first book, *The Spectrum of Consciousness*, written when he was twenty-three, Ken Wilber has been identified as the most comprehensive philosophical thinker of our times. This introductory sampler, designed to acquaint newcomers with his work, contains brief passages from his most popular books, ranging over a variety of topics, including levels of consciousness, mystical experience, meditation practice, death, the perennial philosophy, and Wilber's integral approach to reality, integrating matter, body, mind, soul, and spirit. Here is Wilber's writing at its most reader-friendly, discussing essential ideas of the world's great psychological, philosophical, and spiritual traditions in language that is lucid, engaging, and inspirational.

Increasing employment and supporting people into work are key elements of the

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Government's public health and welfare reform agendas. This independent review, commissioned by the Department for Work and Pensions, examines scientific evidence on the health benefits of work, focusing on adults of working age and the common health problems that account for two-thirds of sickness absence and long-term incapacity. The study finds that there is a strong evidence base showing that work is generally good for physical and mental health and well-being, taking into account the nature and quality of work and its social context, and that worklessness is associated with poorer physical and mental health. Work can be therapeutic and can reverse the adverse health effects of unemployment, in relation to healthy people of working age, for many disabled people, for most people with common health problems and for social security beneficiaries.

Essential Spirituality beautifully articulates the benefits of spiritual living in the material world.-Dan Millman, author, Everyday Enlightenment and The Way of the Peaceful Warrior""Deceptively simple. Its power is rooted not only in Dr. Walsh's formidable intellectual capacity to deal effectively with a vast body of religious literature but in his own deep spiritual practices in a multitude of disciplines over many years. An important contribution.""-Ram Dass, author, Be Here Now ""An absolute masterpiece . . . Essential Spirituality is helpful to both

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the unseasoned and seasoned seeker. The writing is deep, simple, and clear yet at the same time poetic and musical. A must read."-GERALD G. JAMPOLSKY, M.D. author, *Love Is Letting Go of Fear* "Energetic, engaged, and occasionally electrifying. . . . The field of spiritual books has been looking for its own Lewis Thomas or Carl Sagan, and I believe Roger Walsh may be that one."-KEN WILBER, author, *One Taste and A Brief History of Everything* Based on over twenty years of research and spiritual practice, this is a groundbreaking and life-changing book. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Filled with stories, exercises, meditations, myths, prayers, and practical advice, *Essential Spirituality* shows how you can integrate these seven principles into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do.

A more effective leadership model for the new business environment. *Spiral Dynamics in Action* explores the evolution of modern business, and provides a model for moving forward amidst ever-increasing complexity and change. Only by truly understanding other people's perspectives can you bring them together

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to achieve the extraordinary, and this book provides a field guide to the different motivations, behaviours and talents in your team to help you lead diverse groups more effectively. Focused on action over theory, the Spiral Dynamics model includes cutting-edge leadership practices, management systems, processes, procedures and techniques to help you bring about real-world results. The nature of change is consistent, but that doesn't make it any less enormous or complex to deal with. As a business leader, you are tasked with not only navigating change yourself, but also guiding others through the maze successfully. This book shows you how to shift your perspective, hone your focus and deliver what your people need by: Understanding the reasoning behind different perspectives. Helping people play off one another's strengths to achieve a shared goal. Adopting cutting-edge practices, processes and procedures for improvement. Taking action to re-connect an increasingly fragmented environment. The marketplace has gone truly global, workforces are increasingly diverse and companies are taking on powerful new social responsibilities. It's a lot to take in, let alone manage, but the responsibility of leadership is to gather disparate parts and make them into a whole. It's your job to turn anchors into rocket fuel, and motivate and inspire your team to the top. By digging to the core of each person, each culture and each problem, you uncover a roadmap to high performance;

Spiral Dynamics in Action shows you how to guide your people through any changes and emerge stronger than before.

A provocative and balanced examination of our current social and political situation—by a cutting-edge philosopher of our times. The world is in turmoil. As populist waves roil in the UK, Europe, Turkey, Russia, Asia—and most visibly, the U.S., with the election of Donald Trump—nationalist and extremist political forces threaten the progress made over many decades. Democracies are reeling in the face of nihilism and narcissism. How did we get here? And how, with so much antagonism, cynicism, and discord, can we mend the ruptures in our societies? In this provocative work, philosopher Ken Wilber applies his Integral approach to explain how we arrived where we are and why there is cause for hope. He lays much of the blame on a failure at the progressive, leading edge of society. This leading edge is characterized by the desire to be as just and inclusive as possible, and to it we owe the thrust toward women’s rights, the civil rights movement, the environmental movement, and the concern for oppression in all its forms. This is all evolutionarily healthy. But what is unhealthy is a creeping postmodernism that is elitist, “politically correct,” insistent on an egalitarianism that is itself paradoxically hierarchical, and that looks down on “deplorables.” Combine this with the techno-economic demise of many traditional ways of

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making a living, and you get an explosive mixture. As Wilber says, for some Trump voters: “Everywhere you are told that you are fully equal and deserve immediate and complete empowerment, yet everywhere you are denied the means to actually achieve it. You suffocate, you suffer, and you get very, very mad.” It is only when members of society’s leading edge can heal themselves that a new, Integral evolutionary force can emerge to move us beyond the social and political turmoil of our current time to offer genuine leadership toward greater wholeness.

Applying his highly acclaimed integral approach, the author formulates a theory of spirituality that honors the truths of modernity and postmodernity--including the revolutions in science and culture--while incorporating the essential insights of the great religions. Reprint.

Wilber traces human development from infancy into adulthood and beyond, into those states described by mystics and spiritual adepts. The spiritual evolution of such extraordinary individuals as the Buddha and Jesus hints at the direction human beings will take in their continuing growth toward transcendence.

A simple yet comprehensive guide to the types of psychologies and therapies available from Eastern and Western sources. Each chapter includes a specific exercise designed to help the reader understand the nature and practice of the

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specific therapies. Wilber presents an easy-to-use map of human consciousness against which the various therapies are introduced and explained. This edition includes a new preface.

An edifying view of Buddhism from one of today's leading philosophers: a look at its history and foundational teachings, how it fits into modern society, and how it (and other world religions) will evolve. What might religion look like in the future? Our era of evolution in social consciousness and revolution in science, technology, and neuroscience has created difficulties for some practitioners of the world's great spiritual traditions. How can one remain true to their central teachings while also integrating those teachings into a new framework that is inclusive of ongoing discoveries? Taking the example of Buddhism to explore this key question, Ken Wilber offers insights that are relevant to all of the great traditions. He shows that traditional Buddhist teachings themselves suggest an ongoing evolution leading toward a more unified, holistic, and interconnected spirituality. Touching on all of the key turning points in the history of Buddhism, Wilber describes the ways in which the tradition has been open to the continuing unfolding and expansion of its own teachings, and he suggests possible paths toward an ever more Integral approach. This work is a precursor to and condensed version of Wilber's *The Religion of Tomorrow*.

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Prepare to encounter your mind in a radically new way as Ken Wilber introduces Integral Mindfulness, a meditative approach based on Integral Theory and Practice. This leading-edge technique combines, for the first time in history, the ancient paths of meditation and mindfulness—or Waking Up—with modern research into psychological development and human evolution—Growing Up—resulting in a complete and powerfully effective method of personal transformation. Integral Meditation focuses attention on the inner "maps" we use to navigate life—in relationships, at work and study, in play, in just about everything we do. Mindfulness is used to unearth these unconscious maps, then uproot them so that we can substitute happier and healthier perspectives. With experiential exercises, guided meditation instructions, and tools to identify the individual's own greatest potential, this book points the way to realizing our Supreme Identity—and to finding the reason why each of us has come into being: to embody and express in the world our unique perspective of Spirit.

Utilizing a question and answer format, the philosopher and spiritual teacher discusses multiculturalism, political correctness, spiritual enlightenment, gender wars, modern liberation movements, and the course of evolution. Reprint.

A Seminal Work of Visionary Hope, Updated for the 21st Century In this era of government gridlock, economic and ecological devastation, and seemingly intractable global violence, our future is ever more ripe for — and in need of — fresh, creative reimagining. With her clear-eyed, inspiring, and sweeping vision of a possible global

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renaissance in the new millennium, Barbara Marx Hubbard shows us that our current crises are not the precursors of an apocalypse but the natural birth pains of an awakened, universal humanity. This is our finest hour. Conscious Evolution highlights the tremendous potential of newfound scientific knowledge, technological advances, and compassionate spirituality and illustrates the opportunities that each of us has to fully participate in this exciting stage of human history. As we do, we will bring forth all that is within us and not only save ourselves, but evolve our world.

Explains how to develop the many different levels of being and details ways to achieve a greater balance and wholeness in life

The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health

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infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

Although its importance is not always recognized, theory is an integral part of all biological research. Biologists' theoretical and conceptual frameworks inform every step of their research, affecting what experiments they do, what techniques and technologies they develop and use, and how they interpret their data. By examining how theory can help biologists answer questions like "What are the engineering principles of life?" or "How do cells really work?" the report shows how theory synthesizes biological knowledge from the molecular level to the level of whole ecosystems. The book concludes that theory is already an inextricable thread running throughout the practice of biology; but that explicitly giving theory equal status with other components of biological research could help catalyze transformative research that will lead to creative, dynamic, and innovative advances in our understanding of life. This comprehensive guide shows how to use Wilber's acclaimed Integral Approach to design a personal program of transformational practice. With its combination of exercises, explanations, theory, and illustrations, this work is intended to meet the needs of the whole person.

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Over the last thirty-five years, Ken Wilber has developed an Integral "theory of everything" that makes sense of how all the world's knowledge systems—East and West; ancient, modern, and postmodern—fit together and can elevate our awareness. Drawing on science, psychology, human development, spirituality, religion, and dozens of other fields, Integral Theory is a revolutionary framework for understanding ourselves and the world we live in. Now there is a way to not just think Integrally, but to embody an Integral worldview in your everyday life. Integral Life Practice is not just a new approach to self-development and higher awareness, but a way of making sense of—and making best use of—the existing treasure trove of insights, methods, and practices for cultivating a more enlightened life. It offers a uniquely adaptive approach to awakened living that's suitable for everyone: people with busy careers and families, college students, retirees, even hardcore athletes and yogis. It's geared for devout—and irreverent—people of any religion, or no religion! This highly flexible system will help you develop your physical health, spiritual awareness, emotional balance, mental clarity, relational joy, and energy level, within a framework that integrates all aspects of your life. Combining original exercises, vivid examples, cutting-edge theory, and illustrative graphics, Integral Life Practice is the ultimate handbook for realizing freedom and fullness in the 21st century.

Leading researchers and practitioners explore the frontiers of education from an integral perspective.

Ken Wilber's latest book is a daring departure from his previous writings—a highly original work of fiction that combines brilliant scholarship with tongue-in-cheek storytelling to present the integral approach to human development that he expounded in more conventional terms in his

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recent A Theory of Everything. The story of a naïve young grad student in computer science and his quest for meaning in a fragmented world provides the setting in which Wilber contrasts the alienated "flatland" of scientific materialism with the integral vision, which embraces body, mind, soul, and spirit in self, culture, and nature. The book especially targets one of the most stubborn obstacles to realizing the integral vision: a disease of egocentrism and narcissism that Wilber calls "boomeritis" because it seems to plague the baby-boomer generation most of all. Through a series of sparkling seminar-lectures skillfully interwoven with the hero's misadventures in the realms of sex, drugs, and popular culture, all of the major tenets of extreme postmodernism are criticized—and exemplified—including the author's having a bad case of boomeritis himself. Parody, intellectual slapstick, and a mind-twisting surprise ending unite to produce a highly entertaining summary of the work of cutting-edge theorists in human development from around the world.

A projection of the future of the species documents reports of extraordinary perception, cognition, volition, and spiritual development, predicting a continuing evolution of humanity. By the author of *Golf in the Kingdom*. National ad/promo. Tour.

Only a decade ago, the notion that museums, galleries and heritage organisations might engage in activist practice, with explicit intent to act upon inequalities, injustices and environmental crises, was met with scepticism and often derision. Seeking to purposefully bring about social change was viewed by many within and beyond the museum community as inappropriately political and antithetical to fundamental professional values. Today, although the idea remains controversial, the way we think about the roles and responsibilities of museums as knowledge based, social institutions is changing. *Museum Activism* examines the

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increasing significance of this activist trend in thinking and practice. At this crucial time in the evolution of museum thinking and practice, this ground-breaking volume brings together more than fifty contributors working across six continents to explore, analyse and critically reflect upon the museum's relationship to activism. Including contributions from practitioners, artists, activists and researchers, this wide-ranging examination of new and divergent expressions of the inherent power of museums as forces for good, and as activists in civil society, aims to encourage further experimentation and enrich the debate in this nascent and uncertain field of museum practice. *Museum Activism* elucidates the largely untapped potential for museums as key intellectual and civic resources to address inequalities, injustice and environmental challenges. This makes the book essential reading for scholars and students of museum and heritage studies, gallery studies, arts and heritage management, and politics. It will be a source of inspiration to museum practitioners and museum leaders around the globe.

A pop-culture presentation of the Integral Approach from visionary genius Ken Wilber, designed as an easy introduction to his work. What if we attempted to create an all-inclusive map that touches the most important factors from all of the world's great traditions? Using all the known systems and models of human growth—from the ancient sages to the latest breakthroughs in cognitive science—Ken Wilber distills their major components into five simple elements, ones that readers can relate to their own experience right now. With clear explanations, practical exercises, and familiar examples, *The Integral Vision* invites readers to share in the innovative approach to spiritual growth, business success, and personal relationships. This book has been adapted from the 2009 graphic edition. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short,

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portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Spiral Dynamics introduces a new model for plotting the enormous economic and commercial shifts that are making contemporary business practice so complex and apparently fragmented. Focusing on cutting-edge leadership, management systems, processes, procedures, and techniques, the authors synthesize changes such as: Increasing cultural diversity. Powerful new social responsibility initiatives. The arrival of a truly global marketplace. This is an inspiring book for managers, consultants, strategists, and leaders planning for success in the business world in the 21st century.

Here is a collection of writings that bridges the gap between science and religion.

Quantum Questions collects the mystical writings of each of the major physicists involved in the discovery of quantum physics and relativity, including Albert Einstein, Werner Heisenberg, and Max Planck. The selections are written in nontechnical language and will be of interest to scientists and nonscientists alike.

A guide to creating healthy, fulfilling, loving relationships.

This book sketches the contours of a vision that moves beyond the dominant paradigm or worldview that underlies and governs modernity (and postmodernity). It does so by drawing on the remarkable leap in human consciousness that occurred during the Axial Age and on a cross-pollination of what are arguably the three most comprehensive

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integrative metatheories available today: Complex thought, integral theory and critical realism – i.e. a complex integral realism. By deploying the three integrative metatheories this book recounts how the seeds of a number of biases within the Western tradition – analytical over dialectical, epistemology over ontology, presence over absence and exterior over interior – were first sown in axial Greece, later consolidated in European modernity and then challenged throughout the 20th century. It then discusses the remedies provided by the three integrative philosophies, remedies that have paved the way for a new vision. Outlining a ‘new axial vision’ for the twenty-first century which integrates the best of premodernity, modernity and postmodernity within a complex integral realist framework, this book will be of interest to students and scholars of the Axial Age, critical realism, integral theory and complex thought. It will also appeal to those interested in a possible integration of the insights and knowledge gleaned by science, spirituality and philosophy.

The author of nineteen books of philosophy and psychology, Ken Wilber is a pioneering thinker who has developed an integral "theory of everything" that embraces the truths of both Eastern spirituality and Western science. Yet while he is best known for his scholarly research into the world's contemplative traditions, Wilber is also an accomplished spiritual practitioner and mystic in his own right. In order to highlight the personal wisdom of this popular author, the editors of *The Simple Feeling of Being* have assembled a collection of inspirational, mystical, and instructional passages drawn from

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his publications. These heartfelt writings, born of Ken's own meditation practice and inner experiences, include:

- Poetic passages of contemplative insights and reflections
- Inspired descriptions of Spirit, Nondual Awareness, the Witness, One Taste, and other topics
- Commentary on the spiritual contributions of figures such as Ralph Waldo Emerson, Saint Teresa of Ávila, Meister Eckhart, and Ramana Maharshi
- Anecdotes of personal experience and glimpses into Wilber's inner world
- Practical spiritual instructions and guided meditations

Brings Integral Theory to addiction treatment, offering a more holistic vision of recovery and powerful practices for achieving it.

In this groundbreaking book, Ken Wilber uses his widely acknowledged "spectrum of consciousness" model to completely rewrite our approach to such important fields as psychology, spirituality, anthropology, cultural studies, art and literary theory, ecology, feminism, and planetary transformation. What would each of those fields look like if we wholeheartedly accepted the existence of not just body and mind but also soul and spirit? In a stunning display of integrative embrace, Wilber weaves these various fragments together into a coherent and compelling vision for the modern and postmodern world.

A collection of intimate writings offers a glimpse of the author's philosophy as he discusses his day-to-day personal experiences, spiritual practice, and observations on popular spiritual movements

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A vision to address our environment, economy, politics, culture, and to catalyze the radical whole-system change we need now Recasting current problems as emergent opportunities, Terry Patten offers creative responses, practices, and conscious conversations for tackling the profound inner and outer work we must do to build an integral future. In practical and personal terms, he discusses how we can all become active agents of a transformation of human civilization and why that is necessary to our continued survival. Patten's narrative focuses on two aspects of existence--our dynamic but fractured and threatened world, and our underlying wholeness and unity. Only by honoring both of these realities simultaneously can we make sustainable changes in ourselves, our communities, our body politic, and our planetary life-support system. A New Republic of the Heart provides a comprehensive understanding and inspiring vision for "being the change" in a way that can address the most intractable problems of our time. Patten shows how we can come together in our communities for conversations that matter and describes new communities, enterprises, and forms of dialogue that integrate both inner personal growth work with outer awareness, activism, and service.

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