



Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening

Ken Wilber , Terry Patten , Marco Morelli , Adam Leonard

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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.

For more information, visit www.Integral-Life-Practice.com.

Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening Details

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From Reader Review Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening for online ebook

Drick says

I have been intrigued by Ken Wilber's integral theory - his attempt to integrate various spiritual traditions, psycho-development theories, systems theories, and scientific perspectives. In this book Wilber and associates seek to show how to put integral theory into practice. The four basic modules are to work on one's physical health, spirituality, cognitive view and psycho-emotional health. He then has extra modules of ethical practice, and daily living. While I have not fully bought into Wilber's evolutionary view of consciousness and his tilt toward Eastern mystical practices, there is much in this book that is worth exploring including an integration of physical fitness with spiritual practice and an emphasis on focusing on the present.

Kate Davis says

Certainly motivating, and they do a good job of both differentiating practices and discussing the way the practices inter-relate to integrate. At times, quite a bit more detail than necessary, though I'm a more experienced practitioner than their target demographic.

The final 2 chapters are by far the most useful and practical; I'll likely use these for framing teachings.

Maggie says

I absolutely love this book. The way life is organized makes so much sense and is extremely applicable in daily life. This book really helps you get a grasp on your overall goals and helps you implement them on a daily basis. I highly recommend this book to anyone, but especially those that are interested in adding more spirituality into their lives.

Lisa Smith says

The chapter on the shadow (and corresponding practice) is super helpful

Nathan says

Great practical overview of Integral theory and ways to try parts of it in your life.

Elisa Winter says

Yep. This is the one. The absolute cutting edge of human development. All quadrants all levels, that's my new mantra. Now, I gotta go read it again.

Prade says

Application of Integral Theory to life.

Mark Thompson says

Always insightful and good value.

Andrea says

The interesting parts of this book are very palatable cliffs notes type summaries of Ken Wilbur's Integral Spirituality. In that regard, the book makes Wilbur's philosophy more accesible to a wider audience which is good. Probably the most useful part of the book for me was the Shadow Module. Essentially, a shadow is when there is something about another person that really pisses you off. For example, if I get really irritated at the guy at work who is a major suck up, that means I have disowned and marginalized my own tendancies toward sucking up. This book teaches that you are not really pissed off at the other person, but at a similar shadow quality within your own self. Not only can you recognize it, but there is presented a simple a method for addressing the shadow and reincorporating it. This section explains how a lot of emotions people have are screwed up by the shadow thing. Significant for me is how depression is really a manifestation of anger. Interesting and useful stuff.

Jake says

Ken Wilber is an incredible intellectual and author. He is a great source for those of us who enjoy exploring the crossroads between philosophy, science, and spirituality.

This book brings Integral Theory down to earth, with much more practical ideas about how to apply it to personal development.

Suhrob says

The Integrals are far more synthesizers and systematizers than explorers, so you'd be hard pressed to find anything *new* here. Yet there is a lot of value in this endeavor, although the book does feel rushed and superficial.

What I find weird with Integral is that you'd find it in the spiritual part of the bookstore, where it is a intellectual heavyweight among cheap new age pap. And yet the "spiritual" part within the Integral framework seems the least developed and most... naive?

Durwin says

Too encyclopedic to be of interest to some readers; however, the strength of the book is that it brings a comprehensive approach to the field of personal development which is so often fragmented. I found the part of the book that focused on how to transform difficult emotions to be the most interesting and encouraging.

Catherine says

This is a great basic book, very accessibly written about developing an Integral Life practice. But I have been studying this stuff for three years now, so I'm a bit burnt out and jaded. But for someone who isn't over-saturated I think it would be perfect.

Tuukka says

Excellent book giving an overview of the various ways an integral worldview could be translated to practice.

I, being both scientifically and spiritually inclined and interested, found value in how the book fused together scientific and spiritual material to build a map for holistic personal growth and life-practice.

The strength of integral approach lies in the fact that it recognizes scientific and spiritual/religious worldviews and perspectives need not to be either-or but they can be reconciled and viewed as representing different quadrants in the AQAL model. Both are valid and "true" and are welcomed and included in an integral worldview and life.

Thor says

Love it. Real guidance on how to incorporate the integral model into one's life. I have not used this explicitly. Rather, what I discovered is how to satisfy what I'm lacking at any moment. For example, due to this study, I can more easily determine what needs work immediately in my life. I think I lead a relatively integral life already, but this is a way to keep things in balance. There are also many really great ideas for practices, if that's what one is looking for. The book really just scratches the surface of most of the practices, however. I would say that you shouldn't expect to be given every detail of what your practice is going to be just by reading this book. You will need to be creative and do some work on your own fo sho.
