

COMING IN FALL 2008 FROM INTEGRAL BOOKS/SHAMBHALA

Integral Life Practice:

How to design your own training program for body, mind, and spirit

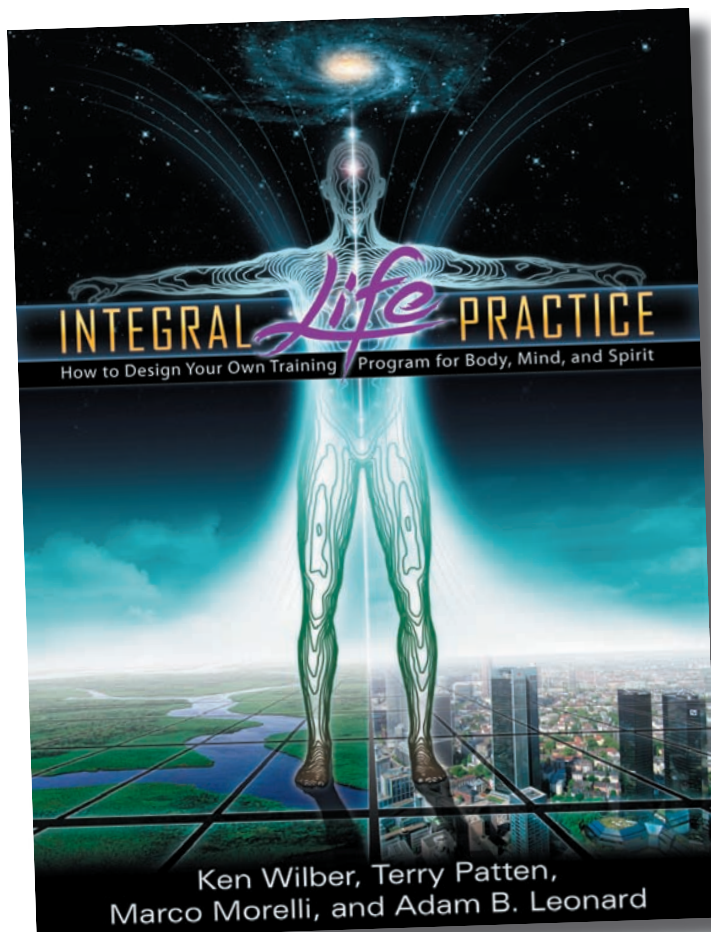
By Ken Wilber, Terry Patten, Adam Leonard, and Marco Morelli

A new, rational, intelligent mysticism has begun to appear. This is the book that brings it all together. *Integral Life Practice* distills the essence of the ancient traditions in light of the discoveries of modern science. It sets forth a science and an art through which you can unfold your universality and uniqueness—creatively, playfully, and yet systematically.

Expanding upon the *Integral Life Practice Starter Kit*, and the experience of numerous Integral seminars and workshops, this book provides the most comprehensive guide available to both the theory and the lived experience of Integral Life Practice. The book is, simultaneously, a user-friendly beginner's introduction, an intermediate practitioner's reference manual, and an advanced-level consideration of the ultimate depths to which an authentic practice can take us.

The authors—spanning multiple generations (Ken and Terry are in their 50's, and Marco and Adam are in their early 30's and late 20's respectively)—combine a wide range of experience and insight to offer a restatement of “the universal path” that is fresh, irreverent, grounded, mature, synthetic, and without illusions.

The book balances theoretical discussion, practical instruction and exercises, and a plethora of wisdom teachings gained from years of study and dedicated practice, to present an approach to growth and awakening optimized for the 21st century.



Outline of *Integral Life Practice*

Prologue – “The Great Experiment” Introduces the notion of “practice” and invokes the great history of traditions, approaches, and techniques—Eastern and Western; ancient, modern, and postmodern—that human beings in all times and cultures have used to transform their lives and wake up.

Chapter 1 – Why Practice? Addresses the many different motivations and goals that people may have for taking up a life of practice, and specifically, of Integral practice.

Chapter 2 – What is Integral Life Practice? Unpacks the basics of the ILP approach and framework, including important terminology and a handful of the essential principles of Integral practice.

Chapter 3 – Get a Feel for Integral Awareness A vividly described, experiential walk-through of the “4 Quadrants” of the Integral approach, which articulates the fundamental contours of the very “space” in which all our experiences arise.

Chapter 4 – Module: Shadow A practical introduction to shadow-work, teaching us how to get in touch with and liberate the hidden, repressed, or unconscious aspects of our personality that often act to sabotage our growth, well-being, and emotional clarity. Includes discussions of psychotherapy, managing emotions, and the “3-2-1 Shadow process”.

Chapter 5 – Module: Mind An in-depth explanation of the AQAL framework (including discussions of quadrants, levels, lines, states, and types), with an emphasis on how our use of AQAL can radically enhance our ability to take multiple perspectives (and integrate them!) in all areas of life.

Chapter 6 – Module: Body Presents a “3-D” approach to the body that includes not just physical health, but also subtle-body energetic radiance, and causal-body presence, stillness, and spaciousness. Covers gross and subtle body exercise, diet, sleep, and inner fitness.

Chapter 7 – Module: Spirit Explores the vast range of spiritual practices handed down by the great religious traditions, with an emphasis on how we can non-dogmatically preserve the gifts of those traditions, while opening to the insights of modern, postmodern, and Integral awareness. Teaches streamlined and powerful approaches to meditation. Especially important is the use of 1st-person, 2nd-person, and 3rd-person orientations to craft a balanced and inclusive spiritual practice.

Chapter 8 – Module: Integral Ethics Ethics is central to living an Integral life. This chapter suggests both a theoretical framework for an Integral ethical practice, as well as a consideration of the “art” of living an ethical life.

Chapter 9 – Living Your Life as Practice: Relationships, Work, Parenting, Creativity, and Other Additional Modules Here we discuss how one's ILP can engage all the important areas of one's life. Practice doesn't stop when one gets off the meditation cushion, but is continually responding to our actual relationships and circumstances; and moreover, we can practice to deepen and awaken in those areas.

Chapter 10 – Navigating the Practice Life Offers practical instruction on how to design a personalized Integral Life Practice, as well as numerous tips, principles, and observations related to living a deep, full life of practice. Offers a view of the heart and soul of ILP as a lifelong journey.

Epilogue – “The Unique Self” Summarizing reflections on how living an ILP brings us to the mysterious, profound, and sometimes humorous intersection between universal structures, transpersonal awareness, and our own unique, individual, embodied existence.