

The Essential Ken Wilber

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The Essential Ken Wilber

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. I don't think this book is really the essential Wilber. It is a summary of Wilber's early work on transpersonal psychology/spirituality.

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The Essential Ken Wilber: An Introductory Reader, 1998, ISBN 1-57062-379-1 The Marriage of Sense and Soul: Integrating Science and Religion , 1998, reprint ed. 1999: ISBN 0-7679-0343-9 One Taste: The Journals of Ken Wilber , 1999, rev. ed. 2000: ISBN 1-57062-547-6

Ken Wilber - Wikipedia

Origins. Ken Wilber's "Integral Theory" started as early as the 1970s, with the publication of The Spectrum of Consciousness, that attempted to synthesize eastern religious traditions with western structural stage theory, models of psychology development that describe human development as following a set course of stages of development.. Wilber's ideas have grown more and more inclusive over ...

Integral theory (Ken Wilber) - Wikipedia

"Ken Wilber is a teacher of the teachers..." "Ken Wilber is a teacher of the teachers. His work is fundamental. Who among us can really take a serious role (in our individual and collective evolution) who are not familiar with his work?"

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An introduction to the thought of the contemporary American philosopher and psychologist contains brief, lucid passages from his work on such topics as meditation, mysticism, science, and the world's religions. Original. 30,000 first printing.

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.

On Ken Wilber's philosophy.

As one who has written extensively about the interior life, meditation, and psychotherapy, Ken Wilber—the leading theorist in the field of integral psychology—naturally arouses the curiosity of his numerous readers. In response to this curiosity, this one-year diary not only offers an unprecedented entrée into his private world, but offers an introduction to his essential thought. "If there is a theme to this journal," Wilber writes, "it is that body, mind, and the luminosities of the soul—all are perfect expressions of the Radiant Spirit that alone inhabits the universe, sublime gestures of that Great Perfection that alone outshines the world." Wilber's personal writings include: • Details of his own spiritual practice • Advice to spiritual seekers • Reflections on his work and that of other prominent theorists in the field of integral psychology • His day-to-day personal experiences • Dozens of his short theoretical essays on topics from art to feminism to spirituality to psychotherapy

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.

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 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 Avila, 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.

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 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 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.

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 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.