

# **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

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## Prologue

### “The Great Experiment”

For thousands of years, in almost all parts of the globe, human beings have engaged in **practices** to transform and balance their lives. From the magical rituals of ancient shamans, to the contemplative science of the mystical traditions, to the latest breakthroughs in health, nutrition, and physical exercise—we humans have always sought ways to connect with deeper truths, to achieve well-being and harmony, and to realize our highest potentials.

Now, in the information age, this incredible wealth of knowledge, teachings, and techniques—our evolutionary human legacy—is available to us like never before. The question is, how can we best use it? How can we put it all together? How can we make sense of the myriad of approaches, from such diverse places and times, in a way that’s relevant to our individual and collective lives?

Our answer to these questions amounts to an experiment in the deepest sense—an amazing and humbling and life-long adventure in consciousness itself, in humanity (and divinity) itself—a trek into the future of our own bodies, minds, and spirit. That’s not to say this book presents an unproven approach—far from it. Rather, it means that in order to see the “data” (and taste the fruits) of practice, you must be willing to try the

experiment on yourself. This is, we believe, one of the most exciting and rewarding of all possible endeavors.

**Integral Life Practice** is a way of organizing the many practices handed down through the centuries—along with those developed at the cutting edge of psychology, consciousness studies, and other leading fields—using a framework optimized for life in the 21<sup>st</sup> century. It is, at once, ancient and modern, Eastern and Western, speculative and scientific, and yet also something beyond those dichotomies. Integral Life Practice (or ILP) is *integral*—which means “comprehensive, whole, and balanced.” It’s a synthesis of the “best of the best” that our traditions have to offer, combined with the most state-of-the-art transformational techniques. ILP is a free and fearless exploration of the terrain of your own being and awareness.

At **Integral Institute**, and in the worldwide Integral community, we’ve been developing ILP for over 30 years, researching the most essential keys to human growth. We’re proud to present the results in this book. To get started, all you need is the willingness to give it a try—to carry on the Great Experiment in your own life.

Whether you’re a beginner or a more advanced practitioner exploring an integral approach to practice, we hope this book will be exceptionally useful to you. We look forward to helping you reach your highest aspirations, as we grow together toward a brighter here and now.

# Chapter 1

## Why Practice?

Integral Life Practice starts where all practice starts—with inspiration, a yearning to grow, to become “all that you can be.”

Sometimes the choice to practice comes after you’ve been touched, opened, or maybe even awakened by something or someone profoundly *true*. Sometimes it’s the heartbreaking lessons of life—the experience of intense suffering, meaninglessness, or pain.

Maybe it’s the inspiring example of someone living an uncompromised life; or reading a book full of mind-blowing insights; or the extraordinary presence of a saint, sage, or teacher. Maybe it’s the death of a friend or loved-one. Or maybe your conventional life is simply undone, because you suddenly see through your own game.

*Somehow* you get a glimpse of a freer, clearer, more authentic, loving, and true existence—and you want to live it.

People have been inspired like this for thousands of years. Those who got bit by the bug often became monks, nuns, shamans, or yogis—surrendering their lives to a mystical spiritual path. Others did it in alternative forms, becoming samurai or martial

artists—giving themselves over with great intensity to a transformational discipline.

Serious, traditional stuff, eh?

But it ain't necessarily so. Even though there's a lot of wisdom and beauty in the traditions, practice by nature is *extremely alive*. It continually reinvents itself. It breaks free of all bonds. It doesn't have to be a certain way—and certainly not *only* the way of the traditions.

In truth, the traditions have always depended on innovation and improvisation. And so we continue the tradition of... breaking with tradition (while still drinking deeply from the wisdom of the past). Why? Because the world keeps changing. *We* keep changing. Human life has evolved—and so has practice.

An individual Integral Life Practice has many layers and dimensions. It goes as deep as you do, and flexes to fit your unique life. It can (and will) go through countless cycles and mutations. But the *essence* of ILP is simple, and it embodies the intention of authentic practice in every context, ancient or modern: to be *true*, *real*, and *whole*—to *wake up* in all directions and dimensions of your being.

Integral Life Practice means living for real. It's "getting real" with life—perhaps like never before. Or it's taking the real-ness you already have to a higher, more integrated level. ILP expresses your impulse to be as fully aware as possible—now and now and *now*—and to grow in that awareness over time.

It's also founded in deep care—care for ourselves, for others, and for this mysterious existence. This care inspires us to want to make a difference, to give more,

to cut through the bullshit of narrow and fragmented views, and to magnify the freedom, love, openness, and depth in us, in others, and in this beautiful, terrible world.

And, from a certain perspective, practice is simply *what is*—it's a personal choice and an authentic lifestyle—not really something to make a big fuss about....

Here are a few more possible reasons for engaging an ILP:

- Embracing and working with pain and suffering
- Becoming a better person—on all levels, in all areas
- Living with integrity and excellence
- Getting over yourself
- Waking up!
- Living according to your highest ideals
- Finding and/or living your deepest purpose
- Loving and caring for others more fully
- Communing with life, the universe, and Spirit
- Participating in the evolution of consciousness
- Because you're in love with the Mystery
- No specific reason—it's just what you're drawn to do

Many people come to ILP after an experience with a specific type of practice, which, at a certain point, no longer seems full or inclusive enough. ILP makes room for you to bring everything to the path:

- You may have experience training for physical excellence or competitive sports.
- Maybe you've disciplined your mind and emotions for peak performance in business.
- Perhaps you've practiced yoga or meditation, maybe even for years.
- You may have undergone deep psychological work, facing your shadow and exploring your past.
- You might have come to practice out of your deeply felt devotion to God or a beloved teacher or guide.
- Maybe your interest in ILP comes through your scholarship and thirst for understanding.

Some radical teachers and teachings point out the limitations buried within many of our motivations for practice. Most of us at least begin practice as “spiritual materialists,” motivated to perfect or fulfill our separate self-sense. But our exclusive commitment to self-centered motives tends to loosen and relax as we mature. The most fundamental paradox is that of *seeking*. Everyone begins the path as a seeker, and yet, the seeker must outgrow the notion that “something’s missing”—and thus give up seeking—for the path to be fulfilled. So our motives do naturally evolve.

But none of them are wrong. We don't need to wait until our motives are perfectly pure. People find countless reasons for practice—and every motivation for practice *is valid... and partial*. The beauty of practice is that it transforms us so that we outgrow our

original intentions—and keep going! Our motivations for practicing evolve as we mature. Each of our motivations for practice contributes something to our path, even if we eventually leave it behind.

Ultimately, all our motivations and intentions converge in the present moment:  
What is our practice *right now*?

There's no single best or right way to practice, but there are plenty of less than optimal ways. ILP drops the baggage and cuts to the essentials, so you can easily find a practice that works for you, with a minimum of wasted time.

Shall we begin?

### **About the Practices in this Book**

Peppered throughout this book are experiential practices. These are provided to help you convert theory into action. Some practices are explicitly “integral” and custom-designed for ILP—these are called Gold Star Practices. Others are taken from different sources, but are adapted to an integral context. Some Gold Star Practices also come in an ultra-condensed form called a **1-Minute Module**. You can use one of these anytime as a virtually effortless way to bring practice into your daily life—instantly!

When we say “experiential,” we mean this in the broadest sense. At a minimum, there are *bodily* experiences, *mental* experiences, and *spiritual* experiences. When you see a Gold Star Practice or 1-Minute Module, try to open yourself to whatever form of experience is involved: bodily, mental, spiritual, or any combination of the above.

## 1-Minute Module:

### What's Your Deepest Motivation?



It's important to connect with what practice means for *you*. Here's a way to check in with your motivation. You can try this now, but really, it's a great thing to do regularly, at the beginning of any practice session—and it takes less than a minute!

Place both hands over your heart, and take a few deep breaths. Feel any activity in your mind, heart, and gut. Now, thoughtfully feel into your deepest motivation for

practice. What is your real desire? What's behind the "pushes" or "pulls" that you're experiencing right now? What's arising in your self-awareness?

It need not be only one thing, or anything in particular. You might be seeking something extraordinary; you might just be curious about what will happen; or you might feel something that you can't really describe. Simply feel what motivates you most deeply in this moment, and be aware of it.

Finally, feel or be aware of the *witness* of your experience. Who is the experiencer behind this and every experience? Who is it that's aware of (and therefore not) your motivations?

Breathe and relax into this awareness for a few moments....

Then let it go, and move on.

## Chapter 2

# What Is Integral Life Practice?

Whatever your motivation, the intention to begin, renew, or deepen a practice is a wonderful first step. But once you've made that choice, how do you follow through with it? Thirty years of experience have shown us that your practice will turn to mush without a framework for organizing it—preferably an *integral* framework, one that's inclusive and flexible enough to make your intention a reality.

### A Radically Inclusive Approach

The Integral Life Practice framework allows for maximum flexibility. It's not a program you must follow uncritically, humorlessly, and perhaps even with a sense of superiority, until you're enlightened, more successful, better-looking, and hopefully perfect, someday. It gives you a set of tools for designing your own unique and personalized practice, in whatever form works best for you right now, with the understanding that “what works best” will change over time.

The “Integral” part of ILP is that it is **radically inclusive**. To do this, it draws on a conceptual map called AQAL (which stands for “All Quadrants, All Levels”—we'll get deeper into this in a moment). AQAL is a *theory of everything*, a way of comprehending

life and reality in very broad yet precise terms. AQAL (pronounced *ah-qwul*) is a map of consciousness, the Kosmos\*, and human development, at every level and in every dimension that presents itself.

Technically speaking, AQAL is a map of maps, or a *meta-theory* that incorporates the core truths from hundreds of other theories. It organizes the profound insights of the spiritual traditions, philosophy, modern science, developmental psychology, and many other disciplines, into one, coherent whole. AQAL accounts for the many perspectives that great thinkers, teachers, and researchers have brought to our understanding of self and world.

But it doesn't stop there, because AQAL is also immediately intuitive—it describes the *terrain of your own awareness*. In Chapters 3 and 5, we focus on how AQAL can help you see deeper into yourself, your relationships, and the world at large.

### **Integral Life Practice is “Powered by AQAL”**

Because AQAL attempts to map the entire known Kosmos, ILP engages nearly every aspect of our lives. As you embark on an Integral Life Practice you will learn to hold more perspectives, and to do so more freely and flexibly, exercising every dimension of your being. This inclusiveness is why we regard practice as a matter of whole-person *feeling-intelligence*—body, mind, and spirit. Integral Life Practice is AQAL applied to life—a life of conscious evolution in all parts of your being.

In creating Integral Life Practice we asked some key questions:

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\* **Kosmos** with a 'K' is the word the ancient Greeks used to denote a universe that includes, not just stars and planets and black holes, i.e., physical reality (which is what “Cosmos” usually means), but also the realms of mind, soul, society, art, Spirit, i.e., *everything*.

- What are the most effective and essential practices of the ancient traditions?
- What new insights into practice are offered by the most current discoveries?
- How can we find the “patterns that connect” the most diverse insights and methodologies?
- How can we use this knowledge to promote a lifetime of growth and awakening?

As grand as this may sound, the results are not particularly complex or difficult to grasp. Integral Life Practice is designed for and by people living within the pressurized schedules of the 21<sup>st</sup> century. You can't afford to waste your time any more than we can. That's why, if a practice isn't high-leverage, you won't find it here. But we haven't cut corners either. If you want to go truly *deep* in your practice, ILP can help you do that quickly and directly.

How does ILP work? First, we suggest a **modular** approach to practice. An ILP *module* is a category of practice that relates to a specific part of your being. Identifying your practice modules will give you an overview of your practice life, allowing you to determine which areas you're exercising and which you're leaving out.

One of the benefits of a modular approach is that with just a handful of modules you can engage all the key areas of your life—while maintaining full choice of exactly *how* you do so. ILP does not dictate the specific practices you should do. Rather, it

suggests a few general areas—i.e., modules—that are essential, and others that are also important but optional, and then allows you to decide exactly how you want to engage those areas. This makes it easier to choose the practices that are right for you, while still covering all the bases.

Second, ILP is **scalable**, which means you can simplify and shorten your practice to mesh with your time availability. Do you sometimes (or usually!) find yourself too busy for practice? You can do a basic form of Integral Life Practice in as little as ten minutes a day. Thus, *anyone*, no matter how busy, can have an Integral Life Practice.

Are you interested in deep and rapid transformation? You can also use the ILP principles to engage a committed life of practice at the deepest level—even if you're as committed as a traditional monastic or an Olympic athlete. Your practices can stretch from as little as ten minutes, to several hours each day, to doing practice retreats or living in a dedicated practice community.

Do you have a wide or very specific range of practice interests? ILP is **customizable**, letting you bring your unique interests, passions, and needs into play. It doesn't impose rigid structures on you, but rather creates a flexible, open space in which you can creatively engage the many dimensions of your being.

When we do suggest particular practices, such as the Gold Star Practices, these are **condensed** and **distilled**—keeping what's essential, and discarding what isn't—in order to give you the “most bang for your buck.” You can be sure you won't be wasting your time.

**Finally, ILP is Integral**, by which we specifically mean, “powered by AQAL.” AQAL is the most comprehensive map of consciousness available at this time, and

Integral Life Practice puts it to use to create a cutting-edge form of practice for the 21<sup>st</sup> Century. The AQAL structure of Integral Life Practice makes room not only for higher growth and self-actualization, but also and especially for awakening to, or simply recognizing, the Suchness or ever-present *is*-ness of this moment, and this one, and this....

## Integral Life Practice is . . .



### **The Ultimate in Cross-Training,**

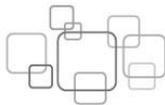
working synergistically on body, mind, and spirit in self, culture, and nature.



**Modular**, allowing you to mix and match practices in specific areas or “modules.”



**Scalable**, adjusting to however much—or little—time you have, down to the **1-Minute Modules**.



**Customizable** to your individual lifestyle—you design a program that works for you, and adapt it on an as needed basis.



**Distilled**, boiling down the essence of traditional practices—without the cultural or religious baggage—to provide a highly concentrated and effective form of practice for post-postmodern life.



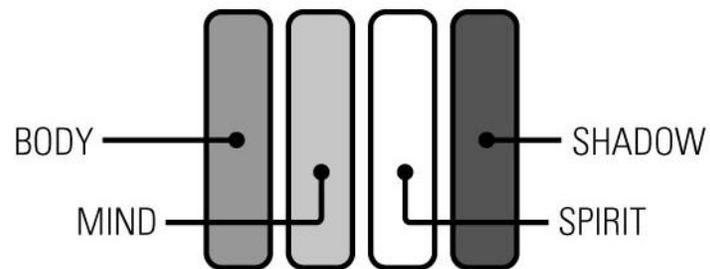
**Integral**, based on AQAL™ technology, an “All Quadrant, All Level” framework for mapping the many capacities inherent in human beings.

**Taken together, ILP is the smartest way to wake up!**

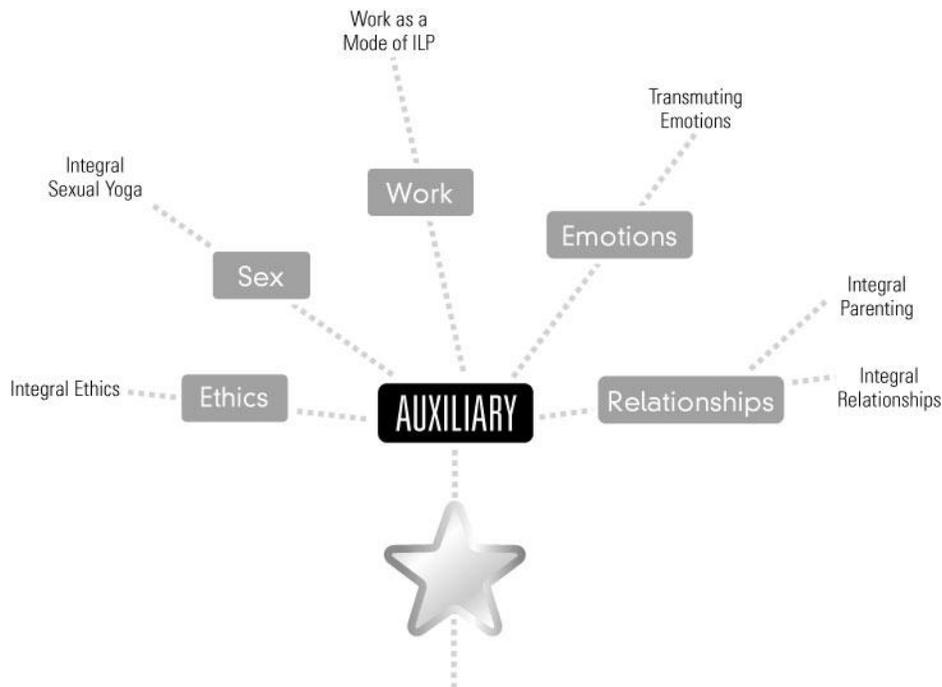
## Launch Pad: Four Core Modules

Integral Life Practice has **4 core modules**:

- Body
- Mind
- Spirit
- Shadow



**Additional important modules** include:



The universal starting point for ILP is the **Four Core Modules**. That's because they relate to four primary dimensions of your *individual* being: **body**, **mind**, **spirit**, and **shadow**. They don't require anything or anyone else but *you*. So you can, if you wish, work on them alone. If you consistently engage practices in each of these four areas, you'll empower and turbo-charge your overall development. You will be better able to engage inwardly and outwardly, through multiple perspectives, with greater clarity, presence, and vitality in practically any area of your life.

Traditional spiritual paths have usually emphasized only two or three of these modules—they almost never included the shadow module. Modern and postmodern paths of self-development often do include shadow work, but some jettison the mind module, and most usually lack the depth and rigor of the meditative traditions in the spirit module.

If you only take on one practice in each of the 4 core modules, you'll be doing ILP. That's all it takes. And if you do it wisely, you'll avoid the common pitfalls that can otherwise hold back meaningful transformation.

Some people ask, "Well, what if I really need to focus on something else besides the Four Core Modules?" No problem: *any* module could be your focus at any given time. *All* the modules—core and additional—are important. If you're in a phase where you're looking to align your career with your life's purpose or your heart's passion, then you probably want to focus on the **work** module, and on unfolding your **Unique Self**. If you've just fallen in love (or are looking for love), or are working on issues with your intimate partner, then you probably want to focus on the **relationships** module. If you're starting a new family, well then, you guessed it, the **parenting** module.

The Four Core Modules are a recommended foundation, not a rigid, dogmatic structure. The journey of your life will have many chapters, and the emphasis of your practice can shift accordingly. The ILP modules are simply a way of accounting for some of the most central dimensions of your life.

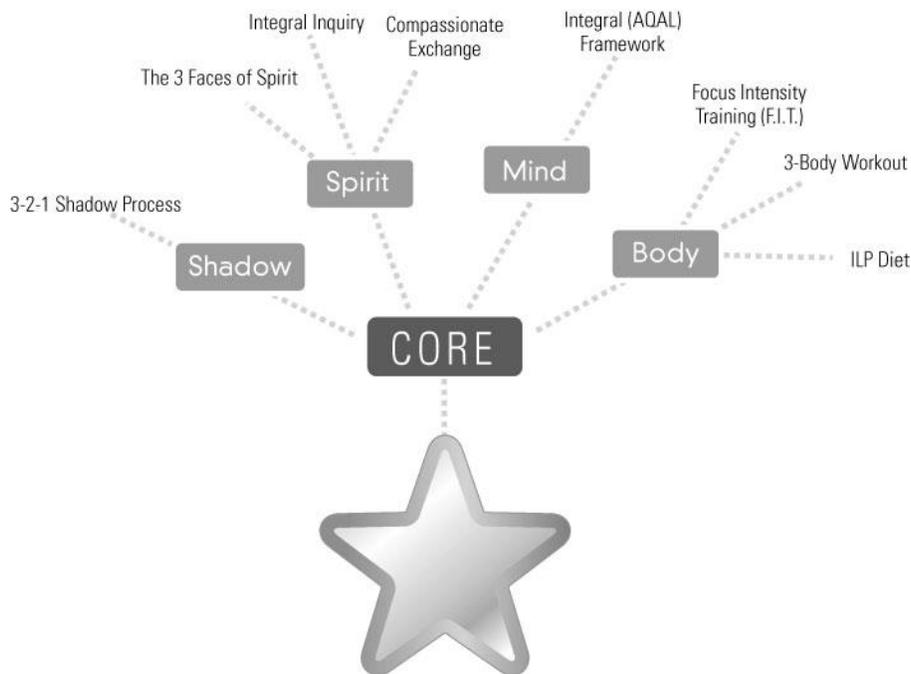
### **Gold Star Practices**

Each module contains any number of *practices* that you may choose from. For example, the **body** module includes practices such as weightlifting, aerobics, sports, swimming, diet, yoga, and nutrition. *Any* practice that focuses on the embodied aspect of your life can be considered a body module practice. Likewise, practices such as prayer, meditation, and service belong to the **spirit** module, because they relate to the spiritual dimension of your being.

We've developed a number of *recommended practices* in each of the four core modules. These are called **Gold Star Practices** and they're original, AQAL-based, and especially appropriate for 21<sup>st</sup> century life—integrating the best of traditional, modern, and postmodern approaches. Many Gold Star practices are **distillations** of traditional practices—minus the religious and cultural baggage. In some cases, we invented a practice from scratch, to address a newly perceived need. *All* Gold Star practices are streamlined and condensed, covering the most relevant aspects of practice.

Listed below are some Gold Star practices in the Four Core Modules. All are described in more detail later in the book:

### Gold Star Practices



### Body Module

The 3-Body Workout

Focus Intensity Training (F.I.T.)

Strength & Aerobics 1-Minute Modules

### Mind Module

The Integral (AQAL) Framework

### Spirit Module

The 3 Faces of Spirit

Integral Inquiry

Compassionate Exchange

### Shadow Module

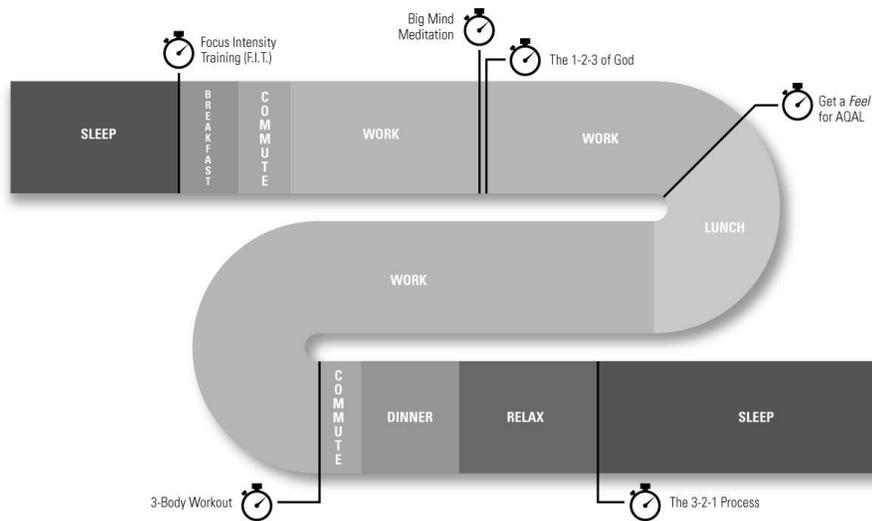
The 3-2-1 Process

The best way to find out if you like any of these practices, or if they really work for you, is, of course, to try them!

### **Pressed for Time? Try a 1-Minute Module**

Your ILP can be as rich and expansive as you want it to be. However, if you're in a hurry, we've created quick versions of the Gold Star Practices that are called **1-Minute Modules**. A 1-Minute Module is simply a Gold Star practice, but condensed into

a remarkably efficient and authentic exercise that takes almost no time to complete. It's a Gold Star *mini-practice*, which you can do almost anytime or anywhere—at work, on the subway, after lunch, between classes, just before bed... whenever.



The 1-Minute Modules are not a *replacement* for more intensive practices—ideally, you might have an hour or two each day to deeply engage your practices; and sometimes, you would have even more (e.g., for an extended meditation retreat—but they will help you keep in touch with the *essence* of your practices, which is often exactly what you need).

By utilizing the 1-Minute Modules, you can do a full ILP, realistically, in about *10 minutes a day*. This makes it easy to keep up with your practice—and it also eliminates the main excuse for not practicing! *Anyone* can make the time to practice ILP regularly.

### **Time to devote yourself deeply? The principles of ILP still apply.**

There is no end to practice. After years of dedication, experienced practitioners often work with the same modules in subtler, more nuanced ways. Once your whole life is practice, you tend to work more deeply with your states of mind and emotions. Your practice deepens in your relationships, work, and other additional modules. And, of course, you continue to return to body, mind, spirit, and shadow.

The principles of ILP will help you to design an overall practice that's effective, balanced, and high-leverage. You won't leave out any of the essentials, or neglect major dimensions of your development, even during periods when you concentrate on particular kinds of growth, such as an intensive phase of meditation practice or a period of focused training for an athletic event.

### **Practicing for 3 Kinds of Health**

Regular practice changes us, in both dramatic and subtle ways. One way of looking at the effects of practice is on our **3 kinds of health**:

1. **Horizontal Health:** Our dynamic fulfillment of the awareness, aliveness, and care available to us at our current wave of development.
2. **Vertical Health:** Our continued growth into greater consciousness and complexity—thus outgrowing old ways of being, and moving into new waves of development.

3. **Essential Health:** At any wave of development, our contact with, attunement to, and realization of Spirit—the Mystery, Suchness, or Is-ness of this and every moment.

*ILP includes and integrates all 3!*

## **Principles of Practice**

### **No Quick Fix**

The reason we are talking about Integral *Life Practice* is because there's *no quick fix*. If there were, we'd be recommending it here. One of the primary hard-won lessons of the last half-century and the human potential movement is that weekend intensives wear off! The same is true for weeklong or month-long intensives. A lasting, committed, daily practice is the only way to produce sustained transformation.

The quickest, shortest path to lasting change is a lifestyle that embraces some kind of ILP, including at least the Four Core Modules. Although this might seem to require a lot of time (and sometimes even a minute seems like too much!), it pays huge dividends by unleashing our potentials, freeing up our energy and attention, and increasing our effectiveness and enjoyment in the rest of life. We've found that we don't have time NOT to engage an ILP!

### **Integral Cross-Training**

Typical cross-training is *flat*. You do some aerobics, some weightlifting, maybe some yoga—but it's all at the *physical* level. What if we applied the same cross-training

principle—which holds that gains in one area will accelerate gains in others—across *all levels of our being*? Well, that’s the idea here. And we’ve found, for instance, that a meditator who also lifts weights will progress faster in meditation than one who doesn’t—and *vice versa*.<sup>1</sup> You might call this phenomenon *integral cross-training synergy*. The Four Core Modules simultaneously activate several powerful synergies, between body and mind, spirit and body, unconscious (shadow) and spirit. Additional modules can further intensify this process.

Though some practices seem to focus on one module more than others, there’s a ripple effect. By engaging a module in one area of life, you increase the effectiveness of every other module and every other area of life! That’s the power of cross-training. The Shadow module, for instance, primarily addresses your interior, psychological dynamics. But realize how many aspects of life the shadow influences. Becoming aware of and owning your shadow material will bring greater intimacy and honesty to your relationships, free up repressed energy in your body, add clarity and effectiveness to your work, increase your capacity for authentic and ethical behavior, and may even help you improve your finances—if, for example, you have some unresolved, unconscious fears of money and power, and are able to face your fears and overcome them.

### ***Customize and Evolve Your Own Individual Life Practice***

Custom-design your ILP with practices in all the core modules. Add practices in additional modules if you wish. Then refine the design. Make sure you’re *scaling* your ILP appropriately—so it’s neither too demanding nor too facile. Make a real commitment

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<sup>1</sup> Murphy, *The Future of the Body*

to try each practice you choose for at least one month (and usually 90 days is best). Try to keep your initial commitments. Then revise them as you develop competence and gain insight into your growth dynamics. Keep your ILP fresh, and evolve it as you evolve. In Chapter 10, we teach a practice design process that you can use for this purpose.

### ***A Post-Metaphysical Approach***

This principal is a bit more theoretical... but it's important. What "post-metaphysical" means, particularly in the context of AQAL, is that no perspective on reality is merely *given* to consciousness. Every perspective is *enacted*. In other words, you have to *do* something to see something. You have to *look* to know that it's raining. You have to learn to use a microscope to observe an amoeba. You have to meditate to understand what Zen masters are really talking about.

Old-fashioned metaphysics assumes that reality is simply provided to awareness, unmediated by the contexts and actions of the subject. A post-metaphysical, integral approach claims that you must actually *do* an integral practice to *experience* an integral reality. Nothing presented in this book should be taken merely as a proclamation of truth. In all cases, you have to follow the practice injunction to determine for yourself whether or not the "truth" is really true.

If you want to know if the planet Jupiter really exists, you must actually *learn* some of the principles of astronomy and then *look* through a telescope. Likewise, if you want to know whether the Zen state of *satori* really exists, you must learn something about Zen and then *meditate*, looking into the nature of your mind. Instead of naïve

belief or skeptical disbelief, a post-metaphysical approach requires an open, inquisitive attitude. In a sense, post-metaphysics is simply an expression of the scientific impulse—i.e., of empirical experimentation and experiential validation—but expanded to all levels and dimensions of our being, instead of only the material plane.

### ***Awareness, Care, and Presence***

At its core, Integral Life Practice is not encapsulated by specific practices. It's a sincere, inherent commitment to bring **awareness** and **care** to every moment of life—and thereby to increase one's awareness and care. An ILP practitioner naturally strives for a healthy body, a clear mind, an open heart, and a commitment to a higher purpose. This will then show up in how you breathe and feel as you go through your day, in how you do your job, how you treat your lover, how you respond to stress—it touches every aspect, every moment of life.

It's a profound thing to really be conscious, to really love—it means you're *seeing, feeling, being* in the moment—and yet you're not stuck in any one perspective, but free to evolve with life itself.

**Your Integral Life Practice will keep evolving** and deepening for the rest of your life, becoming more and more intimate and real. How do you practice with frustration, disappointment, and pain? How do you respond when someone attacks you? What do you do—what *can* you do—when someone you love dies? How do you face the stark reality of your own inevitable sickness, aging, and death?

This is when practice matters most. If you've illuminated your shadow issues, if you can metabolize pain and restore energetic equilibrium to your body, if you can see multiple perspectives, if your body can release tension, if you can open into contact with more life and truth—all of these factors will determine your immediate experience, how present and loving you can be with whatever is arising, and whether—and how wisely—you can use it to grow.

But it's not just the hard stuff that practice can help with—it's the beautiful stuff too. Life is infinitely wonderful and awesome. Falling in love... the birth of a baby... having a brilliant new idea... serving a higher cause... starting a new business... traveling and experiencing another culture... having an insight into the nature of reality... creating or enjoying a beautiful work of art.... We're stretched by all of it, whether it's delicious or not.

Spirit's light can blind you like a billion suns. The beauty of a single teardrop can liquefy your heart. True love can crush you like a crumbling mountain.

Then your intimate partner says something that hurts or infuriates you, and you forget the beauty and the love.

And then you remember—or rediscover—it again. Balance. Freedom. Happiness. Sanity. Oneness. Ordinariness. And again. And that's what practice is for....

### **The Smart Way to Wake Up**

The best thing is to just get started! Whether you're a beginner or a veteran practitioner, make use of this book to bring the most intelligent and practical form to your own life.

Once you have the basics down, it's easy to begin your own ILP. Here is a summary of how you can do so:

- ILP has **Four Core Modules**: Body, Mind, Spirit, and Shadow. It works via the principle of *cross-training*.
- All you need to start an ILP is **one practice** in each of the core modules. See the **ILP Matrix** for examples on page 00.
- **Design** your ILP, and **scale** it to fit the realities (large or small) of your schedule, level of commitment, and state of inspiration.
- **Mix and match**. Include practices from additional modules as appropriate; focus on what's most relevant and needed in your life.
- **Gold Star** practices are optimized for ILP—they're particularly distilled, concentrated, and effective, but not obligatory. Try a **1-Minute Module** if you're busy.
- **The hard part is the school of life itself**. But practice helps us be radically more present, alive, and capable of embracing both the difficulties and the pleasures of everyday life.

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Links:

Integral Life Practice Starter Kit – [www.myilp.com](http://www.myilp.com)  
Integral Institute – [www.integralinstitute.org](http://www.integralinstitute.org)



*"This is the simplest practice you can do to wake up."*  
—Ken Wilber

World-famous author and teacher Ken Wilber creates revolutionary *Integral Life Practice* kit you can use NOW to master your mental, emotional, physical, and spiritual life—no matter what your current level of development...

This amazing growth system integrates the 'best of the best' from East and West...accelerates development of mind, body, and spirit...helps resolve 'shadow' emotional problems once and for all.

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Dear Friends,

Over the years, you've no doubt seen a lot of information about many different tools and approaches to help you with your mental, emotional, and spiritual growth.

**This letter, however, is particularly important.**

Why? Because of the astounding nature of the information it contains...and the dramatic effect this information will have on your life and your growth.

**Please, take a moment to read it carefully.**

In fact, if your mental, emotional, and spiritual growth is important to you, this may be the most significant letter you'll ever read.

What I'm going to share with you will:

**End any confusion you may have about which personal and spiritual growth practices to use, and which really will produce the results you want...**

Eliminate the problem of under-emphasizing some areas of your growth while over-emphasizing others (this is a bigger problem than you might think—see below)...

**Experience the growth, insights, spiritual evolution, and *satori* generally requiring seven or more years of traditional Zen practice, but in just a few hours—and without the blood, sweat, and tears.**

Give you an easy-to-follow roadmap to the most effective Eastern and Western approaches, so you can effectively deal with the full range of your physical, mental, emotional, and spiritual growth...

**Allow you to choose—based on your personality and individual likes and dislikes—from a variety of proven approaches and practices...**

Give you an effective way to practice just a few minutes a day whenever you're pressed for time (and still benefit)...but also practice as long and as deeply as you want when you do have the time...

My name is Bill Harris, Director of Centerpointe Research Institute. I've been fortunate to have developed a friendship with the great author, philosopher, and spiritual teacher, Ken Wilber. Ken just described to me a new collection of tools he has created with his Integral Institute staff and an impressive array of revered—even legendary—teachers from all over the world.

Ken asked me to review this amazing tool kit and to write something for you, describing what it contains and what it will do for you.

I'll just start by telling you that this collection of tools can, quite literally...

**...transform your life.**

Let me make it simple: the last time I spoke to him, Ken flat-out told me that "*This is the simplest practice you could do to wake up.*" Having reviewed what he and his colleagues have put together, based on my own 37 years in this field, I have to say that he's absolutely right.

If you don't know Ken Wilber...well, you should. Ken is one of the most noted philosophers of the last century, and a best-selling author whose 25 books have been translated into 30 languages.

Dr. Roger Walsh, author of *Essential Spirituality*, called him "one of the greatest philosophers of this century, and arguably the greatest theoretical psychologist of all time."

Robert Kegan of the Harvard Graduate School of Education (and a genius in his own right) called Ken Wilber...

**...a national treasure.**

Ken's view of the world and our place in it is known as *Integral Philosophy*, where *integral* means comprehensive, holistic, balanced, and inclusive.

When you apply this view to your growth (he'll show you how), it will dramatically improve your results...save you time...help make the changes you want really "stick"...and help you create, once and for all, the personal results you've been looking for, but which...

**...may have eluded  
you up to now.**

In fact, you'll experience the results—and the personal satisfaction that goes with them—that others have spent decades of effort to attain. As I said above, just one of these tools gives you—quite literally—the same insights and growth gained through 7-10 years of Zen training, but...

**...in just 3 hours!**

Because of your dedication to your personal and spiritual growth, I want you to be one of the first to know about—and use—this new tool kit Ken and his team have created. It's designed for serious seekers like you and me (though it's perfect for beginners, too) who want to live an integral—that is, holistic, balanced, and inclusive—life.

Ken calls this new tool kit the ***Integral Life Practice Starter Kit*** (called ILP for short), and it will help you grow mentally, emotionally, physically, and spiritually in a truly integral and balanced way. And, do so...

**...more quickly and easily  
than you can imagine.**

I've personally used (and fallen in love with) the different modules in the ILP kit. At this point I'm convinced that the ILP is an absolutely brilliant, cutting-edge approach.

Who (besides Ken Wilber) is behind this revolutionary approach to growth? The ILP kit is based on an amazing 30+ years of research, and draws wisdom from hundreds of scholars and dozens of disciplines from both East and West.

**This means that you are receiving the most expert advice on how to accelerate your growth, from the smartest, most highly evolved people on the planet.**

Featured in the ILP Starter Kit is:



**Genpo Roshi** is a fully empowered lineage holder in the largest Zen lineage outside of Japan. As a Westerner, he is known for his masterful combining of Zen approaches with Western psychological practices, allowing students spiritual and psychological insights usually requiring decades of difficult and ardent practice. His acclaimed Big Mind practice is one of the Gold Star practices featured in the ILP.

Here are just a few of the world-renowned teachers Ken has gathered together who inspired the creation of the ILP kit:



**David Deida** has been hailed around the world for his original and authentic contributions to personal and spiritual growth. He has taught and conducted research at the University of California Medical School; University of California, San Jose State University; Lexington Institute; and *Ecole Polytechnique*. His books on spiritual transformation and sacred sexuality, published in over twenty languages, are required reading in university, church, and spiritual center courses, and are considered resources by everyone from Tony Robbins to Ken Wilber to Marianne Williamson.



**Father Thomas Keating** is considered to be one of the few genuinely realized Christian saints in the world today. At age eighty-one, he continues to be a prominent voice in the Christian Centering Prayer movement. He is a best-selling author of *Open Mind, Open Heart*, and many other publications.



**Frances Vaughan, Ph.D.**, psychologist, author, and pioneer in transpersonal psychology, has been editor of the *Journal of Transpersonal Psychology*, and part of both the faculty of the Institute of Transpersonal Psychology and the University of California Medical School at Irvine. She is past-President of the Association for Transpersonal Psychology and the Association for Humanistic Psychology and is a Fellow of the American Psychological Association.



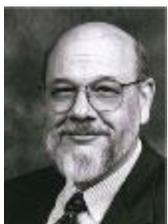
**Sally Kempton** was for twenty years one of the foremost teaching monks of Siddha Yoga meditation, under her monastic name of Swami Durgananda. She studied under revered Eastern saint Swami Muktananda for eight years and was a senior teacher under his successor, Gurumayi Chidvilasananda. In 2002 she left monastic life to begin a new phase of her teaching work. She is the author of the celebrated guide to spiritual practice, *Heart Of Meditation: Pathways To Deeper Experience*.



**Lama Surya Das** is one of the foremost Western Buddhist meditation teachers and scholars, a major interpreter of Tibetan Buddhism in the West, and a leading spokesperson for the emerging American Buddhism. Called "The Western Lama" by the Dalai Lama, he has been featured on ABC, CNN, MSNBC, NPR, and in *The Boston Globe*, *The Boston Herald*, *The New York Post*, *The San Francisco Chronicle*, *Los Angeles Times*, *New Age Journal*, *Tricycle Magazine*, and *Yoga Journal*. He has spent thirty-five years studying Zen, vipassana, yoga, and Tibetan Buddhism with the great masters of Asia, including the Dalai Lama's own teachers.



**Alan Wallace** is one of the West's preeminent lecturers, scholars, and writers and translators of Tibetan Buddhism, integrating Buddhist contemplative practices with Western science. Trained at The Buddhist Institute of Dialectics, where all instruction is conducted in Tibetan, the Dalai Lama requested his services at the Tibet Institute and later the Center for Higher Tibetan Studies. He was an organizer and participant in the famed "Mind and Life" conferences with the Dalai Lama and noted Western scientists. He is a visiting scholar in religious studies and psychology at Stanford University and the founder of the Santa Barbara Institute for Consciousness Studies.



**Dr. James W. Fowler** is a leader in the field of developmental psychology, and a professor of theology and human development at Emory University as well as director of the Center for Ethics in Public Policy and the Professions. He has taught at Harvard Divinity School and Boston College, and pursued post-doctoral studies at the Harvard Graduate School of Education. His pioneering research and his theory of faith development have earned him international recognition. His best-known book, *Stages of Faith: The Psychology of Development and the Quest for Meaning*, is in its 35th printing.



**Roger Walsh's** writings on meditation earned him the Outstanding Academic Book of 1984 Award, and his book *Paths Beyond Ego* was among Common Boundary's *One Hundred Most Influential Psycho-spiritual Books of the Century*. He has received over twenty national and international awards and he was six times voted *Outstanding Teacher of the Year* by students at the University of California. His most recent book, with an introduction by the Dalai Lama, is *Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind*.



**Rabbi Zalman Schachter-Shalomi** has held the World Wisdom Seat at Naropa University and is Professor Emeritus at Temple University. He is a major figure in the Jewish spiritual renewal movement, presenting the central teachings of Hassidism and Kabbalah in a contemporary and heartfelt manner. He has been a professor of religion at the University of Manitoba and Temple University for more than 30 years and has published over 150 articles and monographs on the Jewish spiritual life, and has translated many Hassidic and Kabbalistic texts.

This is just a small sample of the amazing minds and hearts that have collaborated to create the Integral Life Practices kit. When you use this simple to understand kit, you can be sure that you are using the most cutting-edge approaches to growth, as crafted by the smartest, most spiritually advanced persons on earth.

**Now, let me tell you a few important things about the kit:**

First, the ILP explains the very best practices in four areas—body, mind, spirit, and shadow work (clearing and reintegrating unresolved emotional material). The kit describes the "how-to" of these practices in a way that...

**...takes all the confusion out of  
each practice and makes  
each one easy to use.**

Ancient spiritual practices have stood the test of time. Some are thousands of years old. We know they work—if done properly.

But these practices often come from foreign and exotic cultures, sometimes with purposely obscure instructions, translated from ancient languages. Normally these practices have been taught one-on-one, by a teacher who guides your progress.

How do we know if we're doing them correctly? How do we know what to expect when we do them?

With the ILP kit, even though you may not be face to face with a teacher, you will have the precise instruction you need to do each practice properly, so you will get all the benefits.

And, you'll have follow-up help to...

**...make sure you're getting  
the results you want.**

The ILP also offers you the best of Western psychological and therapeutic approaches. Unfortunately, many people also fail to get the results they expect from these approaches. The ILP kit solves that problem, too. It shares the essence of the best of these approaches, in a clear and easy-to-use way, and...

**...you WILL get the benefits you  
want from these practices.**

I've used these practices myself, and they work. They get right to the heart of the matter, giving you tools you can use right now to feel better and resolve unconscious emotional material that keeps you from being happy and peaceful and feeling connected to the rest of the universe.

In fact, I might as well just say it:

**This is the most comprehensive and effective approach I've ever seen for transforming body, mind, and spirit, and for resolving shadow emotional material.**

**I wish I'd thought of it myself.**

Another innovative difference is that the ILP kit gives you a choice of practices in all four modules. You can tailor your practice in each area to your own style, your own personality, and your own likes and dislikes. You can choose from the best practices in body, mind, spirit, and shadow work.

**Why would you want to work in *all four* of these areas?**

First, studies show that progress in one of these areas improves progress in the other three. When you work on all four—again, using the best methods—you...

**...exponentially accelerate the  
speed at which you grow.**

Ken and his team, over three decades of research, have found that when you "cross-train" in this way, the higher spiritual states experienced in meditation really *stick with you*. Without the additional practices in the body, mind, and shadow modules, these gains often fade.

This makes your growth process take much longer, and makes each step more difficult.

This can create discouragement and we all know how that feels.

Thirty years ago we thought meditation alone was enough. But, today, after decades of practice, many of the most advanced meditators are finding that they still have psychological shadow material that is (as Ken says) "the size of a 1950 Buick."

We now know that in order to grow spiritually and, at the same time, understand the process, a certain mental framework is necessary.

The ILP kit elegantly provides this.

The body aspect is equally important. As a meditator, you must be able to physically handle the energies unlocked by your meditation practice. Otherwise you may lose what you've tapped into, and even experience what are called *spiritual crises*.

And, of course, we all want good health and physical well-being, and the practices in the Body Module will help you create...

**...the optimum level of  
physical well-being.**

Finally, we all have shadow material we need to reintegrate—aspects of ourselves we've repressed or projected onto others.

And, one of the most significant discoveries of the last several years is that...

**...meditation alone will not  
create this integration!**

Some of our most potent suffering comes from this powerful shadow material, and the ILP contains the fastest and most elegant methods known for resolving this problem.

Okay, let's look at each of the four modules, starting with the Body Module. Remember that each module contains several practices. You choose one that resonates with you from each module.

# THE BODY MODULE



The Body Module, at the most basic level, helps you improve your health and physical condition, resolve physical problems, and experience greater energy and overall well-being, and does so with the most cutting-edge information available.

As you know, there is probably more conflicting and confusing information floating around about health and fitness than in any other area.

Ken and his team, however, cut right through all this confusion. They have no vested interest in making a buck on this or that approach—they only want to share what works. When you use the ILP Body Module practices, you know you're using...

**...the best and most accurate  
information available.**

But there's much more to the Body Module. The Body Module develops not just your physical body, but your other "bodies", too—what Eastern sages call the *subtle* and *causal bodies*. Incorporating the best and most essential aspects of Qi Gong, Tai Chi, yoga and pranayama, and other powerful Eastern practices, "body work" becomes...

**...much more significant to  
your spiritual growth.**

**What do we mean by the term subtle body?** Your subtle body connects you to the more subtle energies in the human body. These include your feelings and emotions, as well as your basic bio-energy—what many people refer to as life force energy, or *Á@lan vital*.

This is the energy that supports your imagination, your vision for your life, your dreams, your creativity. It's the energy yogis unlock and utilize through decades of esoteric practices, allowing them to see and experience...

**...aspects of reality  
most people are  
never aware of.**

When you exercise your subtle body you activate and enhance these powerful subtle energies. In doing so, they enhance your ability to be more awake, aware, and alive.

When activated, these energies are a tremendous source of power and awareness, and the ILP body module helps you tap into them.

**The third body is called the *causal body*.** The causal body is nothing less than the energy behind the ever-present ground of your being...

**...a field of awareness that stretches to infinity.**

Because causal body exercises are so powerful, they generally are handed down from teacher to student on an individual basis. These exercises culminate in the ability to dissolve into what Eastern teachers call *non-dual suchness*. They can tap you into the very ground of being, and are very powerful and, you have access to them in the ILP body module.

One particularly powerful Body Module Gold Star practice was created by author, business leader, and internationally respected fitness expert Shawn Phillips. Called Focused Intensity Training (FIT), Shawn has created an amazing way of exercising the gross, subtle, and causal bodies during weight training.

I have to admit that at first I thought, "(Yawn), oh, not weight training." But as I watched the DVD explaining FIT, I realized that it was a revolutionary approach that actually makes weight training...

**...a powerful meditative practice.**

In FIT, the physical body is strengthened by lifting weights (in just two 15 minute sessions per week), the subtle body is strengthened through intense focusing and direction of awareness, and the causal body is strengthened through maintaining contact with what yogis call the ever-present Witness.

The more I learned about Shawn Phillips and Focused Intensity Training, the more I realized what an innovative and time-saving approach he has created.

And, though studies show that weight training is one of the most effective and powerful ways of enhancing longevity and creating good health, there are a number of other practices in the Body Module if lifting weights just isn't your cup of tea.

But that's the whole point—there are numerous types of practices within each module. You choose whichever one works best for you.

**One more thing before we leave the Body Module, and it's important.** Since many problems of the gross physical body originate in the subtle and causal bodies, working with these bodies adds a healing dimension that just might be the missing link if you have chronic physical problems you've been unable to treat with other methods.

# THE MIND MODULE



Next, let's look at the ILP Mind Module. The Mind Module helps you develop the mental integrative framework that Ken and his team have found to be crucial to any kind of developmental and spiritual growth.

Ken's Integral framework includes something he calls *lines* of development. These lines include cognitive, ethical, aesthetic, spiritual, kinesthetic, affective (emotional), musical, spatial, logical, and several others. Over decades of research, and collaboration with the brightest minds in these fields, Ken has found that...

**...development of the cognitive line is  
fundamental to development  
in the other areas.**

The cognitive line—what the Mind Module develops—is very simply *the capacity for consciousness and the capacity for taking perspectives*.

This is why psychologists (including those on Ken's all-star team) have found that the cognitive line is necessary (but not sufficient—which is why there are other modules) for all of the other developmental lines—including feelings and emotions.

To feel something, to make a moral decision about it, to desire it, or to identify with it, you must first be able to see or perceive it—*which is cognitive*.

For this reason, the cognitive development created by the Mind Module is crucial to your growth.

It's also cognitive development that moves you from *egocentric* (centered on yourself and unable to take the perspective of others) to *ethnocentric* (able to take the perspective of others in your group) to *worldcentric* (where you're able to see and understand all perspectives).

Though developing your cognitive ability may sound "intellectual," it isn't just a matter of linear logic or dry abstractions—it's the cornerstone of your capacity for consciousness, perception, and the ability to take other perspectives.

Cognitive development is...

**...a powerful key to your spiritual and  
personal growth and development.**

Once you grasp Ken's simple but inclusive model, you'll understand states of consciousness, levels and lines of

development, and how everything has an inside and an outside (a subjective and objective aspect) which can be expressed individually and collectively.

Ken Wilber is THE master of the Integral paradigm. That's why all 25 of his books are still in print and have been translated into so many languages—and why hundreds of thousands of spiritual seekers all over the world respect and use his models as a basis for understanding their personal and spiritual growth.

Once you absorb his approach, your ability to understand the world and your place in it will dramatically increase. What's more, you'll understand why this is much more than "intellectual" information—and how understanding it will...

**...transform the way  
you live your life.**

If you've ever felt that you didn't "get it" intellectually—or if you are getting it, but want to do so at a much deeper and more effective level—why not sit at the feet of one of the best "mind" teachers in history—Ken Wilber?

A key part of the Mind Module is an amazing DVD of Ken addressing a group of students about his Integral (or AQAL) Framework.

I've read many of Ken's books, and have been lucky enough to have had many personal conversations with him about this material. I thought I knew this material pretty well already. But seeing him in front of a group, explaining his views about reality and personal evolution, while pulling together modern science and ancient wisdom in a totally new way, took my breath away!

Ken has a presence and a charisma that will, very literally, touch your soul. I was amazed at his ability to make difficult—but very important—subjects easy to understand and easy to apply. This DVD is nothing short of electrifying, and I know the information in it will...

**...change your life forever.**

# THE SPIRIT MODULE



The third module focuses on spiritual development, describing in very clear and easy to understand terms a number of potent practices you can use to...

## **Accelerate your spiritual growth and take yourself to the next level...**

Feel more connected to the rest of the universe (in fact, experience yourself as the universe)...

## **Know yourself better and find out who you really are...**

Experience a closer relationship with God.

Many spiritual approaches, unfortunately, are either partial, confusing—or both. With the ILP kit, you'll have access to the easy—and fast—way to the spiritual growth you've been wanting.

In the Spiritual Module you'll learn about *Integral Meditation* (which can be used by itself, or with Holosync, increasing the effectiveness of both. (Ken, in fact, specifically recommends using them both!))

You'll also learn *Integral Inquiry*, helping you transcend or go beyond your thinking mind into the pure consciousness or formless awareness spoken of by Eastern meditation traditions.

Part of this instruction is found in a stunning DVD called *Integral Meditation*, by Terry Patton. Terry, another key part of Ken's brain trust, was the creator of the well-known *Tools for Exploration* catalog, and is one of the pioneers in the modern American spiritual growth movement.

Again, I was blown away by how Ken's team has found such elegant ways to give you the benefits of decades of practice in a minimum amount of time. *Integral Meditation* and *Integral Inquiry* present the best of powerful Eastern practices in a way that makes them...

**...easy to understand  
and easy to use.**

Let's look at one of the "big guns" of the Spiritual Module—a practice called *Big Mind*. *Big Mind* was created by Western Zen Master Genpo Roshi, a fully empowered lineage holder in the largest Zen lineage outside of Japan.

Good grief, what an amazing man, and what an amazing practice! Genpo has found a way to give students profound insights about the mind, *and* the actual experience of formless reality (what Buddhists call *satori*)—usually

which usually takes traditional Zen students...

**...decades of blood, sweat  
and tears to attain.**

Big Mind is a brilliant integration of Zen and Western therapeutic techniques, including something called *voice dialogue*, a technique derived from Gestalt therapy. In Big Mind, you enter into a dialog with various "voices" in yourself, including the voices of desire, fear, seeking, the victim, the controller, and many others.

This dialogue leads to tremendous insights, and finally to an amazing experience of pure awareness. Quite frankly, this DVD was one of the most significant and moving experiences I've ever had in over 37 years of spiritual practice, and I'm betting you'll have a similar experience.

Big Mind is a great example of the brilliant synthesis of East and West found in the ILP kit—and an example of why...

**...there simply isn't anything  
like this kit, anywhere.**

Another amazingly effective Gold Star practice in the Spiritual Module is called "The 1-2-3 of God." In this practice, you relate to Spirit or the Ultimate Reality in three different and complimentary ways:

As a 3rd person "It"—as something you can think, know, and talk about—for example, the Great Web of Life.

As a more personal 2nd person "Thou" to which you can listen, pray to, receive, or with which you can commune...

And finally, as a 1st person "I", in which you know yourself as being one with the formless source of everything, or pure "I Am-ness."

By creating an easy way for you to experience each of these three key perspectives, Ken and his team have found a way to allow you to much more closely know God, to know who you really are—and to open yourself to an experience of the Ultimate through all perspectives.

# THE SHADOW MODULE



Finally, a fourth module features the best methods for clearing up "shadow" psychological material.

We all have aspects of ourselves—some we consider negative, and others positive—that we have disowned, repressed, or projected onto others.

Re-owning and re-integrating these disowned shadow aspects is the super-fast way to clear up a long list of emotional problems, including anxiety, depression, anger, fear, substance abuse, overeating, fatigue...and many others.

Ken shared something with me about this shadow material—something that really stunned me: *apparently meditation cannot touch it!*

You could meditate hours a day for years and not get rid of this material!

Many of the most advanced meditators in the world have discovered that even after decades of disciplined meditation work—often with world-famous meditation masters—*unresolved psychological material still exists*.

In fact, meditation often makes this shadow material worse! Ken and his team, however, have found...

**...an elegant solution.**

Eastern sages, and the meditation schools they have created, deserve our respect and reverence for their deep understanding of the human mind and the profound spiritual states these schools have investigated over many centuries.

Now, based on the work of Ken and his colleagues, we're also beginning to appreciate the power of the best Western therapeutic practices—and, how by combining the two...

**...we can create incredible  
healing, growth,  
and evolution.**

The "3-2-1 Process" is a potent combination of Eastern practices with Western therapeutic methods. This process is without a doubt the most elegant method I've ever seen for finding and resolving the shadow material behind your suffering.

The 3-2-1 Process is facilitated and taught by Diane Hamilton, one of the top Buddhist teachers in the West. As you experience this DVD presentation, Diane will blow you away as she leads you through this elegant process.

Light bulbs will be going on one after another you as you re-identify with and reintegrate shadow aspects you've repressed or projected. You'll feel lighter, physical problems will clear up, and personal relationships will improve. You'll feel...

**...more whole, and  
more integrated.**

This process alone could save you thousands of dollars and many years of costly therapy (especially if you are also using Holosync). What's more, all the energy you've been using to repress and project your shadow onto others will be available to you for being more creative and more alive!

I know you will benefit from this elegant and powerful approach.

**Start waking up now!**



At just \$199, and with an unlimited money-back guarantee, there's no risk for you to try the most powerful and sophisticated growth program ever created. Please click **HERE** to get started now and be one of the first to use this powerful tool kit. To get your own copy of the ILP kit, just click **HERE**. The regular price is \$249.00, but as I've said, if you act now, I've arranged for you to get your own copy for just \$199. And, with the money-back guarantee, there's no risk to try it.

**GET IT NOW!**

**"Okay, but how in the world will I find the time for all of these practices?"**

At this point you may be thinking that all of these practices will take quite a bit of time.

Ken and his staff have come up with an elegant solution to this problem, too, by creating *One-Minute Modules* of each practice. Even when life is hectic, these One-Minute Modules allow you to do at least *some* practice in each area every day.

Though longer practice is of course better, the One-Minute Modules allow you to keep the momentum that will allow each practice to become a solid part of your life, every day.

And, of course, when you have more time, you can do the full practice, and receive even more benefit.

**The ILP kit contains so much I just can't go over all of it here, but here is a taste of what you'll receive:**

First, you'll receive a hefty 29-page "quick-start" guide, making it easy to get started right away.

This guide shows you how Integral Life Practice works, describes the four modules, shows you the suggested choices in each category (including Ken's "Gold Star" practices), and also gives a description of the One-Minute Modules that allow you to practice every day...

**...even when you're  
pressed for time.**

You, however, are in charge of creating your own combination of practices—another unique aspect of the ILP approach.

Next you get "My ILP Handbook," 95 pages of more in-depth information about each practice and how to use it to accelerate your growth. Ken's team has even created an *ILP Design Blueprint* form, making it easy to map out your practices, fit them into your day, and keep track of your progress.

They even show how both a beginner and a more advanced student would use this form to create their own individual program, so whether you're new to daily practices in these areas, or you've been practicing for several years, the ILP kit meets you where you are now, and then...

**...takes you to  
the next level.**

The Handbook then describes each suggested Gold Star practice in detail, so you'll know exactly how to do it to get the most benefit.

The kit also contains two CDs. The first is called *Out-of-the-Box ILP* and is designed to, along with the "My ILP Handbook," to allow you to quickly create and begin to use your own ILP program.

The second CD is called *Meditation With Form*, and contains instruction by Terry Patton in Integral Meditation, the 1-2-3 of God process, and several other techniques, and by Willow Pearson (another Integral Institute star with a transformational resume as long as your arm) on *Compassionate Exchange*.

Finally, to go deeper, watch the five incredible DVDs of Ken Wilber, Diane Hamilton, Genpo Roshi, Shawn Phillips, Terry Patton, Integral Institute's Chief Development Officer Huy Lam, and other amazing teachers. These DVDs are a virtual treasure-trove of information.

These DVDs dramatically enhance the information in the written material, making it, quite literally...

**..."come alive."**

A third booklet is a 29-page introduction to Ken's famous "AQAL Framework"—an elegant and easy to understand description of the nuts and bolts of his celebrated "Theory of Everything." This material is then powerfully enhanced by Ken's DVD presentation of the AQAL Framework I've already told you about.

Once you start your ILP practice, you can even join or form an ILP group, so you can meet and benefit from being a part of a supportive community of people who are on the same wavelength.

I have to say that Ken and his team have really made this easy. It occurred to me right away that this kit would have saved me years of trial and error and wondering whether or not...

**...I was "doing it right."**

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## **Easily affordable...**

There's so much to this kit that I could go on and on for many more pages. At this point, though, you're probably thinking that the ILP kit, with all it contains, must cost several thousands of dollars.

Certainly it's easily worth that much.

Ken and the Integral Institute, however, have created this kit in a way that makes it easily affordable to anyone who wants to create an integral practice and accelerate their mental, emotional, and spiritual growth.

The Integral Institute, while they certainly need revenue to pursue their research and to offer their incredible

ground-breaking programs, is a non-profit organization dedicated to using their brilliant integral approach to solve personal and global problems.

For that reason, the ILP kit is ridiculously inexpensive.

Let's quickly go over what you get:

**Three booklets packed with information—153 pages of cutting edge instruction that will radically change your perspective and your life...**

Two CDs giving you an overview of the ILP kit and all the practices to help you get started quickly and begin benefiting right away...

**5 absolutely amazing DVDs featuring the top spiritual teachers in the world as they teach the ILP "Gold Star" Practices in detail (these DVDs, I promise, will blow you away)...**

A 36" x 24" full color wall poster describing the "3-Body Workout" I described earlier (Gross, Subtle, and Causal), and summarizing the Gold Star practices in each module...

**Follow-up information and support by mail to make sure you get all the promised benefits, and that you have all the information you need to succeed.**

By the way, Ken and his team also have plans for several "Auxilliary Modules" featuring other powerful approaches and practices (including the Holosync audio technology we use at Centerpointe to place people in the brain wave patterns of super-deep meditation) as well as more advanced versions of the ILP kit.

What you really get when you use the ILP Starter Kit is a true revolution in your spiritual life...clear instruction that will dramatically accelerate your growth...and increased conscious awareness, happiness, and inner peace.

What will it cost to have all of this? You'd easily expect to pay at least \$1000, perhaps more, but the retail cost of the ILP kit is just \$249.00.

But to make it even easier for you to get your own copy of Ken Wilber's Integral Life Practices kit and benefit from these powerful practices, I've asked Ken to temporarily offer an even lower price of just \$199.

Plus, if you act now, you'll also get a copy of two amazing articles by Ken Wilber about resolving shadow material, absolutely free. This information will deepen your understanding of your own shadow and help you reintegrate those aspects of yourself you've disowned or projected onto others.

## **Money-back guarantee...**

I know you'll love the ILP kit and what it will do for your growth. But, if after trying the ILP and experiencing what it will do for you, you're dissatisfied in any way, just return the kit anytime for a full and prompt refund.

If you aren't happy, the people at Integral Institute aren't happy, so there is no risk whatsoever to try this powerful kit and find out just how much it will do for your growth, your happiness, and your life.

So, finally, are there any drawbacks to using the ILP kit?

Yes, there are. Don't use this kit unless you really want to create a revolution in your life. These practices are powerful and will irrevocably change your perspective about yourself, about other people, and about your place in the universe.

Unless you want rapid and powerful evolutionary change, this kit isn't for you.

Ken and his brilliant colleagues have done everything they can to make the ILP kit the most sophisticated and powerful collection of growth practices ever assembled. This is your chance to be one of the first to use it and benefit

from it.

To get your own copy of the ILP kit, just click [HERE](#). The regular price is \$249.00, but as I've said, if you act now, I've arranged for you to get your own copy for just \$199. And, with the money-back guarantee, there's no risk to try it.

If you're at all interested in your growth, *this really is the simplest—and the best and easiest—practice you can do to wake up*. Please click [HERE](#) to get started now.

Be Well.



Bill Harris

**PS:** Remember, the Integral Life Practices kit is the result over thirty years of research and the collaboration between Ken Wilber and the most celebrated and highly evolved personal and spiritual growth teachers on the planet. This kit allows you to choose from the best practices of East and West in four key areas—Body, Mind, Spirit, and Shadow work—explained in a way that makes them easy to understand and implement. At just \$199, and with an unlimited money-back guarantee, there's no risk for you to try the most powerful and sophisticated growth program ever created. Please click [HERE](#) to get started now and be one of the first to use this powerful tool kit.

Start waking up now!



At just \$199, and with an unlimited money-back guarantee, there's no risk for you to try the most powerful and sophisticated growth program ever created. Please click [HERE](#) to get started now and be one of the first to use this powerful tool kit. To get your own copy of the ILP kit, just click [HERE](#). The regular price is \$249.00, but as I've said, if you act now, I've arranged for you to get your own copy for just \$199. And, with the money-back guarantee, there's no risk to try it.

GET IT NOW!