

Integral Life Practice

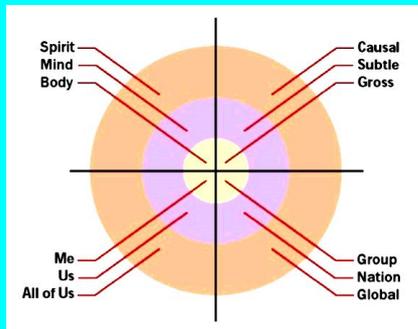
Based on a comprehensive map of human development, IIA's Integral Life Practice (ILP) pages provide an outline of what is involved in living a more integral life. They show key practices and applications as well as some useful resources that will introduce you to these practices. After an overview the material is organised in a progressive way around the themes of 'Waking up', 'Growing up', 'Cleaning up' and 'Showing up', each of which plays out in 'Body', 'Mind', 'Spirit' and 'Shadow'.

Currently, most resources are from the United States while some valuable resources are locally produced. IIA would like to build up the level of content from Australia and New Zealand. We invite you to contact us if you have material that you would like to share with our regional Integral community that contributes to an understanding and living of the Integral Life Practices outlined below. Your resource might be in text, audio or video form. Contact us on the following email address if you would like to make a contribution to the site: contribution@integralinstitute.org.au.

Integral Life Practice Overview		
Practices	Applications	Resources
Healthy Living	Roger Walsh's 8 ways to wellbeing: <ol style="list-style-type: none"> 1) exercise 2) healthy diet 3) stress management 4) recreation 5) supportive relationships 6) time in nature 7) religious or spiritual practices such as meditation 8) service to others 	Roger Walsh, <i>8 Ways to Wellbeing</i> : http://www.8waystowellbeing.com Roger Walsh, <i>8 Simple Lifestyle Tips to Improve Your Health and Happiness</i> : http://integrallife.com/ken-wilber-dialogues/8-simple-lifestyle-tips-improve-your-health-and-happiness
Ethical Living	Ken Wilber's 5 levels of increasing embrace and responsibility: <ol style="list-style-type: none"> 1st-person egocentric (me, self-integrity) 2nd-person sociocentric (our family, group, ethnic, national, and religious integrity) 3rd-person worldcentric (integrity of all of us, humans) 4th-person planetcentric (integrity of all of us, living beings) nth-person kosmoscentric (integrity of the whole body-mind-spirit Kosmos) 	Ken Wilber, <i>The Integral Operating System</i> : http://integrallife.com/integral-post/integral-operating-system Sean Esbjörn-Hargens, <i>An Overview of Integral Theory: An All-Inclusive Framework for the 21st Century</i> : http://integrallife.com/integral-post/overview-integral-theory Jeff Salzman, <i>A Primer on Integral Theory: States & Stages, Levels & Lines, and the Integral Map</i> : http://www.dailyevolver.com/a-primer-on-integral-theory
Integral Relationships	First-person, 2 nd -person, 3 rd -person, 4 th -person and n th -person relationships in couples, families, teams, inter-subjective dialogues, masculine-feminine dynamics, and inter-relating communions of diverse parties in local, national, and international organizations	Martin Ucik, <i>Integral Relationships</i> : http://www.integralrelationship.com/ Robert Augustus Masters, <i>Emotional Intimacy</i> : http://robertmasters.com/ Miriam Mason Martineau, <i>Integral Parenting</i> : http://nextstepintegral.org/
Integral Communities	First-person, 2 nd -person, 3 rd -person, 4 th -person and n th -person communities at local, regional, national, and global levels	Metaintegral: https://metaintegral.org/ Marilyn Hamilton, <i>Integral City</i> : http://www.integralcity.com/ Gail Hochachka, <i>Developing Sustainability, Developing the Self</i> : http://www.integralwithoutborders.org/
Integral Guide to Work	Integral principles in integral organizations, according to Frederic Laloux: N th -person CEO and board, teams of self-actualizing peers, striving for wholeness,	Frederic Laloux, <i>Reinventing Organizations</i> : http://www.reinventingorganizations.com/ John Mackey & Raj Sisodia, <i>Conscious Capitalism</i> : http://www.consciouscapitalism.org/

Integral Systems in Society and Environment	and tuning into organization's evolutionary purpose	Ron Cacioppe, <i>Integral Potential</i> John Forman & Laurel Ross, <i>Integral Leadership</i> Jennifer Garvey Berger, <i>Changing on the Job</i> Otto Scharmer & Katrin Kaufer, <i>Leading from the Emerging Future</i>
	First-person, 2 nd -person, 3 rd -person, 4 th -person and n th -person systems in governance, religion, science, technology, economics, business, education, health, transport, communication, agriculture, forestry, marine, and other systems	Mark Edwards, <i>Organisational Transformation for Sustainability</i> Mark DeKay, <i>Integral Sustainable Design</i> Richard Slaughter, <i>To See with Fresh Eyes</i> : http://www.foresightinternational.com.au/ Integral Research Center http://www.integralresearchcenter.org/

First Period of Integral Life Practice



Waking Up AQAL Style

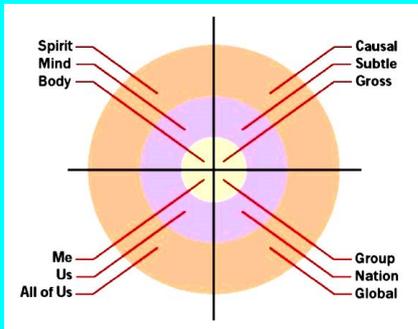


	Individual	Community	Resources
Body (Gross Matter, Subtle Energy & Causal Spirit)	Strength training	Body fitness communities	Robert McNamara, <i>Strength to Awaken</i> Shawn Phillips, <i>Strength for Life</i>
	3-Body workout	3-Body workout groups	Ken Wilber, et al, <i>Integral Life Practice</i>
	3-Body sexuality	3-Body sexuality learning centres	David Deida, <i>The Enlightened Sex Manual</i>
	Individual and team creativity in dance, sports, yoga, and various other body practices	Lifespan and inter-generational support and challenge for body practices in healthy physical cultures	Dustin Diperna & H.B. Augustine, <i>The Coming Waves</i>

<p>Mind (Gross Waking, Subtle Dreaming & Causal Witnessing)</p>	<p>Using the AQAL Framework: All quadrants: interior and exterior perspectives and practices in self and community All levels of development: 1st-person, 2nd-person, 3rd-person, 4th-person, and nth-person perspectives and practices All lines of intelligence: perspectives and practices of cognitive, emotional, moral, spiritual, and other intelligences All states of consciousness: perspectives and practices in waking, dreaming, sleeping and witnessing states All types in individuals: perspectives and practices in masculine and feminine, enneagram, and other typologies Besides AQAL lenses, many other lenses are available in Mark Edwards' integral metatheory, Roy Bhaskar's Critical Realism, Edgar Morin's Complex Thought, and other sources with an integral or integrative pulse</p>	<p>Using the AQAL Framework: All quadrants: interior and exterior factors in self and community in arts, morals, and sciences All levels of development: 1st-person, 2nd-person, 3rd-person, 4th-person, and nth-person arts, morals, and sciences All lines of intelligence in arts, morals, and sciences All states of consciousness: waking, dreaming, sleeping and witnessing states in arts, morals, and sciences All types in communities: masculine and feminine, enneagram, and various other typologies in arts, morals, and sciences Besides AQAL lenses, many other lenses are available in 1st-person, 2nd-person, 3rd-person, 4th-person, and nth-person arts, morals, and sciences</p>	<p>Ken Wilber, et al, <i>Integral Life Practice</i> Bill Torbert & Assoc., <i>Action Inquiry</i> Howard Gardner, <i>Multiple Intelligences</i> Cindy Wigglesworth, <i>SQ21</i> Huston Smith, <i>Forgotten Truth</i> Wolfgang Smith, <i>Science and Myth & Ancient Wisdom and Modern Misconceptions</i> Seyyed Hossein Nasr, <i>Knowledge and the Sacred</i> Rupert Sheldrake, <i>Science Set Free in USA (The Science Delusion in UK)</i> Sarah Nicholson, <i>The Evolutionary Journey of Woman</i> Susan Rhodes, <i>The Integral Enneagram</i> Mark Edwards, <i>Organisational Transformation for Sustainability</i> Roy Bhaskar, Sean Esbjörn-Hargens & Nicholas Hedlund-de Witt, <i>Metatheory for the 21st Century</i></p>
<p>Spirit (Non-dual, Absolute & Infinite Source of Presencing)</p>	<p>3 Faces of Spirit in self, with others, and in nature Integral meditation practices Big Mind, Big Heart</p>	<p>3 Faces of Spirit inter-cultural sangha Contemplative wisdom communities centred in the Eye of Heart (Spirit) Big Mind, Big Heart sangha</p>	<p>Ken Wilber, et al, <i>Integral Life Practice</i> Roger Walsh, <i>The World's Great Wisdom</i> Christianity (Hesychasm, Centering Prayer & Christian Meditation) Judaism (Kabbalah) Islam (Sufism) Hinduism (various schools) Buddhism (various schools) Taoism Indigenous traditions in Africa, North and South America, Asia, Australia, New Zealand, Europe, and any other places Dennis Genpo Merzel, <i>Big Mind, Big Heart</i></p>

Shadow (Non-Presencing in Ignorance, Addictions & Allergies)	<p>3-2-1 Shadow Process to bring light into dark individual places</p> <p>Individual needs (survival and security, identity and belonging, self-esteem and self-actualization)</p> <p>Uses and abuses of power in individuals and relationships</p> <p>Psychotherapy for current and past traumas and other issues</p> <p>Money issues</p> <p>Individual justice issues</p> <p>Ecological sustainability issues</p>	<p>3-2-1 Shadow Process to bring light into dark communal places</p> <p>Community needs (vision and mission, law and order, material and spiritual)</p> <p>Uses and abuses of power in families, groups, nations and organizations</p> <p>Sociodrama for current and past issues</p> <p>Budget and economic issues</p> <p>Socio-cultural justice issues</p> <p>Ecological sustainability issues</p>	<p>Ken Wilber, et al, <i>Integral Life Practice</i></p> <p>Mark Forman, <i>A Guide to Integral Psychotherapy</i></p>
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Second Period of Integral Life Practice

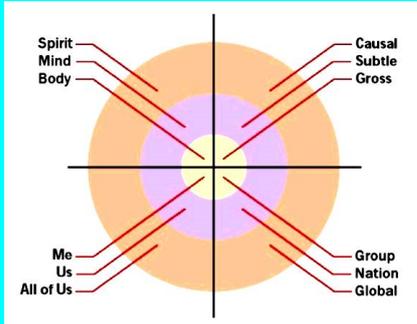


Growing Up AQAL Style



	Individual	Community	Resources
Body (Gross Matter, Subtle Energy & Causal Spirit)	Novice, intermediate, and advanced levels of theory and practice	Novice, intermediate, and advanced levels of community support and challenge	Robert McNamara, <i>Strength to Awaken</i>
Mind (Gross Waking, Subtle Dreaming & Causal Witnessing)	First-person, 2 nd -person, 3 rd -person, 4 th -person, and n th -person levels of understanding, embodying and enacting individual perspectives and practices	First-person, 2 nd -person, 3 rd -person, 4 th -person, and n th -person levels of understanding, embodying and enacting community perspectives and practices, supports and challenges	Sean Esbjörn-Hargens, <i>Integral Theory in Action</i> Sean Esbjörn-Hargens, <i>Integral Education</i> Willow Dea, <i>Igniting Brilliance</i> Sean Esbjörn-Hargens & Michael Zimmerman, <i>Integral Ecology</i>
Spirit (Non-dual, Absolute & Infinite Source of Presencing)	Levels and dimensions in an individual's conscious realization of the 3 Faces of Spirit in self, with others, and in nature	Levels and dimensions in a sangha's conscious realization of the 3 Faces of Spirit in community, with other communities, and in nature	Ken Wilber, <i>Integral Spirituality</i>
Shadow (Non-Presencing in Ignorance, Addictions & Allergies)	Levels and dimensions of understanding and enacting shadow work in individual needs, individual power, psychodrama & psychotherapy, money, individual justice, and ecological sustainability	Levels and dimensions of understanding and enacting shadow work in community needs, community power, sociodrama & sociotherapy, economics, socio-cultural justice, and ecological sustainability	Ken Wilber, et al, <i>Integral Life Practice</i>

Third Period of Integral Life Practice



Cleaning Up AQAL Style

	Individual	Community	Resources
Body (Gross Matter, Subtle Energy & Causal Spirit)	<p>Making amends for past errors in lifestyle factors, like nutrition, exercise, relationships, et al</p> <p>Steering on purpose towards a healthy body-mind-spirit, moving through any physical, emotional, mental, socio-cultural, or spiritual obstacles in self or others</p>	<p>Making amends for past errors in community policies and practices</p> <p>Steering on purpose towards healthy body-mind-spirit communities that flourish with creativity and interconnectivity, moving through any material, political, socio-cultural, or spiritual logjams</p>	<p>John Dupuy, <i>Integral Recovery</i></p>
Mind (Gross Waking, Subtle Dreaming & Causal Witnessing)	<p>Making conscious unexamined thoughts and feelings</p> <p>Generating and applying truthfulness, goodness and beauty in 1st-person, 2nd-person, 3rd-person, 4th-person, and nth-person ontologies, cosmologies, anthropologies, epistemologies, methodologies, axiologies, chronologies, geographies, and eschatologies</p> <p>Advocating in private and public spaces for truthfulness, goodness, and beauty in arts, morals, sciences, philosophies, and religions from premodern, modern, postmodern, integrative, and perennial sources</p>	<p>Making conscious unexamined community assumptions and expectations</p> <p>Generating and applying truthfulness, goodness and beauty in socio-cultural visions and missions, policies and practices</p> <p>Promoting truthfulness, goodness, and beauty in 1st-person, 2nd-person, 3rd-person, 4th-person, and nth-person governance, religion, science, technology, economics, business, education, health, transport, communication, agriculture, forestry, marine, and other systems</p>	<p>Diane Musho Hamilton, <i>Everything is Workable</i></p>
Spirit (Non-dual, Absolute & Infinite Source of Presencing)	<p>Being centred in universal Spirit, not individual ego</p> <p>Releasing the self contraction of self and others</p> <p>Cultivating wisdom in and compassion with all beings</p>	<p>Being centred in universal Spirit, not collective ego</p> <p>Releasing the group contraction of us and them</p> <p>Cultivating wisdom in and compassion with all beings and their communities</p>	<p>Dennis Genpo Merzel, <i>Big Mind, Big Heart</i></p> <p>Ron Cacioppe, <i>Meditation</i></p>

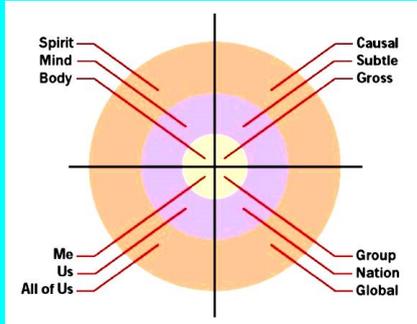
**Shadow
(Non-Presencing in
Ignorance,
Addictions &
Allergies)**

Detoxing the 3 poisons of
ignorance, attachment, and
aversion in individuals

Detoxing the 3 poisons of
ignorance, attachment, and
aversion in communities

Ken Wilber, et al, *Integral Life
Practice*
Elliott Ingersoll & David Zeitler,
Integral Psychotherapy

All Periods of Integral Life Practice



Showing Up AQAL Style



	Individual	Community	Resources
Whole Body (Gross Matter, Subtle Energy & Causal Spirit)	Living a healthy lifestyle as well as possible in current living conditions	Building and sustaining healthy communities as well as possible in current living conditions	Integral Life, http://integrallife.com
Whole Mind (Gross Waking, Subtle Dreaming & Causal Witnessing)	Presencing a whole mind in service to truth, goodness, and beauty in self, others and nature	Presencing a whole community in service to truth, goodness, and beauty in all humans and all living systems in nature	Integral Life, http://integrallife.com
Whole Spirit (Non-dual, Absolute & Infinite Source of Presencing)	Presencing a divine heart in communion with all beings	Presencing a divine sangha in communion with the communities of all beings	Integral Life, http://integrallife.com
Shadow (Non-Presencing in Ignorance, Addictions & Allergies)	Ceaseless readiness NOT to wander from staying present with what is happening in the joys and sufferings in each and every being and in all beings altogether	Ceaseless readiness NOT to negate from staying present with what is happening in the joys and sufferings in each and every community and in all communities altogether	Integral Life, http://integrallife.com

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