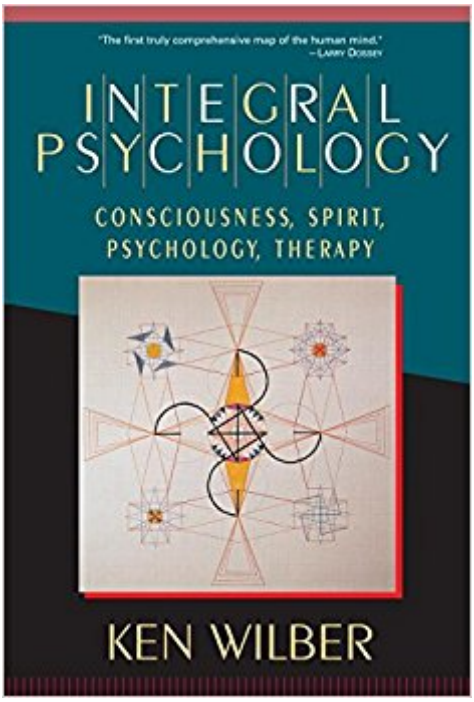
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Integral Psychology: Consciousness, Spirit, Psychology, Therapy



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Synopsis

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 sourcesÃ¢â ¬â •Eastern and Western, ancient and modernÃ¢â ¬â •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 ÃƒÂ•vila, 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.

Book Information

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Customer Reviews

In this dense text, philosopher Wilber (The Eye of the Spirit) aims to reconstruct a place for spiritual consciousness in Western developmental psychology. Describing prevailing psychological theories as inhabiting a "flatland" where only "the world of matter and energy, empirically investigated by human senses and their tools is real," Wilber surveys their history. He looks both at the early modern era, when scientific materialists banished the philosophical investigation of an individual's interior life from science, and at the work of 200 ancient, medieval and modern philosophers, for

whom spiritual concerns were paramount. They all helped shape the history of modern developmental psychology, he argues. Wilber aims to produce a two-volume textbook from his research; this effort is a condensed outline of the ideas he plans to detail. But even this shorter text contains 20 pages of charts, 68 pages of endnotes and a lengthy explanation of his four-quadrant model (designed to integrate consciousness, spirit and therapy with the psychological development of the individual in relationship to the material world)--all of which makes for some hefty reading. Additionally, because he's writing for a scholarly audience, Wilber employs terminology that may be challenging for the lay reader, although he does manage, occasionally, to clarify complex themes with simple analogies. Mixing scientific inquiry with spiritual concerns, this book should speak most clearly to those looking for a basis in Western science to validate their spiritual quest. Illustrations. (Apr.) Copyright 2000 Cahners Business Information, Inc.

"Wilber's unprecedented work offers diamond-like clarity, brilliance, and many-faceted reflection, and his writing speaks with an unencumbered authority."Ã¢â ¬â • NAPRA Review "One of the most important thinkers of our age, and certainly the leading authority in the field of transpersonal psychology . . . The scope of his scholarship and of his understanding of the psychological development of the individual from early body awareness to the higher (and ultimately non-dual) experiential levels is quite simply breathtaking."Ã¢â ¬â •The Middle Way "The first truly comprehensive map of the human mind."Ã¢â ¬â •Larry Dossey, author of Be Careful What You Pray For . . . You Just Might Get It "Ken Wilber is a national treasure. No one is working at the integration of Eastern and Western wisdom literature with such depth or breadth of mind and heart as he."Ã¢â ¬â •Robert Kegan, Professor of Education, Harvard University Graduate School of Education, and author of In Over Our Heads "In ages to come, historians may well view Wilber's work as the pivotal insight that legitimized the return of consciousness and spirit to our age. For this exciting page-turner, psychology owes him a millennial debt."Ã¢â ¬â •T. George Harris, founding editor, Psychology Today and American Health "In a single publication Wilber strides over the entire history of psychology to create new and comprehensive strategies for human survival in the next millennium."Ã¢â ¬â •Don Beck, coauthor of Spiral Dyanmics "Integral Psychology is so all-encompassing, lucid, and well written that Ken Wilber deserves the recognition of having single-mindedly brought conceptual order to psychology of the East and West."Ã¢â ¬â •Susanne Cook-Greuter, coeditor of Transcendence and Mature Thought in Adulthood

As a student of Depth Psychology and a former professor of Developmental GeneticsI can only say,

wow, thanks. For anyone that has taken the courses that cover some the terrain that Wilber covers, Freud, Jung, object relations, Self psychology, "spiritual" psychology, Social Psychology, etc. etc. and especially tried to orient themselves within the swamp of opinion on epistemology, ontology, approach, and method, this is a God send. There is so much hubris in many of those disciplines simply because they do not see the truths of other disciplines above, below, and to the left and right of their own narrow perspective. They do not see the RELATIONSHIPS between their various domains, and that is crucial, because it qualifies specialness, humbles grandiose ego. And that is exactly what Wilber gives us, an understanding of the RELATIONSHIP between these various fields that is truly profound and remarkable, especially given the level and depth of each particular field that he covers, and the promise it holds for each individual that reads it- not to say for the collective. I could write much more on the validity of his approach and his condensing so many expansive and deep fields but it would be a waste of time because either you will take the time to go understand all of those fields and perspectives in order to appreciate the value of the integral perspective, or you will be like many of the jealous critiques on who are so over inflated in their self importance and enamored with their socially-constructed-attached view to honor work well done. These childish personas would seem to rather try to outdo Mr. Wilber than to offer constructive feedback, or be an adult and offer something better or more valid. After all, if you are not humbled by this work, then you are probably not capable of being humbled. That being said, I do not think it is what Wilber claims it is after reading Jeff Meyerhof's outstanding critique "Bald Ambition". Most problematic is that the rationale for one stage being more advanced than another is weak and it tends in this way to hubris, perhaps even extreme hubris. Nonetheless, if you want to see connections between many areas that you never thought about it stands out as a tour de force.

This is the most comprehensive view of the field of psychology that I have come across. Wilber's a bit too critical of systems theory, but shows how various psychological paradigms fit together nicely in a complementary way. Additionally, he opens higher levels of consciousness as legitimate topics for scientific research, and although he doesn't mention them specifically, I can see how paranormal and near-death studies can formally enter into legitimate psychological study.

It was really fascinating. I read this for a class or else I think I might have had a harder time really understanding it. I would STRONGLY advise against NOT getting the kindle version. Charts are hard to read because the words are so small. Especially if you are getting it for school and writing a paper on it, SOOO annoying to go back and forth. It was my mistake to get a book for school on

kindle but I waited too long and needed it instantly.

Rediculously comprehensive map of consciousness. Cuts out all the fluff of new age spirituality and dives right into the heart of consciousness based on evidence. Provides a basis for understanding life from the Big Bang to transcendental Union. Keeps you in reality but out of "flat land" reductionism. Well done Wilber.

This is the best presentation and combination of the almost too many psychological systems. It is clear and well writen, But it could be a dificult reading for those who does not studied the psychological systems and theories before to attemp this book. I use it a lot while I was working as a psychotherapist and as a parallel reading the first years of my buddhist practice. It was really helpfull.

Ken Wilber: brilliant and sometimes hard to absorb material.

As always Ken Wilber goes into depths of spirituality @ many different levels.I bought this book as I belong to a Ken Wilber Affinity group. We read the pages out loud and then discuss the chapters.Great to share Ken’s ideas with others.This book arrived in excellent condition and a great value.

Wilber helps the reader explore the layers of consciousness, and contemplate learning to be at home in a more psychologically integrated place.

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