



Integral Psychology: Consciousness, Spirit, Psychology, Therapy

By Ken Wilber

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The goal of an "integral psychology" is to honor and embrace every legitimate aspect of human consciousness under one roof. This book presents one of the first truly integrative models of consciousness, psychology, and therapy. Drawing on hundreds of sources—Eastern and Western, ancient and modern—Wilber creates a psychological model that includes waves of development, streams of development, states of consciousness, and the self, and follows the course of each from subconscious to self-conscious to superconscious. Included in the book are charts correlating over a hundred psychological and spiritual schools from around the world, including Kabbalah, Vedanta, Plotinus, Teresa of Ávila, 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.

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Editorial Review

From Publishers Weekly

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.)

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Review

"Wilber's unprecedented work offers diamond-like clarity, brilliance, and many-faceted reflection, and his writing speaks with an unencumbered authority."— *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."—*The Middle Way*

"The first truly comprehensive map of the human mind."—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."—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."—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."—Don Beck, coauthor of *Spiral Dynamics*

"*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."—Susanne Cook-Greuter, coeditor of *Transcendence and Mature Thought in Adulthood*

From the Inside Flap

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