

Integral Life Practice is . . .



The Ultimate in Cross-Training,

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



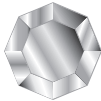
Modular, allowing you to mix and match practices in specific areas or “modules.”



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 **AQUAL™ technology**, an “**All Quadrants, All Levels**” framework for mapping the many capacities inherent in human beings.

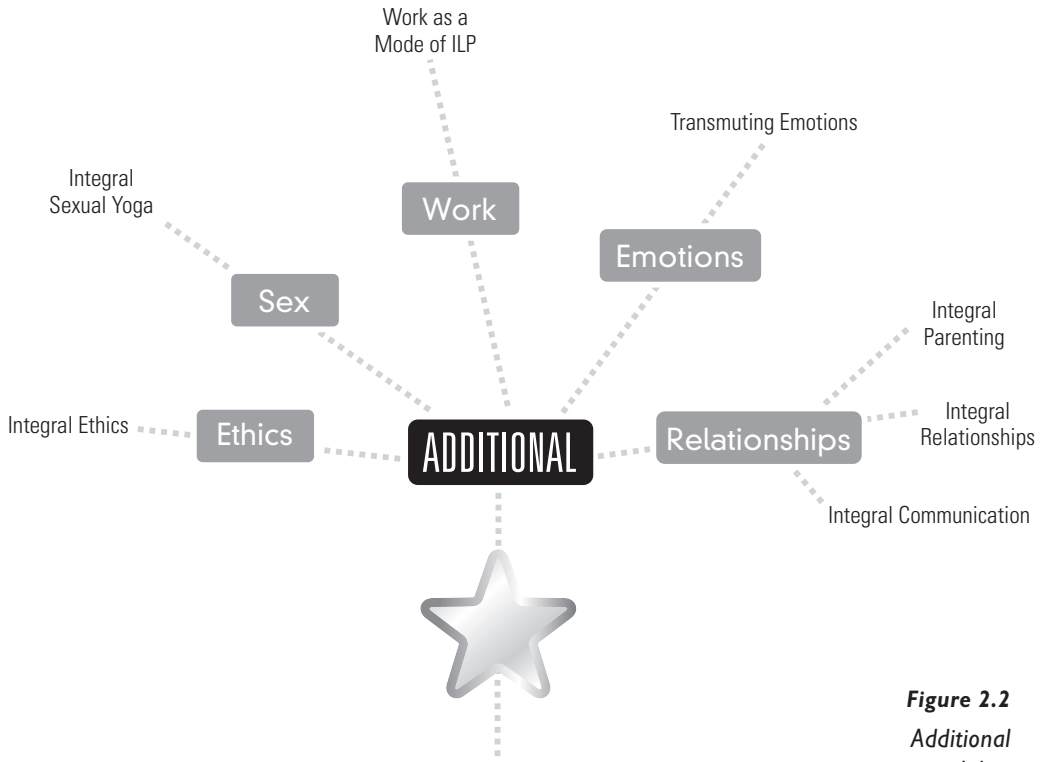


Figure 2.2
Additional modules.

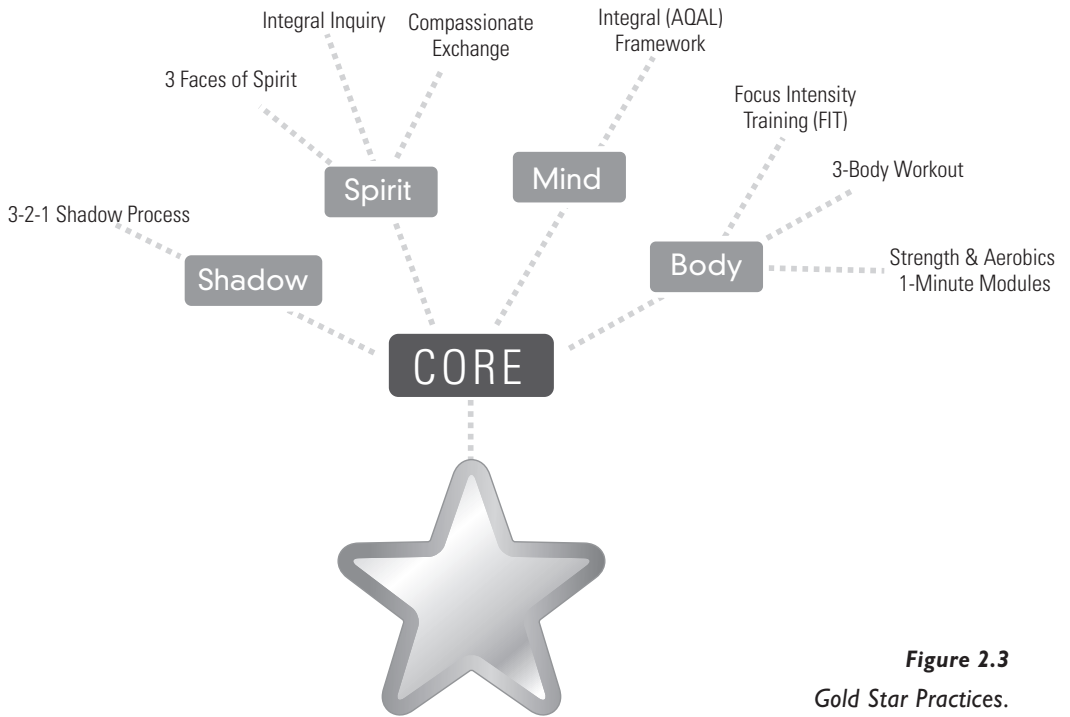


Figure 2.3
Gold Star Practices.

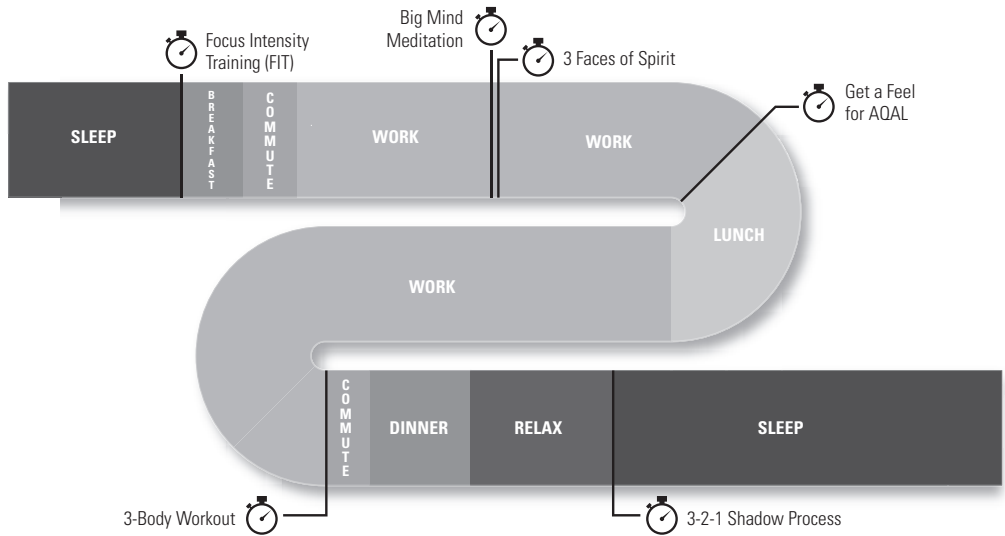


Figure 2.4
*Sample ILP with
 1-Minute Modules.*

The Integral Life Practice Matrix

MODULES				ADDITIONAL				
CORE								
Body	Mind	Spirit	Shadow	Ethics	Work	Relationships	Creativity	Soul
3-Body Workout ☆ FIT (Strength Training) ☆ Aerobic Exercise Balanced Diet & Conscious Eating Yoga Martial Arts Sports & Dance	Reading & Study Discussion & Debate Writing & Journaling Looking At Your Meaning-Making Integral (ADAL) Framework ☆ Pursuing a Degree	Meditation Prayer The 3 Faces of Spirit ☆ Integral Inquiry ☆ Spiritual Community Worship, Song, & Chant Compassionate Exchange ☆	3-2-1 Process ☆ Dream Work Journaling Psychotherapy Family & Couples Therapy Transmuting Emotions Art, Music, & Dance Therapy	Moral Inquiry Integral Ethics ☆ Volunteer Work Social Activism Professional Ethics Philanthropy Heartfelt Service	Right Livelihood Time Management Professional Development Integral Communication ☆ Personal Productivity Systems Financial Intelligence	Conscious Commitment Weekly Check-Ins Intimacy Workshops Integral Parenting Being Vulnerable Integral Sexual Yoga ☆	Integral Artistry ☆ Practicing, Playing & Writing Music Creative Writing Dance & Drama Cooking & Interior Decorating Creative Community	Solitude Nature Communion Discovering/Living Your Purpose Depth Psychology Resonance with Art, Music & Literature Vision Quest Journeys

SAMPLE PRACTICES

It's as simple as:

- Pick **one practice** from each of the **4 Core Modules**
- Add practices from the **Additional Modules** as you wish

(We particularly recommend the Gold Star Practices ☆)

Symptom	← manifests from →	Original Shadow Form
Resentment of outside pressure	←	Drive
Rejection ("Nobody likes me")	←	Rejection ("I reject them")
Guilt ("You make me feel guilty")	←	Resentment (of another's demands)
Anxiety	←	Excitement
Self-consciousness	←	Outward focus (on others)
Sexual Dysfunction	←	"I wouldn't give him/her the satisfaction"
Fear ("They want to hurt me")	←	Hostility ("I'm angry and attacking without knowing it")
Sad	←	Mad
Withdrawn	←	Rejecting
I can't	←	"I won't, dammit!"
Obligation ("I have to")	←	Desire ("I want to")
Hatred	←	Self-hatred
Envy ("You're soooo great")	←	"I'm better than I realize." (A golden shadow form)

Often, you can translate a 3rd-person shadow symptom back into its original 1st-person form. Use the chart above as a handy reference guide. These are some of the more common examples of how shadow translates into symptom (and vice versa). As you continue to practice with the 3-2-1 Shadow Process, you'll gain more insight into your own individual shadow dynamics.

Figure 4.1
 Secondary,
 inauthentic emo-
 tions and drives
 translated to their
 primary, authentic
 forms.

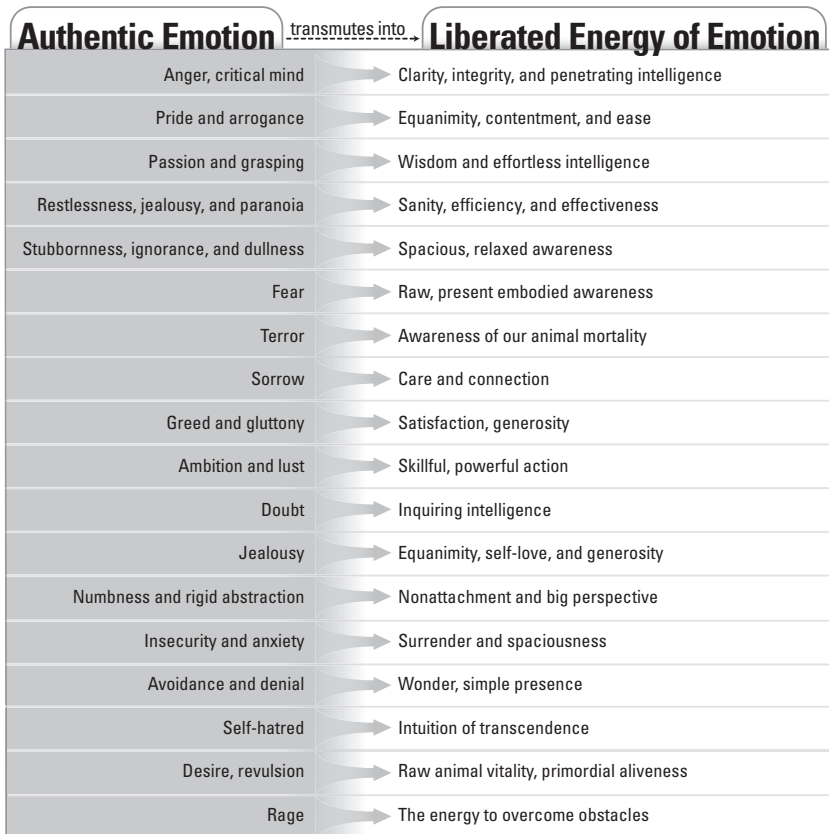


Figure 4.2
*Authentic emotion
 translated to liber-
 ated energy of
 emotion.*

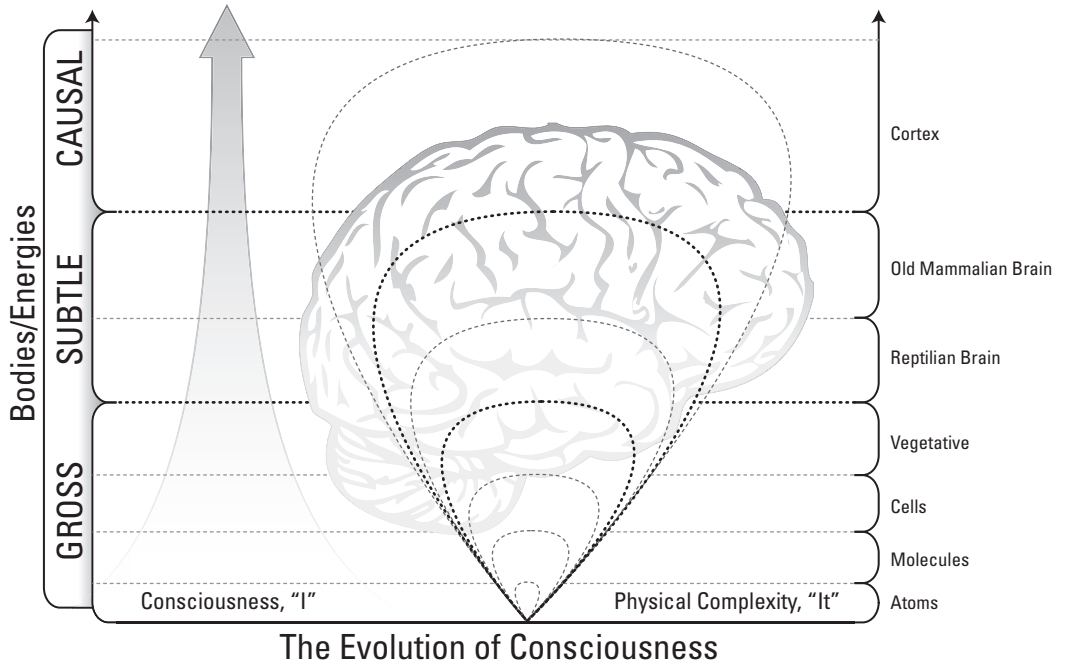


Figure 5.4
*Increasing
 consciousness =
 increasing
 complexity.*

Teal/Turquoise	INTEGRAL—kosmocentric, can shift between all previous levels and see relative truths there
Green	PLURALISTIC—multi-worldcentric, the stage of divinity within all beings, all paths are equal
Orange	RATIONAL—worldcentric, the level of universal regard, reason, and tolerance
Amber	MYTHIC—ethnocentric, the stage of absolute traditional truths, tribal/ethnic beliefs; myths
Magenta/Red	MAGIC—egocentric, the world of magical powers, sacrifices, and miracles

Worldview **Description**

Figure 5.13
Major worldviews.

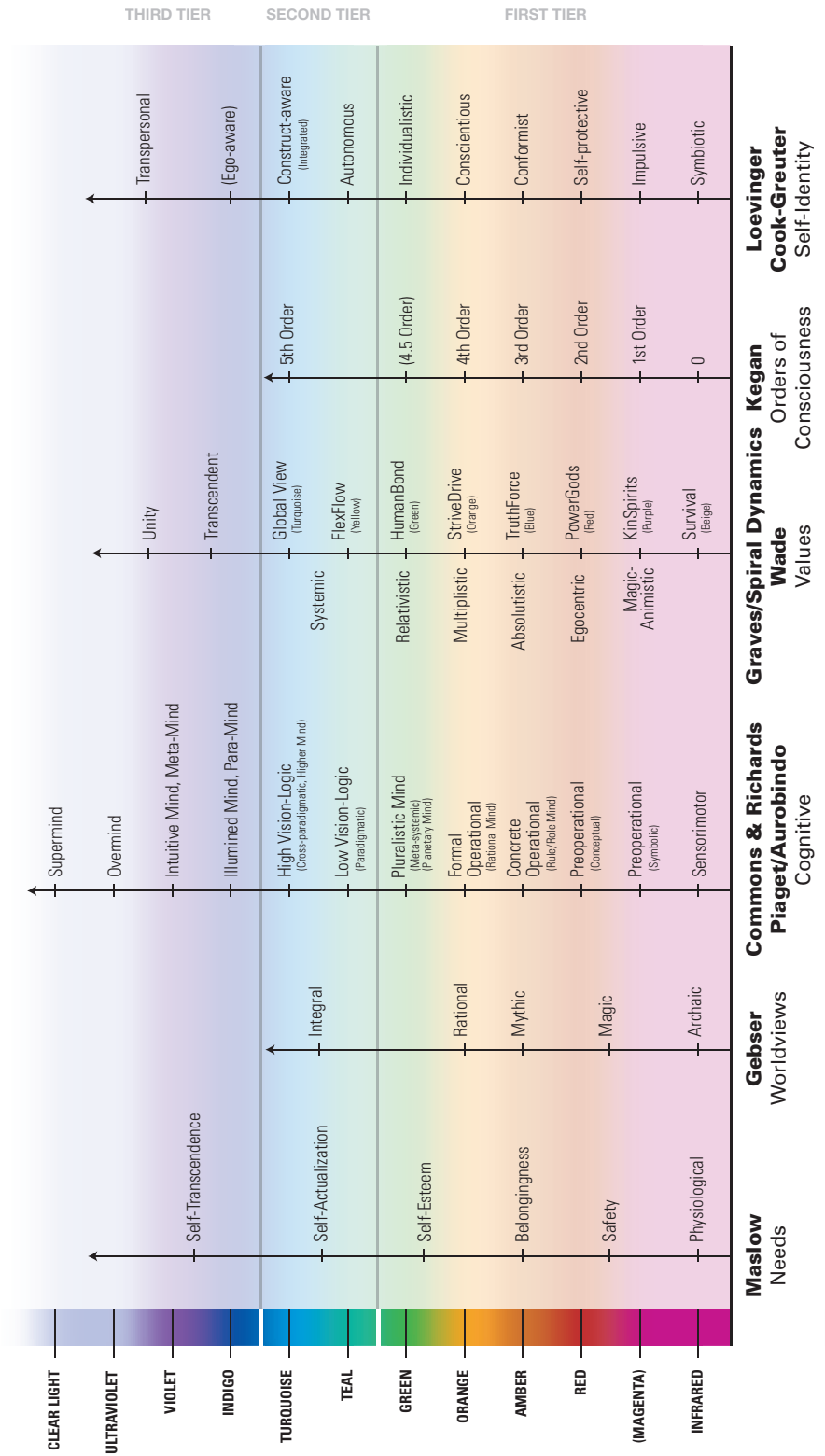


Figure 5.12 Altitudes of consciousness across some major developmental lines.

Worldview	Description
Teal/Turquoise	INTEGRAL–kosmocentric, can shift between all previous levels and see relative truths there
Green	PLURALISTIC–multi-worldcentric, the stage of divinity within all beings, all paths are equal
Orange	RATIONAL–worldcentric, the level of universal regard, reason, and tolerance
Amber	MYTHIC–ethnocentric, the stage of absolute traditional truths, tribal/ethnic beliefs; myths
Magenta/Red	MAGIC–egocentric, the world of magical powers, sacrifices, and miracles

Figure 7.1
Altitudes of spiritual awareness.

Kosmocentric	5th Person (up to nth person)	All sentient beings in all worlds	Teal to Turquoise, Indigo and beyond
Multi-worldcentric	4th Person	All human and other beings, pluralistically	Green
Worldcentric	3rd Person	All human beings, universally	Orange
Ethnocentric	2nd Person	Us, family, tribe, nation	Amber
Egocentric	1st Person	Me	Magenta to Red
Level	Complexity of Perspective	Focus	Altitude

Figure 8.1
Levels of ethics.

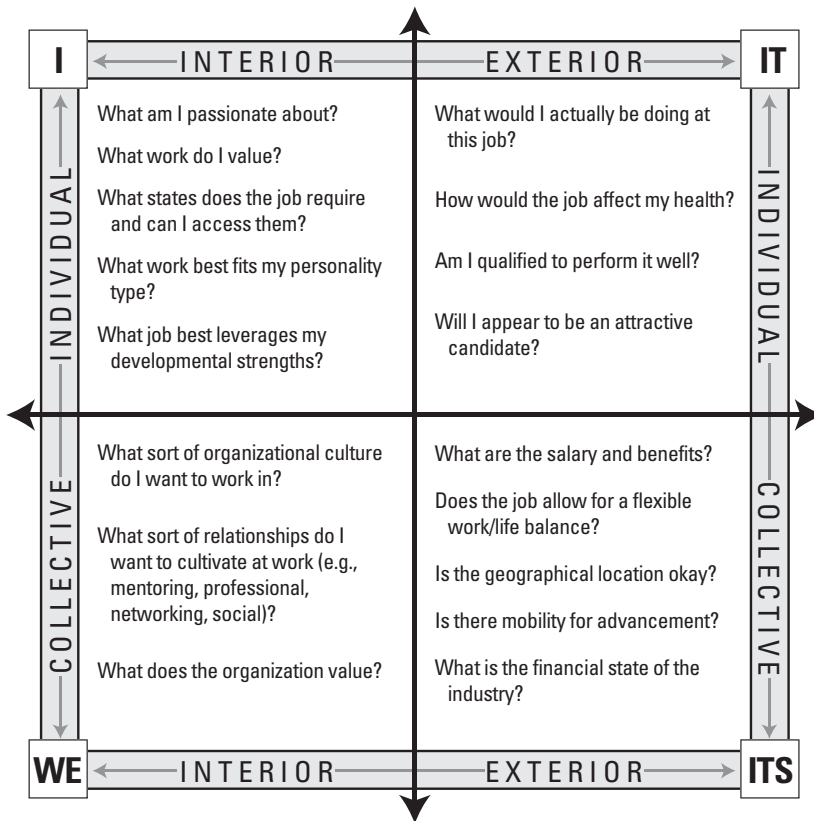


Figure 9.2
Job hunting in all 4 quadrants.

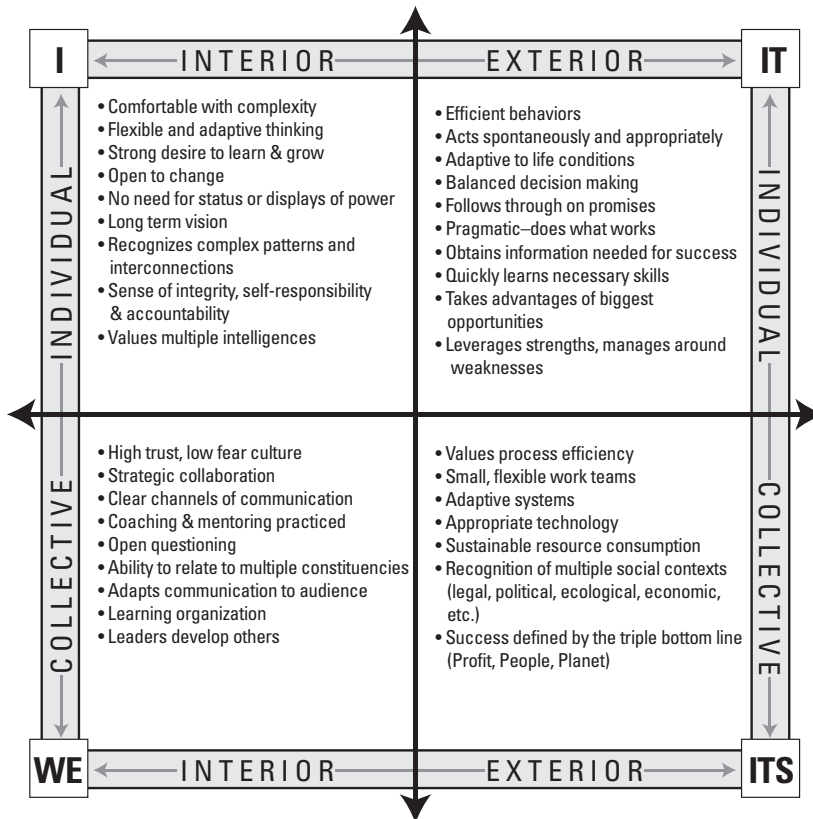


Figure 9.3
The 4 quadrants of an Integral organization.

ILP Blueprint – Jeremy

Step 1: Assess the current situation.

BODY module		
PRACTICES	DESCRIPTION	FREQUENCY
Weight training	Do light weight training when I get a chance.	1-2x/wk
Diet	Try to eat less junk food and drink less soda.	
Jogging	Take a jog in nature when possible.	1x/mo

SHADOW module		
PRACTICES	DESCRIPTION	FREQUENCY
Nothing		

MIND module		
PRACTICES	DESCRIPTION	FREQUENCY
Reading	Read marketing, personal growth, and philosophy books.	2x/wk

SPIRIT module		
PRACTICES	DESCRIPTION	FREQUENCY
Meditation	Meditate for at least 30 minutes.	Tried once or twice; never stuck to it

ADDITIONAL modules		
PRACTICES	DESCRIPTION	FREQUENCY
Work	Make a difference in the world through marketing sustainable products and services.	6x/wk
Relationship	Use online dating service and go out on dates.	2x/mo

ILP Blueprint – Elizabeth

Step 1: Assess the current situation.

BODY module

PRACTICES	DESCRIPTION	FREQUENCY
Rock climbing	I love to go rock climbing with Rick (my husband).	2-3x/yr
Tennis	Play regularly in a league.	1-2x/wk
Yoga	Attend classes regularly.	1-2x/wk

SHADOW module

PRACTICES	DESCRIPTION	FREQUENCY
Psychological growth seminars	Deep personal work in 3-4 day seminars.	1-2x/yr

MIND module

PRACTICES	DESCRIPTION	FREQUENCY
Conversations	Have stimulating conversations with my husband and our friends.	1-2x/wk

SPIRIT module

PRACTICES	DESCRIPTION	FREQUENCY
Prayer	Attend evening prayer groups at my church.	2x/wk
Attend church	Fellowship, prayer, singing, and communion on Sunday mornings.	1x/wk

ADDITIONAL modules

PRACTICES	DESCRIPTION	FREQUENCY
Volunteer and service work	Very active in my church, especially in outreach. A major part of my social life.	2-3x/wk
Family time	Spend quality time together with Rick and the girls when we can.	

ILP Blueprint – Jeremy

Step 2: Identify what's missing.

BODY module		
PRACTICES	DESCRIPTION	FREQUENCY
Weight training	Do light weight training when I get a chance. A more formalized and intense workout program would serve me	1-2x/wk
Diet	Try to eat less junk food and drink less soda. No system. Again, I want a more formal diet plan here that I can really stick with.	
Jogging	Take a jog in nature when possible. Something to touch into my subtle body while making connections with other people	1x/mo

SHADOW module		
PRACTICES	DESCRIPTION	FREQUENCY
Nothing	Add a practice here!	

MIND module		
PRACTICES	DESCRIPTION	FREQUENCY
Reading	Read marketing, personal growth, and philosophy books. I'd also like to learn more about Integral Theory and its implications.	2x/wk

SPIRIT module		
PRACTICES	DESCRIPTION	FREQUENCY
Meditation	Meditate for at least 30 minutes. Maybe I could try just 5-10 minutes before heading out the door for work.	4-5x/wk

ADDITIONAL modules		
PRACTICES	DESCRIPTION	FREQUENCY
Work	Make a difference in the world through marketing sustainable products and services. I feel isolated. What other people or organizations could I partner with to expand my business and circle of relations?	6x/wk
Relationship	Use online dating service; go out on dates. This online thing just isn't working. I want to find a woman who also desires a conscious relationship.	2x/mo

ILP Blueprint – Elizabeth

Step 2: Identify what's missing.

BODY module		
PRACTICES	DESCRIPTION	FREQUENCY
Rock climbing	I love to go rock climbing with Rick (my husband). I haven't done this in almost two years, so I shouldn't list it as a practice. However, I do want to plan a rock climbing trip in two months.	
Tennis	Play regularly in a league. I'd like to explore more of the inner game of tennis. Why do I get angry when I miss an easy shot?	1-2x/wk
Yoga	Attend classes regularly. What kind of yoga would activate my subtle body more?	1-2x/wk
Morning routine	I'd like a simple 5-10 minute routine I can do every day at home.	5-7x/wk

SHADOW module		
PRACTICES	DESCRIPTION	FREQUENCY
Psychological growth seminars	Deep personal work in 3-4 day seminars. I think a daily practice that I can do on my own would complement the seminars.	1-2x/yr

MIND module		
PRACTICES	DESCRIPTION	FREQUENCY
Conversations	Have stimulating conversations with my husband and our friends. I would like to learn more about Integral Theory and higher awareness, but I just don't learn best through reading books. Maybe there's another way?	

SPIRIT module		
PRACTICES	DESCRIPTION	FREQUENCY
Prayer	Attend evening prayer groups at my church. I'd like to complement the groups with my own regular meditation practice.	2x/wk
Attend church	Fellowship, prayer, singing, and communion on Sunday mornings.	1x/wk

ADDITIONAL modules		
PRACTICES	DESCRIPTION	FREQUENCY
Volunteer and service work	Very active in my church, especially in outreach. A major part of my social life.	2-3x/wk
Family time	I'd like to make sure to spend at least a short amount of quality time together every day, plus, once a week, to plan a more extended occasion.	
Sex	I'd really like to add a practice here!	

ILP Blueprint – Jeremy

Step 3: Choose your practices.

BODY module

PRACTICES	DESCRIPTION	FREQUENCY
<i>FIT</i>	<i>Focus Intensity Training 1-Minute Module at home.</i>	<i>3x/wk</i>
	<i>Focus Intensity Training 30-minute workout at the gym.</i>	<i>2x/wk</i>
<i>Integral Nutrition</i>	<i>Eliminate all low-quality foods. Restrict portions. End late-night snacks.</i>	<i>6x/wk</i>
<i>Jogging</i>	<i>Take at least a 20 minute jog in nature on Sunday mornings.</i>	<i>1x/wk</i>
<i>Qigong</i>	<i>Attend Saturday beginners class with a local teacher and practice on my own in between.</i>	<i>3x/wk</i>

SHADOW module

PRACTICES	DESCRIPTION	FREQUENCY
<i>Psychotherapy</i>	<i>Explore shadow issues with Dr. Kluever, a local psychotherapist I trust.</i>	<i>1x/wk</i>

MIND module

PRACTICES	DESCRIPTION	FREQUENCY
<i>Reading</i>	<i>Read marketing, personal growth, and philosophy books.</i>	<i>~ 2 hrs/wk</i>
<i>Integral Theory</i>	<i>Study the AQAL model through books and the Internet.</i>	<i>~ 2 hrs/wk</i>

SPIRIT module

PRACTICES	DESCRIPTION	FREQUENCY
<i>Meditation</i>	<i>At least 5 minutes of the 1-Minute Module of Integral Inquiry.</i>	<i>4-5x/wk</i>
	<i>At least one 20-minute extended sitting meditation session on weekends when possible.</i>	

ADDITIONAL modules

PRACTICES	DESCRIPTION	FREQUENCY
<i>Work</i>	<i>Attend relevant industry conferences and conventions and network with other sustainable (or even Integral) marketers.</i>	<i>3x/yr</i>
<i>Relationships</i>	<i>Use affirmations to clarify and strengthen my relationship intentions.</i>	<i>1 min in AM</i>
	<i>As a practice, take emotional risks and ask someone I like on a date.</i>	<i>2x/mo</i>

ILP Blueprint – Elizabeth

Step 3: Choose your practices.

BODY module

PRACTICES	DESCRIPTION	FREQUENCY
Tennis	Play regularly in a league and practice focusing awareness on my head, heart, and hara.	1-2x/wk
Ashtanga yoga	Practice with Ashtanga teacher who focuses on all 3 bodies.	2x/wk
Integral Nutrition	Eat fresh, whole, natural foods only, and minimize simple carbs.	6x/wk

SHADOW module

PRACTICES	DESCRIPTION	FREQUENCY
Psychological growth seminars	Deep personal work in 3-4 day seminars.	1-2x/yr
3-2-1 Shadow Process	1-Minute Module in mornings and evenings.	4x/wk

MIND module

PRACTICES	DESCRIPTION	FREQUENCY
Conversations	Have stimulating conversations with my husband and/or friends.	2x/wk
Integral dialogues	Listen to audio dialogues with leading Integral thinkers.	1-2x/wk

SPIRIT module

PRACTICES	DESCRIPTION	FREQUENCY
Prayer	Attend evening prayer groups at my church.	2x/wk
3 Faces of Spirit	Practice this meditation for at least 10 minutes on the days I don't attend church activities.	3-4x/wk
Meditation	Fellowship, prayer, singing, and communion on Sunday mornings.	1x/wk

ADDITIONAL modules

PRACTICES	DESCRIPTION	FREQUENCY
Volunteer and service work	Very active in my church, especially in outreach. A major part of my social life.	2-3x/wk
Family time	At least 30 minutes of quality time together as a family. At least one major outing or happy family occasion besides church.	6x/wk 1x/wk
Sex	Experiment with simple conscious sexuality practices (from my new Tantra book) with my husband Rick.	1x/wk

ILP Tracking Log – Jeremy

Step 4: Practice!

BODY module

PRACTICES	#	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
<i>FIT - 1-Minute Module at home</i>	3x/wk	Y		Y		Y			3
<i>- 20-30 minutes at gym</i>	2x/wk		Y				Y		2
<i>Integral Nutrition</i>	6x/wk			Y	Y	Y		Y	4
<i>Jogging</i>	1x/wk							Y	1
<i>Qigong</i>	3x/wk			Y			Y		2

SHADOW module

PRACTICES	#	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
<i>Psychotherapy</i>	1x/wk				Y				1

MIND module

PRACTICES	#	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
<i>Reading</i>	2x/wk		Y					Y	2
<i>Study AQAL</i>	2x/wk				Y		Y	Y	3

SPIRIT module

PRACTICES	#	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
<i>Meditation - 5 minutes</i>	4x/wk	Y	Y	Y		Y			4
<i>- 20 minutes</i>	1x/wk							Y	1

ADDITIONAL modules

PRACTICES	#	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
<i>Work - Networking</i>	1-2x/m		Y						1
<i>Relationships - Affirmation</i>	7x/wk	Y	Y	Y	Y	Y	Y	Y	7
<i>- Ask for dates</i>	2x/mo						Y		1

NOTES

Next week I want to practice Qigong more on my own so I don't forget what I learn in class. I also need to get rid of some unhealthy food still hanging out in my kitchen.

Updated 3-Month ILP Blueprint – Jeremy

Steps 5 and 6: Be flexible and fine-tune continuously.

BODY module		
PRACTICES	DESCRIPTION	FREQUENCY
FIT	Focus Intensity Training 1-Minute Module. This practice is so easy and quick. I'm going to add a second muscle group: one muscle from my upper body and one from my lower. Focus Intensity Training 30-minute workout at the gym. This is working well as is.	3x/wk 2x/wk
Integral Nutrition	Eliminate all low-quality foods. Restrict portions. End late-night snacks. I slip sometimes, but in general, I'm doing it. I need to remember to use my hand & fist to judge portion sizes.	6x/wk
Jogging	Take at least a 20-minute jog in nature on Sunday mornings. Sometimes I enjoy having my Sunday mornings free.	2x/mo
Qigong	Attend Thursday intermediate class with a local teacher and practice on my own in between.	3x/wk

SHADOW module		
PRACTICES	DESCRIPTION	FREQUENCY
Psychotherapy	Explore shadow issues with Dr. Kluever, a local psychotherapist I trust. I'm really getting a lot from my therapy. I intend to see Dr. Kluever for at least three more months.	1x/wk

MIND module		
PRACTICES	DESCRIPTION	FREQUENCY
Reading	Read marketing, personal growth, and philosophy books.	~ 2 hrs/wk
Integral Theory	Study the AQAL model through books and the Internet.	~ 2 hrs/wk

SPIRIT module		
PRACTICES	DESCRIPTION	FREQUENCY
Meditation	At least 5 minutes of the 1-Minute Module of Integral Inquiry. At least one 20-minute extended sitting meditation session on weekends when possible. I am getting a lot from regular meditation and I'll want to rearrange my commitments so I can meditate for 20 minutes every day.	4-5x/wk

ADDITIONAL modules		
PRACTICES	DESCRIPTION	FREQUENCY
Work	Attend relevant industry conferences and conventions and network with other sustainable (or even Integral) marketers.	3x/yr
Relationships	Use affirmations to clarify and strengthen my relationship intentions. As a practice, take emotional risks and ask out someone I like. I'm less shy, and coincidences seem to happen more frequently. I'm beginning to meet some amazing women. I really like Susan.	1 min in AM 2x/wk

Updated 3-Month ILP Blueprint – Elizabeth

Steps 5 and 6: Be flexible and fine-tune continuously.

BODY module

PRACTICES	DESCRIPTION	FREQUENCY
Tennis	Play regularly in a league and practice focusing awareness on my head, heart, and hara. My game has improved significantly. Next season, I'll be ready to play in a more advanced league.	1-2x/wk
Yoga	Practice with Ashtanga teacher who focuses on all 3 bodies. Wow! This practice has helped ground me in my hectic life. I want to increase the frequency of my yoga practice, but just a little.	3x/wk
Integral Nutrition	Eat fresh, whole, natural foods only, and minimize simple carbs. It's hard for me to maintain this practice when I eat out. I think I will spread out my one "free" day to cover the few times a week I eat out.	6x/wk

SHADOW module

PRACTICES	DESCRIPTION	FREQUENCY
Psychological growth seminars	Deep personal work in 3-4 day seminars.	1-2x/yr
3-2-1 Shadow Process	1-Minute Module in mornings and evenings. What a powerful process! I can't believe how much I've grown by using the 3-2-1 Shadow Process on my dreams. Journaling about it has been important. I think I'd like to consider trying out psychotherapy.	4x/wk

MIND module

PRACTICES	DESCRIPTION	FREQUENCY
Conversations	Have stimulating conversations with my husband and/or friends.	2x/wk
Integral dialogues	Listen to audio dialogues with leading Integral thinkers. I'm really getting into this!	2x/wk

SPIRIT module

PRACTICES	DESCRIPTION	FREQUENCY
Spiritual instruction	Attend evening prayer groups at my church. 1 night a week is enough. I've become overcommitted & need to cut back.	1x/wk
3 Faces of Spirit Meditation	Practice this meditation for at least 10 minutes on the days I don't attend church activities. This is working. I often meditate longer.	3-4x/wk
Attend church	Fellowship, prayer, singing, and communion on Sunday mornings.	1x/wk

ADDITIONAL modules

PRACTICES	DESCRIPTION	FREQUENCY
Volunteer and service work	Participate and volunteer in church activities.	2-3x/wk
Family time	Continue to create quality time together daily and weekly.	
Sex	Experiment with simple conscious sexuality practices with Rick. This has reawakened me as a woman. Sometimes we see each other with fresh eyes, as if it were the first time. After 12 years! So grateful.	1x/wk

Updated 3rd-Year ILP Blueprint – Elizabeth

Steps 5 and 6: Be flexible and fine-tune continuously.

BODY module

PRACTICES	DESCRIPTION	FREQUENCY
3-Body Workout	1-Minute Module in the morning for at least 10 minutes.	5x/wk
Tennis	Play my conscious inner game in an advanced league.	1x/wk
Ashtanga yoga	Continue to deepen my integration of gross and subtle bodies.	2x/wk
Yoga retreat	Attend week-long workshops.	2x/yr
Integral Nutrition	Involve all four quadrant perspectives in my eating choices.	6x/wk
Ecstatic dance	Integrate my awareness with spontaneous ecstatic movement.	1x/wk

SHADOW module

PRACTICES	DESCRIPTION	FREQUENCY
Psychological growth seminars	Deep personal work in 3-4 day seminars.	1-2x/yr
Somatic psychotherapy	Deepen my integration and free up my patterns and choices.	2x/mo
3-2-1 Shadow Process	Do the full process, very consciously at least once a month.	1x/mo

MIND module

PRACTICES	DESCRIPTION	FREQUENCY
Integral discussion group	Meet with local Integral thinkers (including Rick) to better understand an Integral perspective on life, practice, and politics.	1x/mo
Integral dialogues	Listen to recorded dialogues with leading Integral thinkers.	1-2x/wk

SPIRIT module

PRACTICES	DESCRIPTION	FREQUENCY
Prayer	Attend evening prayer groups at my church.	1x/wk
3Faces of Spirit Meditation	Practice this meditation for at least 15 minutes on the days I don't attend church activities.	4-5x/wk
Attend church	Fellowship, prayer, singing, and communion on Sunday mornings.	1x/wk

ADDITIONAL modules

PRACTICES	DESCRIPTION	FREQUENCY
Volunteer and service work	Participate at church and work with church leaders to help the church keep growing.	1x/wk
Family time	Continue to create quality time together daily and weekly.	
Sex	Regular conscious sex practices with Rick.	3x/wk

Updated 5th-Year ILP Blueprint – Jeremy

Steps 5 and 6: Be flexible and fine-tune continuously.

BODY module

PRACTICES	DESCRIPTION	FREQUENCY
<i>FIT</i>	<i>Practice Focus Intensity Training after work for 45 minutes.</i>	<i>3x/wk</i>
<i>Diet</i>	<i>Continue to eat only quality food, control portions and snacking, and choose organic foods.</i>	<i>6x/wk</i>
<i>Swimming</i>	<i>Swim laps at the health club pool.</i>	<i>2x/wk</i>
<i>Qigong</i>	<i>Practice in the neighborhood park with a local group.</i>	<i>3x/wk</i>
<i>Walking in nature</i>	<i>State park near my house.</i>	<i>2x/mo</i>

SHADOW module

PRACTICES	DESCRIPTION	FREQUENCY
<i>Journaling</i>	<i>Write in personal journal.</i>	<i>3x/wk</i>
<i>Personal growth workshop</i>	<i>The last two years I've grown tremendously from this, so I'll go back.</i>	<i>1x/yr</i>

MIND module

PRACTICES	DESCRIPTION	FREQUENCY
<i>Writing</i>	<i>Continue to publish integrally informed articles in marketing journal.</i>	
<i>Integral Theory</i>	<i>Participate in online integral discussion forums.</i>	<i>2x/wk</i>
<i>Reading</i>	<i>Continue to read. Especially interested in developmental psychology.</i>	

SPIRIT module

PRACTICES	DESCRIPTION	FREQUENCY
<i>Meditation</i>	<i>Meditate at a local meditation center with a community of practitioners every Monday, Wednesday, and Friday morning in addition to my weekend practice.</i>	<i>5x/wk</i>
<i>Integral Inquiry</i>	<i>On the days I don't meet with my sangha.</i>	<i>2x/wk</i>

ADDITIONAL modules

PRACTICES	DESCRIPTION	FREQUENCY
<i>Finance</i>	<i>Research and invest in socially responsible companies.</i>	
<i>Work</i>	<i>Meet with mastermind group of local marketing professionals.</i>	<i>2x/mo</i>
<i>Relationships</i>	<i>Schedule special time with my fiancée Susan.</i>	<i>3x/wk</i>
<i>Service</i>	<i>Volunteer with local community hospice.</i>	<i>2 hrs/wk</i>

Updated 3-Month ILP Blueprint – Tim

Steps 5 and 6: Be flexible and fine-tune continuously.

BODY module		
PRACTICES	DESCRIPTION	FREQUENCY
3-Body Workout	Full 45 minutes every weekday morning. I only stuck with this for 3 days! Now I only do the 10-minute version, which seems to work.	5x/wk
Nutrition	Eat optimally and only buy organic, free trade foods. It's working better to eliminate junk food, emphasize raw food, and strictly limit snacking. Also, one day a week, I eat whatever I want.	6x/wk
Microcosmic orbit	On the subway to my graduate classes. - This practice still works great (although I've missed my stop a few times).	4x/wk
Ultimate frisbee	Participate in league and compete in competitions. I've cut back here and now only play informally with a co-ed group. Less stress.	1x/wk

SHADOW module		
PRACTICES	DESCRIPTION	FREQUENCY
Journaling	Keep an audio journal. - Every day is too much. Now I record an entry when I feel especially drawn to doing so.	open
3-2-1 Shadow Process	Practice the 3-2-1 Shadow Process for 15 minutes.	3x/wk
Men's group	Participate in a men's group on Wednesday evenings. My men's group has been extremely valuable for me. This is definitely a practice I want to continue.	1x/wk

MIND module		
PRACTICES	DESCRIPTION	FREQUENCY
Graduate school	Reading, studying, papers, tests, etc.	6x/wk
Integral applications	Now that my study group has concluded, I'm looking at how I can apply Integral theory to my graduate work.	
Policy research	Virtual internship with Washington D.C. think tank. - I had to cut back my hours here.	4 hrs/wk

SPIRIT module		
PRACTICES	DESCRIPTION	FREQUENCY
Individual meditation	Integral Inquiry for 45 minutes each day. - Too much! I just didn't have enough time to sustain this practice. Now I'm doing a 1-Minute Module for 5-10 minutes. This, I can do consistently.	7x/wk
Group meditation	Zazen with sangha at local Zen center in evenings. - I love this group, but had to cut my attendance down to once a week.	1x/wk

ADDITIONAL modules		
PRACTICES	DESCRIPTION	FREQUENCY
Finances	Reduce my credit card debt. - I couldn't save as much as I hoped, but living simply has helped me save money.	
Intimate relationship	Find one! I'm dating Mary now, who I met while playing Ultimate Frisbee. We've only know each other for 2 months but I'm happy how the relationship is unfolding.	
Friendships	Explore ways to deepen my current friendships. - By cutting back on my other practices, I've had more time to connect and share with friends.	
Service	Assist in local senior center. This was wonderful, but again, too much. I've cut down to 1x/month, which I'm enjoying.	3hrs/mo

