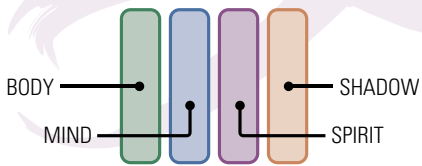


Welcome to
INTEGRAL

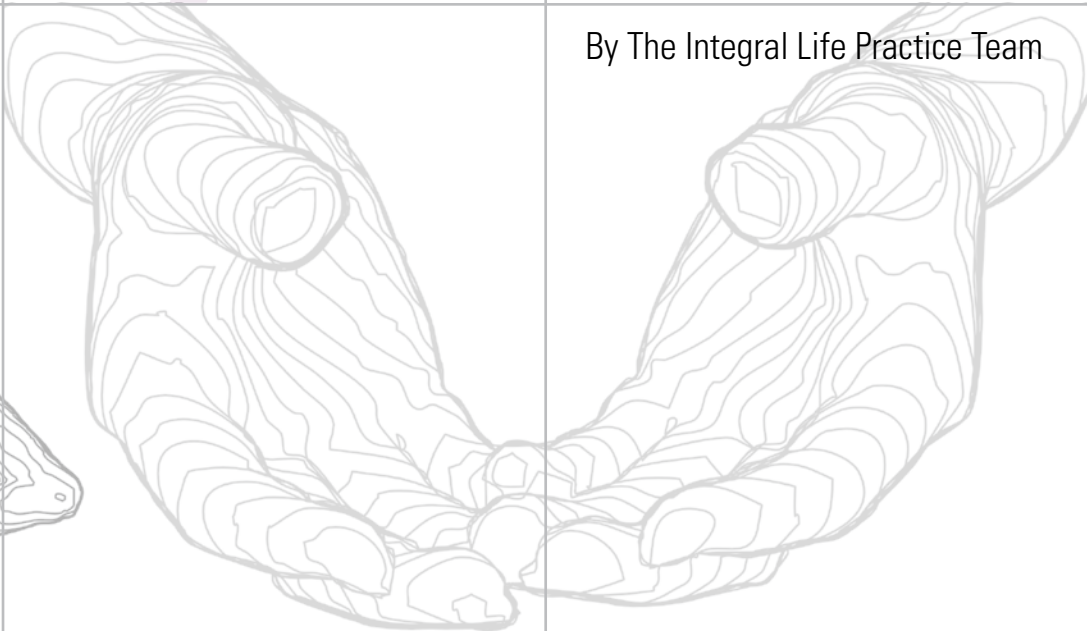
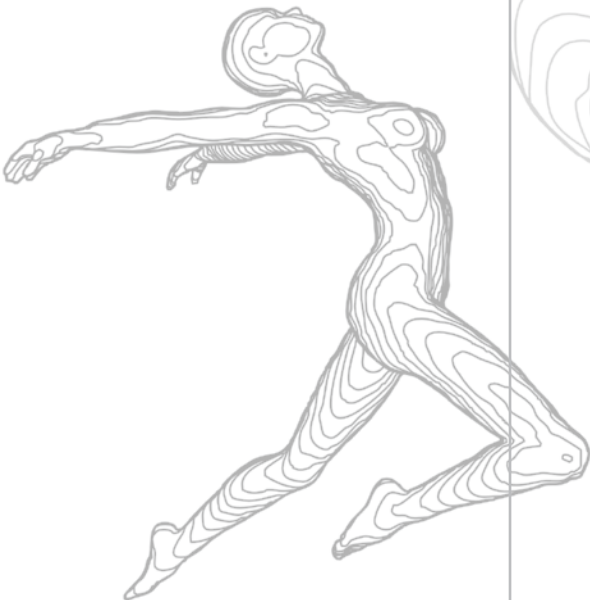
Life

PRACTICE™
VERSION 1.0



Your Guide To
The ILP Starter Kit

By The Integral Life Practice Team



The Integral Life Practice™ Matrix

		CORE				AUXILIARY				
		Body (Physical, Subtle, Causal)	Mind (Framework, View)	Spirit (Meditation, Prayer)	Shadow (Therapia)	Ethics	Sex	Work	Emotions	Relationships
SAMPLE PRACTICES	Weightlifting (Physical)	Reading & Study	Zen	Gestalt Therapy	Codes of Conduct	Tantra	Right Livelihood	Transmuting ☆ Emotions	Integral ☆ Relationships	
	Aerobics (Physical)	Belief System	Centering Prayer	Cognitive Therapy	Professional Ethics	Integral Sexual Yoga ☆	Professional Training	Emotional Intelligence Training	Integral ☆ Parenting	
	F.I.T. ☆ (Physical, Subtle)	Integral (AQAL) Framework ☆	Big Mind ☆ Meditation™	3-2-1 Process ☆	Social & Ecological Activism	Kama Sutra	Money Management	Bhakti Yoga (Devotional Practices)	Communication Skills	
	Diet: Atkins, Ornish, the Zone (Physical)	Mental Training	Kabbalah	Dream-Work	Self-Discipline	Kundalini Yoga	Work as a Mode of ILP ☆	Emotional Mindfulness Practice	Couples Therapy	
	ILP Diet (Physical) ☆	Taking Multiple Perspectives	Compassionate Exchange ☆	Interpersonal	Integral Ethics ☆	Sexual Transformative Practice	Karma Yoga	Relational Spiritual Practice		
	Tai Chi Chuan (Subtle)	Any Worldview or Meaning System that Works for You	TM	Psychoanalysis	Sportsmanship		Community Service & Volunteering	Right Association (Sangha)		
	Qi Gong (Subtle)		Integral Inquiry ☆	Art & Music Therapy	Vows & Oaths		Work as Transformation	Conscious Marriage		
	Yoga (Physical, Subtle)		The 1-2-3 of God ☆					Creative Expression & Art		
	3-Body Workout (Physical, Subtle, Causal) ☆		Vipassana Meditation							

It's as simple as:

- Pick **one practice** from each of the **Four Core Modules**
- Add practices from the **Auxiliary Modules** as you wish
- Go!

(We particularly recommend the Gold Star Practices ☆)

Welcome to Integral Life Practice™

Your Guide to the ILP Starter Kit

Version 1.0

By Marco Morelli, Adam Leonard,
Terry Patten, Jeff Salzman, and Ken Wilber

Note:

While anyone may find the practices and recommendations described in this book and this Starter Kit to be useful, they are made available with the understanding that neither the authors nor the publishers are presenting specific medical, psychological, or spiritual advice. Nor is anything in the book intended to be a diagnosis, prescription, or cure for any specific kind of medical, psychological, or spiritual problem. Please consult a licensed physician, therapist, or other professional before undertaking any program of physical, psychological, or spiritual practice.

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“Joy so intense, it hurts!”



“Thanks to my work with ILP, I’m in a new groove. For the first time in my life, I look and feel at home in my body. Daily 3-Body practice is invaluable, giving me much needed discipline and rejuvenation... My family and friends are impressed with the results, and some of them are getting hooked, too. Meditation is my new best friend... Lately I’ve had bouts of joy so intense, it hurts!” —Edith Friesen; Winnipeg, Manitoba, Canada; November 2004

Welcome to Integral Life Practice!

Integral Life Practice is a new approach to well-being, awareness, and transformation. Rather than focus on merely one aspect of the self, **ILP** brings a whole and balanced approach to realizing the full spectrum of your being.

That's what we mean by **Integral**: comprehensive, balanced, inclusive. By **Life** we mean, well, **LIFE**—the whole enchilada of love, consciousness, the body, relationships, work, emotions, and the mystery of existence.

Practice means something we do, usually to improve ourselves in some way—to make ourselves happier, stronger, smarter, more capable of loving and helping others. We practice in order to fulfill the potential of who we really are.

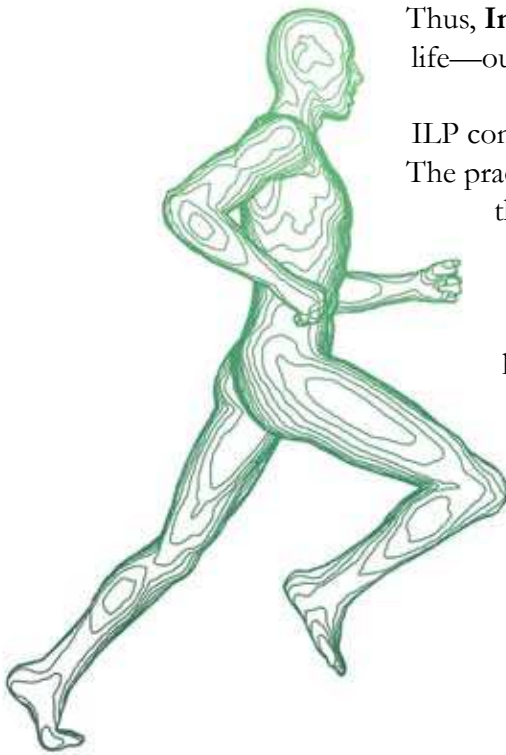


Thus, **Integral Life Practice** is a whole and balanced approach to practicing for life—our individual lives, the lives of others, even the life of the planet.

ILP contains specific practices within a framework that holds them together. The practices and the framework are equally important. The practices ensure that you're actually *doing something*, not just thinking about it. The framework *makes sense* of what you're doing, giving everything a place.

We've designed ILP to be as easy and flexible as possible. We know how busy most people's lives are, and how important it is to work with your busy schedule. But we've also included as much as possible, so you can go as deep as you wish. An ILP can take *as little as 5 minutes a day*—or it can expand up to many hours. It's up to you.

Welcome to Integral Life Practice!



"Brutally honest... with love"

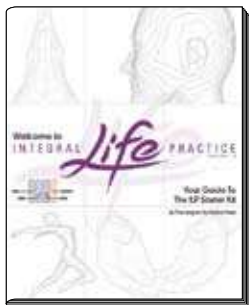


"ILP has given me a framework to experience all aspects of my complicated psyche and universe in a brutally honest, transparent, and clear manner with gentleness, compassion, and love. Thanks to the skillful teaching and the practices, my perceptions of the world and my place in it have profoundly and permanently shifted, widened, and deepened." —John McPherson, musician/teacher; Edmonton, Alberta, Canada; June 2005

The ILP Starter Kit

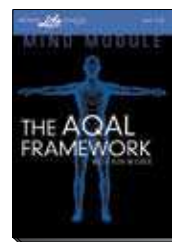
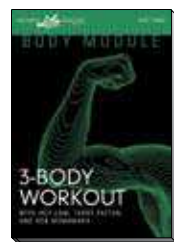
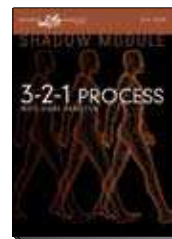
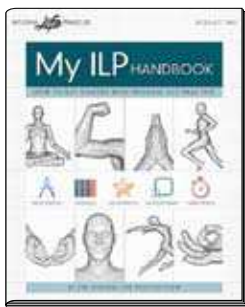
The ILP Starter Kit is your launch-pad for initiating an Integral Life Practice. Here you'll find the tools you will need to get going in the right direction. We've packed quite a bit into the box, but we've tried to highlight the *essentials*—the crucial ingredients to meet your aspirations and intentions.

Here's what's included in the ILP Starter Kit:



Welcome to Integral Life Practice is your guide to the ILP Starter Kit. It will give you an overview of Integral Life Practice and walk you through the major components.

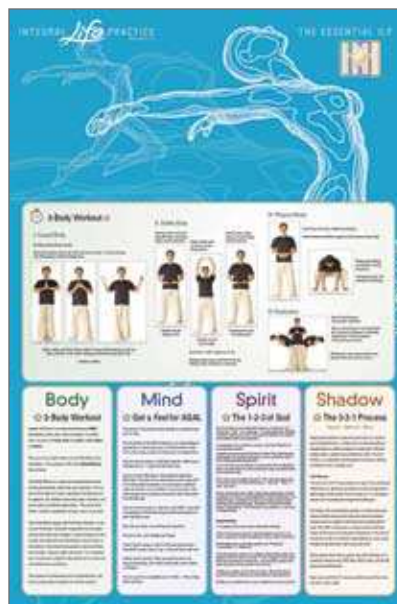
The **My ILP Handbook** lays out the nuts and bolts of starting your own ILP, including step-by-step practice design instructions, **Gold Star** practice instructions, and answers to the most frequently asked questions.



Five DVDs feature our "Gold Star" practices. You'll experience **Big Mind**, **Integral Meditation**, the **3-Body Workout**, the **3-2-1 Process**, and the **AQAL Framework**, as presented by some of the finest ILP teachers anywhere in the world.



Introducing the AQAL Framework, by Ken Wilber, introduces the conceptual map, or "Integral Operating System," that supports ILP.



The **Essential ILP poster** is something to hang on the wall, maybe in your gym or office, as an inspiration and useful reminder of how to perform the **1-Minute Modules**.

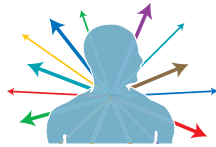


Two CDs provide a different way to learn and practice. The **Out-of-the-Box ILP** gets you started doing ILP in *less than 20 minutes*, and **Meditation with Form** gently guides you through states of increased awareness and compassion.

How Does Integral Life Practice Work?

While ILP has many dynamic parts, the principles it runs on are fairly straightforward:

Integral Life Practice is . . .

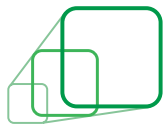


The Ultimate in Cross-Training,

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



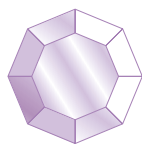
Modular, allowing you to mix and match practices in specific areas or “modules.”



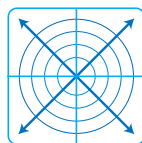
Scalable, adjusting to however much—or little—time you have, down to the **1-Minute Modules**.



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.

“A Seed Sprouting in My Heart”

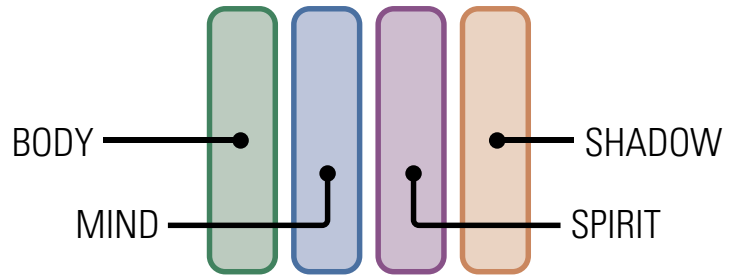


“Through ILP I’ve learned that it’s better to practice anything for short periods than to create grand but unrealistic goals and end up doing nothing. My professional life is more fulfilling than it was before. My personal life is as full as before but there is now a seed sprouting in my heart and mind that reminds me to practice...!”

—Raquel Torrent, Psychologist; Madrid, Spain; March 2005

Start With The Four Core Modules

Though ILP is a comprehensive system, starting your own ILP is simple and easy. We certainly don't recommend that you try to work on every potential growth area, in every dimension, on every level simultaneously. Instead, start with the Four Core Modules, which represent the most essential areas of practice, and then add Auxiliary Modules if you wish.



An ILP module is a set of practices that applies to a specific aspect of your being. A module could address your emotional life, your relationships, your spiritual awareness, or your conception of reality.

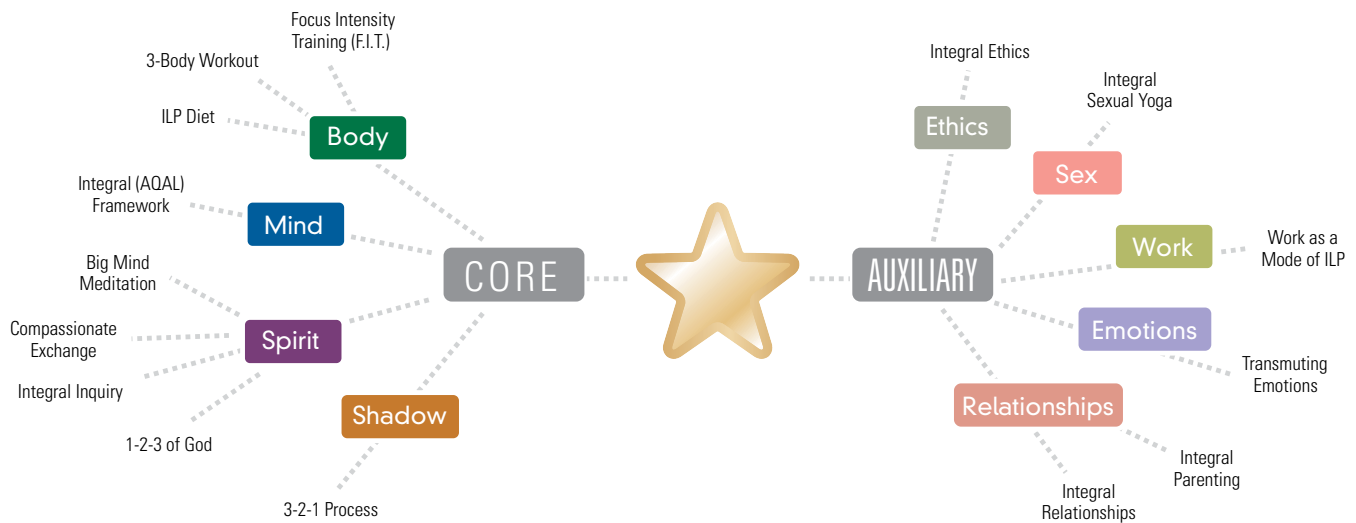
Picture modules as rooms in a house. A typical house contains at least a bedroom, a bathroom, a living room, and a kitchen. Take away one of these fundamental rooms and a structure could hardly be called a “house.” Likewise, one of the “integral” parts of Integral Life Practice is that it includes four essential rooms or modules: a **Body module**, a **Mind module**, a **Spirit module**, and a **Shadow module**. With just these four core modules, you can build your ILP house. Of course, a house can have more than four rooms, just as your ILP can have more than four modules. We simply recommend that you start with the Four Core Modules—and then build from that strong foundation.

Mix and Match to Suit Your Lifestyle

Take a look at the ILP Matrix on the inside cover of this booklet. All it takes to initiate your ILP is to choose one practice from each of the Four Core Modules. You can choose any practices you wish. You can also explore our recommended practices from the Auxiliary modules, if you so desire. We've provided a list of Auxiliary modules to show some of the areas that are available to you within a broader ILP.

CORE				
Body (Physical, Subtle, Causal)	Mind (Framework, View)	Spirit (Meditation, Prayer)	Shadow (Therapy)	
Weightlifting (Physical)	Reading & Study	Zen	Gestalt Therapy	Codes of Con
Aerobics (Physical)	Belief System	Centering Prayer	Cognitive Therapy	Professional Eth
F.I.T. ★ (Physical, Subtle)	Integral (AQAL) Framework ★	Big Mind ★ Meditation	3-2-1 Process ★	Social & Ecologic Activism
Diet: Atkins, Ornish, the Zone (Physical)	Mental Training	Kabbalah	Dream-Work	Self-Discipline
Diet (Physical) ★	Taking Multiple Perspectives	Compassionate Exchange ★	Interpersonal	Integral Eth
	Any Worldview or Meaning System that Works for You	TM	Psychoanalysis	Sports
		Integral Inquiry ★	Art & Music Therapy	

We Recommend the Gold Star Practices



Within any module, there are countless practices to choose from. The list of practices is as long and varied as the history of humanity itself. We've represented a few of them in the ILP Matrix. However, the ILP Starter Kit provides a handful of Gold Star Practices that we recommend. The ILP team developed the Gold Star Practices as a synthesis of exemplary techniques from across cultures and time. A Gold Star practice cuts to what's essential and orients it within an Integral framework. Often a Gold Star practice will combine previously separate practices in a novel way, making them parts of a greater whole. But the bottom line is we think the Gold Star practices work, which we invite you to discover for yourself.

"Practice is my life"



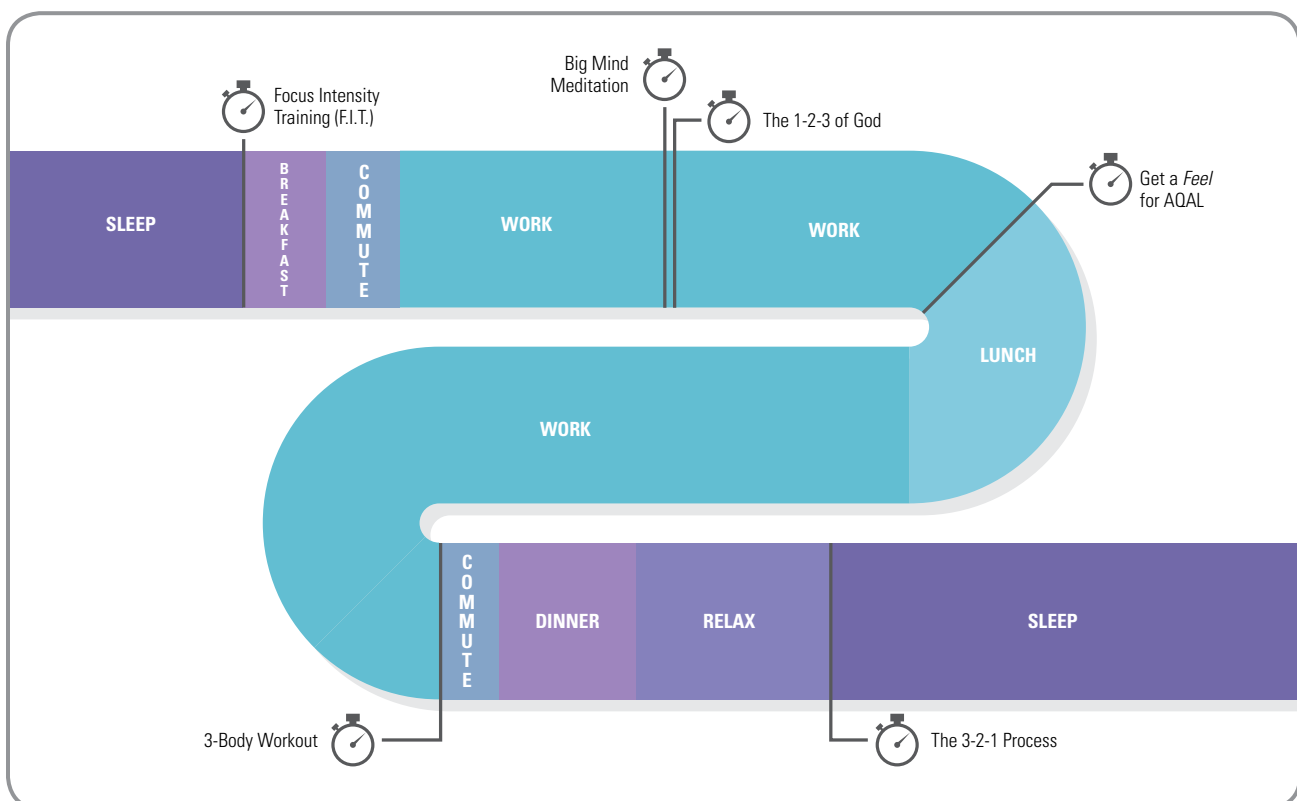
"My practice is now my life. Every day includes some focused physical activity, deep emotional work, usually through music, and cognitive and spiritual work through reading and meditation... I feel I am now in the most productive period of my life. In my view, the best way for anyone to realize their own truest potential is through Integral Life Practice." —Ryan Paul Arnfinson; Vancouver, British Columbia, Canada; March 2005

Pressed for Time? Try a 1-Minute Module

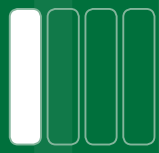
Your ILP can be as extensive or involved as you want it to be. However, if you're on the run, we've created quick versions of the Gold Star Practices. We call these the **1-Minute Modules**. A 1-Minute Module is simply a Gold Star practice, but condensed into a remarkably effective exercise that takes almost no time to complete.

Once you've learned a practice, you might only do the extended version on an as needed basis, while the 1-Minute Module serves to more frequently evoke similar benefits. By utilizing the 1-Minute Modules you can do your full ILP, realistically, in about 10 minutes a day. Of course, you can also practice for hours every day, if you are truly moved to do so. Or you can do something in between. As you deepen your ILP, you'll learn to intuitively feel how much practice is appropriate at any given time.

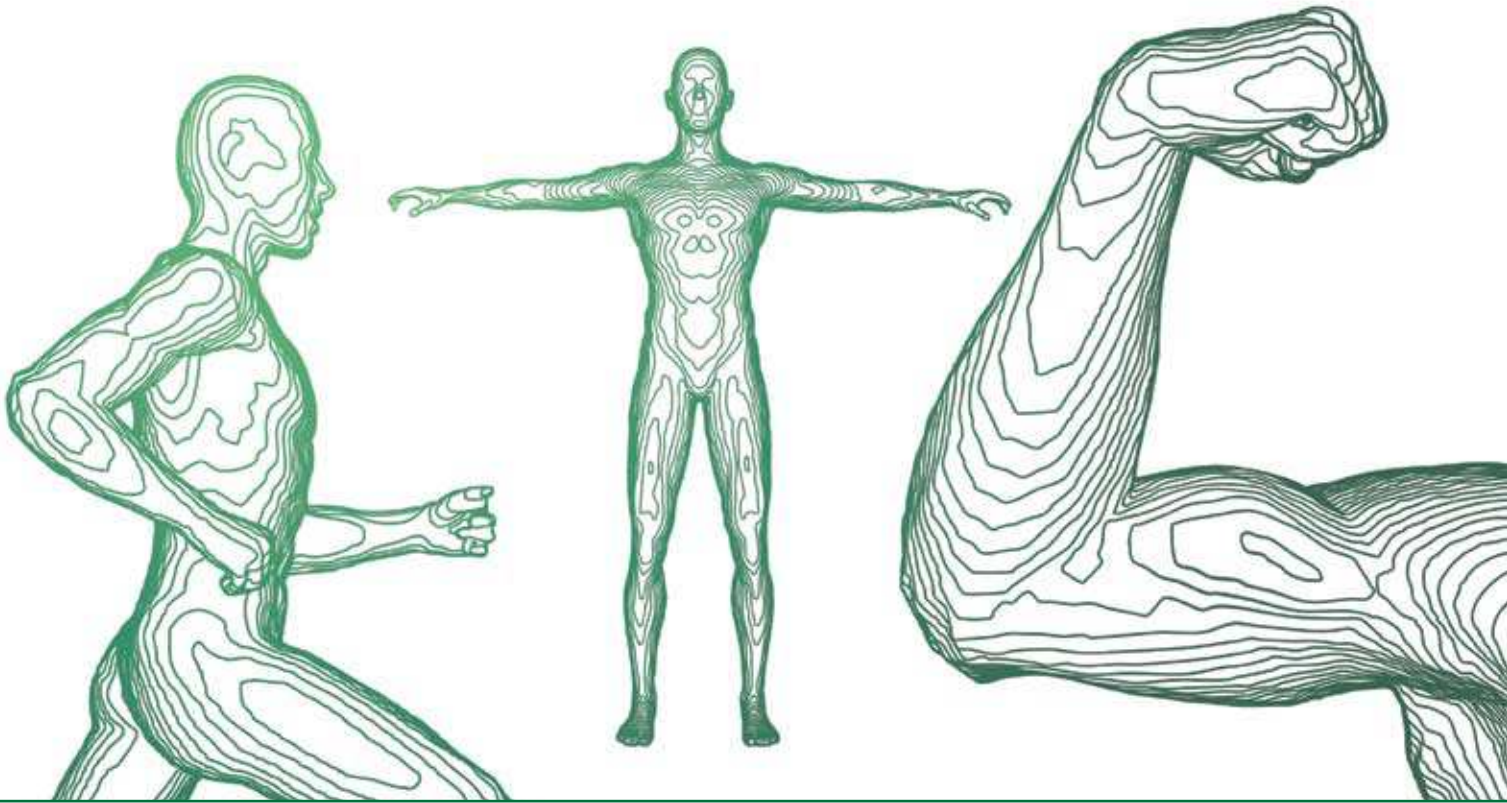
Sample ILP:



Note: This is but *one* example of the *infinite* number of ways you could organize your ILP through the course of a day. Again, whatever works best for you.



The Body Module



Integral Life Practice (ILP) recognizes at least three forms of bodily existence, with practices to work on all three: a **gross** or **physical body** of flesh and bones and physical body practice; a **subtle body** of energy flow and subtle energy work; and a **causal body** of vast spaciousness and the practice of feeling to infinity. Although these bodies are interwoven, without hard and fast distinctions, we've subdivided the Body Module into Physical Exercise and Nutrition (for the physical body), and Energy Work (for the subtle and causal bodies).

The *3-Body Workout* DVD will help you get in touch with all three of your bodies. By exercising your physical, subtle, and causal bodies, your Integral Life Practice will rest upon a strong and vibrant foundation.

Exercise All 3 of Your Bodies



Physical Body

Your Physical Body comprises the material components of your being: muscles, bones, organs, biochemicals, etc.

Physical Body practices include:

- Focus Intensity Training (F.I.T.)
- Strength & Aerobic Training
- Nutrition Practice & the ILP Diet
- *The 3-Body Workout includes Physical Body practices*



Subtle Body

Your Subtle Body comprises the energetic elements of your being: breath, prana, life-force, and energy-flow.

Subtle Body practices include:

- Subtle Breath Practice
- Tai Chi & Yoga
- *The 3-Body Workout includes Subtle Body practices*



Causal Body

Your Causal Body comprises the infinite field of your existence: openness, presence, spaciousness, and feeling to infinity.

Causal Body practices include:

- Aspects of Meditation
- Releasing to Infinity
- *The 3-Body Workout includes Causal Body practices*

Let's start by looking at Physical Exercise....

Physical Exercise

Research consistently proves the importance of physical exercise. There is simply no question that becoming physically fit has profound and lasting effects—improving health, mood, longevity, and overall well-being. Therefore, we recommend your ILP include some form of physical exercise.

Your exercise program can be as simple or complex as you want it to be. Simple can mean lifting weights 1 to 3 times a week; complex can mean 2 or 3 different exercises every day. We've provided a selection of Gold Star Practices and 1-Minute Modules as an excellent place to start. But feel free to adopt other activities you naturally enjoy and have time to do on a regular basis.



GOLD STAR PRACTICE

Focus Intensity Training (F.I.T.)

Focus Intensity Training (F.I.T.) is a form of resistance training that harnesses gross, subtle, and causal energies. F.I.T. revolutionizes traditional “weightlifting.” It works by oscillating between periods of focused intensity and deep relaxation. Put another way, F.I.T. cultivates the skill of generating and managing states of concentrated attention and intense physical exertion, which are followed by rest and recovery where we simply witness our experience. While focusing on gross body movements, this technique also engages our subtle and causal bodies. The *3-Body Workout DVD* and *My ILP Handbook* provide a full introduction to the F.I.T. technique.



For more, see *DVD Three: The 3-Body Workout*

Also see *The My ILP Handbook*, pp. 49-51



Shawn Phillips, creator of Focus Intensity Training (F.I.T.)

“ILP Boosts My Energy Level”



“After beginning an ILP I began the highly recommended F.I.T. practice. I have been faithfully practicing for two months now. I can already see how it boosts my energy level. I do weight training and then swim and then go home and meditate and find this to be a complementary rhythm. Who knew? I just feel stronger and I sense it helps with setting some limits I needed to establish.” —Kathryn Damiano, Spiritual Director; Witchita, KS; May 2005



1-MINUTE MODULE

Strength Workout

This is a simplified form of any basic weightlifting exercise. It is the shortest and easiest way to keep muscles toned and strong. In this exercise, we strengthen our muscles by quickly challenging them to failure and then letting them recover. Our body re-grows the muscle tissue in order to meet the same challenge the next time. By taking this principle of challenge, failure, and recovery into account, workouts can be extremely simple, quick, and effective.

To increase muscle strength, choose one muscle group to work on (e.g., biceps, chest, abs, legs). You can use a barbell, dumbbells, a machine, or your own body weight (e.g., squats, push-ups, sit-ups). Warm up. Then do the exercise until you bring the muscle group to full exhaustion, and you couldn't do another repetition if you wanted to. If you're using weights this should take somewhere between 8 to 12 repetitions. That's it—you're done!

One day, one set, one muscle group. For your next strength training session, simply choose a different muscle group... and repeat. A minute or two each day. You'll be shocked at the improvement in just one month. Try it!



1-MINUTE MODULE

Aerobic Workout

Research shows that increasing your aerobic capacity does not necessarily require extended runs or conditioning exercises. You can derive incredible benefits just with a few quick cycles of getting your heart-rate up and then resting—also called *interval training*.

To improve cardiovascular health, pick any aerobic exercise that will raise your heart-rate—it could be running, biking, or even jump-roping. Warm up, and then perform the activity until your heart-rate rises to about 80% of its maximum (about just when you start to get short of breath). Once there, stop the activity and completely rest for a brief period. Repeat 2 or 3 times.

Note: Due to the risk of injury, we recommend that beginners seek experienced guidance before performing these exercises.

Subtle Energy Work

Energy work refers to any practice that helps promote a healthy energy flow throughout the body, opening you to subtle and causal states of awareness. Yoga, Tai Chi Chuan, and Qi Gong are all increasingly popular forms of energy work. These practices increase equanimity, reduce stress, and have beneficial effects on physical functioning. They are also often practiced as subtle-bodily art forms, and can exhibit a special grace and beauty in mature practitioners.

Causal Energy Work

Causal (and nondual) works with the very rarest of energies and is often experienced simply as the infinite field energy surrounding and radiating from the self. The causal body is called “causal” because it is the cause and support of the others. It is sometimes called the *very subtle* body because it is said to be the finest and subtlest energy of all. It includes the entire field of manifest existence, feeling to infinity, release into All Space, and energetic oneness with everything arising. Causal body exercises are fairly rare and hard to find. We have designed the 3-Body Workout to include the physical, subtle, and causal bodies.



GOLD STAR PRACTICE

The 3-Body Workout

The 3-Body Workout (sometimes called “Integral Kata”) covers all the bases: physical, subtle, and causal. This routine can be scaled up or down, expanding or shortening any of its segments. The standard version takes about 10 minutes, and can be used as an effective daily practice. We also teach an expanded version that takes about an hour. If you’re pressed for time, and feel you just need to get in touch with your three bodies, the 1-Minute Module is an excellent way to go.

The 3-Body Workout begins with Ever-Present Suchness, or the is-ness of all things. The practice is grounded, first, by simply noticing That which never changes, in which all things arise (the causal), and invoking the free relationship of consciousness to all conditions. The workout then proceeds to exercise all three of your bodies—physical, subtle, and causal—in an integrated way. It ends with a meditation that prepares you to re-enter the world with presence and clarity.



For more, see *DVD Three: The 3-Body Workout*

Also see *The My ILP Handbook*, pp. 25-48



“Vital and Healthy”



“Daily practice of the 3-Body Workout has made me feel more vital and healthy than I have for ten years. I am calmer, more energetic, and less reactive. I’ve lost weight, and find it easier to avoid harmful habits. I’ve become more physically active, and recently took a day-hike more intense than anything I’ve done with my body in the last decade, one I could not have done three months ago.”—Margot Boyer, Writer, Editor, English Instructor; Seattle, WA; June 2005



1-MINUTE MODULE

3-Body Workout

Causal Body

Standing and breathing naturally . . .



Notice the suchness, the is-ness of this and every moment. I am this suchness. I am the openness in which all things arise .



Inhale, exhale, and inhale. Palms together at heart and then hands crossed over chest, and then, on last exhale, opening up both hands along either side . . .



I breathe out and release to infinity.

Subtle Body

Inhaling, hands gather the energy coming to fingers loosely interlaced . . .



I breathe into the fullness of life.

Exhaling, hands move up the front, palms facing the sky . . .



I breathe out and return to light.

Inhaling, hands come down along the sides, returning to fingers loosely interlaced . . .



Completing the circle, I am free and full.

Continue for a total of eight arm circles, tongue on palate (completing the "microcosmic orbit").

Exhaling, hands move up the front to the sky; inhaling, hands circle back out and down.

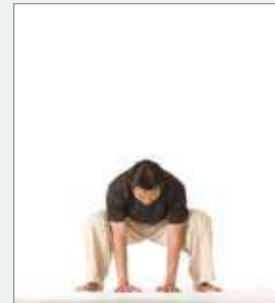
Physical Body

Touch belly with hands, inhaling and exhaling . . .



Infinite freedom and fullness appear as this precious human body.

Inhaling and exhaling, squat gently, touching the ground . . .



Touching the earth, I am connected to all beings.

Dedication

Bow in Four Directions (turning right, clockwise)



May my consciousness / and my behavior Be of service to all beings / in all worlds Liberating all / into the suchness Of this and every moment.

The Body Module

Other aspects of the Body Module include:

Nutrition

One of the most important aspects of our body practice is nutrition. Food is a primal survival and emotional need, and our way of relating to it is rooted in our earliest, most primitive psyche. It is a key social ritual, full of cultural meaning. But it is also a very important health practice with profound effects on our well-being.

The ILP nutrition philosophy is simple: whatever kind of diet works for you is the best kind of diet. From an Integral perspective, it's also important to consider not just gross physical nutrition but the subtle energetics of food. Was the food prepared with love? Is it fresh and vibrant? It's also appropriate to consider how our food choices impact others and the environment. The calculation is very personal, which is why we're happy to give some broad recommendations, but then leave it to your own best wisdom to choose what's right for you.



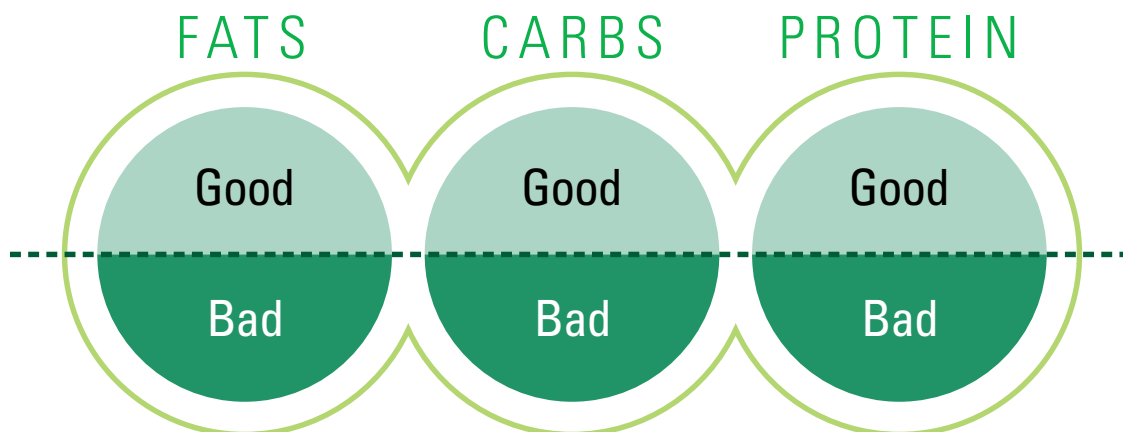
GOLD STAR PRACTICE

The ILP Diet

An Integral approach to diet begins with two simple observations. Given all the diets out there, 1) none are 100% wrong and 2) none are 100% right. Each diet, in other words, contains some partial truth. The ILP Diet attempts to answer the question, "How can all these partial truths be integrated in the most elegant and pragmatic way possible?" The result is a simple diagram that depicts our major sources of nutrition, and how to deal with them.

A line divides each circle into two parts: good/healthy and bad/unhealthy, showing that each of the major nutrients—proteins, carbohydrates, and fats—have good and bad versions. The ILP Diet is simple: *Eat above the line*. Eat the healthy proteins, carbohydrates, and fats. For weight loss, reduce your intake of either carbohydrates or fats, but not both, and continue to eat healthfully in the other areas. See the *My ILP Handbook* for more on the ILP Diet.

Also see *The My ILP Handbook*, pp. 54-57

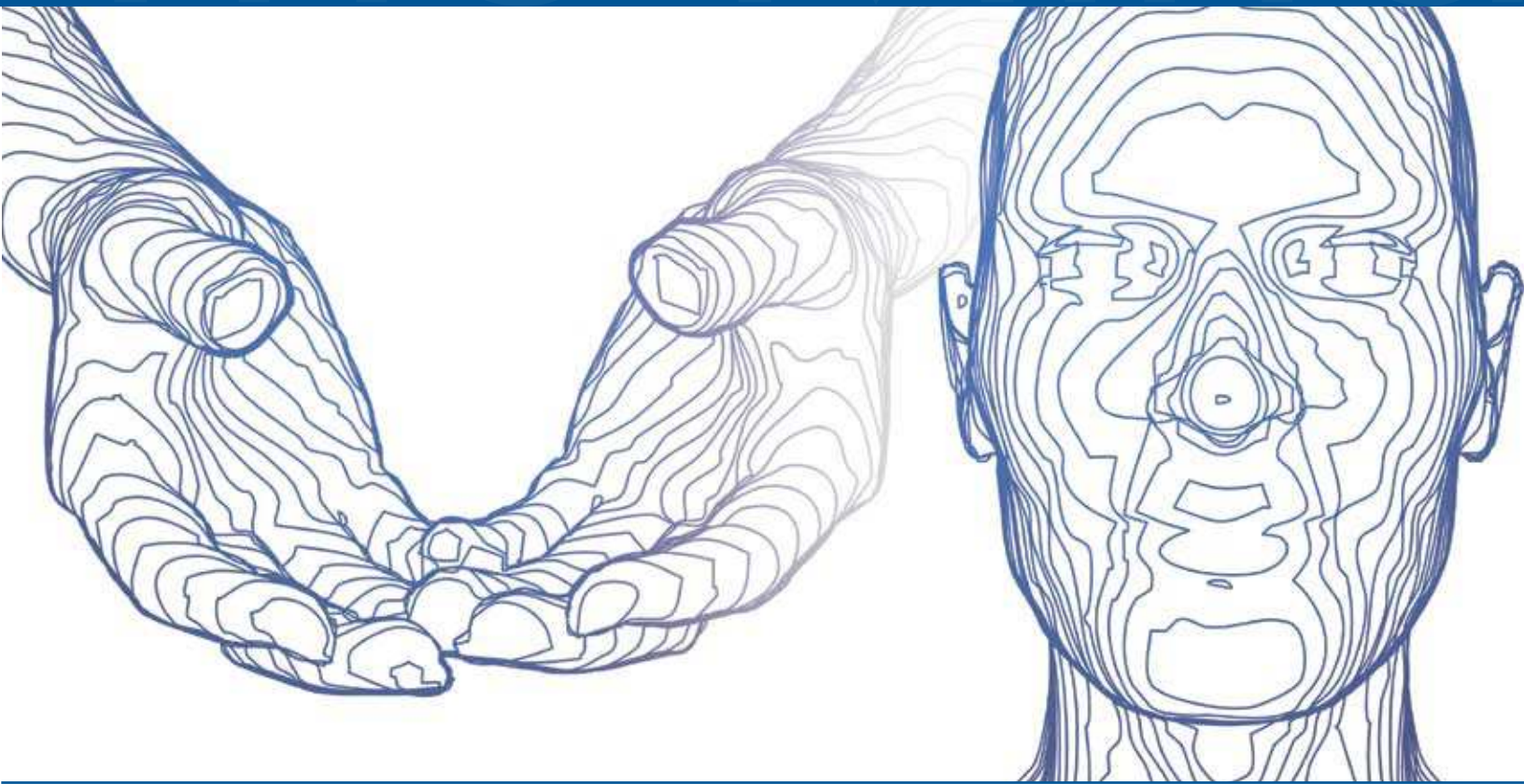


“Eat above the line!”



The Mind Module

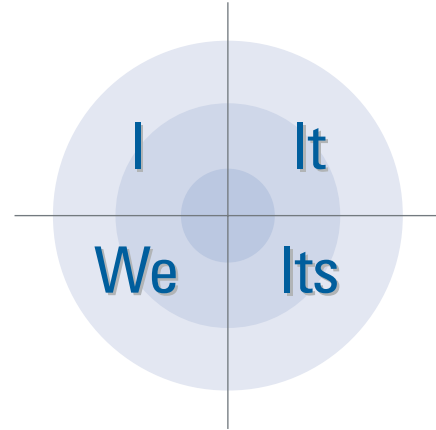
(Framework)



How does all of this fit together? This is where the Mind or Framework module comes in. To know, love, and serve our complex world, we must be able to see it from many perspectives. Expanding to a more comprehensive worldview or framework does exactly this. This is made immensely easier if we have a solid theoretical map, and we believe the AQAL Framework is the current state-of-the-art. Thus, we recommend you learn AQAL and develop the ability to skillfully apply it to any and all situations. But the Mind module does not only involve an intellectual study of AQAL. It is more significantly expressed when AQAL is effectively utilized as a means of integrating all kinds of knowledge. Then, you'll develop a feel for the many perspectives that enable us to engage and comprehend our multidimensional world.



Ken Wilber discusses the AQAL Framework at an Integral Life Practice workshop



GOLD STAR PRACTICE

The AQAL Framework

AQAL—the framework of Integral Life Practice—stands for “all quadrants, all levels.” Mapping the vast dimensions and deepest contours of the human being requires a framework that’s comprehensive and inclusive. AQAL does this by honoring the many dimensions of human experience, from a person’s interior experiences to their exterior behaviors, from their relationship with others to their physical existence. The AQAL map also includes the evolution of these many dimensions into greater and greater levels of wisdom and care. Although a map is definitely not the territory, a good map certainly makes the territory easier to navigate. AQAL stands out as the most useful framework to guide a person through the immense territory of the Kosmos.

Many avenues exist to support you in learning the AQAL Framework. The best way to begin learning AQAL is by reading *Introducing the AQAL Framework* and viewing the *AQAL Framework* DVD included in your Starter Kit. In addition, you could read books by Ken Wilber that introduce AQAL, such as *A Brief History of Everything* (published by Shambhala Books), or get the DVD/CD set *The Integral Operating System* (published by Sounds True). You may also want to check out Integral University (www.integraluniversity.org), a global learning community of AQAL thinkers and practitioners.



For more, see *DVD Five: The AQAL Framework*

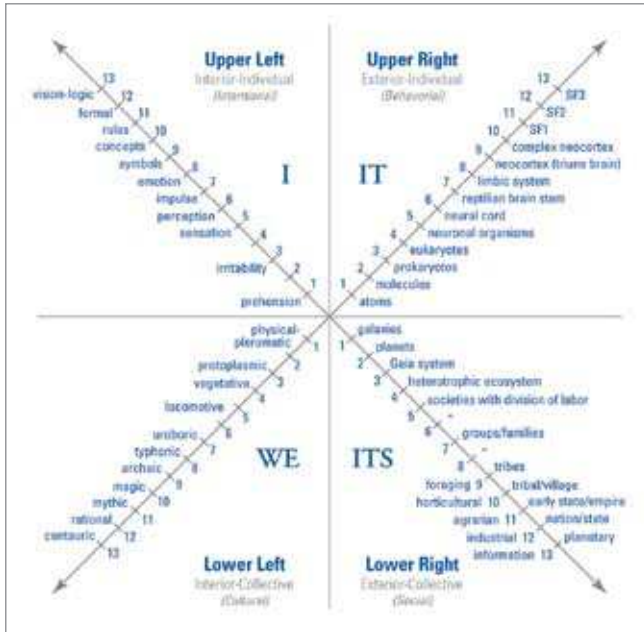
Also see *The My ILP Handbook*, pp. 59-61



“A Psychoactive Experience”



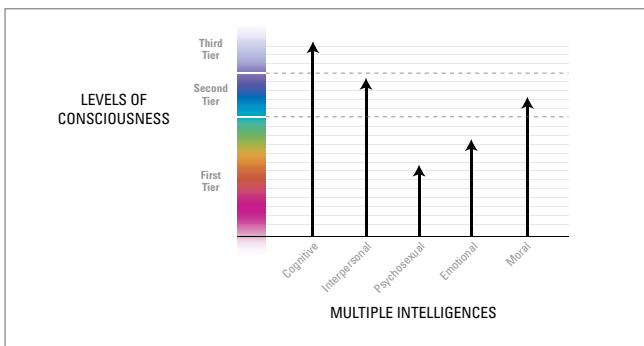
“AQAL finally showed me how everything connects and makes sense, and simultaneously, how profound the mystery of life is! Reading Integral theory is a psychoactive experience, opening doors that I always felt were there, but never had the keys to unlock, and spontaneously organizing all aspects of my life in a profoundly meaningful way.”—Andrew McDuffee; Web Designer; Boulder, CO; November 2005



The Four Quadrants

<p>Intentional (I)</p> <ul style="list-style-type: none"> • Mind • Spirit • Shadow • Integral Inquiry • Big Mind • The 1-2-3 of God 	<p>Behavioral (It)</p> <ul style="list-style-type: none"> • Physical Exercise • Diet • Subtle Energies • 3-Body Workout
<p>Cultural (We)</p> <ul style="list-style-type: none"> • Relationships • Sex • Ethics • Cultural Transformation • Compassionate Exchange 	<p>Social (Its)</p> <ul style="list-style-type: none"> • Nature • Ecology • Social Systems • Institutional Transformation • Kosmic Contemplation

A Place for Everything in My Life



The Integral Psychograph



1-MINUTE MODULE

Get a *Feel* for AQAL

The cornerstone of the AQAL Framework is an understanding of *perspectives* (e.g., the I perspective, the We perspective, the It perspective, and so on). In any moment, you can feel these basic dimensions of your being, simply by noticing what is already present.

*Feel your present I-space or individual awareness. What does it feel like to be an “I” right now? **Feel** that I-ness.*

*Feel your present We-space or intersubjective awareness. What does it feel like to be in relationship to others right now? (If no other people are present, you can imagine a significant other, your family, or your coworkers. You can even try to feel what connects you to someone on the other side of the world.) **Feel** that We-ness.*

*Feel your present It-space or objective world. What is physically surrounding you? What does the ground feel like beneath your feet? **Feel** that It-ness.*

Now, feel your body—your feelings and sensations.

Feel your mind—your thoughts and images.

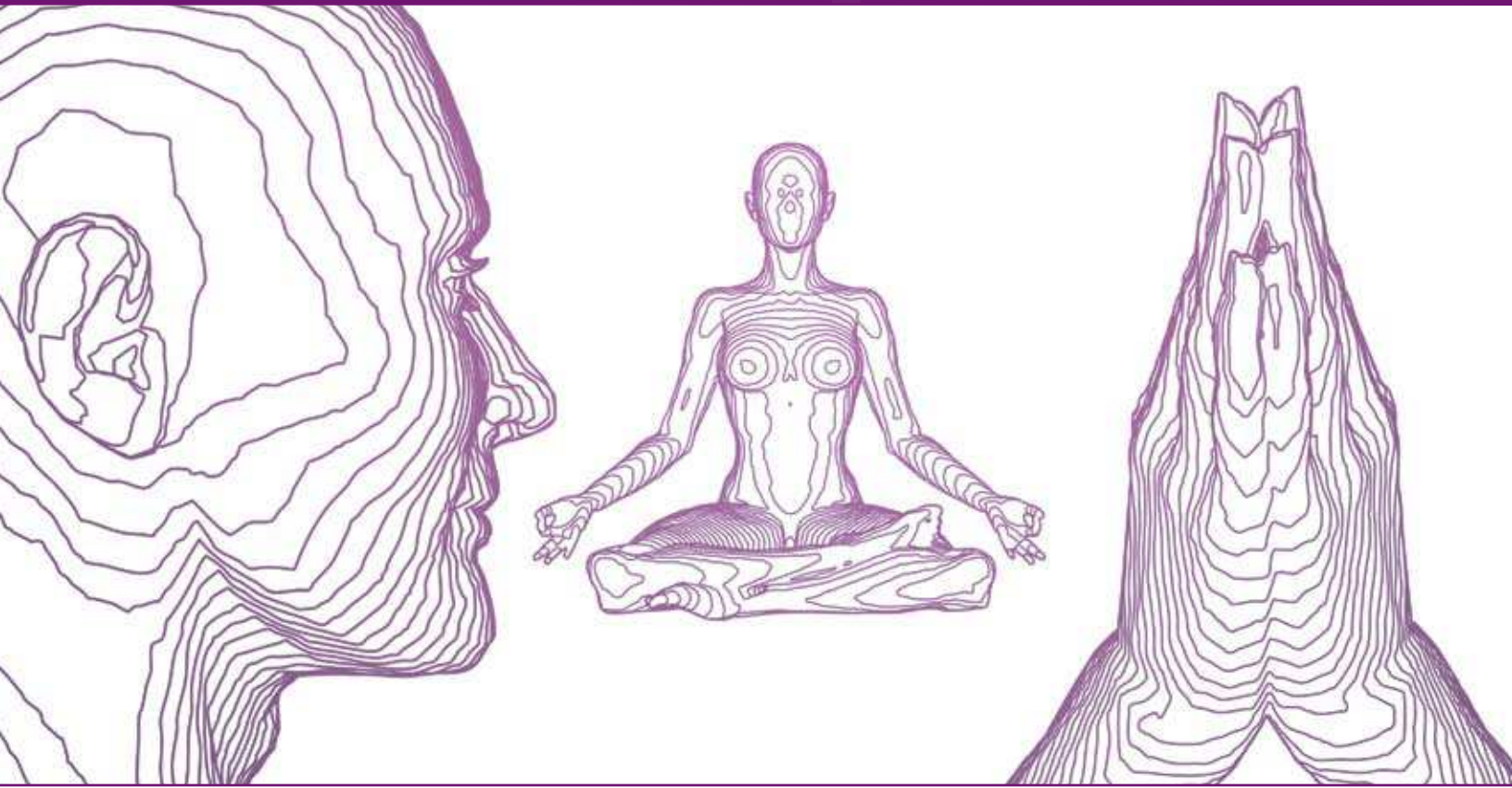
Finally, feel the witness or Spirit of this and every moment—that which is aware of your I, we, it, body, and mind, right now.

Silently remind yourself, “These are all dimensions of my being and becoming, all of which I will include, none of which I will reject.”

You have just felt a very brief version of AQAL—all quadrants (I, We, It) and all levels (Body, Mind, and Spirit). This is exercising **body**, **mind**, and **spirit** in **self**, **culture**, and **nature**.



The Spirit Module



There are many ways of defining “spirituality” and what “spiritual practice” means. Some people refer to spirituality as a special *state of consciousness*, some as a *level of development*, and some as its own *developmental line*. Others consider spirituality to be an *attitude*—one of love and tolerance, for example. And many feel that spirituality relates to an *ultimate concern*, or to an *Ultimate Being or Condition*.

Integral Spirituality includes all of the above definitions, and lets you determine how you most feel called to embody your spiritual nature at any given time.

That said, the Integral Framework recognizes at least **three basic perspectives** through which we can experience Spirit: as **1st-person**, **2nd-person**, and **3rd-person**. Integral Spiritual Practice attempts to include all three perspectives, regarding them as simply three dimensions of the Divine.

Three Perspectives of Spirit



1st-person spiritual practices are often forms of **awareness meditation**, helping us to recognize our ultimate *I* or *I AM*. 1st-person practices include ★*Integral Inquiry* and ★*Big Mind™ Meditation*, both of which invite us to realize the freedom of pure awareness.



2nd-person spiritual practices are often forms of **prayer** or **communion**, relating to the sacred as a great *You* or *Thou*. 2nd-person practices include ★*Compassionate Exchange*, *Prayer of the Heart*, *Heartfelt Service to Others*, and *Devotional Yoga*. In addition to 1st- and 3rd-person perspectives, ★*The 1-2-3 of God* contains a 2nd-person dimension as an especially intimate way of connecting to Spirit.



3rd-person spiritual practices are often forms of **contemplation**, by which we relate to Spirit as an ultimate *It* or *Its*. Contemplation practices include ★*Kosmic Contemplation*, through which we study, behold, or feel into our infinite, multidimensional universe—perhaps as a Great Web of Life or the Great Perfection of all beings—opening ourselves to the mystery of existence, while holding our perceptions within Integral consciousness.

“Relatively Effortless”



“Before beginning ILP, I was a fair-weather meditator. Now that I’ve examined my obstacles to daily practice, I’ve committed to a daily practice of at least 5 minutes but it has been relatively effortless to sit for 20-30 minutes a day. Of course, the benefits of doing a daily meditation practice have been exponential – my will power in other areas comes far more easily, and I have the ability to sit with a difficult decision or a difficult emotion instead of just hiding from it or wishing it would go away.” —Marcy de Luce; San Francisco, CA; June 2005



GOLD STAR PRACTICE

Big Mind Process™

Genpo Roshi, a fully-empowered lineage holder in the largest Zen lineage outside of Japan, developed the Big Mind™ process in 1999 by integrating aspects of *Zen state training* with a Western therapeutic technique called *voice dialogue*. The Big Mind™ process works by engaging the “voices” of the ego—such as desire, fear, seeking, and “the controller”—in order to integrate them. The process then engages various transcendent voices—the expression of ever-present states such as the non-seeking mind—in order to transcend the ego in an experience of Big Mind and Big Heart. Ultimately, participants discover the *Free-Functioning Fully-Integrated Self*, which embraces both transcendent and ego-based voices, entering the world with an open mind, open heart, and open hands.



For more, see *DVD One: v™*

Also see *The My ILP Handbook*, pp. 68-69



Zen Master Genpo Roshi

“Not a Day Goes By That I Don’t Think of Big Mind”



“Diane Hamilton and Genpo Roshi [are] magnificent gifts to all of us in the Integral transformative pathway. Not a day goes by that I don’t think of Big Mind/Big Heart speaking in me.” —Dr. Mele Welte, Emerson Institute of Hawai‘i; Integral Seminars for Integral Living; Honolulu, HI; November 2004



GOLD STAR PRACTICE

Integral Inquiry

In some ways, Integral Inquiry is the purest of meditative practices. It is designed to help you rest in *awareness itself*—that aspect of you that is free from all objects because it is the witness of all objects. Integral Inquiry invites you to simply sit in open consciousness. Whatever thoughts, sensations, or experiences arise, you inquire into the Self that is aware of those things. Embracing everything, avoiding nothing, you simply ask “Avoiding?” or “Who am I?” Alternatively, you can ask, “Contracting?” *The part of you that is aware of the self-contraction is not the self-contraction.* The point is not to come up with a literal answer to your questions, but rather, through the inquiry, to rest in that Awareness that is noticing everything right now, and that you always already are.



For more, see *DVD Two: Integral Meditation*

Also see *The My ILP Handbook*, pp. 64-67



GOLD STAR PRACTICE

Compassionate Exchange

Suffering is an unavoidable aspect of our experience as human beings. From the TV news to our own individual lives, we can witness this universal truth. Through Compassionate Exchange, we attempt to connect with the suffering of others and ourselves, breathing it into our bodies, and breathing it out as love and care. Through this exchange of self and other, we learn to work with suffering through taking the perspective of others—moving from “me” to “us” to “all of us,” and then back to “me,” in a circle of compassion that is both healing and liberating.



For more, listen to the *Meditation With Form CD*

Also see *The My ILP Handbook*, pp. 72-73



1-MINUTE MODULE

The 1-2-3 of God

At any moment, you can experience God as a 3rd-person “It,” a 2nd-person “Thou,” or a 1st-person “I.” Simply repeat the following sentences quietly to yourself, letting each perspective arise gently and naturally.

I contemplate God as all that is arising—the Great Perfection of this and every moment.

I behold and commune with God as an infinite Thou, who bestows all blessings and complete forgiveness on me, and before whom I offer infinite gratitude and devotion.

I rest in God as my own Witness and primordial Self, the Big Mind that is one with all, and in this ever-present, easy, and natural state, I go on about my day.

If you wish, you can replace the word “God” with any word of your choice that evokes an Ultimate Being. It could be “Spirit,” “Jehovah,” “Allah,” “The Lord,” or “The One.”



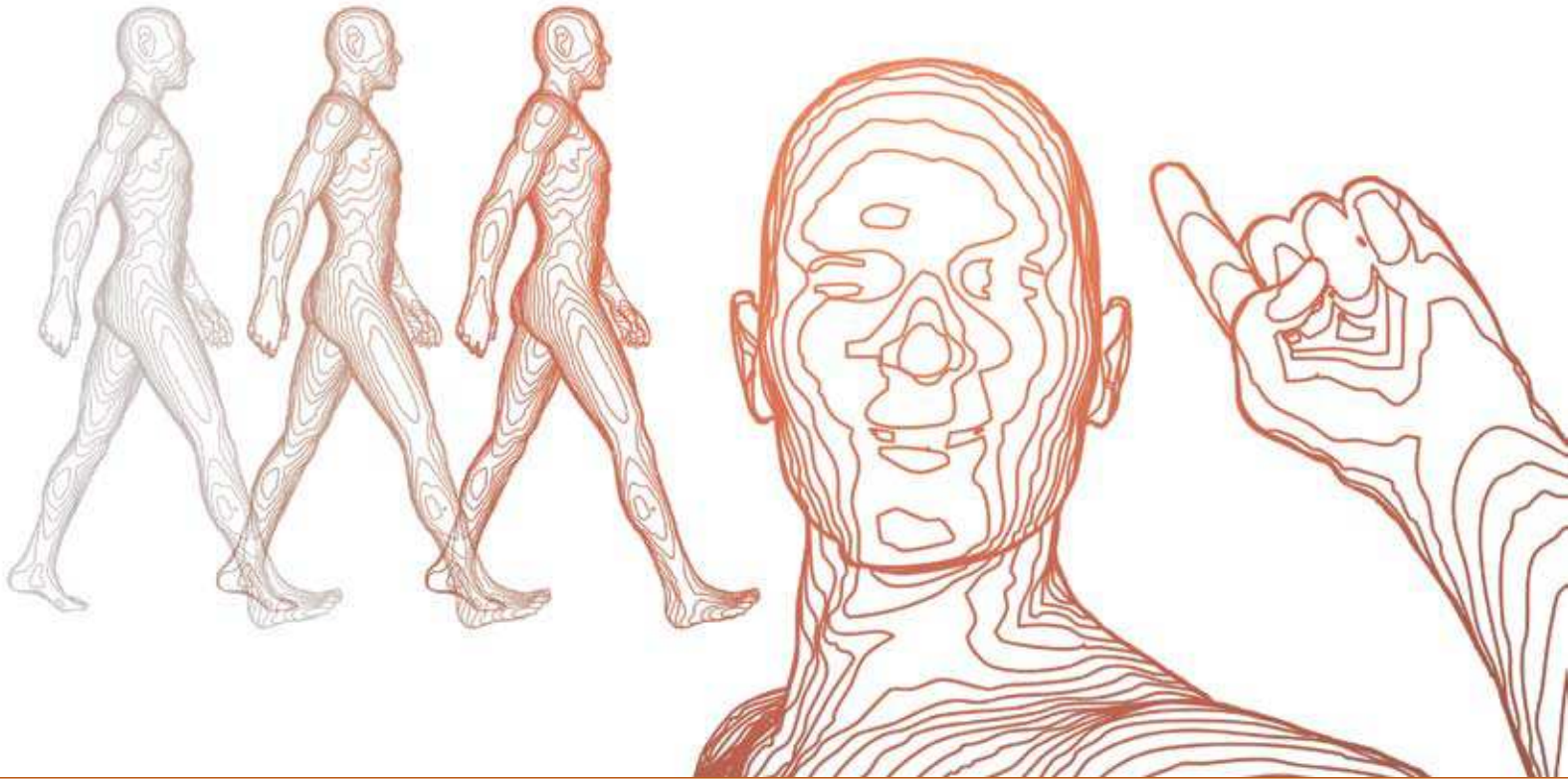
For more, listen to the *Meditation With Form CD*

Also see *The My ILP Handbook*, pp. 70-71





The Shadow Module



Shadow module practices help integrate unconscious thoughts and emotions into conscious awareness. They clean up the basement of the mind: those parts that you've disowned, buried, or projected onto others. Often, these are unpleasant aspects of yourself you've deemed unacceptable or unlovable. Sometimes, however, they're your best parts you don't feel worthy of or willing to own. Both your lower and your higher self can be hiding in your shadow. Shadow work helps you befriend them both, so you can be more healthy and whole, and have more free energy for development.

"A Whole New Frame"



"Recently, I returned from an event involving individuals struggling with a controversial issue. In this case, the opposing sides operated from two entirely different levels of faith, understanding, and religious stages of development, though each responded appropriately for their particular worldview and internal voice that could best address their individual fears. This insight and the 3-2-1 Process helped me to view the situation from an Integral perspective." —Barbara Zielinski; Minister; Grand Haven, MI; May 2005



Facilitator Diane Hamilton leads an Integral Life Practice workshop through the 3-2-1 Process



GOLD STAR PRACTICE

The 3-2-1 Process

The 3-2-1 Process is a powerful tool for working with difficult emotions. When we repress or attempt to deny some troubling aspect of ourselves, it tends to show up in other ways. We usually first project it onto someone else: “You’re angry, not me!” Then we completely disown it, so it only appears as our reactivity to certain things, or even physical symptoms. In other words, it goes from a 1st-person *I* to a 2nd-person *you* to a 3rd-person *it*—always hiding from awareness disguised as *other*. The 3-2-1 Process reverses this series of projections, so we can re-integrate the other as *self*. When we suspect that something bothering us is an instance of shadow, the 3-2-1 Process can often help. We simply *face it . . . talk to it . . . and be it*. This often alleviates the problem; and at the very least it brings it into awareness for future work.



For more, see *DVD Four: 3-2-1 Process*

Also see *The My ILP Handbook*, pp. 75-79



1-MINUTE MODULE

The 3-2-1 Process

You can do the 3-2-1 Process anytime you need it. Two particularly useful times are right when you wake up in the morning and just before going to bed at night. Once you know 3-2-1, it only takes a minute to use it for anything that might be disturbing you.

First thing in the morning (before getting out of bed) review your dreams and find someone who showed up with an emotional charge, positive or negative. FACE that person, holding them in mind. Then TALK to that person, or simply resonate with them. Finally, BE that person by taking their perspective. For the sake of this exercise, there is no need to write anything out—you can go through the whole process right in your own mind.

Before going to bed, choose a person who either disturbed or attracted you during the day. FACE them, TALK to them, and then BE them (as described above).

Again, you can do the 3-2-1 process quietly by yourself, any time you need it, day or night.

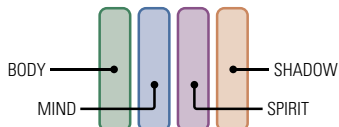
Now Get Started!

We hope you enjoy learning and practicing ILP. This is a special time in human evolution, when so many have the opportunity to work on themselves—to make their lives better, for their own sake and for the world. We hope this technology serves you toward that noble end. We hope you practice diligently, with love, and with humor. May you find growth, well-being, and new awareness through your Integral Life Practice.



INTEGRAL *Life* PRACTICE

VERSION 1.0



MODULAR



SCALABLE

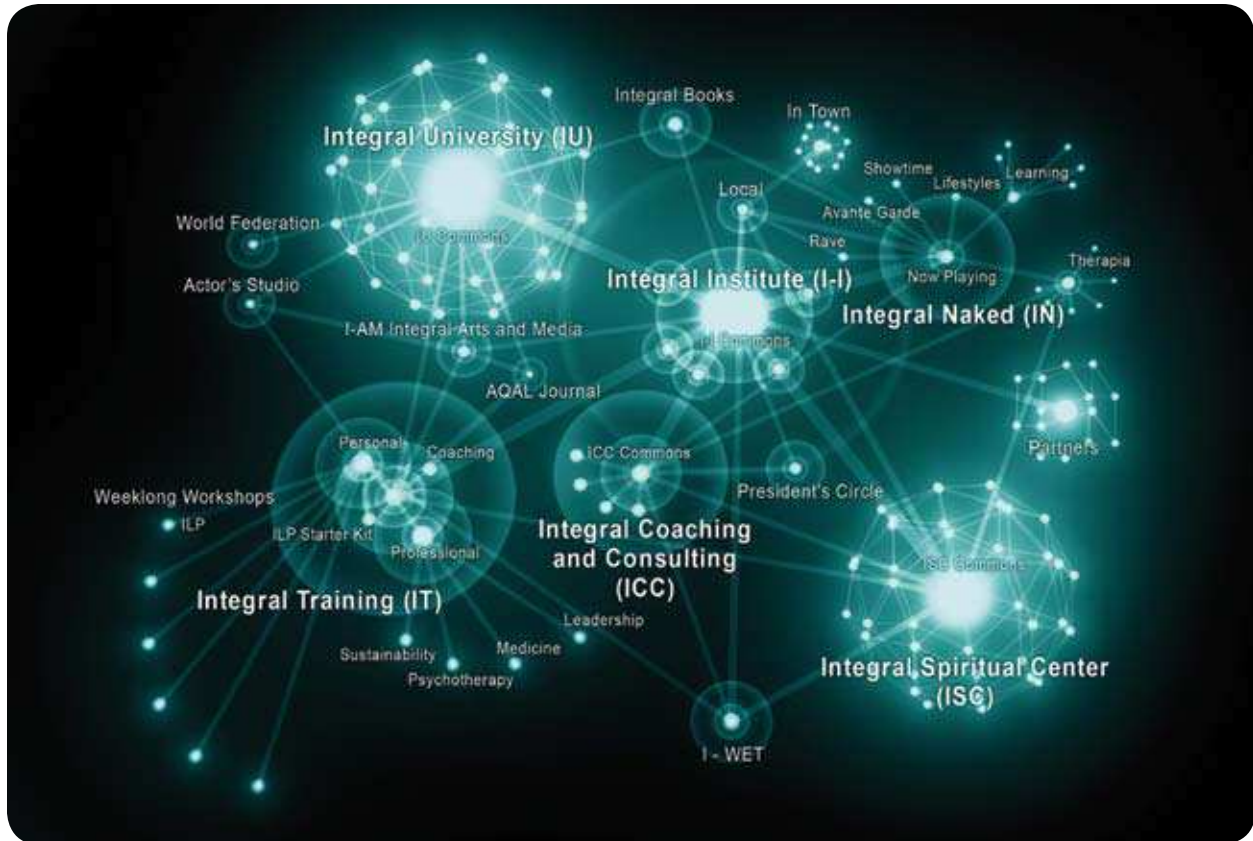


ESSENTIAL



1-MINUTE
MODULES

The Integral Multiplex



A constellation of resources to help you live a more Integral life!

The Integral Multiplex is the totality of websites offered by Integral Institute. At this time, over 50 sites are grouped into 6 major spheres: **Integral Naked**, **Integral University**, **Integral Training**, **Integral Spiritual Center**, **Integral Coaching & Consulting**, and **I-I central**. Within each sphere, you'll find products, services, research, and applications based on Integral thinking and practice.

The Integral Multiplex is also home to the **Integral Community**—a global network of scholars, professionals, spiritual teachers, artists, coaches, therapists, businesspeople, and people just like you, who have come together to advance the Integral approach in virtually every area of human life.

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