


# The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything

*By Ken Wilber*

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Suppose we took everything that all the various world cultures have to tell us about human potential—about psychological, spiritual, and social growth—and identified the basic patterns that connect these pieces of knowledge. What if we attempted to create an all-inclusive map that touches the most important factors from all of the world's great traditions?

Ken Wilber's Integral Vision provides such a map. Using all the known systems and models of human growth—from the ancient sages to the latest breakthroughs in cognitive science—it distills their major components into five simple elements, and, moreover, ones that readers can verify in their own experience right now.

In any field of interest, such as business, law, science, psychology, health, art, or everyday living and learning—the Integral Vision ensures that we are utilizing the full range of resources for the situation, leading to a greater likelihood of success and fulfillment. With easily understood explanations, exercises, and familiar examples, *The Integral Vision* shows how we can accelerate growth and development to higher, wider, deeper ways of being, embodied in self, shared in community, and connected to the planet, which can literally help with everything from spiritual enlightenment to business success to personal relationships.

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From Publishers Weekly
*Starred Review.* Philosopher, psychologist and mystic Wilber (*A Brief History of Everything*) delivers on the subtitle's far-reaching promise. In a scant 200+ pages chock-full of handsome illustrations and spare, Zen-like diagrams and tables, he forges ahead on his established path, posing, What if we attempted to find the critically essential keys to human growth, based on the sum total of human knowledge now open to us? His answer is a kind of meta-structure of human experience and, more importantly, human potential. His Integral Map, or Integral Operating System (IOS), of quadrants, levels, lines, states, and types is drawn from developmental psychology, worldviews, multiple intelligences, gender studies, the nature of consciousness, etc. If this sounds heady and extremely ambitious, it is. Wilber asserts that the IOS approach to life permits all fields of endeavor at last to speak with one another in a common language. Clearly, however, spirituality dominates much of his thought. Not for the faint of brain, Wilber's work is still accessible and at times surprisingly practical. Some language spirals up majestically, recalling great Eastern texts. Reminiscent in spirit and watershed import of Ram Dass's *Be Here Now*, Wilber's work may well become a popular classic for explorers on the frontiers of humanity. *(Aug. 14)*
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Review
Named one of *Publishers Weekly's* **Best Books of the Year 2007**.

"Philosopher, psychologist, and mystic Wilber delivers on the subtitle's far-reaching promise. . . . Chock full of handsome illustrations and spare, Zen-like diagrams and tables, Wilber's work here is still accessible and at times surprisingly practical. Some language spirals up majestically, recalling great Eastern texts. Reminiscent in spirit and watershed import of Ram Dass's *Be Here Now*, Wilber may well have created a popular classic for explorers on the frontiers of humanity."—*Publishers Weekly*

"[Wilber's] heady multidimensional approach is deciphered in this spiffy full-color paperback filled with pop culture graphics, tables, and charts. If you are interested in consciousness, complexity, maps, multiple intelligences, and more, here is a comprehensive philosophy that puts it all together."—*Spirituality and Health*

About the Author

Ken Wilber is the author of over twenty books. He is the founder of Integral Institute, a think-tank for studying integral theory and practice, with outreach through local and online communities such as Integral Education Network, Integral Training, and Integral Spiritual Center.

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