

Integral Resources

1. <https://www.integrallife.com/>

This is the “motherlode” of information about integral. You will find videos, audios and pdfs in areas ranging from basic theory to politics to relationships to spirituality to science and technology and more. Many are free. If you join (\$99.00 per year) you get access to premium content – and also support integral.

2. **Ken’s books.** You can find a complete list on https://en.wikipedia.org/wiki/Ken_Wilber

Good ones to start with are:

- i) *A Brief History of Everything*, 1st ed. 1996, 2nd ed. 2001 (this is a more accessible version of *Sex, Ecology, and Spirituality* and is a good overview of the theory)
- ii) *No Boundary: Eastern and Western Approaches to Personal Growth*, 1979. Focuses on spiritual and psychological growth.
- iii) *Grace and Grit: Spirituality and Healing in the Life of Treya Killam Wilber:* This offers a look at his personal life with his wife Treya as she struggles with breast cancer. It is intertwined with theory so you can pick some up rather painlessly.

- iv) *Integral Meditation: Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life*, 2016. This is his most recent book. The subject is also available as a course (perhaps more accessible than the book) at <http://www.fullspectrummindfulness.com/transmission/>
- v) *Integral Life Practice* 2008 by Ken and **Terry Patten**. This is a book about bringing body, mind, soul, and spirit into your daily life.
3. **Jeff Salzman** has an integrally based podcast program called The Daily Evolver in which he discusses current issues including politics from an integral perspective. <https://www.dailyevolver.com/>
4. **Susanne Cook-Greuter** has a paper “[9 Levels of Increasing Embrace](#)” which is a good look at stages of ego development. She also has some videos on integrallife.com and YouTube. <https://goo.gl/g2Vy7G>
5. **Kosmic Consciousness** is an in-depth CD series about integral. <https://goo.gl/C9cRET>
6. **Lynn and Jose Fuentes** have several articles and videos on their website giving overviews of integral theory, stage development, and meditation. See Read and Watch and Listen at <http://www.transformationteaching.com/>