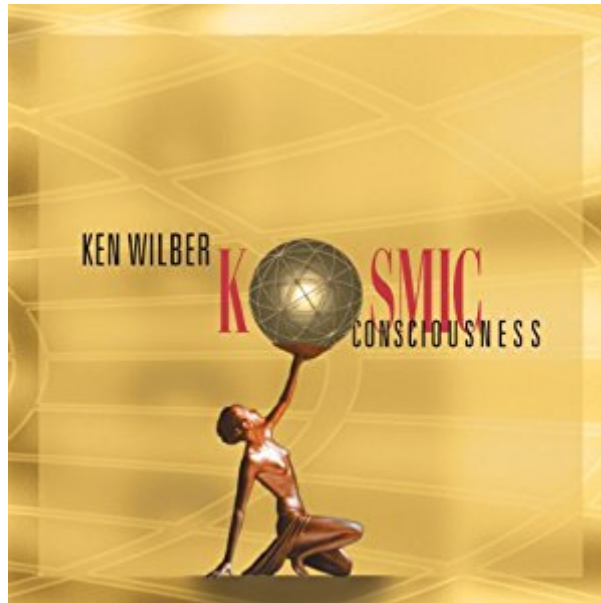


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# Kosmic Consciousness



## Synopsis

The Ken Wilber Sessions - an unprecedented audio learning experience Before the birth of the universe, there existed your Original Face, the limitless Self that has been present throughout the unfolding of inert matter into life - and that continues to dwell within us at every level of consciousness. Where is this grand evolution taking us, and how can each of us participate in it more fully? On Kosmic Consciousness, Ken Wilber invites you to find out. Since the first publication of his groundbreaking ideas at the age of 23, Ken Wilber has sought to bring together the world's far-ranging spiritual teachings, philosophies, and scientific truths into one coherent and all-embracing vision. This "integral" map of the Kosmos (the universe that includes the physical cosmos as well as the realms of consciousness and spirit) offers an unprecedented guide to discovering your highest potentials. Now, this legendary author invites you to discover these insights in his first full-length audio learning course. In 10 fascinating sessions, Wilber pursues questions especially relevant to spiritual seekers: What are the most effective tools for "jumping" to the next level in your spiritual, creative, and cognitive development? Does prayer work? How do women and men experience consciousness differently? Is subtle energy real and, if so, how do we harness it? Why is developing "witness consciousness" so crucial for self-realization? Can we cultivate infinite love by loving one, finite person? What, exactly, does "kosmic consciousness" feel like? One of our greatest possibilities, teaches Wilber, is "to balance and harmonize our experiences at whatever stage of growth we are in - and to deepen our capacity for compassion, consciousness, and care."

## Book Information

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## Customer Reviews

Tami Simon and Sounds True have put together the ultimate audio learning set for those who are fans -- or would like to be fans -- of the great American spiritual philosopher Ken Wilber. Tammy closely interviews Ken as to the many components of this "theory of everything," and she is relentless in making sure that Ken has explained topics to the point where they can be clearly understood. Ken, as always, is brilliant, and Tammy shows great spunk throughout. One of my favorite exchanges comes early on where Ken is describing first person, second person, etc., and at one point he says something like, "You have to have two minds capable of understanding each other to have this. Suppose, for example, that you were catatonic..." and Tammy shoots back "...or that you, Ken, were totally incomprehensible." Well, maybe you have to hear it, but it is definitely funny. Tammy has clearly done her homework, and Ken has such a huge wealth of information at his disposal that a great deal of ground gets covered. The reason I have given this 4 as opposed to 5 stars is that it ... is ... just ... a ... little ... long. But then again, if you want a comprehensive learning experience, you'll certainly get it here. Another slight criticism is that Tammy doesn't really push or challenge Ken personally here (e.g., the way Ken is pushed and challenged in the earlier Speaking of Everything CD interview). But then again, when looked at for its main purpose -- conveying the breadth and some of the depth of Ken Wilber's theories -- Kosmic Consciousness does an excellent job. This interview, while perhaps a little light for the most serious of Wilber scholar's, does have a good deal that is new and interesting and that will keep the interest of the already-deeply-immersed.

My experience with Wilber's works prior to Kosmic Consciousness was reading The Simple Feeling of Being and some on-line material that was freely available. His writings on AQAL (quadrants, levels, lines) had previously resonated with me right away and after reading previous reviews of this audio book i decided to spend the big bucks on its purchase. Being that I commute about 300 miles each way once a week, this gives me about 4.5 hours twice a week to listen to books on tape/CD. I am now listening to the CD's for the 3rd time. The first time through i found the basic information on quadrants, levels, lines, and states to be the most interesting. The questions and answers about how astrology, reincarnation, and other spiritual and what-if questions seemed somewhat a waste of time and CD space because I found the information about the integral map much more interesting and informative. The 2nd listen through i changed my mind about the what-if questions and application to the spiritual because that is when Ken's vast knowledge and ability to apply his theories to these limitless questions came through. This audio book is astonishingly fascinating and I have now become very interested in learning more about this man's vast amount of work. His model

and the science behind it fills a gap for me that I could not previously find in either scientific or occult writings. The information provides hundreds of springboards for the listener to take off on depending on what appeals to you personally. I would give this series a 5 for the first half and a 4 for the second half of spiritual what-if and occult questions.

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