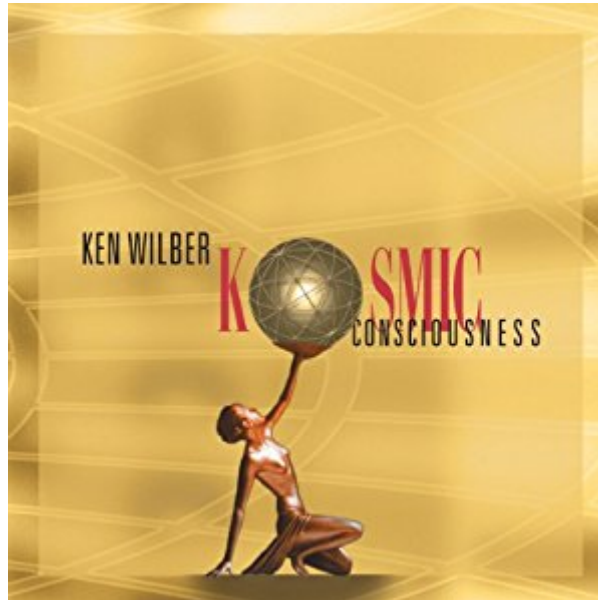




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# Kosmic Consciousness



## 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

Audible Audio Edition

Listening Length: 12 hours and 3 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: April 10, 2014

Language: English

ASIN: B00JLTMM6G

Best Sellers Rank: #70 in Books > Politics & Social Sciences > Philosophy > Metaphysics #106 in Books > Religion & Spirituality > New Age & Spirituality > Mysticism #148 in Books > Audible Audiobooks > Nonfiction > Philosophy

## Customer Reviews

Wilber's audio series Kosmic Consciousness is fascinating - though caution is advised as it is cerebral in the extreme. Wilber does the cognitive side - setting the stage for the work - all the practices - the contemplative work. Said another way - Ken has drawn a map of human experience, integrating everyday life and exotic spiritual potential. The value here is that Wilber's Integral theory, (map), allows the user to see both the larger forest they've been "wondering" in, and the individual trees - including those that we may have already climbed, chopped down, admired from afar - even the one you may at this moment be camped beneath. Kosmic Consciousness will live in my iPod forever - or at least until iPods are replaced by something even cooler.

I purchase "spirituality" books/CD's in order to get an insight into what a given author has to say about the subject - not to get a massively detailed work. We could argue whether Wilber's thesis is completely valid; however, regardless of it's perfection, it is a fascinating thesis indeed. "Kosmic Consciousness" is an excellent way explore Wilber's ideas. The founder of "Sounds True" hosts this program, asking questions of Wilber that a lay person, relatively new to or unfamiliar with, Integral Theory would naturally ask. Wilber and his theories are extremely complicated and somewhat hard to grasp if one is unfamiliar with non-duality, but in this format, one gets an excellent insight to the subject. First listened to "A Brief History of Everything" and although quite good, not as organized or complete as this version. The first (6) CDs are Wilbers explanation of his theories, from soup to nuts. The last (4) CDs are Wilber talking about Wilber - how he has come to this point in his life and elaborating on the difficulties one will face in truly embracing non-duality. Great quality production, fast paced and mentally stimulating. If you want an insight to Wilber and Integral Theory, THIS is the one to get. If you jive with the concepts, THEN move onto his MUCH more detailed, voluminous and somewhat hard to get through books. Highly recommended to anyone exploring the Spiritual Path and/or Integral Theory.

This is the best overall introduction to Wilber for anyone. Among other things, it brings in Ken Wilber's personality, vocal inflections and follows a structure created by a live interview. Ken can often be repititious and ramble in his writing. Here the interviewer keeps him on track and in speaking his theories really come alive in way that is easier for most people to grasp than much of his writing. I also think this is as bargain price for what you get!For those who are skeptical of audio materials, I would recommendÂ A Brief History of EverythingÂ as the best in-depth introduction to Wilber. I don't think a "Theory of Everything" is meaty enough and it just skims the surface. The

former book is organized like an interview and the writing is humorous as well as informative. Another book you may want to consider if you are already well read in Wilber is *Ken Wilber: Thought As Passion* (Suny Series in Transpersonal and Humanistic Psychology) This contextualizes Ken Wilber's writing, gives you a sense of the man behind the ideas and presents some critique of his thought and approach. This is also a five star product.

Ken Wilber is the "useful philosopher" of the 20th/21st century. This is a marvelous and extensive interview, and Ken Wilber live adds another dimension to understanding his quite remarkable contributions. His map of the whole integral process is very understandable in this dialogue. His humility and brilliance really shine through and give the listener a very human personality to interface with the sometimes dense and difficult parts of his many books. Buy this series of CD's, it is money very, very well spent.

Ken Wilber really had something back in the day. And this is it. His more current pubs. don't hold a candle.

Great explanation of Integral. The ideas in this will explain so much and rock your world. Also, Wilber comes across best in dialogue.

This set is a great introduction to Ken Wilber's work. I gave it a lower 3 star rating only because disk 6 "The Opportunity of human birth", has the same tracks as disk 4, "States of Consciousness". As of the date of posting, I have not been able to get the corrected cd. The only options are to replace the product, in which case you get another cd set with the same error or return the entire package for a refund. If you purchase this product make sure you check the tracks on disk 6, otherwise by the time you discover the error, it might be too late.

awesome work by Ken Wilber, some great insights into life here on this planet and in our interior dimensions..highly recommend

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