

The Integrative Transformational Practice

4 Core Modules (Body, Mind, Emotions, Spirit)

Body

(Physical, Subtle, Causal)

Any Sport or Athletic Activity (**Walking**, Running, Biking, Swimming, Aerobics, Weight Lifting, etc.)

Yoga

Tibetan Five Rites

Makko-Ho

Martial Arts

Tai Chi, **Qi Gong**

Osteopathy/Chiropractic

Feldenkrais or Alexander Technique

Massage

Acupuncture

Naturopathy/Homeopathy

Reiki and other Energy Therapies

Biofeedback and Neurofeedback

Healthful Diet and Nutrition

(Health promoting dietary practices)

Personal Ecology (reduce use of toxic products)

Mind

(Worldview)

Reading and Study (Philosophy, Psychology, Religious and Spiritual Traditions)

Integral Theory of Ken Wilber (AQAL)

Formal Classes

Adopting a Belief System (Religious, Philosophical)

Mental Training (improving mental faculties)

Adopting any Expanded Worldview or Meaning system

Spirit

(Meditation, Prayer)

A-B-C of Mindfulness

Zen Meditation

Mindfulness Practice

Formal or Informal Prayer

Contemplative Prayer

Transcendental Meditation

Concentrative (Samatha) Meditation

Insight (Vipassana) Meditation

A Course in Miracles

Devotional Chanting

Shamanic Practices

Formal Religion

Kabbalah

Open Focus

Big Mind Process

Guided Meditation CDs & DVDs

Shadow

(Emotions)

Psychotherapy (Verbal or Mind-Body)

Emotional Freedom Technique

Dream work

Active Imagination

Journaling

Art or Music Therapy

3-2-1 Process

This list is suggestive and by no means exhaustive or exclusive. It includes practices which are an integral part of my daily life (in **bold** type) and also those with which I have some familiarity from my years of study and practice. You are encouraged to explore and experiment with any and every practice you encounter, here or from your own research, which resonates with your deepest self and generates enthusiasm and joy.

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