

Self & Society

2015 Event Series

The work of Ken Wilber on Levels of Consciousness:

with Dr John Rowan

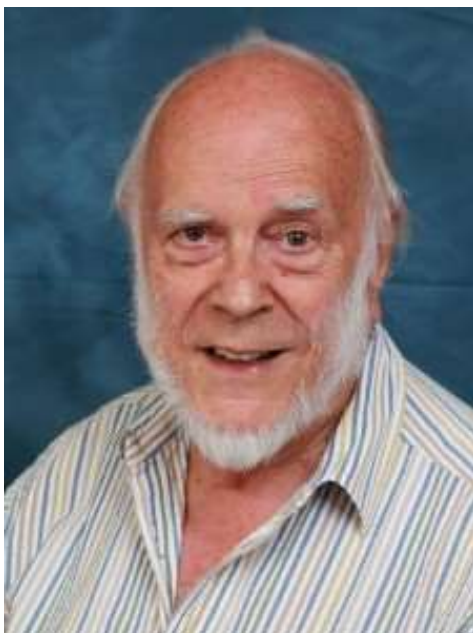
Friday 17th July 2015
18:45 - 21:30

**Location: 7-9 Breems Buildings,
London EC4A 1DT**

Nearest Station: Chancery Lane

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Up to 2000, Ken Wilber was producing something like a book a year, culminating in the publication of his eight-volume Collected Works. Sadly he then became ill with ME, which prevented him from doing the kind of writing he had perfected, which relied on the integration of a mass of material into a coherent whole, but in 2006 he produced a further book, entitled 'Integral Spirituality', which seems to be a more elaborate and complex version of his four-quadrant approach.

Ken Wilber's main contribution, still very useful to all practitioners, seems to me his idea that there are a number of different levels of consciousness, each one superseding the previous one, but also including it rather than leaving it completely behind. The most complete version of this appears in 'Integral Spirituality', in the form of a coloured spectrum of consciousness. In this workshop we shall explore the most useful states of consciousness in an experiential way, and discuss the implications of this for practice. Recently John has been very much influenced by the theory of the Dialogical Self, and this will also be mentioned.

Dr John Rowan has been speaking and writing on the transpersonal for many years, and has met and corresponded with Ken Wilber. His book 'The Transpersonal: Spirituality in Psychotherapy and Counselling' first appeared in 1993, with a second edition in 2005. Recently John has been writing about the transpersonal in coaching as well as in therapy. He has been working recently on a third edition of his book 'The Reality Game', which integrates the Humanistic, the Existential, the Authentic, the Relational and the Transpersonal, or more briefly the HEART therapies. He is a Fellow of the BPS, the BACP and the UKCP, and has presented workshops in 25 countries.

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