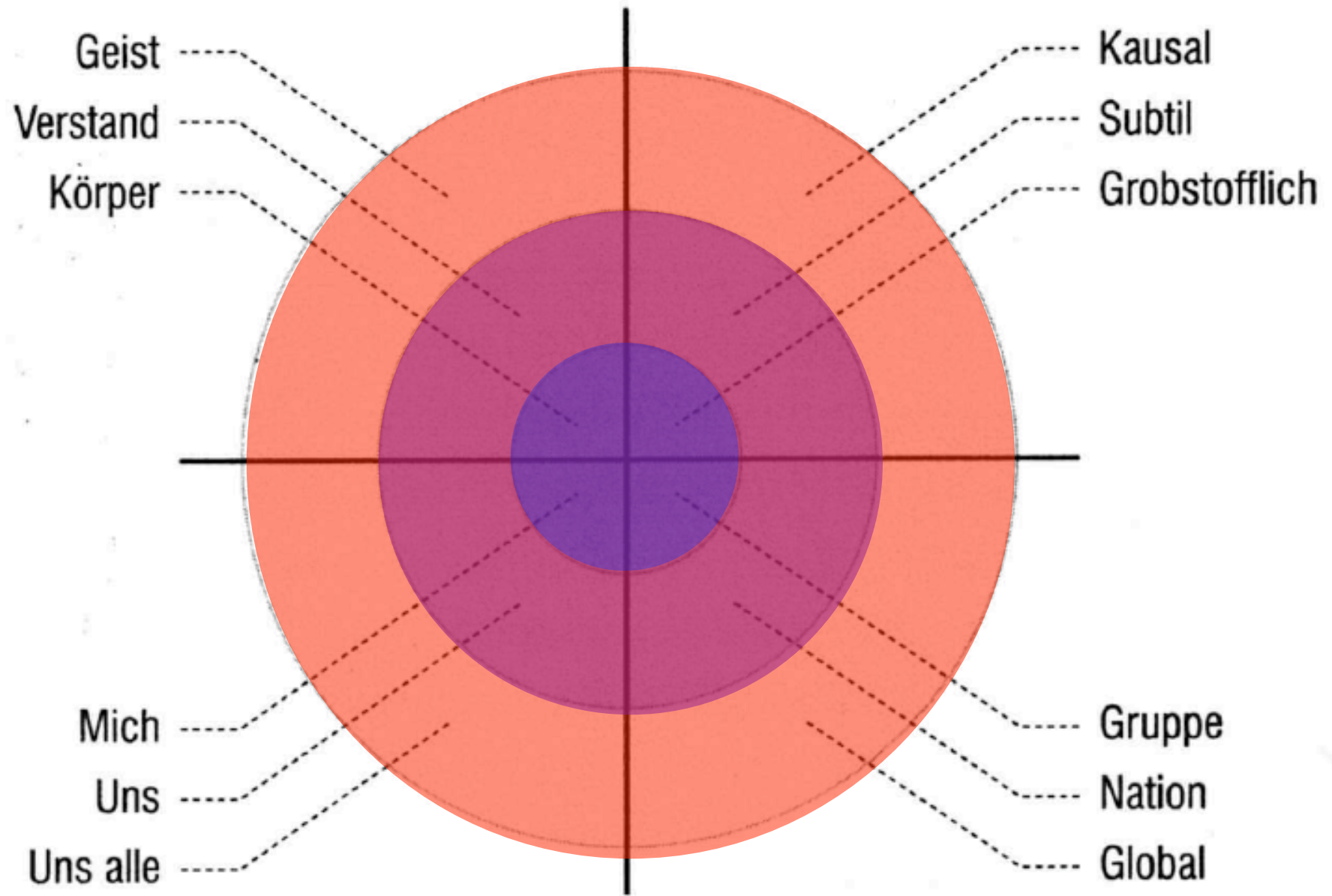


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# The Integral Life Practice™ Matrix

SAMPLE PRACTICES	CORE				AUXILIARY				
	Body (Physical, Subtle, Causal)	Mind (Framework, View)	Spirit (Meditation, Prayer)	Shadow (Therapia)	Ethics	Sex	Work	Emotions	Relationships
Weightlifting (Physical)	Reading & Study	Zen	Gestalt Therapy	Codes of Conduct	Tantra	Right Livelihood	Transmuting Emotions ★	Integral Relationships ★	
Aerobics (Physical)	Belief System	Centering Prayer	Cognitive Therapy	Professional Ethics	Integral Sexual Yoga ★	Professional Training	Emotional Intelligence Training	Integral Parenting ★	
F.I.T. ★ (Physical, Subtle)	Integral (AQAL) Framework ★	Big Mind ★ Meditation™	3-2-1 Process ★	Social & Ecological Activism	Kama Sutra	Money Management	Bhakti Yoga (Devotional Practices)	Communication Skills	
Diet: Atkins, Ornish, the Zone (Physical)	Mental Training	Kabbalah	Dream-Work	Self-Discipline	Kundalini Yoga	Work as a Mode of ILP ★	Emotional Mindfulness Practice	Couples Therapy	
ILP Diet (Physical) ★	Taking Multiple Perspectives	Compassionate Exchange ★	Interpersonal	Integral Ethics ★	Sexual Transformative Practice	Karma Yoga	Relational Spiritual Practice	Right Association (Sangha)	
Tai Chi Chuan (Subtle)	Any Worldview or Meaning System that Works for You	TM	Psychoanalysis	Sportsmanship		Community Service & Volunteering	Tonglen (Compassionate Exchange Meditation)	Conscious Marriage	
Qi Gong (Subtle)		Integral Inquiry ★	Art & Music Therapy	Vows & Oaths		Work as Transformation	Creative Expression & Art		
Yoga (Physical, Subtle)		The 1-2-3 of God ★							
3-Body Workout (Physical, Subtle, Causal) ★		Vipassana Meditation							

ILP-Module	ILP-Praktiken	
	«Goldstern»	C
Körper (physisch, subtil, kausal)	3-Body-Work, ILP-Diät, FIT (physische, subtil)	Joggen, Schwimmen, Yoga, Duft-Qigong
Verstand (Denkschema, Sichtweise)	AQAL	Lesen, Studium, I Ging
Geist (Meditation, Gebet)	Big-Mind-Meditation, Mitfühlender Austausch, 1-2-3 Gottes	Zen-Meditation, Mitfühlender Austausch in langjähriger Gruppe
Schatten (Therapie)	3-2-1-Prozess	Beziehungsarbeit, Kunst-Psycho- therapie, Psychodynamische Therapie
Ethik	Integrale Ethik	Selbstdisziplin, Projektbezogene Engagement
Sexualität	Integrales sexuelles Yoga	Gelebte Sexualität in Partnersch
Arbeit	Arbeit als Form der ILP	Sinngebende Arbeit, Arbeit als Transformation
Emotionen	Emotionen umwandeln	Emotionen umwandeln, emotionale Achtsamkeit, kreativer Ausdruck (Malen)
Beziehungen	Integrale Beziehungen, Integrale Elternschaft	Bewusste Partnerschaft, emotionale und kritische Beziehungspflege