

Finding Inner Peace through the Way of Integral Wisdom

All of our world's wisdom traditions have valuable insights into the way of inner peace. The Native American, Celtic and Taoist traditions emphasize inner peace through harmony and balance, as do Aristotle, Buddha and Confucius with their teachings of "the golden mean" and the "middle way."

We can apply the integral principle of harmony and balance to various dimensions of human experience, including the following:

1: An integral approach to CONTEMPLATION AND ACTION will seek to complement contemplative awareness and critical reflection with creative expression and constructive dialogue.

2: An integral approach to SPIRIT AND NATURE will seek to complement the nurture of a felt-relationship with the deepest meanings of life with an appreciation for the mystery and beauty of nature and the cosmos.

3: An integral approach to IDENTITY AND INTIMACY will seek to complement the quest for the Universal Human in its many psychological facets with the practice of loving kindness and gracious hospitality in our relations with others.

4: An integral approach to LEISURE AND WORK will seek to complement the celebration of relaxation, rejuvenation. leisure and play with discerning our greater purpose in meaning and creative work.

5: An integral approach to CULTURE AND SOCIETY will seek to complement the task of becoming culturally literate and intellectual curious life-long learners with the importance of building a good, healthy, sane, civil, just and free democratic society.

6: An integral approach to ESSENCE AND EMERGENCE will seek to complement the value of honoring that perennial wisdom that is timeless and unchanging with the value of respecting and advancing the cause of rational knowledge and creative emergence of human consciousness and civilization.

In addition to the integral approach to human and social dilemmas there are also dualist and pluralist approaches. They represent different tools for solving problems. The real challenge is to figure out which tool works best for which situation. In any case, the integral approach of harmony and balance is one way to inner peace and to greater peace in the world.

Rich Lang is the founding director of the Society for Integral Culture. He is offering a free public lecture series at the Talent Library Community Meeting Room on Thursday afternoons, Oct. 4-Nov. 8, 3-5 p.m. FMI: Rich Lang, cell phone: (541) 941-4394 | email: worldsmany2@live.com