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# The Spectrum Of Consciousness Quest Books

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Integral Psychology

Grace and Grit

The Human Brain and the Quest to Unlock Its  
Mysteries

Integral Meditation

The Spectrum of Consciousness

Ego Development

An Integral Vision for Business, Politics, Science  
and Spirituality

A Brief History of Everything

Consciousness Quest

The Tides of Mind: Uncovering the Spectrum of  
Consciousness

Third Series

Where East Meets West

The Spectrum of Consciousness

The Atman Project

The Gnostic Jung and the Seven Sermons to the  
Dead

Quantum Questions

Being You

A New Science of Consciousness

Eastern and Western Approaches to Personal  
Growth

Jazz as Integral Template for Music, Education,  
 and Society  
 The Age of Insight  
 Conceptions and Theories  
 Super Consciousness  
 Inner Christianity  
 Status Anxiety  
 Ken Wilber in Dialogue  
 A Guide to the Esoteric Tradition  
 The Quest for Artificial Intelligence  
 The Three-pound Enigma  
 Conventional and Contemplative Perspectives on  
 Development  
 A Theory of Everything  
 Transformations of Consciousness  
 Spirituality and Healing in the Life and Death of  
 Treya Killam Wilber  
 The Quest for the Peak Experience  
 Analysing Qualitative Data in Psychology  
 Up from Eden  
 Commentaries on Living  
 Consciousness Quest  
 Mindful Communication in the Age of Distraction

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 Quest Books by guest

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**MASON  
GARRETT**

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*Integral  
 Psychology  
 Shambhala*

Publications  
 Here is a  
 deeply moving  
 account of a  
 couple's  
 struggle with  
 cancer and  
 their journey  
 to spiritual  
 healing. Grace  
 and Grit is the  
 compelling  
 story of the  
 five-year  
 journey of Ken  
 Wilber and his

wife Treya Killam Wilber through Treya's illness, treatment, and, finally, death.

**Grace and Grit**

Shambhala Publications  
Here is a collection of writings that bridges the gap between science and religion. Quantum Questions collects the mystical writings of each of the major physicists involved in the discovery of quantum physics and relativity, including

Albert Einstein, Werner Heisenberg, and Max Planck. The selections are written in nontechnical language and will be of interest to scientists and nonscientists alike.

The Human Brain and the Quest to Unlock Its Mysteries

Beacon Press  
`This is surely the ultimate expression of the top-down approach to consciousness , written with Sommerhoff's characteristic clarity and precision. It

says far more than other books four times the size of this admirably concise volume. This book is destined to become a pillar of the subject' - Rodney Cotterill, Technical University of Denmark The problem of consciousness has been described as a mystery about which we are still in a terrible muddle and in Understanding Consciousness : Its Function and Brain Processes, the

author unravels this mystery through a clarification of the main concepts related to consciousness, followed by a comprehensive biological explanation. Consequently, this book will be ideal for a wide-range of upper-level undergraduate and postgraduate courses. The author interprets consciousness as a property that can also be possessed by creatures lacking a language faculty and

comprises all of the following: awareness of the surrounding world; awareness of the self as an entity; and awareness of such things as thoughts and feelings. He argues that a biological approach can achieve both the necessary conceptual clarifications and a joint explanation of these divisions of awareness in terms of just two accurately defined concepts of 'internal representation

' and two empirically supported assumptions about the functional architecture of a specific set of brain processes. Despite this striking simplicity, his model covers these divisions of awareness, both as objective faculties of the brain and as subjective experience. These conclusions are applied to a broad range of fundamental questions, including the biological rationale of

subjective experience and where consciousness resides in the neural networks.

**Integral Meditation**

Shambhala Publications  
Throughout history there have been references and examples in literature, art and philosophy of an increased awareness of life while under the influence of extreme emotions - these have become known as Peak Experiences. Soon after

Colin Wilson became aware of this phenomena in the 1960s he wondered about its history and how its power could be harnessed, thus began a 40 year investigation. In "SUPERCONSCIOUSNESS" we see how such luminaries as Yeats, Blake, Satre, Nietzche and Robert Graves were all effected by PE's and how on the opposite side it has long been noted that we are least insightful

when we are at our lowest ebb. By looking in detail through the different areas where this phenomena has occurred and offering anecdotes and examples of how many people in history (as well as himself) were effected Wilson reveals a pattern of insight with emotions. He ends the book with an instructional section on achieving power consciousness for yourself.  
**The**

## Spectrum of Consciousness

Shambhala

Publications

Anyone who's ever lost sleep over an

unreturned

phone call or the neighbor's

Lexus had better read

Alain de

Botton's

irresistibly

clear-headed

new book, immediately.

For in its

pages, a

master

explicator of

our civilization

and its

discontents

turns his

attention to

the insatiable

quest for

status, a quest

that has less

to do with

material

comfort than

with love. To

demonstrate

his thesis, de

Botton ranges

through

Western

history and

thought from

St. Augustine

to Andrew

Carnegie and

Machiavelli to

Anthony

Robbins.

Whether it's

assessing the

class-

consciousness

of Christianity

or the

convulsions of

consumer

capitalism,

dueling or

home-

furnishing,

Status Anxiety

is infallibly

entertaining.

And when it

examines the

virtues of

informed

misanthropy,

art

appreciation,

or walking a

lobster on a

leash, it is not

only wise but

helpful.

Vintage

Prepare to

encounter

your mind in a

radically new

way as Ken

Wilber

introduces

Integral

Mindfulness, a

meditative

approach

based on

Integral

Theory and

Practice. This

leading-edge

technique

combines, for

the first time

in history, the

ancient paths of meditation and mindfulness—or Waking Up—with modern research into psychological development and human evolution—Growing Up—resulting in a complete and powerfully effective method of personal transformation . Integral Meditation focuses attention on the inner "maps" we use to navigate life—in relationships, at work and study, in play,

in just about everything we do. Mindfulness is used to unearth these unconscious maps, then uproot them so that we can substitute happier and healthier perspectives. With experiential exercises, guided meditation instructions, and tools to identify the individual's own greatest potential, this book points the way to realizing our Supreme Identity—and to finding the reason why

each of us has come into being: to embody and express in the world our unique perspective of Spirit. Ego Development Island Press In this book Wilber presents a model of consciousness that encompasses empirical, psychological, and spiritual modes of understanding . Wilber examines three realms of knowledge: the empirical realm of the senses, the rational realm

of the mind, and the contemplative realm of the spirit. Eye to Eye points the way to a broader, more inclusive understanding of ourselves and the universe. [An Integral Vision for Business, Politics, Science and Spirituality](#) Quest Books Utilizing a question and answer format, the philosopher and spiritual teacher discusses multiculturalism, political correctness, spiritual

enlightenment , gender wars, modern liberation movements, and the course of evolution. Reprint. [A Brief History of Everything](#) SAGE Publications India Artificial intelligence (AI) is a field within computer science that is attempting to build enhanced intelligence into computer systems. This book traces the history of the subject, from the early dreams of eighteenth-

century (and earlier) pioneers to the more successful work of today's AI engineers. AI is becoming more and more a part of everyone's life. The technology is already embedded in face-recognizing cameras, speech-recognition software, Internet search engines, and health-care robots, among other applications. The book's many diagrams and



easy-to-understand descriptions of AI programs will help the casual reader gain an understanding of how these and other AI systems actually work. Its thorough (but unobtrusive) end-of-chapter notes containing citations to important source materials will be of great use to AI scholars and researchers. This book promises to be the definitive history of a field that has

captivated the imaginations of scientists, philosophers, and writers for centuries. **Consciousness Quest** Watkins Media Limited Consciousness is an active area of both philosophical debates and scientific research. Consciousness Quest, rather than covering the broad spectrum of consciousness spread over multiple scientific disciplines, refocuses the quest for consciousness on a specific area where

Eastern contemplative traditions, mostly in Hindu and Buddhist theories of mind, meet Western empirical research. This book is an introduction to current scientific thinking and research on consciousness and at the same time acquaints readers with the spectrum of classical and modern philosophical notions on consciousness .  
The Tides of Mind: Uncovering

the Spectrum of Consciousness Quest Books  
 "The more we meditate on the Medicine Wheel and on the Cosmic Wheel above, relating these to the circles, spheres, and mandalas of other traditions, the deeper our realization grows of the oneness of the many paths leading to the Center."  
 Although Evelyn Eaton walked principally the Native Indian path, this book reflects her belief in the strength

and beauty of all religious traditions. This is the personal account of her triumph over cancer through Native American healing rituals. Of white and Native American ancestry, Eaton was a Metis Medicine Woman. *Third Series* Random House Drawing on neuroscientific research and metacognitive theory, this groundbreaking volume examines the theoretical

implications that are elicited when neural correlates of consciousness (NCC) are identified. The relationship between consciousness and the brain has concerned philosophers for centuries, yet a tacit assumption in much empirically minded consciousness research seems to be that if we can only develop a map of correlations, no further questions remain to be asked. Beyond Neural

Correlates of Consciousness starts where others stop, by asking what these correlations may tell us about the nature of consciousness . The book contains chapters considering the upshots of finding the neural correlates of consciousness in light of the most prominent contemporary theories in the field. This illuminates the theoretical consequences of succeeding in the quest for the neural

correlates of consciousness from the perspective of global workspace theory, higher-order thought theory, local recurrency theory, and REFCON models, in addition to considering how this quest is shaped by different conscious phenomena, such as dreaming, altered states of consciousness , and different levels of consciousness . This insightful text features

sophisticated theories that goes beyond correlational inferences and neural mapping, and will be of interest to students and researchers of consciousness , particularly those interested in interpreting neural correlates. **Where East Meets West** Quest Books This book chronicles humanity's cultural and psychospiritual evolutionary journey over some six million years from its primal past into its

dazzling  
cosmic future.  
*The Spectrum  
of  
Consciousness*  
Quest Books  
TV, radio,  
traffic,  
telephones,  
pagers - our  
minds are  
bombarded  
daily by  
constant noise  
and clutter.  
No wonder so  
many people  
find it  
increasingly  
difficult to  
listen and  
comprehend.  
Simple pieces  
of information  
such as  
names go "in  
one ear and  
out the other."  
Poor listening  
may have  
tragic  
consequences

such as the  
Challenger  
disaster and  
the Potomac  
River crash of  
1982, or it can  
result in  
smaller  
tragedies such  
as lost  
promotions,  
stalled  
marriages,  
and troubled  
children.  
Rebecca  
Shafir assures  
us that we can  
transform  
every aspect  
of our lives,  
simply by  
relearning  
how to listen.  
The Zen of  
Listening is  
grounded in  
the Zen  
concept of  
mindfulness, a  
simple yet  
profound way

of learning  
how to filter  
our  
distractions  
and be totally  
in the present.  
Rather than a  
list of tricks,  
this book is an  
all-  
encompassing  
approach  
allowing you  
to transform  
your life.  
Readers will  
be amazed at  
how simply  
learning to  
focus intently  
on a speaker  
improves the  
relationship,  
increases  
attention  
span, and  
helps develop  
negotiating  
skills. Learn  
the great  
barricades of  
misunderstan

ding, find out how to listen to ourselves, discover how to listen under stress, and boost our memory. This is a fun and practical guide filled with simple strategies to use immediately to enjoy our personal and professional lives to the fullest.

*The Atman Project* MIT Press

This book explains in layperson's terms a new approach to studying consciousness based on a partnership

between neuroscientists and complexity scientists. The author, a physicist turned neuroscientist, outlines essential features of this partnership. The new science goes well beyond traditional cognitive science and simple neural networks, which are often the focus in artificial intelligence research. It involves many fields including neuroscience,

artificial intelligence, physics, cognitive science, and psychiatry. What causes autism, schizophrenia, and Alzheimer's disease? How does our unconscious influence our actions? As the author shows, these important questions can be viewed in a new light when neuroscientists and complexity scientists work together. This cross-disciplinary approach also offers fresh

insights into the major unsolved challenge of our age: the origin of self-awareness. Do minds emerge from brains? Or is something more involved? Using human social networks as a metaphor, the author explains how brain behavior can be compared with the collective behavior of large-scale global systems. Emergent global systems that interact and

form relationships with lower levels of organization and the surrounding environment provide useful models for complex brain functions. By blending lucid explanations with illuminating analogies, this book offers the general reader a window into the latest exciting developments in brain research. The Gnostic Jung and the Seven Sermons to the Dead SAGE

Publications Pvt. Limited  
An argument for a Copernican revolution in our consideration of mental features—a shift in which the world-brain problem supersedes the mind-body problem. Philosophers have long debated the mind-body problem—whether to attribute such mental features as consciousness to mind or to body. Meanwhile, neuroscientist s search for empirical

answers, seeking neural correlates for consciousness, self, and free will. In this book, Georg Northoff does not propose new solutions to the mind-body problem; instead, he questions the problem itself, arguing that it is an empirically, ontologically, and conceptually implausible way to address the existence and reality of mental features. We are better off, he contends, by addressing consciousness

and other mental features in terms of the relationship between world and brain; philosophers should consider the world-brain problem rather than the mind-body problem. This calls for a Copernican shift in vantage point—from within the mind or brain to beyond the brain—in our consideration of mental features. Northoff, a neuroscientist, psychiatrist, and philosopher,

explains that empirical evidence suggests that the brain's spontaneous activity and its spatiotemporal structure are central to aligning and integrating the brain within the world. This spatiotemporal structure allows the brain to extend beyond itself into body and world, creating the "world-brain relation" that is central to mental features. Northoff makes his argument in

empirical, ontological, and epistemic-methodological terms. He discusses current models of the brain and applies these models to recent data on neuronal features underlying consciousness and proposes the world-brain relation as the ontological predisposition for consciousness .

### **Quantum Questions**

Shambhala Publications  
A "rock star" (New York Times) of the

computing world provides a radical new work on the meaning of human consciousness . The holy grail of psychologists and scientists for nearly a century has been to understand and replicate both human thought and the human mind. In fact, it's what attracted the now-legendary computer scientist and AI authority David Gelernter to the discipline in the first place. As a

student and young researcher in the 1980s, Gelernter hoped to build a program with a dial marked "focus." At maximum "focus," the program would "think" rationally, formally, reasonably. As the dial was turned down and "focus" diminished, its "mind" would start to wander, and as you dialed even lower, this artificial mind would start to free-associate, eventually ignoring the



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| user<br>completely as<br>it cruised off<br>into the<br>mental<br>adventures we<br>know as sleep.<br>While the<br>program was<br>a only a<br>partial<br>success, it laid<br>the foundation<br>for The Tides<br>of Mind, a<br>groundbreakin<br>g new<br>exploration of<br>the human<br>psyche that<br>shows us how<br>the very<br>purpose of the<br>mind changes<br>throughout<br>the day.<br>Indeed, as<br>Gelernter<br>explains,<br>when we are<br>at our most<br>alert, when | reasoning and<br>creating new<br>memories is<br>our main<br>mental<br>business, the<br>mind is a<br>computer-like<br>machine that<br>keeps emotion<br>on a short<br>leash and<br>attention on<br>our<br>surroundings.<br>As we<br>gradually tire,<br>however, and<br>descend the<br>"mental<br>spectrum,"<br>reasoning<br>comes<br>unglued.<br>Memory<br>ranges more<br>freely, the<br>mind wanders,<br>and<br>daydreams<br>grow more<br>insistent. Self- | awareness<br>fades,<br>reflection<br>blinks out, and<br>at last we are<br>completely<br>immersed in<br>our own<br>minds. With<br>far-reaching<br>implications,<br>Gelernter's<br>landmark<br>"Spectrum of<br>Consciousness<br>" finally helps<br>decode some<br>of the most<br>mysterious<br>wonders of<br>the human<br>mind, such as<br>the numinous<br>light of early<br>childhood,<br>why dreams<br>are so often<br>predictive,<br>and why<br>sadism and<br>masochism<br>underpin |
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some of our greatest artistic achievements. It's a theory that also challenges the very notion of the mind as a machine—and not through empirical studies or "hard science" but by listening to our great poets and novelists, who have proven themselves as humanity's most trusted guides to the subjective mind and inner self. In the great introspective tradition of Wilhelm Wundt and

René Descartes, David Gelernter promises to not only revolutionize our understanding of what it means to be human but also to help answer many of our most fundamental questions about the origins of creativity, thought, and consciousness .  
*Being You* The Spectrum of Consciousness Here is a concise, comprehensive overview of Wilber's revolutionary

thought and its application in today's world. In *A Theory of Everything*, Wilber uses clear, nontechnical language to present complex, cutting-edge theories that integrate the realms of body, mind, soul, and spirit. He then demonstrates how these theories and models can be applied to real-world problems in areas such as politics, medicine, business, education, and the

environment. Wilber also discusses daily practices that readers take up in order to apply this integrative vision to their own everyday lives. *A New Science of Consciousness* Prometheus Books A brilliant book by Nobel Prize winner Eric R. Kandel, *The Age of Insight* takes us to Vienna 1900, where leaders in science, medicine, and art began a revolution that changed forever how

we think about the human mind—our conscious and unconscious thoughts and emotions—and how mind and brain relate to art. At the turn of the century, Vienna was the cultural capital of Europe. Artists and scientists met in glittering salons, where they freely exchanged ideas that led to revolutionary breakthroughs in psychology, brain science, literature, and art. Kandel takes us into

the world of Vienna to trace, in rich and rewarding detail, the ideas and advances made then, and their enduring influence today. The Vienna School of Medicine led the way with its realization that truth lies hidden beneath the surface. That principle infused Viennese culture and strongly influenced the other pioneers of Vienna 1900. Sigmund Freud shocked

the world with his insights into how our everyday unconscious aggressive and erotic desires are repressed and disguised in symbols, dreams, and behavior. Arthur Schnitzler revealed women's unconscious sexuality in his novels through his innovative use of the interior monologue. Gustav Klimt, Oscar Kokoschka, and Egon Schiele created startlingly evocative and

honest portraits that expressed unconscious lust, desire, anxiety, and the fear of death. Kandel tells the story of how these pioneers—Freud, Schnitzler, Klimt, Kokoschka, and Schiele—inspired by the Vienna School of Medicine, in turn influenced the founders of the Vienna School of Art History to ask pivotal questions such as What does the viewer bring to a work of art? How does

the beholder respond to it? These questions prompted new and ongoing discoveries in psychology and brain biology, leading to revelations about how we see and perceive, how we think and feel, and how we respond to and create works of art. Kandel, one of the leading scientific thinkers of our time, places these five innovators in the context of today's cutting-edge science and gives us a new

understanding of the modernist art of Klimt, Kokoschka, and Schiele, as well as the school of thought of Freud and Schnitzler. Reinventing the intellectual enquiry that began in Vienna 1900, *The Age of Insight* is a wonderfully written, superbly researched, and beautifully illustrated book that also provides a foundation for future work in neuroscience and the

humanities. It is an extraordinary book from an international leader in neuroscience and intellectual history. **Eastern and Western Approaches to Personal Growth** Routledge The goal of an "integral psychology" is to honor and embrace every legitimate aspect of human consciousness under one roof. This book presents one of the first truly integrative

models of consciousness, psychology, and therapy. Drawing on hundreds of sources—Eastern and Western, ancient and modern—Wilber creates a psychological model that includes waves of development, streams of development, states of consciousness, and the self, and follows the course of each from subconscious to self-conscious to superconscious. Included in the book are charts

correlating over a hundred psychological and spiritual schools from around the world, including Kabbalah, Vedanta, Plotinus, Teresa of Ávila,

Aurobindo, Theosophy, and modern theorists such as Jean Piaget, Erik Erikson, Jane Loevinger, Lawrence Kohlberg, Carol Gilligan, Erich Neumann, and

Jean Gebser. Integral Psychology is Wilber's most ambitious psychological system to date and is already being called a landmark study in human development.