

## Wisdom Resources



### **Ken Wilbur diagnoses The Problem with Today's World is one of perspective. So who is Ken Wilbur?**

"Often referred to as the "Einstein of consciousness studies", Ken Wilber is a preeminent scholar of the Integral stage of human development. He is an internationally acknowledged leader, founder of Integral Institute, and co-founder of Integral Life.

Ken Wilber is one of the most important philosophers in the world today. He is the most widely translated academic writer in America, with 25 books translated into some 30 foreign languages. Ken Wilber currently lives in Denver, Colorado, and is still active as a philosopher, author, and teacher, with all of his major publications still in print.

Ken is the originator of the world's first truly comprehensive or integrative philosophy, aptly named "Integral Theory." As Wilber himself puts it: "I'd like to think of it as one of the first believable world philosophies" - something that is becoming increasingly necessary in order to navigate and thrive in today's world."

Listen to Wilbur by clicking on the link below:

<https://www.youtube.com/watch?v=JuNN6vB-gQQ>

### **Registration is open for Richard Rohr's *Breathing Under Water* webinar**

This spiritual study of the Twelve Steps is an invitation to let go of egoic attachments and step into freedom and wholeness. Based on Richard Rohr's best-selling book, this online course combines contemplative practice and spiritual wisdom to rewire our unhealthy patterns of thinking. As Fr. Richard often says, "We do not think ourselves into new ways of being; we live ourselves into new ways of thinking."

Click [https://cac.org/online-ed/breathing-water-course-description/?utm\\_source=cm&utm\\_medium=email&utm\\_campaign=enews&utm\\_content=ole](https://cac.org/online-ed/breathing-water-course-description/?utm_source=cm&utm_medium=email&utm_campaign=enews&utm_content=ole) to learn more about this 8-week online course.

**Richard Rohr's Daily Meditation**  
From the Center for Action and Contemplation



Week Thirty

### **Being Peaceful Change**

#### **Look with the Eyes of Compassion**

Wednesday, July 29, 2020

*The Buddhist monk Thich Nhat Hanh (born 1926) is one of the world's most influential spiritual teachers. During the Vietnam War, his work for peace brought him into friendship with Dr. Martin Luther King, Jr., Thomas Merton, and other Christians who shared his belief that peace must be who we are, not just something we demand. Thich Nhat Hanh teaches:*

This capacity of waking up, of being aware of what is going on in your feelings, in your body, in your perceptions, in the world, is called Buddha nature, the capacity of understanding and loving. It is with our capacity of smiling, breathing, and being peace that we can make peace.

To continue with this article, click <https://cac.org/look-with-the-eyes-of-compassion-2020-07-29/>



James Finley reflects on **"Wisdom in Times of Crisis"** and offers a practice to help us experience the love of God even in the midst of chaos. Living out of that love transforms both ourselves and the world.

From Richard Rohr's July 6, 2020 Daily Meditation

Click on the link below to watch:

<https://www.youtube.com/watch?v=-A16N4hKou0>

**Developing Wisdom  
Can Be An Antidote To Today's Trauma**

by Dr. Cynthia Baum-Baicker

University of Chicago

Center For Practical Wisdom

Here is what it means to be wise and what's required to begin.

<https://wisdomcenter.uchicago.edu/news/wisdom-news/developing-wisdom-can-be-antidote-todays-trauma>