

What is “Integral”?

An integral worldview concerns itself with all aspects of human existence including physical, emotional, instinctual, mental, moral, social and spiritual and looks upon them as equally valid and contributing for human evolution. Integrality helps to appropriately place the developments made by science in the field of matter into a vaster framework of the spirit.

What is Integral Yoga?

“All Life is Yoga” — Sri Aurobindo

The Integral Yoga framework is our starting point for development of IKS. Sri Aurobindo’s Purna Yoga or Integral Yoga is a grand synthesis of Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga. Without rejecting any of these yogas, he takes the idea to a much higher, wider and deeper dimension.

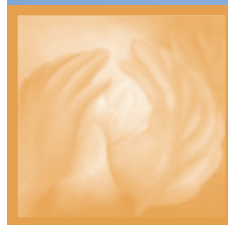
The practice of Integral Yoga provides a doorway to finding innovative and more harmonious ways of living within the material world. It emphasizes the need for personal transformation as a way to achieve success in, and harmony with, the outer world.

IKS is grounded in the idea that learning as a practice of true freedom occurs when we move beyond the limitations of dualities and ideologies, and experience knowing that leads us into greater connection and understanding of life and living.

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Integral Knowledge Systems

Individualized Liberal and Professional Studies



Integral Knowledge Systems is an academic space designed to encourage, motivate, and support learners interested in designing interdisciplinary curricula that value the integration of mind, heart and spirit.



www.mcgregor.edu/ilps/iks

M C G R E G O R

Integral Knowledge Systems at Antioch University McGregor

Integral Knowledge Systems (IKS) emphasizes and reflects Antioch's cherished values of life-long learning, rigorous inquiry, personal and social transformation through knowledge and respect for cultural and global diversity.

IKS is designed for individuals who are interested in:

- Integration of inner and outer knowing
- Integration of spiritual and secular realms
- Transformative learning and practice
- Evolution of consciousness

You can deepen and broaden your ideas on integrating matter and spirit by:

- Designing an individualized MA program which includes the courses below as a foundation
- OR
- Taking graduate level courses without enrolling in a degree program

Courses

- Integral Yoga Psychology
- Self-Awareness and Transformation
- Integral Social Transformation
- Applied Integral Psychology: East and West
- Spirituality for Helping Professions
- Meditation: Theory & Techniques
- Spiritual Traditions of India

Integral Spirit and Individualized Learning

McGregor's graduate courses provide a good foundation for students interested in designing their curricula in fields that don't leave out the spiritual dimension to knowing and being.

Examples of such fields may include:

- Integral (or Holistic) Healing & Wellness
- Integral Yoga Studies
- Integral (or Holistic) Education
- Spiritual Psychology, and Social & Personal Transformation

All courses involve:

- Online mentoring and guidance
- Guided self-study
- Blend of theory and experiential learning

In the true spirit of integrality we are open to, and respectful of, the large diversity of psycho-socio-spiritual philosophies and approaches. Students can add individualized, self-designed courses to complete their curricula.

Students with self-designed curricula in areas such as Human Development, Transformative Learning, Psychology, Peace Studies, Comparative Philosophy, Cross-cultural Studies, and Asian Studies may also find these courses relevant. Non-degree seeking students may also take one or more of these courses.

