

Transpersonal Practices - Study (Intellectual)

Sacred Texts of all religions especially esoteric texts eg: the Tao Te Ching, Sri Aurobindo, Writings of St. John of the Cross, Hildegard von Bingen, Theresa of Avila

The writings of live enlightened beings and great minds in the field of science, ecology and spirituality eg. Thich Nhat Hahn, The Dalai Lama, Nelson Mandela, Aung San Suu Kyi, Wangari Matthai, Brianne Swimme, Thomas Berry, Candace Pert, Bruce Lipson, Deepak Chopra, Ken Wilber..... add your own favorites....

Good literature/movies that examine the human condition

Maps of Development

eg. I Ching

Enneagram

Stages of Alchemy

Meyers Briggs Personality Inventory

7 sacraments

Sacred geometry and architecture

Medicine Wheel

The Hero's Journey (Joseph Campbell)

The Kabbalah

The Tarot

The Chakras

Mythology, Poetry, Music, Symbol, Image, Art

In medieval times, the Seven Liberal Arts offered a canonical way of depicting the realms of higher learning. The Liberal Arts were divided into **the Trivium** ("the three roads") and **the Quadrivium** ("the four roads"). **The Trivium** consisted of: Grammar, Rhetoric and Logic

The Quadrivium consisted of: **Arithmetic** -- Number in itself, **Geometry** -- Number in space, **Music**, Harmonics, or Tuning Theory -- Number in time, **Astronomy or Cosmology** -- Number in space and time

The medieval Quadrivium thus followed the division of mathematics made by the Pythagoreans. Recently, mathematics has been defined as "the study of patterns in space and time," which very much resembles the ancient Pythagorean understanding of mathematics. Today this definition would be exactly what Quantum Mechanics is about - the study of patterns in space and time, and underlying space and time.

There were other important studies in medieval times. For example, **philosophy** was often envisioned as a meta-study that united all branches of knowledge.

Never stop learning and asking questions