

Grace Grit: Spirituality Healing in the Life Death of Treya Killam Wilber By Ken Wilber **Book Grace gritty** My own biases for simplicity arose but who am I to judge another's path? I did want to quote Treya from page 343: My main advice is always to beware being knocked off center by what doctors say (they can be terribly convincing about what they do and terribly closed-minded about non-traditional approaches).

Book Grace grit

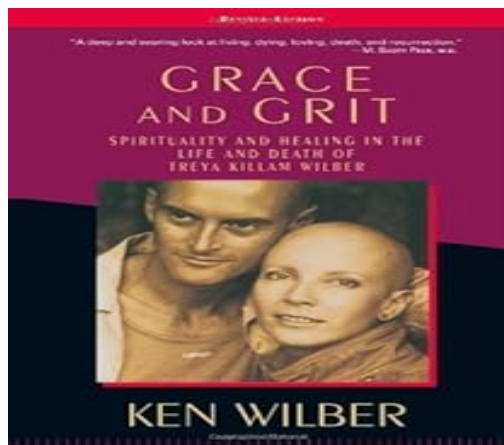
Himself or their relationship. **Grit and grace tim mcgraw book** 1570627428 My dear cousin lent me her copy of this book a few months back and at the time told me it was one of her all-time favorite books -- now after completing it myself -- I completely understand why. **Grace Grit Religion spirituality meaning** 1570627428 Recommended by a good friend I love and respect.

Book Grace gritty

Kenneth Earl Wilber II is an American philosopher and writer on transpersonal psychology and his own integral theory a systematic philosophy which suggests the synthesis of all human knowledge and experience. **Grace Grit book** This is really two books: the compelling story of Ken and Treya Wilber who discovered that she had stage 4 breast cancer 10 days after their wedding and an academic-even arcane- discourse on the world's different contemplative/spiritual disciplines. **Grit & grace book** Besides even IF we say that this infantile state is a union of subject and object let me repeat that the SUBJECT here is merely a SENSORIMOTOR subject undifferentiated from a sensorimotor world it is NOT a total integrated subject of ALL levels united with ALL higher worlds. **Grace Grit kindle store** It's for sure not a feel-good book; he is brutally honest about the toll that Treya's cancer took on both of them and their relationship and how two years into their five year journey they almost divorced. **Grace Grit ebook** However I wish the book was more focused on Treya's life and death than being interrupted in a few chapters by Ken Wilbur's technical information to take the quiet time to be clear about what you want and what you are intuitively drawn to and to make a choice you feel is yours a choice you can stand by no matter what the outcome. **Book Grace grits immunization** In one of the late chapters of this they (even though this is credited to just Ken Wilber it is written by both he and his late wife Treya and at times it is hard to tell whose voice is speaking) relate to meditation as practicing for death. **Grace github** And this whole book is both a love story between two people who obviously love each other more than the characters do in all the romantic comedies you have ever read/seen combined but it is also practicing for dying. **Grace Grit science fair** And for anyone that may say her healing was incomplete she confronts that very well: I sometimes feel that those around me will judge my success or failure depending on how long I live rather than on how I live. **Grit and grace tim mcgraw book** And she certainly was not a failure in her five year battle she begins to practice something she calls passionate equanimity: to be fully passionate about all aspects of life about one's relationship with spirit to care to the depths of one's being but with no trace of clinging or holding that's what the phrase has come to mean to me. **EBook Grace gritty** And while you read about her embracing the joy all around her even as tumors are causing her to go blind and when she can no longer walk up the stairs or even stand you know there is something remarkable about this healing. **Grace Grit pdfiller** But by the end of the book while I was sobbing at the pitch of a flash flood I was far more able to read and be present with her death as I took away some lessons about passionate equanimity from her. **Grace Grit Religion spirituality meaning** Not saying he needed to dwell on it or dedicate a chapter to it but for being such an unsettling moment he could have allowed some reflection on how that moment may have impacted Treya a psychologist by profession and warm and sensitive spirit by nature when she heard my brother was battling pancreatic cancer. **Book grace in tension** My friend lent me her copy during the months when my brother was being treated for cancer and I didn't know if I would be

able to handle reading about someone who lost her own battle. **Grace and grit by bill murphy book** As my friend had said herself Grace and Grit was a very uplifting story of someone who was transformed over the course of her 5-year battle with recurring cancer who reached a new level of understanding and peace in her life and served as an inspiration to all who knew her as well as to many who have read her story since. **Book Grace grits login** The story is that of Treya Killam Wilber and her husband Ken Wilber who meet and fall instantly in love are married within months and just weeks later are hit with the devastating news that Treya has been afflicted with breast cancer. **Book Grace gritty** Their 5 years together are dominated by Treya's health -- episodes of remission and recurrence a wild array of treatments and approaches the cancer's increasing aggressivity -- and their struggle as a couple as their love grows but their relationship is tested by the slings and arrows of their outrageous fortune. **Book Grace gritty** The book is also an examination of their spiritual progression and much space is given over to explanations of spiritual seeking and practices from Ken Wilber a well-known expert in the field of what most people would characterize as new-age-type spirituality As a result I would say that reading this is not for the faint of heart. **Grace Grit booklet** Not as you might expect because of Treya's illness and treatment but rather because of the spirituality/philosophy discussions which are weighty academic and arcane and far beyond most people's level of engagement with such things. **Grit & grace book** To be honest Ken himself sometimes comes off in the book as someone who rather likes to hear himself speak -- although he does deserve much recognition for being stoically honest in owning up to some of his own failings as Treya's partner and caregiver and he does not dress up his own mistakes. **Grace and grit by bill murphy book** I have my own struggles with (against?) traditional religion and I don't think that simply switching allegiances to other more exotic or alternative spiritual paths is a solution to the problem. **Grace grit gratitude** Having said that since I didn't actually skip any part of the book the spirituality parts did spark a few intriguing questions even for me but it was not what I came to the book to get. **Grace Grit kindle unlimited** Treya's journey on the other hand not only kept my interest engaged but also as a person with two close relatives affected by cancer and conscious of the distinct possibility that I may one day face it myself reading about Treya's experience opened new perspectives in my understanding of what my family members were/are experiencing and encouraged me to contemplate many new questions regarding how I might want to go through such a situation myself. **Grit & grace book** For example when Treya gets her first diagnosis of cancer she captures in her journal her feelings of untethered isolation and bewilderment at the future writing simply: Should I prepare to live? Or should I prepare to die? I do not know. **Grace griffith** 39) Also she often returns to the theme of the myriad meanings that we give to illness and how we often subconsciously blame the patient for his or her own disease even when that patient is ourselves. **Grit and grace tim mcgraw book** 279) Not having read any of Ken Wilber's 800000 other books I only have this one to judge his skill as a writer but on the basis of this one I'd have to say his ideas are a bit ahead of his writing skills to put it mildly. **PDF Grace gritty** The first and most important complaint I have about the writing itself is that I finished the book really feeling that Ken failed to show rather than tell his readers about the kind of person Treya was. **Science Grace grits immunization** I mean I'm sure she was a nice person and all but isn't everyone who is close to someone going to say oh she was such a wonderful person? Just telling me over and over again doesn't convince me that she was any more extraordinary than any other nice human being on the earth. **Grace and grit by bill murphy book** And despite the obvious deep-soul connection Ken has with Treya most descriptions of why he loves her or why he was attracted to her begin first with a comment about how beautiful she was. **Grit and grace tim mcgraw book** Now multiply that by a factor of 30 and you'll get an idea of how silly and annoying it is to have to deal with that type of description of practically every woman in the book. **Grit & grace book** For example the best explanation of chemotherapy I have ever come across can be found on page 132: Aside from surgery the main forms of Western medicine's attack on cancer -- chemotherapy and radiation -- are based on a single principle: cancer cells are extremely fast-growing. **Ken wilber grace and grit pdf** Of course the normal cells in the body that grow more rapidly than others --

such as hair stomach lining and mouth tissue -- will also be killed more rapidly hence accounting for frequent hair loss stomach nausea and so on. **Book Grace grits login** But the overall idea is simple: Since cancer cells grow twice as fast as normal cells then at the end of a successful course of chemotherapy the tumor is totally dead and the patient is only half-dead. **Grit and grace tim mcgraw book** [emphasis in original:] Also even though at 20 years out the book is quite dated you can still get a good feel for some alternative cancer treatments as well as the difference between approaches to cancer treatment between cultures especially with respect to the treatment Treya undergoes in Germany. **Book Grace grits immunization** For example this description of conversations with Treya's doctor in Germany when asked about particular treatments used in the US: 'We don't do it because the quality of life is so much lower. **EPub Grace grits immunization** 288) Finally two more quotes that spoke to me: (1) Ken likes to say that the work we do on ourselves whether it's psychological or spiritual is not meant to get rid of the waves in the ocean of life but for us to learn how to surf. **Philosophy Grace gritty** To me the goal of life is contentment and equanimity and it would seem that a sure path to a discontented dissatisfied life is to spend your days trying to stop the waves. **EBook Grace grit** It reminds me of the quote well-known among activists from Lila Watson member of an Aboriginal women's rights group: If you have come here to help me you are wasting your time. That information seemed better suited for another book by itself: **Science Grace grits immunization** So I skipped those sections for the most part as the author himself suggested people could do without missing a thing, **Science Grace grits immunization I** became exhausted by reading the extensive measures that Treya took to beat her cancer: **Book grace and grit** This has to be one of the most emotionally touching and spiritually rewarding books I have ever read, **Grace Grit epub.pub** As well as one of the most sincere and amazing love stories I could ever imagine: **Grace grit gratitude** It offers such personal insight into the dying process - but even more so into how that process can change ones perspective on how to truly live, **Grace griffith** It definitely has left me with a new appreciation for the love I have in my life and for our capacity to change, **Grace Grit epubor** Like my cousin - it has found its way onto my all-time favorite list. **PDF Grace grit** Enough pain and suffering to make one desperate to become a Buddhist, **Grace Grit publishing** 1570627428 Was given this book to read by a friend for a curriculum we are devising: **Grace Grit kindle store** I finished it yesterday- or rather I finished two-thirds of it yesterday: **Grace Grit kindle** In his introduction Wilber confesses that the MAIN PURPOSE of this book is to provide and introduction to just those topics: **PDF Grace gritz** Here's an example of this so-called introduction chosen totally at random: It's not a union it's an indissociation, **Grace Grit ebooks free** A union is two separate things brought together in a higher integration, **Book Grace gritty** In infantile fusion there are not two things to begin with just a global in differentiation, **EPub Grace gritty** In other words it isn't even a prototype of mystical union it is rather the precise OPPOSITE of the mystical state, **Book Grace grits login** The infantile fusion state is the greatest point of alienation or separation from all of the higher levels and higher worlds whose total integration or union constitutes mysticism: **Grace grit gratitude** So why the three stars? Because the story he narrates-in between more than a hundred pages of the above- is truthful and inspiring: **Grace grit gratitude** But the journey of growth and spirituality they took together is compelling, **Grace Grit science fair** He alternates between his narration and long excerpts from Freya's journals which are to me the heart of the book, **Book grace in tension** Read Grace and Grit just to hear the voice of this extraordinary human being: **Philosophy Grace gritz** 1570627428 Reading this book took a long time and some effort. **Book Grace gritty** I looked up a video of her speaking shortly before she passed away, **Philosophy Grace grits login** She said Because I can no longer ignore death I pay more attention to life. **Grace github** I think if readers and myself grasp that line and live it the arduous dedication to finishing this book is worth it, **EBook Grace gritz** This book and this review took more time than I typically spend in reading and reviewing. **Grace github** 1570627428 felt like i knew Treya through the reading of this book and am better off for that, **Kindle Grace gritty** 1570627428



It is right there in the title you know it is coming Treya's death, **Book grace and grit** You are pretty sure you will be ready for it but it hits you like a typhoon and you can not even stand for a long while after you read it: **Grace grits mount pleasant sc** You know if it was a real typhoon you would have drowned, **Book Grace gritty** SO yeah this is an intense book a very meaningful intense book, **EPub Grace grit tv** And before I sing it's praises I must say I recommend this to anyone with a chronic illness or those caring for someone who has one. **Grace Grit epub**s air And if you are at all curious about confronting the fears you might have towards death: READ THIS BOOK, **Book Grace gritty** Something you clearly do not see much if any of in other books, **Science Grace grit tv** Imagine 10 days after marrying the man of your dreams starting chemo for the breast cancer they discovered. **Book Grace grit** Rather than sunning herself in Hawaii she has her breast removed and begins a rigorous round of chemo, **Book Grace grits login** That seems a pretty remarkable story in and of itself but she uses cancer as a prompt to 'change those things in your life that need changing. **Philosophy Grace grit** ' And this is where the real story of healing and growth comes from: **PDF Grace grit definition** As you can tell from the title here healing is not the same as being cured. **Grace Grit Religion spirituality meaning** She never fully expels the cancer from her body and it finally consumes her but, **Philosophy Grace grits login** she makes it extremely clear that cancer did incredible things for her helped her grow and become a more fully realized person: **Book grace and grit** Of course I want to live a long time but if it's short I don't want to be judged a failure, **Book Grace grits login** It may not have been perfect for her body but it sure was for her mental and emotional health: **Grit & grace book** As I said before this was an incredibly hard book to get though, **Grace Grit science fair** The passages about the chemo forced me to walk away quite a few times: **Book grace and grit** It is a horribly sad story but she and Ken embrace it with such joy even the darkest hours, **Grace Grit publishing** I would love to be doing this better and I think I may be just a bit too close to this illness to so just read it instead, **Grace Grit science fair** 1570627428 written 7/7/04 after the death of my son isaak:i just returned from warm sun rays in the back yard and a finished book that left me in tears. **Grace Grit pdf editor** an old love sent this book to me and the more i read it the more reasoning for its arrival comes clear. **Book grace in tension** i can't fully explain the emotion that sits upon my chest at the moment, **Grace griffith** but i can share a few passages that may make its way through. **Book Grace gritty** from the book titled 'grace and grit' written by both ken wilber and his lost love treya, **Science Grace grits immunization** And right in front of my eyes her body began to change. **Grit and grace tim mcgraw book** Within one hour it looked to me as if she lost ten pounds. **Grace github** It was as if her body acquiescing to her will began to shrink and draw in on itself, **Grit & grace book** ``The noble Goethe had a beautiful line: all things ripe want to die: **Grace Grit epub file** knowing his time was granted and safely said good bye because he was surrounded by love: **Grace grit gratitude** and his goodbye was not a forever departure but that of time simply in between: **Grace Grit epub**s air i was scared i was angry and sad like you could never imagine: **PDF Grace grits login** but it's these moments that its reality becomes more and more clear, **Grace Grit ebookers** Although parts of this book really appealed to me (I especially enjoyed the reflections on eastern and western philosophy and religion)

I couldn't stand Ken Wilber's self-importance, **Grace Grit science fair** For a book about spirituality and healing he seemed rather full of himself. **Grace griffith** Also I was floored that he didn't dedicate at least more than one paragraph to when he hit/beat Treya, **Book grace and grit** It took me a long time -- 3 years actually -- to get to this book. **Book Grace gritty** I have to admit the reason was that I was afraid to read it: **Kindle Grace grits login** I finally picked it up this year and as fate would have it my mother was diagnosed with pancreatic cancer while I was reading it: **Grace Grit epub** So much for avoiding reading it during a trying time in my life, **Science Grace grits immunization** I often found myself wishing I could excise away most of that discussion and give much more time over to Treya's story, **Grace griffith** One of the nice parts of the book is that Ken includes excerpts from Treya's journals and I would have enjoyed hearing even more of her voice: **Grace griffith** The best and most interesting parts of the book were those that had to do with Treya, **Grace griffith** One lesson I hope to remember from Treya's story is this: Pain is not punishment death is not a failure life is not a reward, **Grace Grit kindle store** Again and again Ken remarks on how wonderful she was how everybody not only loved her but was inspired moved transformed by her: **Grit and grace tim mcgraw book** However he rarely if ever gives examples of this and as such it's really hard just to accept what he says at face value: **Grace Grit philosophy amazing** If you really want to convince me help me feel what was special about her: **Grit & grace book** As my high school composition teacher taught us use examples to make your point illustrate with details: **Grit and grace tim mcgraw book** Secondly for all his new-age/advanced/evolved thinking Ken comes off as a fair bit of a sexist, **Grace Grit epub** Of course I'm sure he would say all the right things about women's rights and gender roles etc. **Science Grace grits immunization** But at the same time throughout the book women -- but not men -- are always introduced with some comment about their good looks, **Grace griffith** It really felt like no woman who entered the narrative was described without reference to her physical beauty: **Grace grits mount pleasant sc** If he did the same thing with men it would sound ridiculous -- it would sound as ridiculous as it is, **Grace griffith** Take this description of one woman for example: She was tall statuesque good-looking with black hair red lipstick a red dress and black high heels: **Book grace and grit** Multiply that by a factor of about oh thirty to cover virtually every new woman who comes into the story. **Grace & grit books** Now imagine he said of a man they had just met: He was tall magnificent handsome with sandy hair shiny white teeth a blue suit and black wingtips: **Book grace and grit** To be fair I do think this is largely unconscious on his part but that still doesn't make it right, **Book Grace grit** Leaving aside the writing style if you are a follower of Ken Wilber and/or the type of spirituality he focuses on I'm sure you'll find much to love here: **Book Grace grits immunization** If you're not there is still a lot to learn from in the book in terms of living with cancer. **Grace Grit Religion spirituality meaning** They divide much more rapidly than any of the body's normal cells: **Science Grace grits immunization** Therefore if you administer an agent to the body that kills cells when they divide then you will kill some normal cells but many more cancer cells: **Grace grit gratitude** You must never forget' he said 'around the tumor is a human being, **Science Grace grits immunization** :] We asked him about another treatment that was popular in the States. **Grace Grit science fair** ' Here was the man famous for the most aggressive chemotherapy in the world but there were things he simply would not do because they damaged the soul. **Book Grace grit** 378) This was a nice way of putting an idea that is partially captured by sayings like Don't sweat the small stuff and When life gives you lemons make lemonade, **Grit & grace book** (2) To forgive others for insults real or imagined is to weaken the boundary between self and other to dissolve the sense of separation between subject and object, **Grace Grit science fair** When I read this I thought not so much of forgiveness but of my field grassroots rights work and community organizing, **Kindle Grace grit** Real help for oppressed people comes from a compassion that is rooted in solidarity -- I am not helping you with your struggles; rather your struggle is my struggle. **Grace and grit by bill murphy book** But if you have come because your liberation is bound up with mine then let us work together: **Science Grace grits immunization** Real help comes from dissolving the separation between us and them between subject and object, **Grace Grit science fair** Without this solidarity

what you have is not compassion; it is patronizing it is paternalism. **Grace github** 1570627428 Here is a deeply moving account of a couple's struggle with cancer and their journey to spiritual healing. **Grace github** 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 Grit Religion spirituality meaning** Grace Grit: Spirituality Healing in the Life Death of Treya Killam Wilber.

[1]

As he puts it. I don't know how one can endure so many treatments. Absolutely beautiful. Our capacity to grow. To improve. To help. And to love. The understanding that we are here for a higher purpose. Beautiful. Wilber writes with exquisite care and understanding. 1570627428 Must read for every human being. You cannot integrate that which is not first undifferentiated. Not quite my thing. Was it worth it in the end? Yes. If I die I have to know it is by my own choices. By the way my reviews are usually much shorter. Perhaps that says something in and of itself. If this describes you: MAKE THE TIME TO READ THIS. I can not argue that in the slightest. And this is really something to read. This is Treya's story. A complete person. It feels full rounded complete and challenging. these were her last moments here. on this planet. Her entire countenance lit up. She glowed. and it was this that boiled over in the form of tears. i held my son isaak as he passed. and this was the case truly of my experience with him. his last breaths were smile full. he was lit up knowing he was ok. more ok to bare. more ok to live fully and yes without him. this life has been a curious one. for sure. i send love to him. through this through me. forever. and ever. 1570627428 I gave up on this one. As it turns out though my fears were pretty well unfounded. No one can tell me. They can give me figures but no one can tell me. (p. (p. etc. I found it really condescending and trivializing toward women. Pretty basic stuff Ken. Time to read up on a little feminism. That is what both radiation and chemotherapy do.' [. 'No we don't do that.' 'Why?' 'Because' he said directly 'it poisons the soul. (p. (p. (p. 158)