Integral theory is Ken Wilber's attempt to place a wide diversity of theories and thinkers into one single framework. It is portrayed as a "theory of everything" ("the living Totality of matter, body, mind, soul, and spirit"), trying "to draw together an already existing number of separate paradigms into an interrelated network of approaches that are mutually enriching."). Integral Theory is a meta-theory developed initially by the contemporary American philosopher Ken Wilber. A "meta"-theory because it is a theory about theories., about human knowledge itself, the goal being of integrating all current human knowledge into one general theory of everything. Wilber then decided to form a meta-theory that would reconcile the knowledge of the East (mostly spiritual) and the knowledge of the West (mostly rational/scientific). He mapped all the current knowledge, from Plato to Darwin to Buddha to Heidegger to Einstein etc and organized it into a meta-model that he called Integral Theory.