

KEN WILBER, JOSEPH CAMPBELL, & THE MEANING OF LIFE:

HOW TWO GREAT MEN COLLABORATE TO GIVE US
THE ULTIMATE HERO'S JOURNEY OF PERSONAL GROWTH & HUMAN DEVELOPMENT
(aka 'The Human Odyssey')

-- Presented in nine installments on IntegralWorld.net --

Hugh & Kaye Martin's new book *The Human Odyssey* is a unique, new way of viewing personal growth and human development. This week we present the final two installments, plus the Epilogue:

⊗ **Installation #1: Preliminaries and Introduction.**

PRELIMINARIES. What you need to know to make sense of this book: What the book contains, how it's put together, how you should read it. INTRODUCTION. The field of human development: Its immense breadth, depth, and meaning. The Growth Mentality: How we can avail ourselves of all the growth that we have the potential for.

⊗ **Installation #2: Overview of the ADAPT/Life Journey Model.**

The whole model in a nutshell. A comparative overview of the two components: The ADAPT Model (from Ken Wilber) and the Life Journey Archetype (from Joseph Campbell). Thumbnail descriptions of each Domain and Sector of the model from both perspectives.

⊗ **Installation #3: Dimensions of the Growth Continuum.**

The various areas of our life where growth takes place. The various features of that growth. The Stages, Transitions, Developmental Sequences, Realms, Arenas, Impediments, etc. These comprise Domain #1 -- the Map of our Life Journey.

⊗ **Installation #4: Participants.**

The various aspects of Identity or Self that partake in the growth process. The Self System, Individual & Collective Selves, Types & Personae, Shadow Self, etc. These comprise Domain #2 -- the Voyagers of our Life Journey.

⊗ **Installation #5: Processes.**

All the methods, techniques, and focused experiences we use to grow and develop. Either **General Processes** (available to everyone in any situation). Or **Specific Processes** (available only to certain people at certain Stages, Realms, or Arenas). These comprise Domain #3 -- the Sailing Ships of our Life Journey.

⊗ **Installation #6: Pathfinders.**

The people and other resources that help us to guide and orchestrate our growth process. These comprise Domain #4 -- the Navigator & Captain of our Life Journey.

⊗ **Installation #7: Systems.**

The mechanisms by which all the Dimensions, Participants, Processes, and Pathfinders work together to produce Growth. These comprise Domain #5 -- the Shipping Systems of our Life Journey.

⊗ **Installation #8. Conclusion.**

Follow the Thread: Ways to get the essence of this book by following just one component.

The ADAPT Gallery: A collection of the most entertaining cartoons and illustrations that shed further light on key concepts from the book.

⊗ **Installation #9. Resources for Personal Evolution.**

An annotated outline of the very best books, research studies, and other resources you can use to implement your own personal evolution.

⊗ **Epilogue. Life's Big Wake-up Call.**

Hugh Martin's struggle with terminal cancer: How it turned out. The real lessons to be learned from Hugh's story.

REQUEST A FREE COPY OF *THE HUMAN ODYSSEY*

If you would like a free, full-color, digital copy of the entire Introductory Version of *The Human Odyssey*, just send your request to Hugh Martin at MartinHughCo@Gmail.com.

If you then post a review and rating of the book on Amazon, Hugh will send you a printed B&W copy of the book. If your review is fairly extensive, Hugh will send you a printed color copy. The most extensive reviews will receive copies of the Advanced Version.

Your review can be as short as a few lines, or as long as a whole essay, as you choose. All opinions are welcome, no matter how candid. You need not have read the entire book to post a review -- just browsing through the book is sufficient.

Each Amazon review and star rating will contribute to the book's momentum and popularity. Even more important, this exchange of reviews will stimulate dialog on the major themes of the book, and thus increase its impact. Your support for this project is encouraged and appreciated!

VIEWING INSTRUCTIONS. Open this file in Adobe Acrobat. Click: View > Page Display. Check: Two-Page View, Gap Between Pages, and Show Cover Page. Then click: View > Zoom. Check: Zoom to Page Level. That way this file will display just like a printed book.

ONE BOOK, TWO NAMES. The Introductory Version of this book (~300 pages) is called by the short title: *The Human Odyssey*. The Advanced Version (two volumes, ~600 pages) is called by the long title: *Ken Wilber, Joseph Campbell, and the Meaning of Life*. To correspond to the interests of Integral World readers, the book will be listed on this website by its long title, but for convenience it will sometimes be referred to by its short title. Both names refer to the same book.

KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

How Two Great Thinkers Collaborate
To Give Us
The Ultimate Hero's Journey
Of Personal Growth & Human Development



HUGH MARTIN
AMALIA KAYE MARTIN

FRONT COVER...

OUR HERO'S JOURNEY

How We Grow and Change Over the Course of a Lifetime

The Meaning of Life

What is the Meaning of Life? What makes life significant? What gives life purpose? Where are we headed -- and why?

Youth. If I am young, and starting out my adult life, what paths are available for me? What should I value most? What choices will make the best use of my talents, my interests, my ideals, my aspirations?

Middle Age. If I am in my middle years, what have I accomplished thus far? What have I missed out on? What new joys do I hope to experience while I still have time? How can I immerse myself in a life that is more meaningful, more rewarding?

Maturity. If I am older, and approaching my later years, what have I achieved that is truly enduring? What legacy of knowledge & wisdom will I pass along to succeeding generations? How can I use the insights and perspectives of a lifetime to make these years the richest and most satisfying of them all?

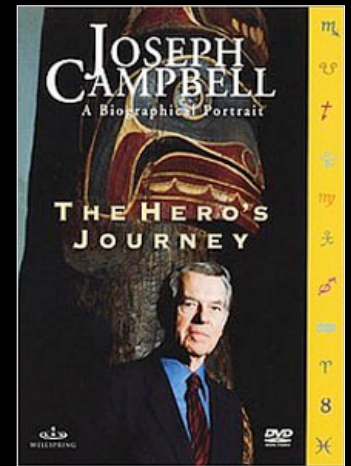
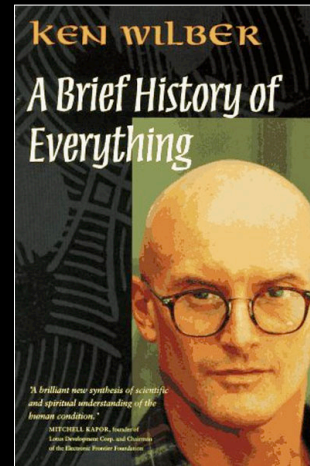
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*, on a great and significant Life Journey – a Journey from Infancy to Eternity, a Hero's Journey?

Ken Wilber & Joseph Campbell

Thanks to the work of two great men, we are now in a position to explore systematically the Meaning of Life from a developmental perspective.

From philosopher and systems theorist **Ken Wilber**, we have learned that Life is all about Human Development. Through Wilber's famous **AQAL Model**, and his more extended **Theory of Everything**, we have further learned that all the multitudinous strands of Human Development are in essence the same sequence.

From scholar and mythologist **Joseph Campbell**, we have learned that much of the world's greatest literature and myth describes the Soul's journey through the vicissitudes of Life -- our **Hero's Journey**. Through Campbell's *Hero With a Thousand Faces*, we have further learned that all the multitudinous Hero's Journeys are in essence the same story.



ADAPT & The Life Journey

When we spin out all the details and implications of Ken Wilber's AQAL and Theory of Everything, we arrive at an all-inclusive Model of Human Development we call **ADAPT** – a model consisting of five major conceptual Domains, with seven or more Sectors within each Domain.

When we spin out all the details and implications of Joseph Campbell's Hero's Journey, we arrive at an all-inclusive mythic story we call the **Life Journey Archetype** – a story which is told likewise through five overarching symbolic Domains, with seven or more Sectors within each Domain.

When we compare the extended versions of Wilber and Campbell – when we trace the parallels between our ADAPT Model and our mythic story of the Life Journey – we find that in essence the two are the same. The ADAPT Model describes in psychological or conceptual terms the various factors that result in Human Development. The Life Journey describes in symbolic or mythic terms those very same factors. This Journey of the Soul through the Stages of Life – this Journey which can be described either through conceptual or mythic terms – is what we call the **Human Odyssey**.



BACK COVER...



KEN WILBER, JOSEPH CAMPBELL, & THE MEANING OF LIFE

How Two Great Thinkers Collaborate
To Give Us the Ultimate Hero's Journey
Of Personal Growth & Human Development
(aka 'The Human Odyssey')

Installments #8-9: Resources, Conclusion, Cartoon Gallery, Epilogue

Proof & Review Copy

This is a pre-publication proof and review copy of this book, and is not intended for general sale. Please send your comments, suggestions, corrections, and reviews to MartinHughCo@Gmail.com.
Permissions for some illustrations are pending.

APPENDIX C4.

O RESOURCES FOR PERSONAL EVOLUTION

This section outlines and describes many of the books, articles, and other resources that substantiate and illuminate the ADAPT Model and the Life Journey Archetype. This outline is intended not merely as an annotated bibliography. It is an illustration of the depth and range of the ADAPT Model itself – as well as an indication of what work needs to be done to flesh out this important field.

Each Resource is categorized according to the Parameter of ADAPT it primarily pertains to. The various additional ADAPT Parameters to which a particular entry applies are shown in **[bold brackets]**. Within a given Parameter, Items are listed roughly in order of importance to this book. The groupings into which the various Resources are placed is shown on the facing page.

Entries are chosen for their pertinence and importance to the topic, but also for their intellectual vigor and readability. In the interest of space, most of the bibliographical resources from Wilber's and Campbell's works are not included. For instance, we list few of the studies of Developmental Sequences from Wilber's Famous Tables, the appendices to *Integral Psychology*. Refer to those works for information on those important studies. For like reasons, few studies on the Specific Processes are included here; those will be found in our book-length study *The Processes of Human Development* (IntegralWorld.net), and the forthcoming revision of that study.

The Resources of ADAPT

Treat this Appendix as a subject for exploration – just like any other section of this book. *** Begin by reading these two introductory pages. From the table of contents on the facing page, choose one category of Resources to explore in detail: Dimensions, for example. *** Read over the Dimensions section, and scan the photos and graphics for additional clues. Then select one Resource for further exploration: *Frames of Mind* by Howard Gardner (D4), for example. *** Before actually reading this book, see how much you can learn about it from various sources. For instance, explore internet resources like Amazon – asking question like these: What is the book's general content and thesis? How extensive and positive are the reviews? Use the 'Look Inside' feature to explore the book's contents. As you sample the author's writing, what most engages your attention? *** Refer to similar sources for information on the author, Howard Gardner. From Wikipedia or Amazon's Author Page, what is Dr. Gardner's background? What else has he written? If a series, how does the author expatiate on his theme? What books, concepts, or insights is he most acclaimed for? How pertinent is Gardner's work to the ADAPT Model or Life Journey Archetype? *** After all this exploration, how interested are you in reading the book itself? Do you feel better qualified to decide whether the book is worth buying? Are you now better equipped to understand the book, once you have bought it? *** As time permits, select another category of Resources, and explore it in similar fashion. Continue exploring various Resources so long as your interest continues, or until you have completed all eight categories. *** In addition to the items listed here, what other books and Resources have you found valuable in your own personal Journey? Which categories of ADAPT do they pertain to? How do they add to the Resources you already find here? Please pass along your suggestions to the authors of this book.

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RESOURCES FOR PERSONAL EVOLUTION

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Books, articles, and other resources that substantiate and illuminate the ADAPT Model and the Life Journey Archetype.

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Hugh & Kaye Martin: Books and Studies (page 248).

Book-length studies on Human Development by Hugh & Kaye Martin on IntegralWorld.net. Books and educational materials for the Animal Kingdom (AK) Language Arts Program.

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Ken Wilber: Books and Other Resources (page 250).

Books and other resources by Ken Wilber that pertain to Human Development. Studies of Wilber's life and work. Models of Human Development that supplement, or are an alternative to, Wilber.

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Joseph Campbell: Books and Other Resources (page 253).

Books by Joseph Campbell and Carl Jung that pertain to Human Development. Studies of Campbell's life and work. The Hero's Journey, the Archetypal Characters & Symbols, the Life Journey in Epics & Literature.

Dimensions of Human Growth (page ##).

Individual and Collective Developmental Sequences: Contemporary Cultural Evolution, Historical Surveys and Analyses, Timelines of History. Realms and Arenas: Life, Psyche, Body, Spirit, Internal.

Participants in the Growth Process (page ##).

Personality Types: Gender, Enneagram, Birth Order, Archetypes. Shadow Self, Divine Presence.

General Processes of Growth (page ##).

The Transition Cycle, Evolution & Involution.

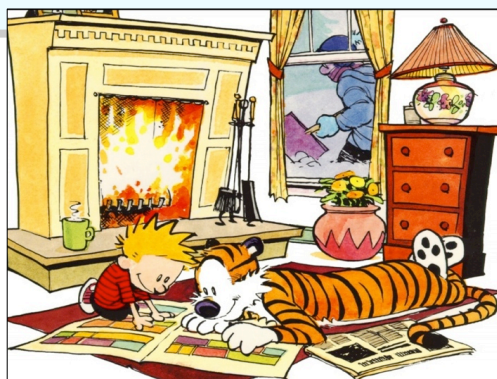
Specific Processes of Growth (page ##).

Programs for Actualization Growth. Stories & Literature, Expressive Arts, Body Therapies, Introspection & Self-Awareness, Psychotherapies, Spiritual Practices. Surveys and compendia of Therapies.

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Pathfinders in the Growth Process (page 256).

Personal journeys, Meditation Centers, Alternative Universities, Growth Centers.



The Resources in this section (Appx C5) are the Authorities (PF4) upon whose work this book is based.

Hugh & Kaye Martin: Books, Studies, Educational Materials

The authors' book-length studies on IntegralWorld.net . To access these studies, follow the links at: <http://www.integralworld.net/readingroom.html#HM>.) Along with the authors' books and educational materials for the Animal Kingdom (AK) Language Arts Program.

⊗ **THE FUNDAMENTAL KEN WILBER: WHAT KEN WILBER REALLY SAYS ABOUT HUMAN GROWTH.**

Best exploration of Ken Wilber's positions on Human Growth. Best anthology of key quotes from Wilber's *Integral Psychology* – organized using the Parameters of ADAPT.

A study of the entire spectrum of fundamental principles that constitute Ken Wilber's Integral Operating System (IOS). Organized using the Parameters of ADAPT, this topical anthology places Wilber's various pronouncements on each subject side-by-side with ADAPT, so they can be compared and evaluated. Reveals through extensive excerpts from Wilber's own work at least 76 instances [now 169 instances] where Wilber's Model needs substantial reexamination, and perhaps revision. In the course of the analysis, this study demonstrates that Wilber himself employs a version of the ADAPT Model in his explorations of human development.

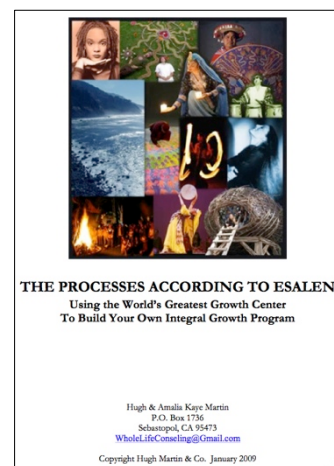
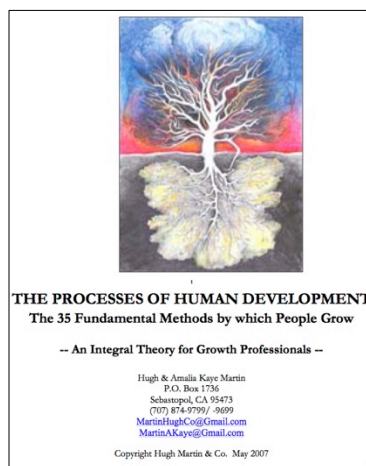
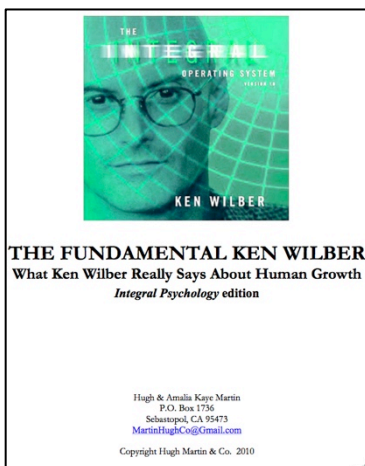
⊗ **THE PROCESSES OF HUMAN DEVELOPMENT: THE 33 FUNDAMENTAL METHODS BY WHICH PEOPLE GROW. Best summary of the Specific Processes by which Human Growth is implemented. Best application of ADAPT to parenting and raising children.** Revised and updated version currently in progress.

Explores at length the 33 [now 35] techniques, programs, therapies, and activities that transport us on our lifelong journey of personal development. Investigates the seven key Process types: Foundational Processes that are fundamental to all subsequent growth; Physical World Processes that engage us with material reality; Socio-Cultural Processes that involve us with groups of people; Formal Investigation Processes that engage our thinking and reasoning powers; Self-Expression Processes that enable us to express our inward reality in outward form, Conscious Development Processes that are specifically designed to promote growth and resolve problems; Comprehensive Processes that combine and integrate many other Growth Processes. We find that the nine Modules of Wilber's Integral Life Practice must be substantially extended and articulated to provide an optimally-effective program for personal and professional Growth.

⊗ **THE PROCESSES ACCORDING TO ESALEN: USING THE WORLD'S GREATEST GROWTH CENTER TO BUILD YOUR OWN INTEGRAL GROWTH PROGRAM.**

Best application of the ADAPT Model to Personal Growth. Best application of ADAPT to organizational analysis and consulting. Best personal memoir on the life-changing importance of the ADAPT Model. Best introduction to the wonders of Esalen.

Shows how the offerings of Esalen Institute, that fabled Growth Center on California's Big Sur coast, can be used to build a highly effective program for personal and professional Growth. Describes in detail the features, the ambience, and the offerings of Esalen – and traces Esalen's intimate involvement with the development of the Human Potential Movement, and with Ken Wilber and Integral Theory in particular. Esalen's offerings for each of the 35 ADAPT Processes are evaluated and found generally superior to those of Wilber's Integral Institute. In a very personal reflection, Hugh Martin describes how Esalen helped him prevail in his battle against terminal cancer.



⊗ **ARRAYS OF LIGHT: KEN WILBER'S TABLES OF CORRESPONDENCE.**

Best study of the developmental correspondences that are the foundation of Wilber's system. Best explanation of Wilber's Famous Tables from *Integral Psychology*.

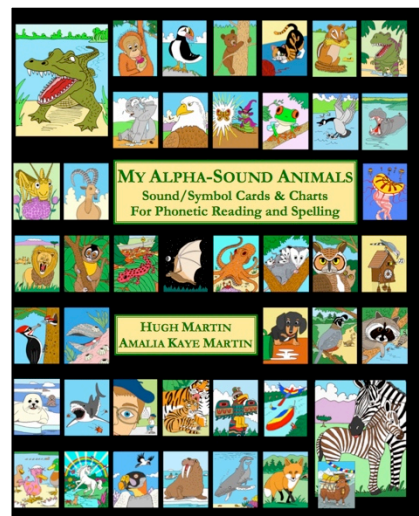
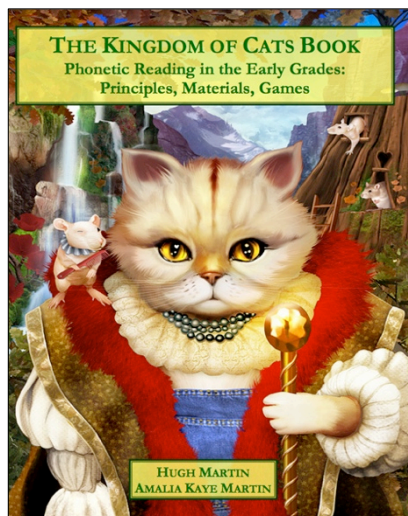
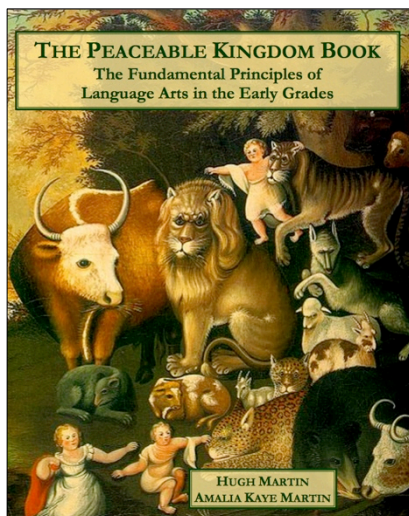
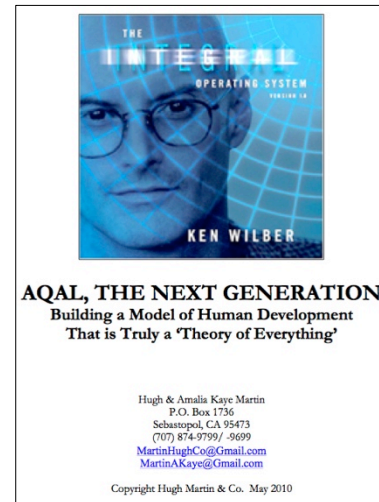
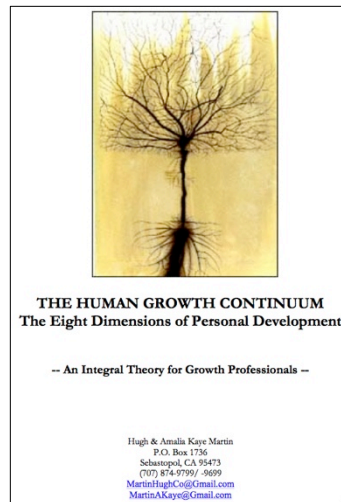
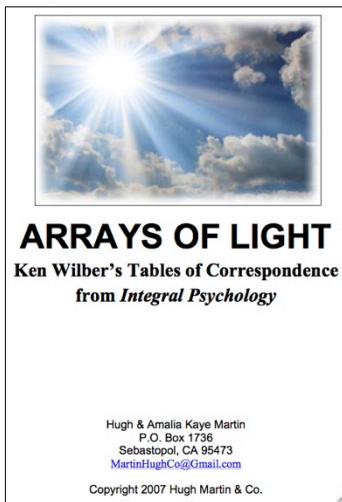
Presents a redesigned version of Wilber's famous Tables (from the Appendix of *Integral Psychology*) that is more informative, more accessible, more appealing, and more useful. Wilber's Tables are the fundamental underpinning of his work. They are the platform he uses to summarize the evidence that supports and substantiates his theories. If the Tables are not well-organized, understandable, accurate, representative, and complete, Wilber's whole system stands on shaky ground. This study endeavors to remedy the deficiencies in those Tables and to elevate recognition of their importance.

⊗ **THE HUMAN GROWTH CONTINUUM: THE EIGHT DIMENSIONS OF PERSONAL DEVELOPMENT .**

Investigates in detail the eight Dimensions that define the landscape of our life journey. Explores the Stages of development through which we grow, the Transitions that take us from Stage to Stage, the States of consciousness at the highest levels of our awareness, the Realms and Arenas where life experience takes place, the Quadrants and Vectors that define the perspectives and directions of our experience, the Impediments to the Growth process (and their Resolutions), and the Coordination that weaves together the diverse strands of our Growth journey. We find that Wilber's four Dimensions of Quadrants, Levels, Lines, and States must be significantly expanded and differentiated to adequately describe the topography of the 'Growth Continuum.' Details of the Dimensions sector are superseded by the book you are now reading.

⊗ **AQAL, THE NEXT GENERATION: BUILDING A MODEL OF HUMAN DEVELOPMENT THAT IS TRULY A 'THEORY OF EVERYTHING'.**

An abbreviated, academic version of the book you are now reading. Presented at the July 2010 JFK University Integral Conference.



Ken Wilber: Books and Other Resources

Born in 1949, Ken Wilber has a pre-med background at Duke University and a degree in biochemistry from the University of Nebraska. He dropped out of the academic world to devote full time to studying a curriculum of his own making and writing books on his investigations. With 22 books on spirituality and science, and translations into more than 25 languages, Wilber is now the most highly-regarded writer on consciousness studies in the world, and is a central figure in the emerging field of transpersonal psychology. Even his first book, written at age 23, garnered reviews like these: "In one stroke, Wilber has established himself as the foremost scholar on psychology and consciousness studies" -- Dr. Kenneth Ring. "Quite simply, this is the most important book written on consciousness in modern times" -- Dr. Thomas Bearden. "Wilber will likely do for consciousness what Freud did for psychology" -- Jean Houston. For the fundamental and pioneering nature of his work, Wilber has been called "the Einstein of consciousness research."

One of the most insightful and comprehensive thinkers of our time. Hip and accessible. A major inspiration for this book. Our emphasis is on books that focus extensively on various aspects of Human Growth.

BOOKS BY KEN WILBER

- ⊗ **INTEGRAL PSYCHOLOGY [IP] – CONSCIOUSNESS, SPIRIT, PSYCHOLOGY, THERAPY.** Boston, MA (2000): Shambala Publications.
Best overview of Wilber's positions on Human Development. Truly integrative model of consciousness, psychology, and therapy. Drawing on Eastern and Western, ancient and modern, Wilber creates a psychological model that includes waves and streams of development, states of consciousness, and conditions of self -- following the course of each from subconscious to self-conscious to superconscious. Includes Wilber's Famous Tables, correlating over a hundred psychological and spiritual schools of thought.
- ⊗ **A BRIEF HISTORY OF EVERYTHING.** Boston, MA (1996): Shambala Publications.
Best casual introduction to Wilber's AQAL Model.
The course of Evolution as the unfolding manifestation of Spirit, from matter to life to mind -- including the higher stages of spiritual development where Spirit becomes conscious of itself. An exhilarating ride through the Kosmos in the company of one of the great thinkers of our time. Friendly, conversational, and accessible.
- ⊗ **INTEGRAL SPIRITUALITY: A STARTLING NEW ROLE OF RELIGION IN THE MODERN WORLD.** Boston, MA (2006): Shambala Publications.
Formulates a theory of spirituality that honors the truths of modernity and postmodernity, while incorporating the essential insights of the great religions.
- ⊗ **UP FROM EDEN: A TRANSPERSONAL VIEW OF HUMAN EVOLUTION.** Garden City, NY (1981): Anchor Press/Doubleday.
Although early, ranks among the most original and visionary of all Wilber's works. Chronicles humanity's cultural and psycho-spiritual evolutionary journey over some six million years from its primal past into its dazzling cosmic future: At each historic period, asks three key questions: 1.) What are the major forms of transcendence available at this time? 2.) What substitutes for transcendence are created when the above fail? 3) What are the costs of these substitutes? Dramatic reformulation of history and anthropology. Companion to *The Atman Project*.
- ⊗ **THE ATMAN PROJECT: A TRANSPERSONAL VIEW OF HUMAN DEVELOPMENT.** Wheaton, IL (1980): A Quest Book/Theosophical Publishing House.
Posits that every person intuits that he or she is God, but corrupts that intuition by applying it to his or her small-"s" self, and will then do whatever's necessary to confirm that distorted intuition. "Through substitute seeking (Eros) and substitute sacrifices (Thanatos) individuals propel themselves through the ocean of equally driven souls, and the violent friction of these overlapping Atman Projects sparks that nightmare called history." Important early study on the quest for individual and cultural identity. Companion to *Up From Eden*.

- ⊗ **SEX, ECOLOGY, SPIRITUALITY: THE SPIRIT OF EVOLUTION.** Boston, MA (1995): Shambala Publications.
The first volume of Wilber's projected magnum opus.
- ⊗ **GRACE AND GRIT: SPIRITUALITY AND HEALING IN THE LIFE AND DEATH OF TREYA KILLAM WILBER.** Boston, MA (2001): Shambala Publications.
Deeply moving account of Treya's five-year struggle with cancer – and the journey of Ken and Treya to spiritual healing.

OTHER VALUABLE WILBER RESOURCES

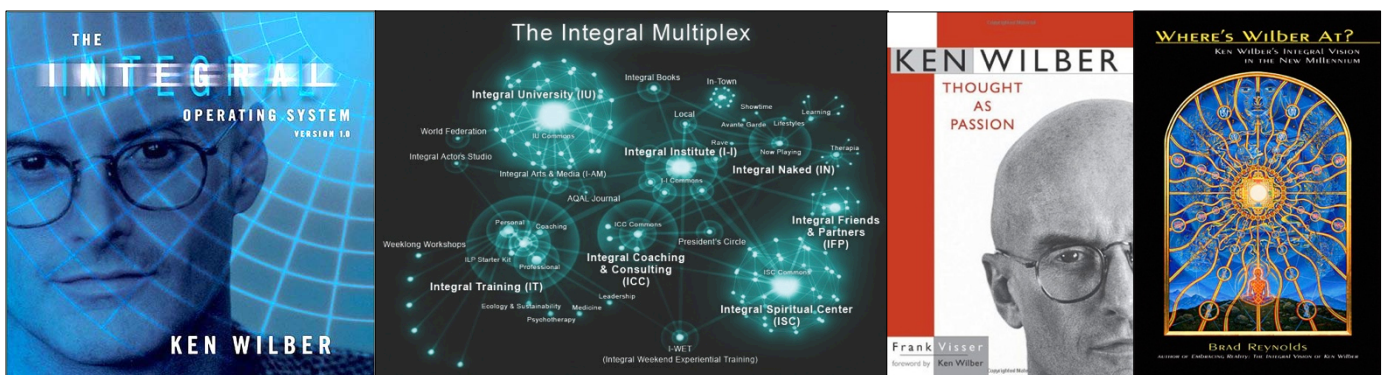
- ⊗ **INTEGRAL OPERATING SYSTEM.** Louisville, CO (2005): Sounds True Publications.
Casual, conversational audio introduction to the components of AQAL by Wilber himself.
- ⊗ **INTEGRAL INSTITUTE.** www.IntegralInstitute.org.
Wilber's virtual Growth Center for Integral Studies. Great idea that emerged before its time. Operation now suspended.

STUDIES ABOUT WILBER

- ⊗ **Visser, Frank 2003. KEN WILBER – THOUGHT AS PASSION.** Albany, NY: SUNY Press.
Excellent and readable guide to Wilber's life and work. Outlines his theories and uncovers his personal life, showing how his experiences influenced and shaped his writing.
- ⊗ **Reynolds, Brad 2004. EMBRACING REALITY – The Integral Vision of Ken Wilber.** New York, NY: Tarcher/ Penguin.
The first and only complete guide to Wilber's work – including thorough and faithful summaries of each book. Written with the support and guidance of Wilber himself.
- ⊗ **Reynolds, Brad 2006. WHERE'S WILBER AT?: KEN WILBER'S INTEGRAL VISION IN THE NEW MILLENNIUM.** St. Paul, MN: Paragon House.
Further explorations of Wilber's major concepts, and a report on developments in the Integral movement.

ALTERNATIVE MODELS OF HUMAN DEVELOPMENT

- ⊗ **Smith, Andrew P. 2008. THE DIMENSIONS OF EXPERIENCE: A NATURAL HISTORY OF CONSCIOUSNESS.** Bloomington, IN: Xlibris. [D2, D4b7, PPR1, PR24, PF11]
The first complete history of Consciousness ever written. How Consciousness evolved, beginning with the simplest forms of existence: How dimensions of experienced space and time, together with increasing awareness of self and other, emerged in association with hierarchical complexity of information processing entities. Deserves to be resurrected from obscurity.
- ⊗ **Wade, Jenny 1996. CHANGES OF MIND: A HOLONOMIC THEORY OF THE EVOLUTION OF CONSCIOUSNESS.** Albany, NY: SUNY. [D2, D4b7, PPR1, PR24, PF11]
Draws on a wide range of sources from the fields of developmental psychology, brain research, new-paradigm studies, and mysticism to create a developmental model that begins before birth and ends after death.



Ken Wilber



Joseph Campbell



Bill Moyers with Campbell

Joseph Campbell: Books and Other Resources

Joseph Campbell is an American author and teacher best known for his work in the field of comparative mythology. He was born in New York City in 1904, and from early childhood he became interested in mythology. He loved to read books about American Indian cultures, and frequently visited the American Museum of Natural History in New York, where he was fascinated by the museum's collection of totem poles. Campbell was educated at Columbia University, where he specialized in medieval literature, and continued his studies at universities in Paris and Munich.

While abroad he was influenced by the art of Pablo Picasso and Henri Matisse, the novels of James Joyce and Thomas Mann, the poetry of W. B. Yeats and T. S. Eliot, and the psychological studies of Sigmund Freud and Carl Jung. These encounters led to Campbell's theory that all myths and epics are linked in the human psyche, and that they are cultural manifestations of the universal need to explain social, cosmological, and spiritual realities.

In 1933, Campbell joined the literature department at Sarah Lawrence College, a post he retained until 1972. In 1944, he co-authored *A Skeleton Key to Finnegans Wake* – Joyce's complex novel, from which Campbell first drew the concept of the 'monomyth.' Campbell's first original work, *The Hero with a Thousand Faces*, came out in 1949, and over time has been acclaimed as a classic. In this study of the "myth of the hero," Campbell asserted that there is a single pattern of heroic journey and that all cultures share this essential pattern in their various heroic myths. In his book he also outlined the basic conditions, stages, and results of the archetypal hero's journey. In 1988, shortly after Campbell's death, a series of television interviews with Bill Moyers, *The Power of Myth*, introduced Campbell's ideas to millions of viewers. According to Newsweek Magazine, "Campbell has become one of the rarest of intellectuals in American life: a serious thinker who has been embraced by the popular culture."

BOOKS BY JOSEPH CAMPBELL

- ⊗ **HISTORICAL ATLAS OF WORLD MYTHOLOGY** (series). New York, NY (1988): HarperCollins. **[Appx B1, D4d, P3g, PPR9, PR17, PF2]**
Campbell's multi-volume magnum opus: Our seemingly disparate spiritual traditions are neither discrete nor unique, but rather "ethnic manifestations" of those "elemental ideals" that have forever characterized the human psyche. Only partially completed before Campbell's death.
- ⊗ **THE HERO WITH A THOUSAND FACES**. Princeton, NJ (1972): Princeton University. **[Appx B1-2, D4d, P3g, PPR9, PR17, PF2]**
Outlines the Hero's Journey, a universal motif of adventure and transformation that runs through virtually all of the world's mythic traditions. Also explores the Cosmogonic Cycle, the mythic pattern of world creation and destruction. Campbell's most revolutionary and influential work.
- ⊗ **THE POWER OF MYTH** with Bill Moyers (book and DVD set). New York, NY (1988): Doubleday. **[Appx B1, D4d, P3g, PPR9, PR17, PF2]**
Displays Campbell's unique ability to take a contemporary situation, such as the murder and funeral of President John F. Kennedy, and help us understand its impact in the context of archetypal mythology. Engaging question-and-answer format, creating an easy, conversational approach to complicated and esoteric topics.
- ⊗ **THE MASKS OF GOD** (series). New York, NY (1991): Penguin. **[Appx B1, D4d, P3g, PPR9, PR17, PF2]**
The primitive roots of mythology, examined in light of the most recent discoveries in archaeology, anthropology, and psychology.

Joseph Campbell: Books and Resources (cont.)

ABOUT JOSEPH CAMPBELL

- ⊗ **Campbell, Joseph 2014, Phil Cousineau, ed. THE HERO'S JOURNEY: JOSEPH CAMPBELL ON HIS LIFE AND WORK.** Novato, CA: New World Library. [Appx B1, D4d, P3g, PPR9, PR17, PF2]
Campbell's only spiritual autobiography – a beautifully crafted collection of conversations, interviews, and outtakes from the Hero's Journey documentary. Reveals and illuminates Campbell's personal and intellectual journey in warm, relaxed format.

WRITINGS OF CARL JUNG

- ⊗ **Jung, Carl Gustav 1968. MAN AND HIS SYMBOLS.** New York, NY: Dell. [Appx B1f, D4d, P3g, PPR9, PR17, PF2]
Illustrated throughout with revealing images, this is the first and only work in which Jung explains to the layperson his enormously influential theory of symbolism as revealed in dreams.
- ⊗ **Jung, Carl Gustav 1981. THE ARCHETYPES AND THE COLLECTIVE UNCONSCIOUS.** Princeton, NJ: Princeton University. [Appx B1f, D4d, P3g, PPR9, PR17, PF2]
In-depth studies of the two concepts most pertinent to this book.
- ⊗ **Jung, Carl Gustav and Joseph Campbell, ed. 1976. THE PORTABLE JUNG.** New York, NY: Penguin. [Appx B1f, D4d, P3g, PPR9, PR17, PF2]
Jung's pioneering studies of the structure of the psyche, including the works that introduced the Collective Unconscious, the Shadow, the Anima and Animus, and Synchronicity. Selected by and extended introduction by Joseph Campbell.

APPX B1. THE HERO'S JOURNEY

- ⊗ **Vogler, Christopher 2007. THE WRITERS JOURNEY: MYTHIC STRUCTURE FOR WRITERS.** Studio City, CA: Michael Wiese Productions. [Appx B1, D4d, P3g, PPR9, PR17, PF2]
Explores the powerful relationship between mythology and storytelling in a clear, concise style that's made it required reading for movie executives, screenwriters, playwrights, scholars, and fans of pop culture.
- ⊗ **Gilligan, Stephen 2009 and Robert Dilts. THE HERO'S JOURNEY: A VOYAGE OF SELF DISCOVERY.** Williston, VT: Crown House. [Appx B1, D4d, PPR9, PR17, PF2]
How to discover your calling, and how to embark on the path of learning and transformation that will reconnect you with your spirit, change negative beliefs and habits, heal emotional wounds and physical symptoms, deepen intimacy, and improve self-image and self-love. Transcript of four-day workshop.

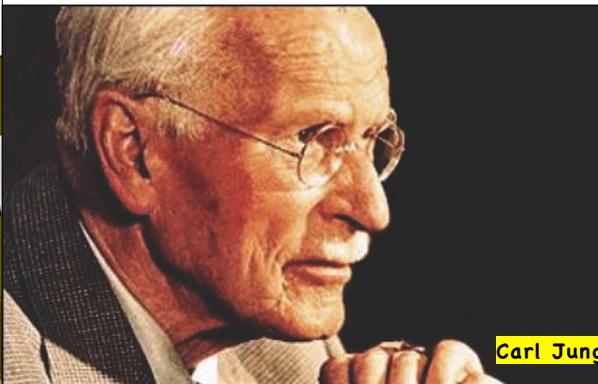
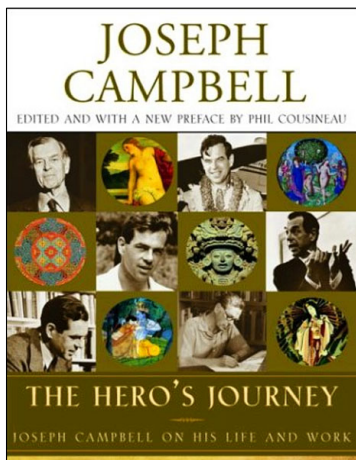
APPX B1F. ARCHETYPAL CHARACTERS & SYMBOLS

- ⊗ **Bolen, Jean Shinoda 2000. GODDESSES IN EVERYWOMAN: POWERFUL ARCHETYPES IN WOMEN'S LIVES** (+series). New York, NY: Harper. [Appx B1f, P3a, PPR5, PR17, D4d]
Just as women used to be unconscious of the powerful effects that cultural stereotypes had on them, they were also unconscious of powerful archetypal forces within them that influence what they do and how they feel, and which account for major differences among them. Personality types introduced as seven archetypal goddesses with whom all women can identify.
- ⊗ **Archive for Research in Archetypal Symbolism (ARAS) 2010. THE BOOK OF SYMBOLS: REFLECTIONS ON ARCHETYPAL IMAGES.** Cologne, Germany: Taschen. [D4d, P3g, PR17]
No pat definitions of the kind that tend to collapse a symbol. The still vital symbol remains partially unknown, compels our attention, and unfolds in new meanings and manifestations over time. Illuminates how to move from the visual experience of a symbolic image in art, religion, life, or dreams, to directly experiencing its personal and psychological resonance.

- ⊗ **Chevalier, Jean 1997 and Alain Gheerbrant. THE PENGUIN DICTIONARY OF SYMBOLS.** New York, NY: Penguin. [D4d, P3g, PR17]
Draws together folklore, literary and artistic sources, and focuses on the symbolic dimension of every color, number, sound, gesture, expression or character trait that has benefitted from symbolic interpretation. Contributions from 15 scholars -- including those in anthropology, ethnology, psychotherapy, and art history.

APPX B3. THE LIFE JOURNEY: EPICS & LITERATURE

- ⊗ **Reese, Edward 1980 and Frank R. Klassen, eds. THE REESE CHRONOLOGICAL BIBLE.** Bloomington, MN: Bethany House. [DD1+2, P7, PPR5, PF12]
Places all the passages of the King James Bible in the chronological order in which the events occurred.
- ⊗ **Rouse, W. H. D., trans. 2007. THE ODYSSEY OF HOMER.** New York, NY: Signet. [Appx B3, PR17, D4d]
The great epic in a novelistic style that is supremely entertaining and accessible.
- ⊗ **Rouse, W. H. D., translator. Nadia May, reader. THE ODYSSEY OF HOMER.** Ashland, OR: Blackstone Audiobooks. [Appx B3, PR17, D4d]
The Rouse translation read by one of the great audio interpreters.
- ⊗ **Fagles, Robert and Bernard Knox, trans. 1997. THE ODYSSEY OF HOMER.** New York, NY: Penguin. [Appx B3, PR17, D4d]
Captures the energy and poetry of Homer's original in a bold, contemporary idiom, and gives us an Odyssey to read aloud, to savor, and to treasure for its sheer lyrical mastery. With textual commentary.



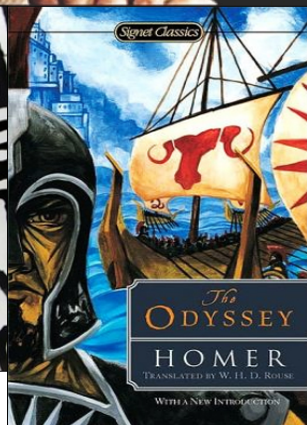
Carl Jung



Jean Shinoda Bolen



Chris Vogler



PATHFINDERS

PF9. GROWTH CENTERS

PF9a. Meditation Centers [D8, P7, PPR9, PR33, PF9a]

A particular type of Growth Center which concentrates on Spiritual Practices. Modern version of the monastery.

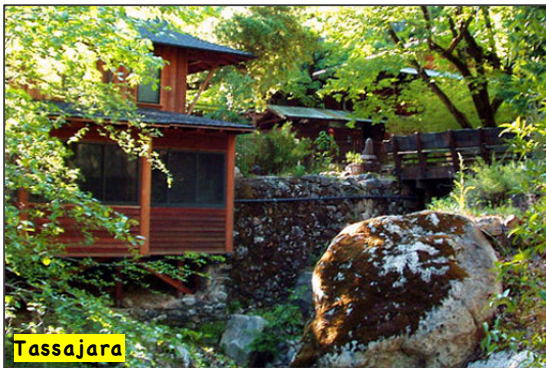
- ⊗ **TASSAJARA ZEN MOUNTAIN CENTER**, 39171 Tassajara Road, Carmel Valley, CA 93924. 415-865-1899. www.sfzc.org/Tassajara.
Founded by S.F. Zen Center's Shenryu Suzuki in 1967 as the first Zen monastery outside of Asia. Offers retreats and practice periods for outside guests only during the five summer months. Buried deep in the remote Ventana Wilderness east of Carmel, CA. Best place to totally detach yourself from the cares and vexations of daily life.
- ⊗ **GREEN GULCH FARM ZEN CENTER**, 1601 Shoreline Highway, Muir Beach, CA 94965. 415-383-3134. www.sfzc/ggf.
Zen practice center founded in 1972 by Suzuki disciple Richard Baker. Offers practice workshops and retreats, plus popular Sunday Program that includes zazen instruction, lecture, sitting, and homemade vegetarian lunch. Secluded valley with zendo, gardens, and farm opening out onto spectacular Muir Beach, north of San Francisco. Great place to experience the flavor of the Zen lifestyle.
- ⊗ **SPIRIT ROCK MEDITATION CENTER**, P.O. Box 169, Woodacre, CA 94973. 415-488-0164. www.SpiritRock.org.
Teachings of the Buddha in the Vipassana tradition of mindful awareness. Silent meditation retreats, classes, trainings, and Dharma study. Tranquil rural setting north of San Francisco.

PF9b. Alternative Universities [PPR3, PR29-33, PF9b]

Colleges and graduate programs which teach the Processes through alternative psychology and/or spiritual studies.

- ⊗ **CALIFORNIA INSTITUTE FOR INTEGRAL STUDIES (CIIS)**, 1453 Mission Street, San Francisco, CA 94103. 415-575-6100. www.CIIS.edu.
Long and honorable history, extending back to 1950's origins with Alan Watts and Aurobindo. Primarily graduate programs in psychology, philosophy, religion, cultural anthropology, transformative studies and leadership, integrative health, women's spirituality, counseling, community mental health, and the arts.
- ⊗ **NAROPA UNIVERSITY**, 2130 Arapahoe Ave., Boulder CO 80302. 303-444-0202. www.naropa.edu
Founded in 1974 by renowned Tibetan Buddhist master Chogyam Trungpa – with faculty that has included such luminaries as Allan Ginsburg, Ken Wilber, and John Cage. Offers over two dozen residence and distance-learning degrees in an exceptionally broad range of alternative fields. Bachelor's: Contemplative psychology, early childhood education, environmental, music, peace, Eastern arts, writing, performance, etc. Master's: Art therapy, religious studies, somatic counseling, transpersonal psychology, wilderness, poetics, etc.
- ⊗ **FIELDING GRADUATE UNIVERSITY**, 2112 Santa Barbara Street, Santa Barbara, CA 93105. 800-340-1099, 805-687-1099. www.Fielding.edu.
Quality distance-learning graduate programs in Education, Organizational Development, and Psychology. Organizational Management Master's Program with an Integral Studies concentration. Also, an Integral Studies certificate program. Programs developed in association with Ken Wilber.
- ⊗ **JOHN F. KENNEDY UNIVERSITY**, Pleasant Hill, California. 94523-4817. 800-696-5358, 925-969-3300. www.Jfku.edu.
Undergraduate-completion programs, graduate and doctorate degrees, and certificates in the fields of psychology, law, management, liberal arts, holistic studies, and museum studies. Integral Studies program suspended.

- ⊗ **SOPIA UNIVERSITY** (formerly Institute for Transpersonal Psychology), 1069 East Meadow Circle, Palo Alto, CA, 94303. 650-493-4430. www.itp.edu.
A leader in transpersonal research and transpersonal education. Master's and doctoral programs in Psychology and Spirituality.
- ⊗ **SAYBROOK UNIVERSITY**. 747 Front Street, 3rd Floor, San Francisco, CA 94111-1920. 800-825-4480. www.Saybrook.edu.
A premier institution for humanistic studies. Offers advanced degrees in psychology, mind-body medicine, organizational transformation, and related human sciences.



Tassajara



Green Gulch Zen Center



Spirit Rock



CIIS



Wind Cave near Tassajara



Naropa

PF1-12. Personal Journeys [D3b-d, P2a, PPR3, PR31, PF8-9f]

- ⊗ **Schwartz, Tony 1995. WHAT REALLY MATTERS: SEARCHING FOR WISDOM IN AMERICA.** New York, NY: Bantam.
The story of the author's four-year, human-potential odyssey through many Processes of psychology and spirit. Discovers the best teachers and techniques for inner development, and identifies the potential pitfalls and false gurus he meets along the way. Includes chapters on Esalen and Wilber.

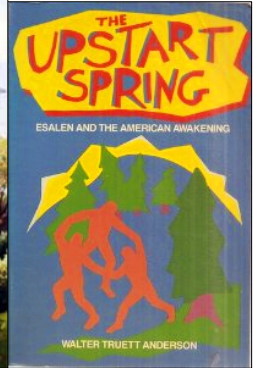
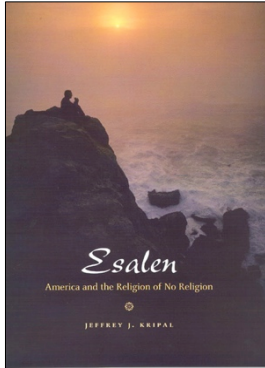
PF9f. Growth Centers – Descriptions [PPR3, PR29-33, PF9e-f]

- ⊗ **Anderson, Walter Truett 1983. THE UPSTART SPRING: ESALEN AND THE HUMAN POTENTIAL MOVEMENT: THE FIRST TWENTY YEARS.** Upper Saddle River, NJ: Addison Wesley. [PPR3, PR31, PF9f]
A charming, gossipy multiple biography of the curious gurus who spawned and influenced Esalen. The best book to capture the flavor of the Esalen experience – particularly in its early days.
- ⊗ **Kripal, Jeffrey J. 2007. ESALEN: AMERICA AND THE RELIGION OF NO RELIGION.** University of Chicago Press. [PPR5, PR31, PR2, PF9f]
How two maverick thinkers sought to fuse the spiritual revelations of the East with the scientific revolutions of the West -- to combine the very best elements of Zen Buddhism, Western psychology, and Indian yoga into a utopian vision that rejected the dogmas of conventional religion. Emphasizes Esalen's theories and socio-religious implications, rather than the actual Esalen experience.

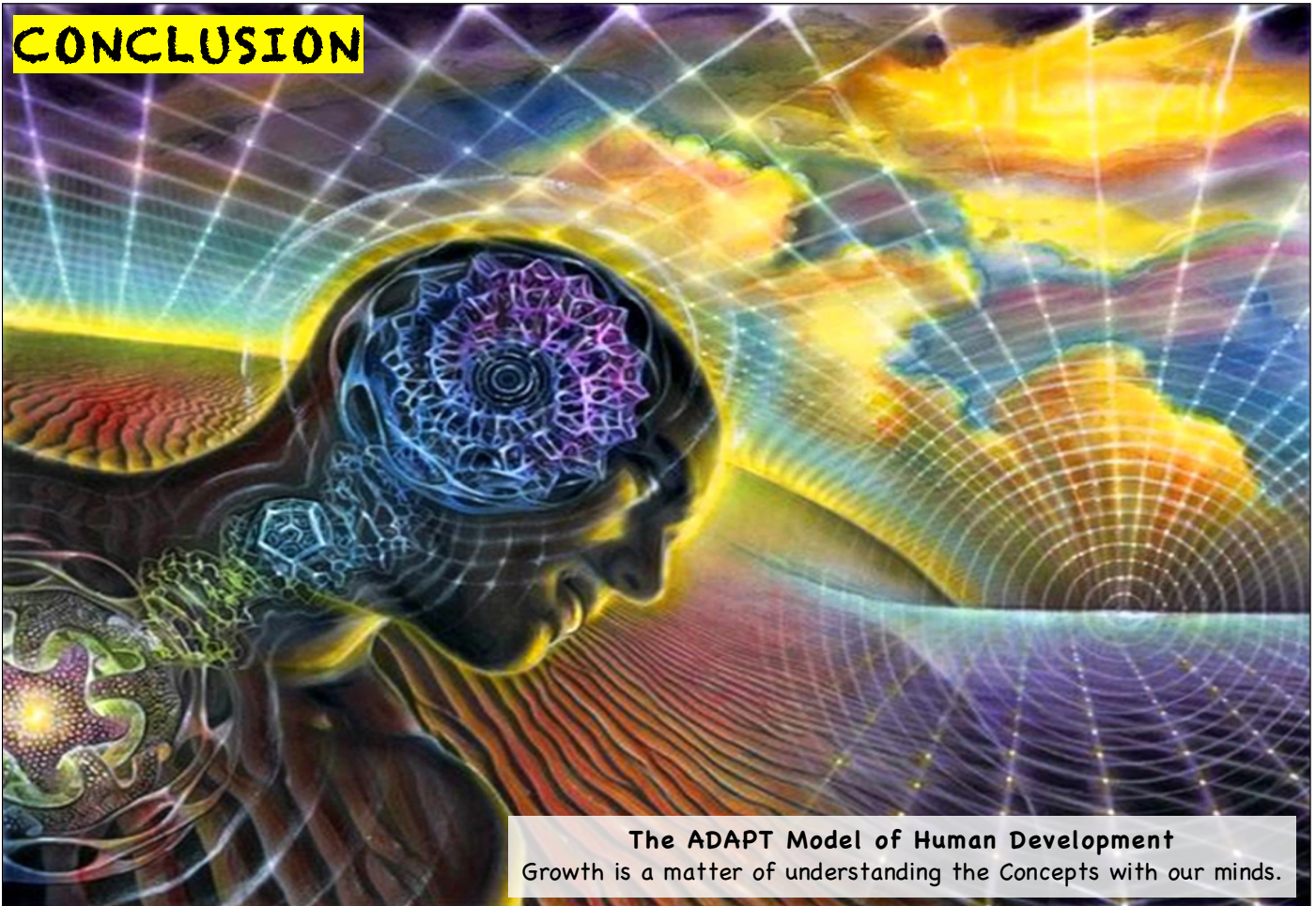
PF9f. Human Potential Growth Centers [PPR3, PR29-33, PF9e-f]

Places to experience a wide variety of Processes in idyllic settings.

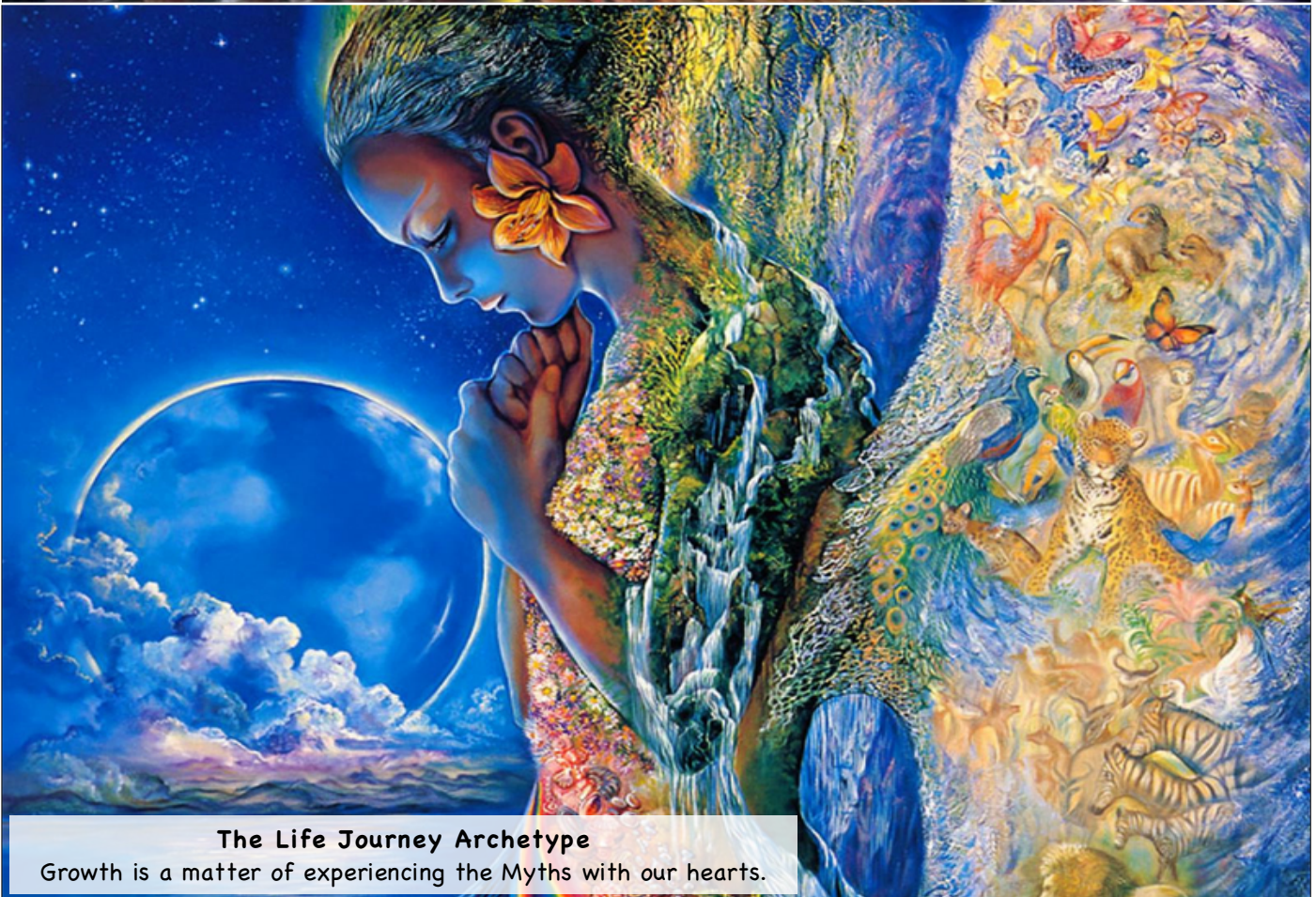
- ⊗ **ESALEN INSTITUTE**, 55000 Highway One, Big Sur, CA. 831-667-3000. www.Esalen.org.
The *grande dame* of all human potential centers, and still reigning queen. More than a Growth Center or an educational institute: A world-wide network of seekers who look beyond dogma to explore deeper spiritual possibilities; forge new understandings of self and society; and pioneer new paths for change.
- ⊗ **BREITENBUSH HOT SPRINGS** PO Box 578 Detroit, OR 97342. 503-854-3320.
www.Breitenbush.com.
A remote forest retreat in the Oregon Cascades -- blessed with abundant hot springs, a glacier-fed river, tranquil and majestic mountains -- where one can discover a vast and personal connection with the natural world in any season. Magical retreat for Growth programs, or just personal rejuvenation.
- ⊗ **THE FINDHORN FOUNDATION (AND UNIVERSITY)**, The Park, Findhorn Bay, Moray IV36 3TZ, Scotland, UK. +44 (0)1309 691620. www.Findhorn.org.
One of Britain's largest and best-established intentional communities. A Northern Scotland eco-village offering workshops and residential programs for over 3000 visitors per year. Best place to regress back to the Golden Days of the 1960's.
- ⊗ **HOLLYHOCK**, Cortez Island, British Columbia, Canada. 800-933-6339.
www.Hollyhock.ca.
Exists to inspire, nourish and support people who are making the world better. Canada's major Growth Center, still connected to her counterculture roots.
- ⊗ **OMEGA INSTITUTE**, 150 Lake Drive, Rhinebeck, NY 12572. 845-266-4444. www.Eomega.org
Nurtures dialogues on the integration of modern medicine and natural healing. Designs programs that connect science, spirituality, and creativity. Special attention to sustainability, women's leadership, veterans care, and service -- issues that must be addressed in order for our society to heal and flourish. The major Growth Center on the East Coast of the US.



CONCLUSION



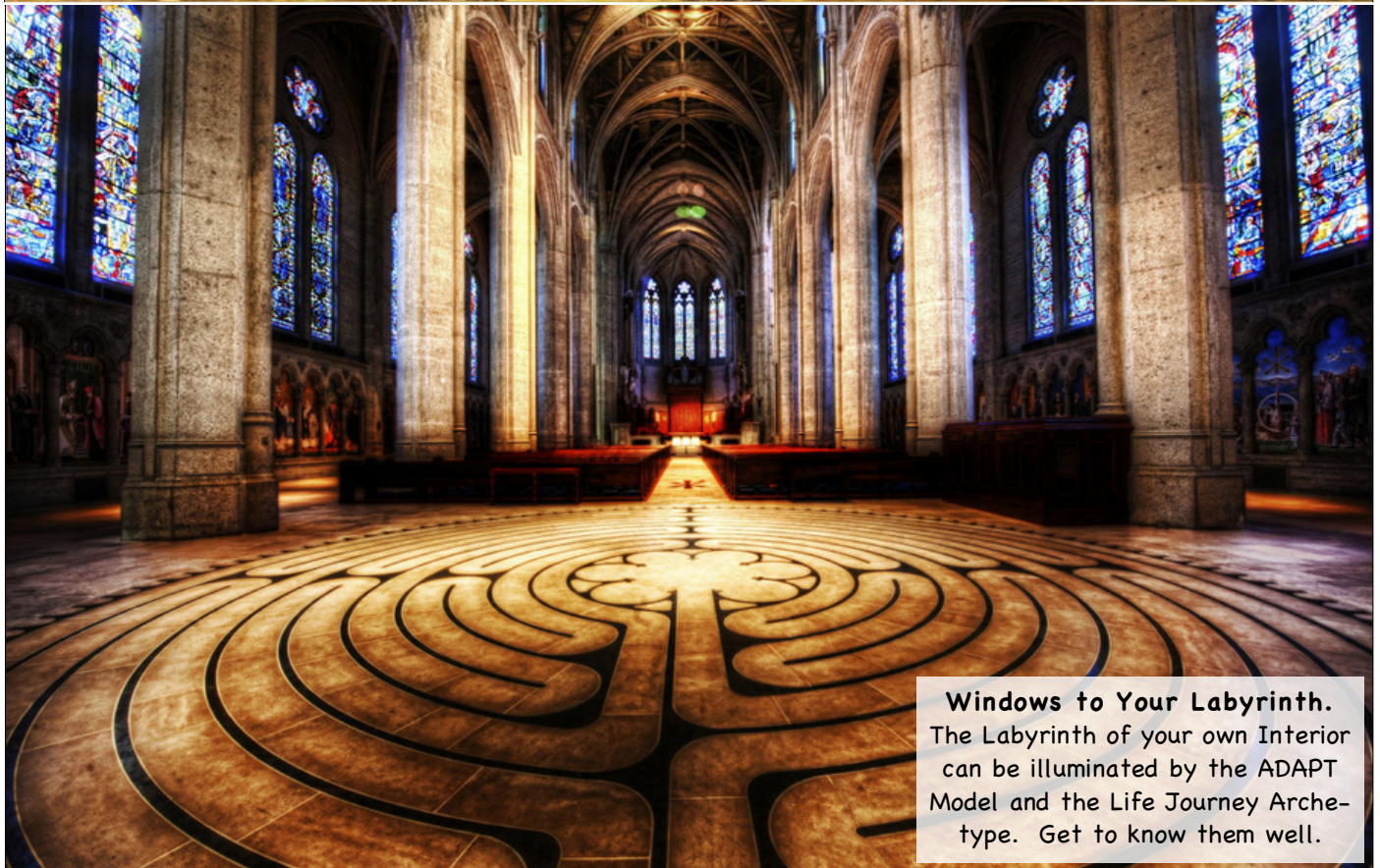
The ADAPT Model of Human Development
Growth is a matter of understanding the Concepts with our minds.



The Life Journey Archetype
Growth is a matter of experiencing the Myths with our hearts.



Entering the Labyrinth. The Human Interior is a Labyrinth of inviting archways, circuitous corridors, shadowy characters, tangled obstructions, and astonishing discoveries.



Windows to Your Labyrinth. The Labyrinth of your own Interior can be illuminated by the ADAPT Model and the Life Journey Archetype. Get to know them well.

O

CL. CONCLUSION: WHERE HAVE WE BEEN? WHERE DO WE GO FROM HERE?

Near the beginning of this book, we described the six factors that enable people to grow (*How People Grow*, p. ##). The first and perhaps foremost of these factors is Awareness – the Awareness that the various types of Growth exist, and that they are attainable in your own life. Now that you have become familiar with the features of the ADAPT Model and the Life Journey Archetype, this section offers two ways to further enhance your Awareness:

✿ **Follow the Thread.** Follow just one aspect of this book from beginning to end. A way to review the Concepts, to see them in a new light, to show how they all fit together, and to apply them to your own life situation. (beginning this page)

✿ **The ADAPT Gallery.** A selection of the best ADAPT cartoons and illustrations. An entertaining way to explain, elucidate, and expand upon the various ideas and insights of this book. (p. 266)

FOLLOW THE THREAD

To make the most of this book, you can employ a technique we call ‘Follow the Thread.’ With this method, you select one aspect of this book – the illustrations, the archetypes, the tables, etc. – and follow that Thread alone through the entire book. This technique requires but a small fraction of the time it took to read the book itself – yet it provides a comprehensive overview that enables you to see each feature of the program afresh.

Just choose any of the 16 Threads* below that appeals to you, and follow it through to the end. Then, as you prefer, move on to another Thread that catches your attention, and go through the same process. And so forth. *Follow a particular Thread only so long as it continues to appeal to you. No need force it. Just move about among the Threads as your interests and inclinations lead you.* From time to time, pause to reflect on what you’ve learned. Then add your comments to the appropriate section of your Journal. You will be amazed how effectively this method brings the book into focus.

[*Only the first five Threads, plus #16, are included in this Introductory Version.]

CL1. Revisit the Concepts

Go back to the ADAPT Overview (p. 38). Scan through the **Domains** and **Sectors** – looking for Concepts you feel hazy on, unsure of, or ambivalent about. Revisit those sections, review the material, and try to make better sense of them. On this round, just read over the **conceptual sections** (middle-left), and be sure you’re clear on what’s being said.

CL2. Deepen Your Explorations

Each **Exploration** opens up far more than you could ever have covered the first time around. Besides, having gone through the entire Model, you now have the benefit of hindsight. You now know how each episode fits into the entire plot.

Choose any Concept that attracts your attention, revisit that section of your Journey, and add to your previous Exploration. If you feel ambitious, go back through the entire set of Explorations – adding new and original material to what you have already written. Do the sections System-by-System (p. 18) -- or follow your interests in any order that appeals to you. Do not force it, or turn it into a chore. Pause whenever you feel like it, and resume when you’re ready for more. **Your Explorations are**

probably the most important of all this book's Threads, so attend to them carefully.

CL3. Integrate the Life Journey

As you have studied the individual sections of the book, you have discovered the parallels between each Concept and its corresponding **Life Journey Archetype**. Now let's review and integrate the various features of that Life Journey.

Flip through the Domains and Sectors of the Main Text – focusing only on the Life Journey text-boxes (upper-left corner of each section). Before you look at a given textbox, ask yourself, 'What is the parallel between this Concept and the Life Journey Archetype?': 'What part do Dimensions play in the Life Journey? What part do Stages play? What part do Transitions play? ' And so forth.

Now look at the Life Journey textbox. How does the book's interpretation compare with your own? What does your interpretation leave out? What does your interpretation add that we hadn't thought of? Continue through the entire set of Domains and Sectors, until you have a complete picture of the Life Journey Archetype – and a complete set of parallels to the ADAPT Model.



Are You a Creative?

Are you a Cultural Creative, or a Droid? *** If you consider yourself a Creative, how does this manifest itself? In your devotion to the arts? In your passion for world-transforming causes? In your dedication to maximizing your potential as a human being? *** In what circumstances of your life are you most a Creative? When you are sculpting or painting in your studio? When you join a protest march? When you escape to a heartfelt workshop at Esalen? Or even, when you are concentrating on some intensive Exploration in this book? *** At those times when you are a Droid (yes, we all have them!), where does this manifest itself? When you zone out in front of the TV? When you commute to work through rush hour traffic? When you slog through all your bills? When you quarrel with your partner? *** Which books or movies bring out the Creative in you? Which ones bring out the Droid? Which such books or movies leave a permanent imprint on your soul? *** How can you go about encouraging your Inner Creative? What enlivening activities can you engage in? What enhancements can you add to your daily surroundings? What friendships can you cultivate that will raise your consciousness, or make life more fun?

Deepen Your Explorations (CL2)

Now, with the benefit of hindsight, go back to previous Explorations. In section IN2, for example, ask yourself questions like these: In what ways am I a becoming Creative? In what ways am I still a Droid? How has this book helped me become more of a Creative? What more can I do to bring out my Inner Creative?

CL4. Integrate the Cartoons

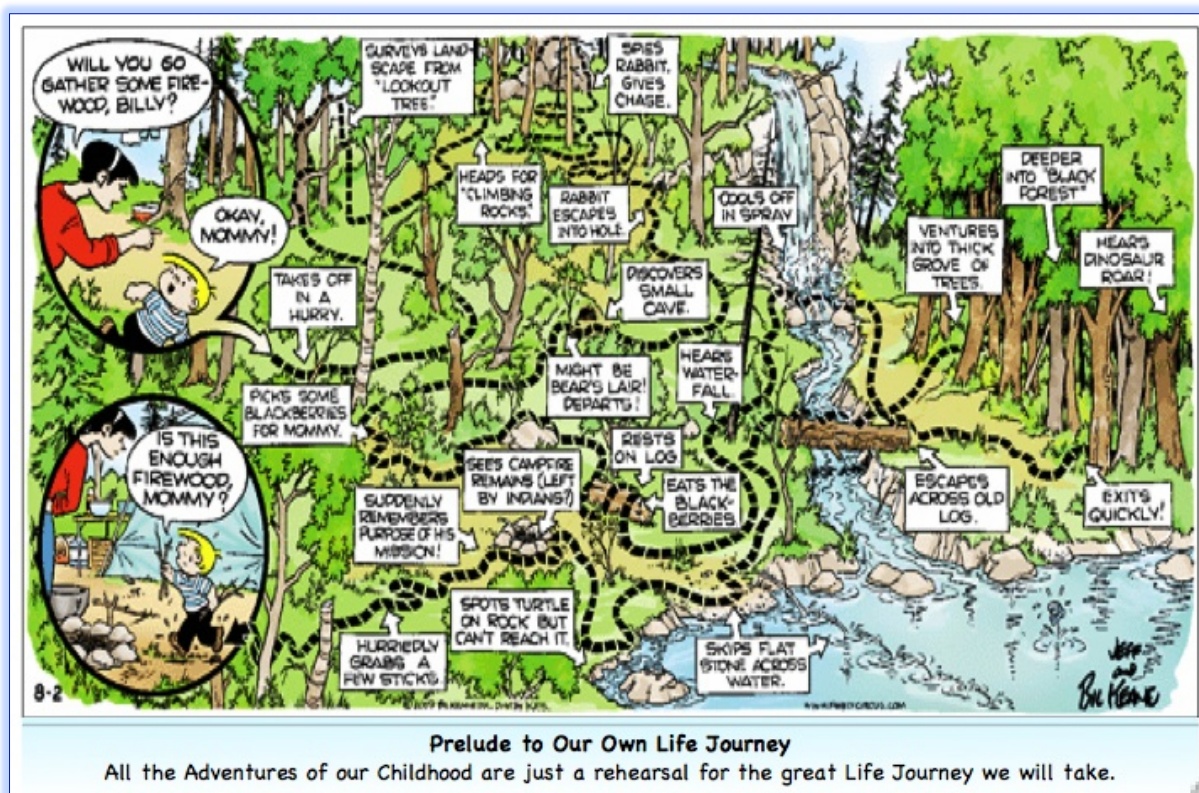
As you have studied the individual sections of the book, you have explored a whole series of **Cartoons** and their **Captions** – many with funny pictures that elucidate a particular Concept in ways that cannot be conveyed by words alone. Now let's integrate and coordinate those Cartoons.

Flip through the Domains and Sectors of the Main Text – focusing your attention only on the Cartoons. How much of the Concept can you understand merely by perusing the Cartoon? What does the Cartoon add that is not conveyed by the verbal explanation? What does the Cartoon lack that is added by the verbal explanation? How do these Cartoons make the Concept more interesting, more fun, more experiential, more accessible to your understanding, more applicable to your life?

CL5. Integrate the Graphics

As you have studied the individual sections of the book, you have explored a whole series of **Graphics, Photographs, and Illustrations** -- combined with their **Captions** and **Sidebars**. Many contain images that elucidate a particular Concept in ways that cannot be conveyed by words alone. Now let's integrate and coordinate those Graphics.

Flip through the Domains and Sectors of the Main Text – focusing your attention only on the Graphics. How much of the Concept can you understand merely by perusing these images? What do the images add that is not conveyed by the verbal explanation? What do the images lack that is added by the verbal explanation? How do these images make the Concept more tangible, more experiential, more accessible to your understanding, more applicable to your life?



Prelude to Our Own Life Journey

All the Adventures of our Childhood are just a rehearsal for the great Life Journey we will take.

Integrate the Cartoons (CL4). Go back to the cartoons that particularly attract your interest. For instance, take a few minutes to accompany little Billy on his explorations in the forest (section PL). What does he discover? What adventures does he concoct for himself? How does he follow his curiosity and creativity?

*** What similar adventures did you have as a child? How have these adventures prepared you to embrace and enjoy the challenges of adult life?

O CL16. *Forget Everything You've Learned*

As you review this book, don't make a chore of it. Rather, allow your explorations to be guided by your interests, intuitions, and inclinations. Nibble and savor these Concepts, as if you're browsing the banquet table of a tempting and delicious meal.

Once you have absorbed, digested, understood, and internalized the important ideas, **forget everything you've learned**. Allow any abstraction or 'book learning' to fade from your conscious mind. Then notice the occasions when the insights of this book arise spontaneously and intuitively in your mind: When you are soaked in suds and giving your baby a bath. When you are consumed in the heat of a fiercely-contested pickup basketball game. When you and your Partner are making up after a contentious spat. As you turn the soil in your backyard garden. While you are preparing for a crucial job interview. When you pause to reflect on the successes and satisfactions of the day.

With the ADAPT Model subconsciously processing, coordinating, and integrating your moment-by-moment experience, are you viewing situations like those above from a higher perspective? Are you handling life situations more confidently and effectively? Are you experiencing greater clarity and peace of mind – the sureness that comes when you operate from your heart's core? If your answer is 'Yes' to any such questions, you are now living your Life Journey. You are immersing yourself in the relentless, rushing current of the Life Force. You are sailing to shores unknown -- borne ever onward by the pulsing waves of the Growth Continuum.



Your Golden Compass. This book is designed to help you construct, refine, and calibrate your Golden Compass – your own Internal Navigator (PR11) that will spontaneously and intuitively orient you in the direction your life should go. The Concepts of this book are the tools we use to build your Golden Compass. Once that Compass is in hand, you can put aside the tools you used to make it. In other words, you can 'Forget Everything You've Learned.'

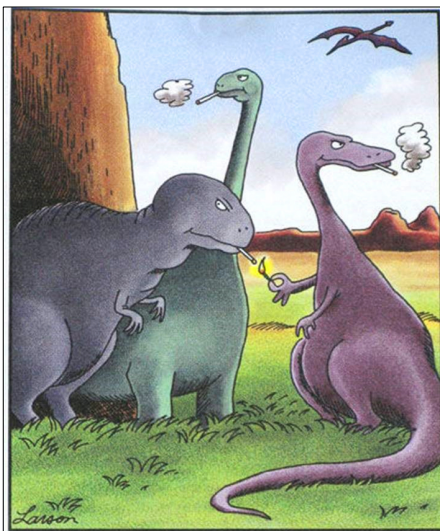
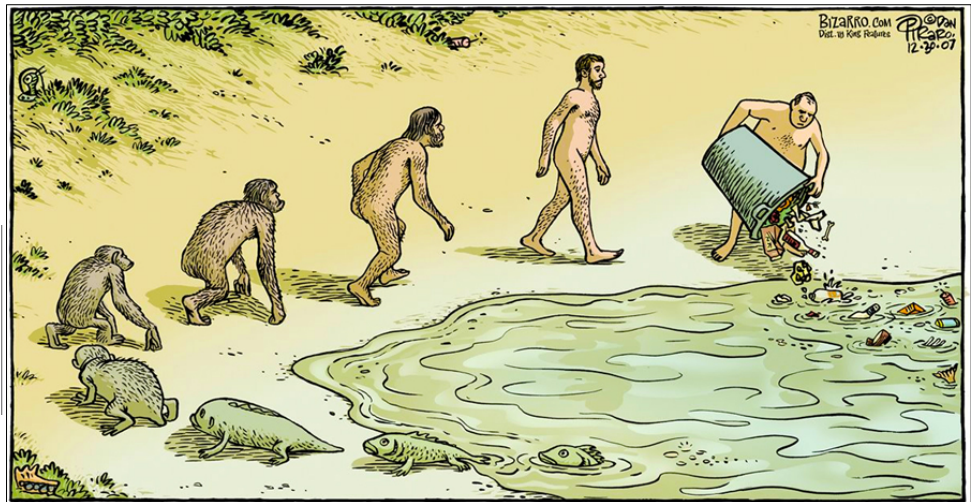
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THE ADAPT GALLERY: Cartoons and Illustrations

In this final section, we summarize and review some of the major Concepts of this book with a selection of the best ADAPT cartoons and illustrations – arranged by Domain, Sector, & topic.

IN. INTRODUCTION

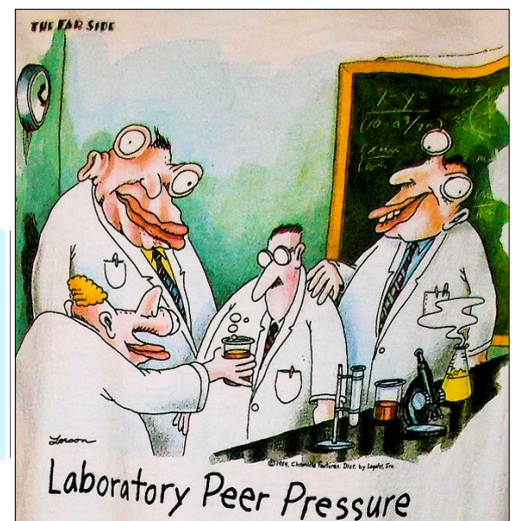
Human Development. “As we develop and evolve, our civilization may be planting the seeds of its own destruction.” (IN1)



The real reason the dinosaurs became extinct.

ADAPT-ation. “The Dinosaurs died out because they were unable to adapt to drastically changed conditions (OV1). (Or maybe they just got into some very bad habits! (PR12))”

The Growth Mentality (IN2). “When I decide to grow, I must resist the pressure to conform (PF2). Because the person I will become may very well be unacceptable to the family, friends, and associates who knew me before.”



OV. OVERVIEW



The Life Journey Archetype. The explorations of Captain James Cook required a Map (which they themselves were creating), a set of Voyagers (the crew and passengers), a Ship (the trusty HMS Endeavor), a Navigator/ Captain (Cook himself), and an overarching System (the British Admiralty, who supported and financed the adventure).

"OPERATION KAPOW!" (CALVIN: GENIUS + MASTERMIND; HOBBS: CREATIVE CONSULTANT + CARX OSGROOPER)

TOP SECRET!! DO NOT READ THIS!! THIS MEANS YOU!!

#1: TAKE SLED TO TOP OF MT. VERTIGO
 #2: GET UP SPEED
 #3: NAVIGATE THROUGH WOODS (IN CASE ENEMIES ARE FOLLOWING)
 #4: GO TO SECRET PINE TREE
 #5: GRAB HIDDEN BUCKET OF SNOWBALLS!
 #6: BLAST SUSIE! HA HA!
 #7: MAKE GETAWAY (GO FAST HERE)
 #8: HIT RAMP
 #9: HIDE IN IMPENETRABLE FORTRESS. PLOT NEXT ATTACK!

KAPOW!
 (THIS SHOULD LOOK STEEP)
 (TREES)
 (I HATE YOU CALVIN OW OW OW OW OW!)

FASTER FASTER!
 (WHEE)
 (THIS FORT WILL BE REALLY REALLY BIG)
 (5000 EXTRA SNOWBALLS)
 MEAL OF SUCCESS RECIPIENTS

DESTROY THIS MAP! CALVIN AND HOBBS = GREAT!!

calvin and hobbes
 BY WILSON

NOW IF IT WOULD ONLY SNOW!
 WHILE WE'RE WAITING, I'LL DRAW MORE SPIRALS ABOVE SUSIE'S HEAD.

Journey to Infamy: Calvin's Snowball Massacre. Calvin's Journey needs a Map (showing where the dire deed will take place), Voyagers (the two gleeful conspirators), a Ship (the sled that will carry them to the fatal rendezvous), Pathfinders (the inset showing the two conspirators hatching their plan), and a System (the secret plan itself). If the plan works, there will be many more spinning spirals above Susie's head!

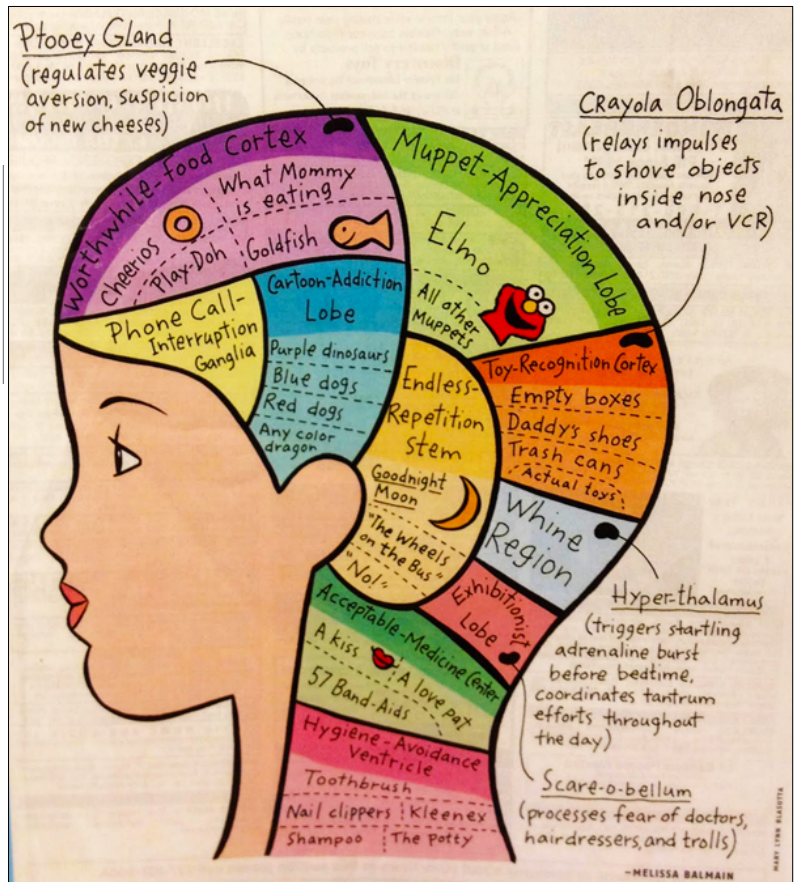
D1. STAGES

My Own Identity. "Now that I'm a Toddler (D1aa), I'm forming my own Identity independent of Mom (PF1). Some things are real important to me, and I always want my own way."



"It's broccoli, dear."

"I say it's spinach, and I say the hell with it."



Clean Plate Club? "In my Later Childhood (D1ab), I am beginning to differentiate myself from my Parents' wishes and expectations (PF1)."



The Family Bed. "During my Earlier Childhood (D1aa), my life is centered around my Parents and Siblings." (PF1)

D2. TRANSITIONS



Sailing the Spiral Shell. "Transitions (D2) are the Turbulent Seas between one Enchanted Island and the next (D1)."

Bridges to the Next Stage. "Because Transitions (D2) involve change, they're riskier. But that's what also makes them more fun! (PR26)"



Mid-Life Madness. "My Mid-Life Transition (D2ad) looks a lot like an adult replay of the Terrible Two's! (D2aa)"



Tying the Knot. "When Toula and I finally get married (PF5), we've made the full Transition to Young Adulthood." (D2ac)



D1+2. DEVELOPMENTAL SEQUENCE



Our World-Spanning Journey. "Our Developmental Sequence (D1+2) is a Journey from Port of Call, to Open Seas, to Port of Call again – until we reach our final destination (PPR33)."

The Spiral of Life. "As the elements of life replicate themselves in larger and larger form, a Spiral is created (D1+2) – the basic pattern of life."



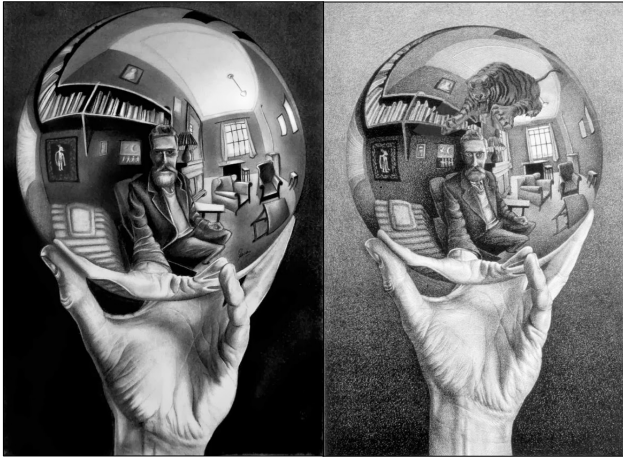
Follow the Yellow Brick Road!

"In an echo of other great Life Journeys, Dorothy's Journey down the Yellow Brick Road begins with a rousing march out of the Munchkin Spiral (D1+2)."

Our Spiral Stairway to Growth. "Our Developmental Sequence (D1+2) is a Spiral Staircase – where each floor is a Stage (D1), and each turn of the staircase is a Transition (D2)."



P1-2. PARTICIPANTS: THE SELF



Conversations With Myself. "The reflection in the globe is my Observed Self (P1b). The hand holding the globe comes from my Experienced Self (P1a). (Oh oh! If you look carefully, here comes my Shadow Self (P4), ready to pounce!)"

Jam Session. "While we dance at the Jazz Festival (PR28) in the park, we are swept up in the rhythm of the Crowd (P2b)."

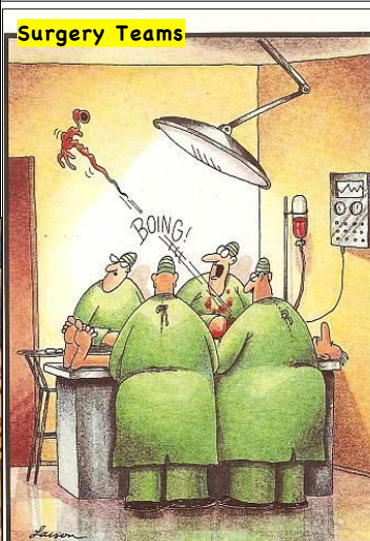
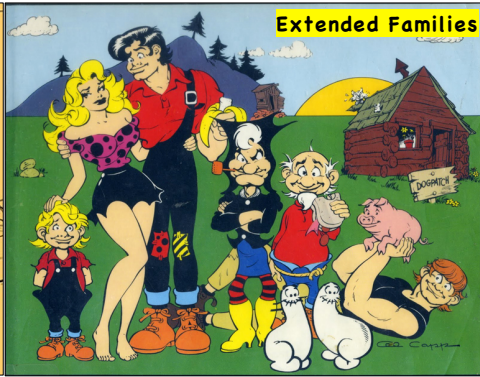
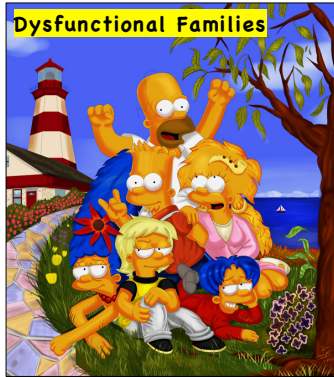


Rock Band (P2b). "We play our new songs (PR28) out in the caboose - so we won't upset the neighbors, and our parents can get some sleep!" Our Self-Expression Processes (PPR24-28) enable us to convey our inner qualities of Self in outwardly-perceivable form.

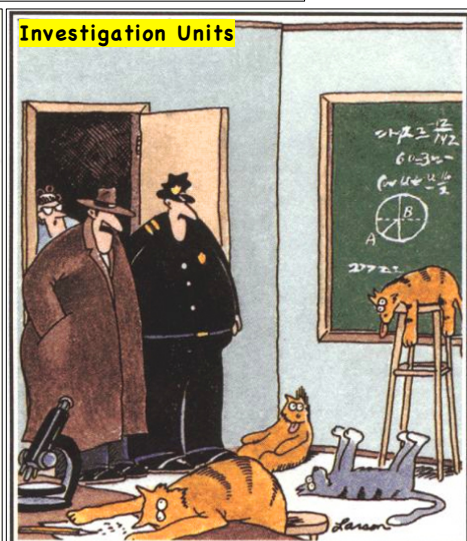
Tangled Thicket. "My Shadow Self (P4) is lost in a dark and tangled thicket. I may never escape, unless rescued by some Champion from the outside (PF6-8)."



P2b. COLLECTIVE PARTICIPANTS: In the Funnies

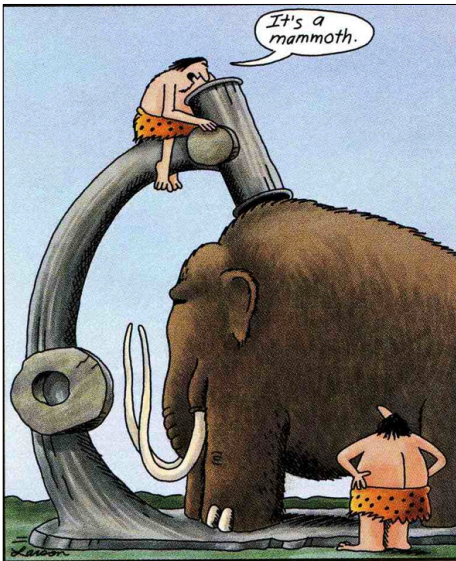


"Whoa! Watch where that thing lands—we'll probably need it."



"Notice all the computations, theoretical scribbles, and lab equipment, Norm. ... Yes, curiosity killed these cats."

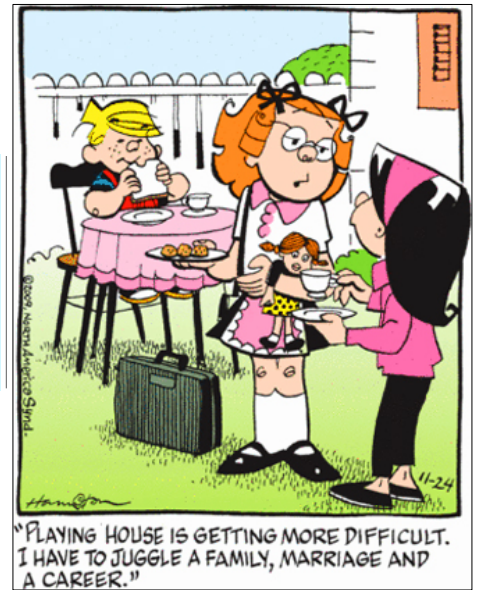
PR. SPECIFIC PROCESSES



Formal Investigation Processes (PR18-23).

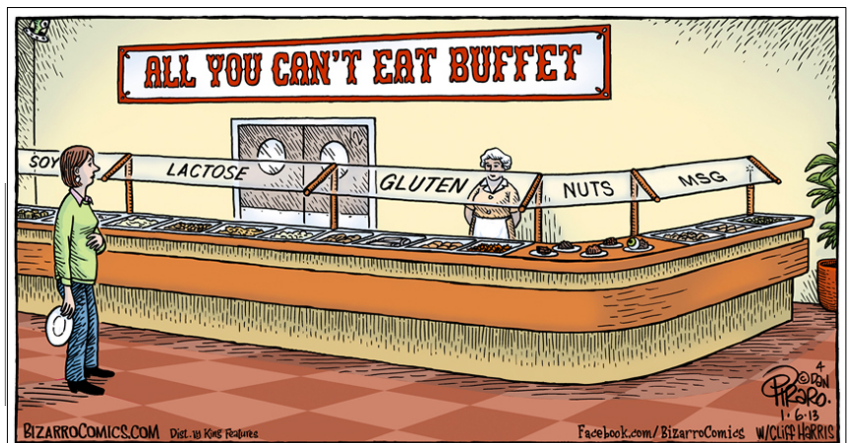
"When I combine Observation (PR10) with Explanation (PR19), Reason (PR21), and Proof (PR23), I get a realistic picture of Reality that helps me grow."

Foundational Processes. "I am becoming a good Parent (PR1-2, PR5-6) by imitating good Parents (PF1). Through good parenting, I am passing along the wisdom and experience I've gained in a lifetime (PF4)."



Natural Nutrition (PR2). "The majority of our health problems could be resolved just by eating better. In doing so, we'd improve our mental outlook (PR29), as well as our physical condition (PR28)."

Psycho-Biologic Processes (PR32). "Modern foods have become so contaminated! They affect, not only my physical health (D3-4a), but also my psychological moods and my mental clarity (D3-4b)."

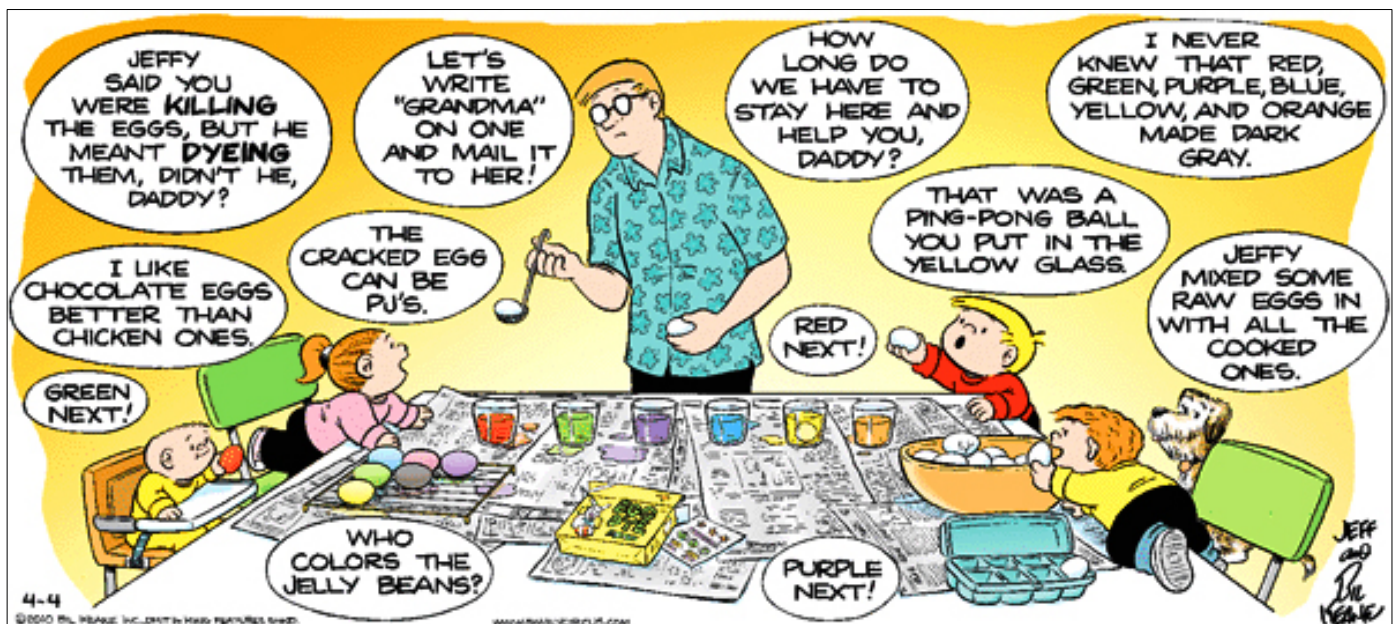




Just a Parent. "Parenting (PF1) is the process of equipping my children for life. It requires a myriad of complex Skills (PR11), most of which go unrecognized."

PF. PATHFINDERS

Bandits from Outer Space. "Aside from my Parents (PF1), School Teachers are probably the most influential Mentors (PF8) of my formative years."



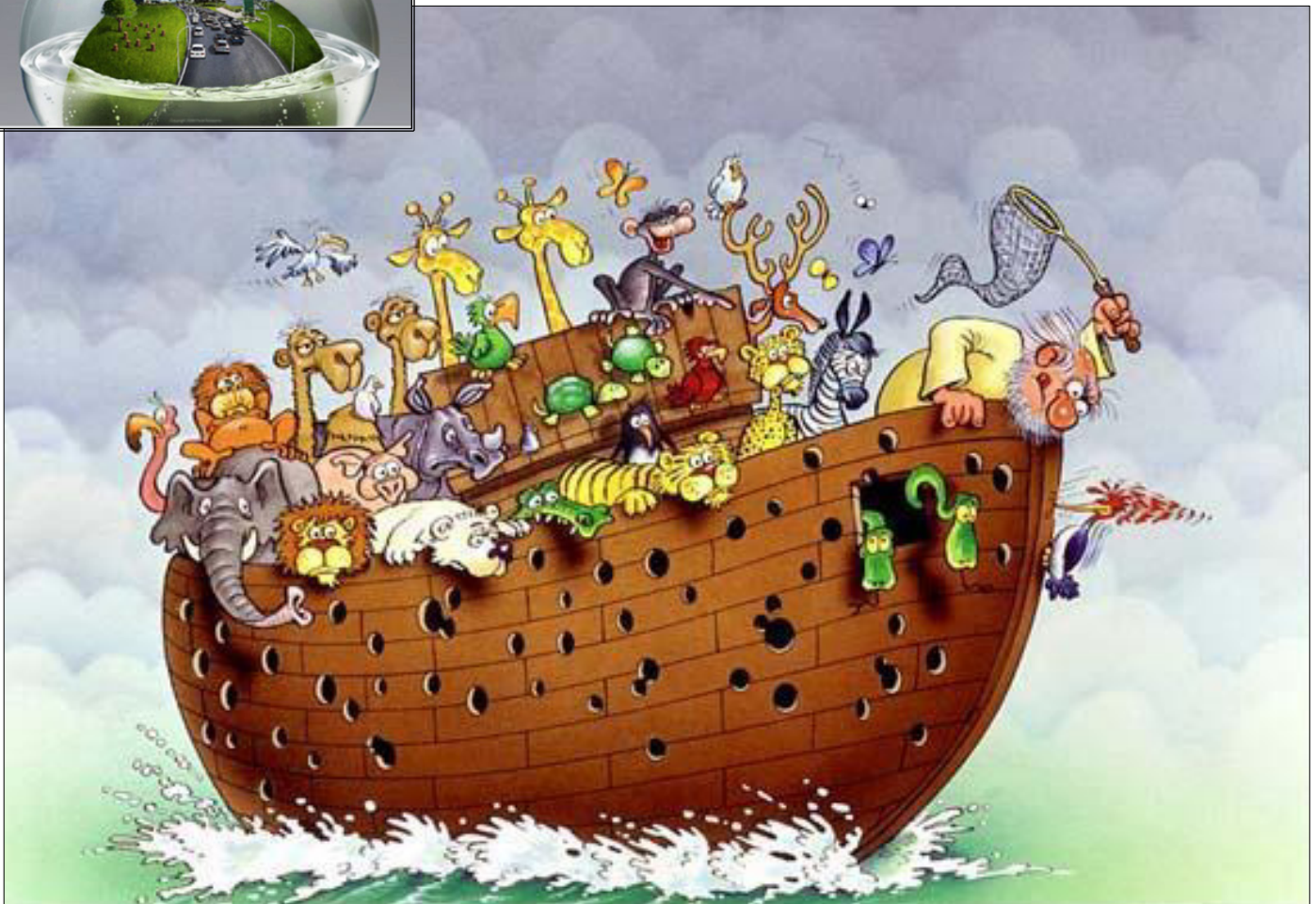
Egg Hunt. "Coloring Easter Eggs is a Holistic Growth Situation (PF3), where we learn about chickens, reproduction, cooking, food, color, holidays, planning, cleanup, and a bunch of other fun stuff. (PR19)."

S. SYSTEMS

Come In, Daffy! The Tasmanian Devil's hideous System (S) for extracting Daffy's teeth as painfully as possible. Ouch!



Melting Ice Caps. "Because our Environment is an extremely sensitive System (S), just a 3-degree increase in average temperatures could have a catastrophic effect for life on Earth (PR10)."



Cultural Evolution (DD1+2b). "Noah's Ark was the original System of Collective Growth (S2) – a capacious Ship (PR), teeming with Voyagers (P), guided by a Captain/ Navigator (PF), who sought a new land (D) to establish a purified Culture (P2b)."

THE HERO'S JOURNEY



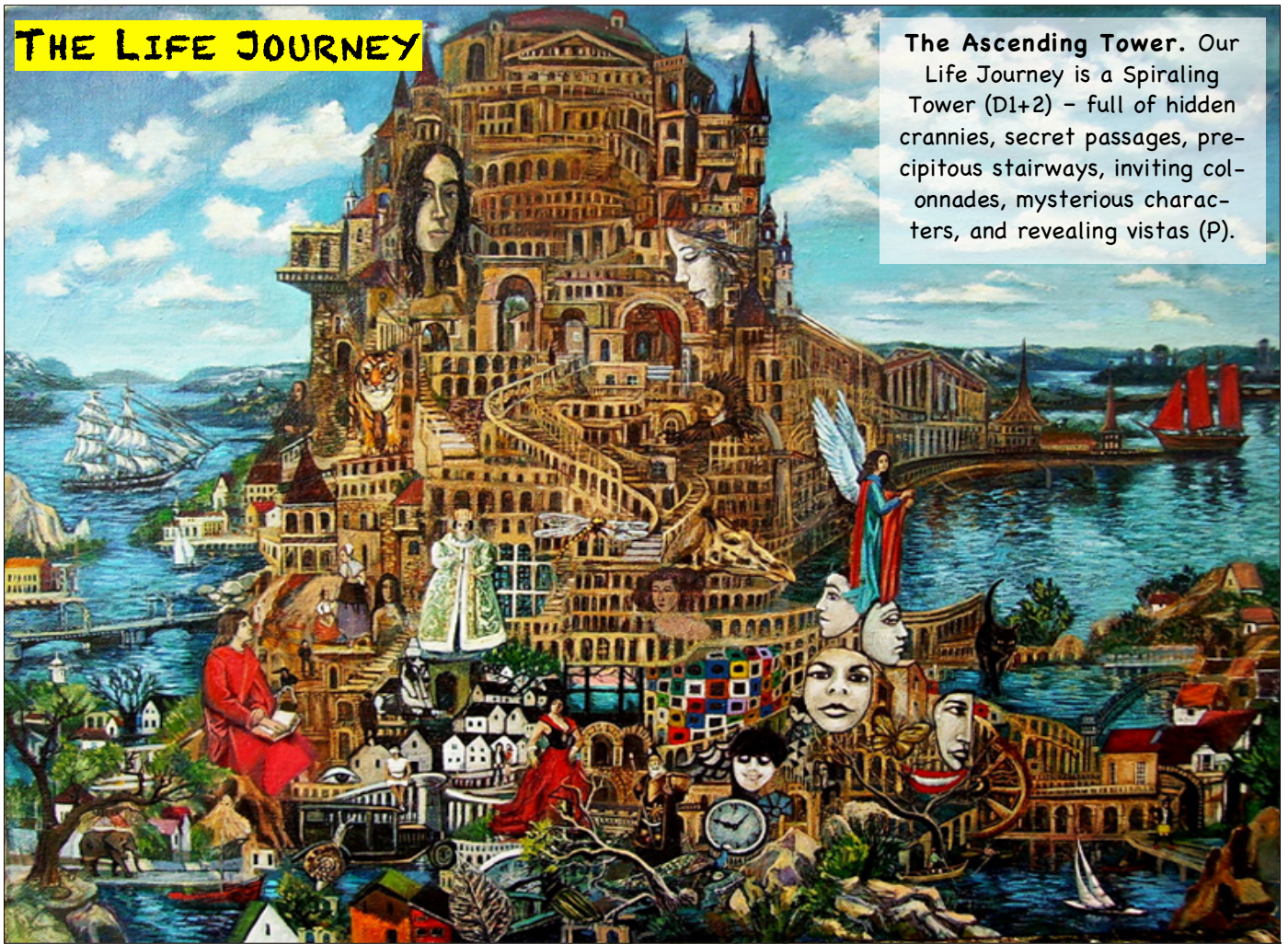
Early Hero's Journeys (Appx B1): Ancient Cultures employed Mythic Stories (PR17) to describe the direction and purpose of an admirable life (PR15).



Modern Hero's Journeys (Appx B1): Like our favorite characters in books and movies (P3g), our whole life is a perilous and inspiring Hero's Journey (PR17).

THE LIFE JOURNEY

The Ascending Tower. Our Life Journey is a Spiraling Tower (D1+2) - full of hidden crannies, secret passages, precipitous stairways, inviting colonnades, mysterious characters, and revealing vistas (P).

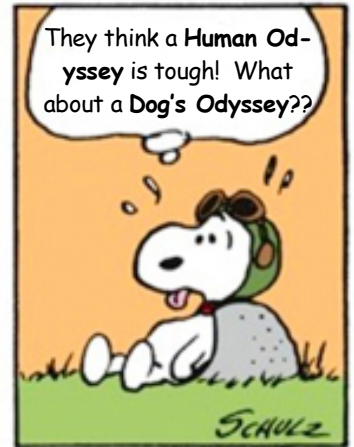


This whole Neighborhood is just one big playground for Really Cool Adventures!

All your Cool Adventures are just a rehearsal for your amazing Journey of Life!

THE HUMAN ODYSSEY

Classic
PEANUTS
by
SCHULZ



EPILOGUE: LIFE'S BIG WAKE-UP CALL

We began this book with the story of Hugh's encounter with terminal cancer, and the transformation of psyche that saved him from an early death. In this Epilogue, Hugh brings his story to a close -- and explores the real lessons to be learned from it.

Dawn Over Half Dome

"The story, of course, has a happy ending. I'm basically healthy now. I visit a chiropractor more often than most, and have some odd food sensitivities – but otherwise, I'm far more vigorous and energetic than most men my age.

"Recently, beginning before daybreak, I hiked ten miles with a hefty pack through Yosemite's High Country – from 9000-foot Tuolumne Meadows, up the peak of Cloud's Rest – just in time to catch the first rays of sunrise kissing the crown of Half Dome. From there, I scrambled cross-country to the summit of Half Dome itself, then down the steep stone stairs past Nevada and Vernal Falls to the 3000-foot Valley below – a total of over 20 miles, with an elevation change of 10,000 feet. As dusk began to settle, I hitchhiked 65 miles back to Tuolumne to join my family in time for campfire. God is good."



We Are All Terminally Ill

"My story is a dramatic tale of life-threatening illness, transformation, and redemption. But the story is not just about me. It is about you, my dear reader.

"You are terminally ill. You too are sentenced to die. Not just someday – but within a specific, limited period of time. The chances of me dying within two years at age 24 were set at 80%. What are your chances? If you are 25, there's an 80% chance you will die within 50 years. If you are 45, you most likely will die within 35 years. If you are 65, you'll probably be departing within 20. None of us will be alive 100 years from now.

"We are all under a certain, final, unappealable, ineluctable sentence of death. Not just someday – but soon, in the ultimate scheme of things. No way out. We're toast. We're history. We're destined to be a minor cipher in someone's future genealogy tree. The wisdom of all the ages tells us this..."



*As for man, his days are as grass:
As a flower of the field, so he flourisheth.
For the wind passeth over it, and it is gone;
And the place thereof shall know it no more.*

[Psalm 103]

as a flower of the field

The Blessings of Mortality

The awareness of our own immanent death. It's a major bummer. But it's also the beginning of Wisdom. Once we recognize and accept our own death, we stop avoiding life, or wasting life, or taking life for granted. We begin asking the important questions: If I'm going anyway, how can I make the most of my few precious moments here on earth? How can I make my life as rich and satisfying as it might possibly be? – free from pain and trouble, filled with close friends, a loving family, genuine success, and happy memories?

We begin to consider the really big questions: What am I here for? What is life all about? How can I live a life that is more meaningful and fulfilling? How can I map out the right path – and take my first brave steps? What can I do now that will make my whole life journey a joyous celebration?

When we're on our death-bed, what treasures will we have to look back on? Who will be holding our hand? Whose eyes will we see glistening with tears as we slip away?



Your Tambourine Man Calls

Do you have an 'Esalen-of-the-Mind' you need to visit? A Tambourine Man you need to follow?

*Yes, to dance beneath the diamond sky
With one hand waving free,
Silhouetted by the sea,
Circled by circus sands. . .*

With the thundering black waves of your mortality rumbling on the horizon, with your life so long yet so near its end, with all options for escape now cut off, with all shallow diversions now rendered hollow – with all these voices urging you forth, with so much to gain and nothing to lose, will you now listen to the call of that deep, wistful, poignant voice within you?

Far off, on some rocky, windswept beach, the Siren Song of the Tambourine Man cries out to you. Won't you pause -- and hearken to his call?

*Hey! Mr. Tambourine Man,
Play a song for me.
In that jingle, jangle mornin'
I'll come followin' you.*

