

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. Extensive excerpts from the Introductory Version of this book will be presented on Integral World in nine installments:

☸ **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 and techniques 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). These comprise Domain #3 -- the Sailing Ships of our Life Journey.

☸ **Installation #6: Pathfinders.**

The people and other resources that help us move along our path of growth. 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: Cartoons and illustrations that shed further light on key concepts from the book.

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

Annotated outline of books, research studies, and other resources you can use to implement your own personal evolution.

This issue of Integral World contains Installation #4.

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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.

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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



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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?

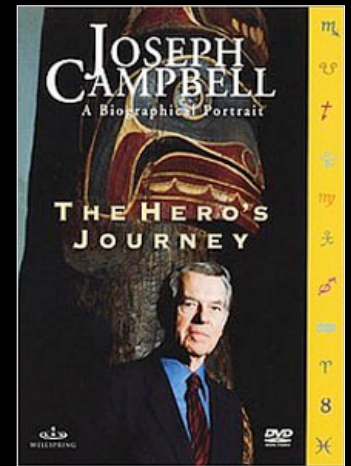
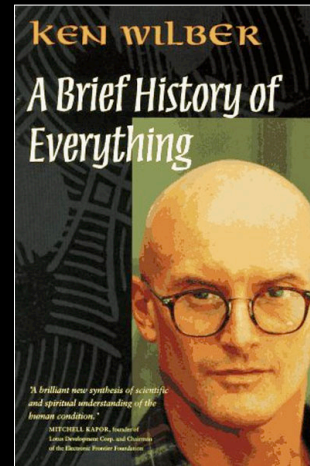
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*, 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')

Installment #4: Participants in the Growth Process

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Domain P: PARTICIPANTS



The Self: A set of interrelated mechanisms that enable us to survive, prosper, explore, and grow.



The Self: A single being with numerous chambers, passages, stairways, drawbridges, terraces, and vistas.

The PARTICIPANTS are the captain, crew, passengers, and other VOYAGERS who take part in our Life Journey.

DOMAIN P.

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PARTICIPANTS: IN THE GROWTH PROCESS

The **Participants** are the aspects of **Identity**, or **Self**, that partake in the Growth process. The seven Participants are shown on the facing page.



Identity, Self: Wilber Same terms. Wilber's expanded AQAL includes two Participants – *Self* and *Types*.

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THE PARTICIPANTS IN THE GROWTH PROCESS

The aspects of Identity, or Self, that partake in the Growth process. The Voyagers of our Life Journey.

1

P1. The Self System (page 132).

A combination of the Experienced Self and the Observed Self – the twin aspects of Identity that engage in a dialectic by which the Self grows.

1

P2. Individual & Collective Selves (page 134).

The two forms of Identity that can participate in the Growth process: The Individual and the Group. Includes ten levels of Groups, from Couples to whole Cultures.

2

5

P3. Personality Types & Personae (page 138).

The seven most common varieties of Personality Types, with emphasis on Gender Types and Enneagram Types.

4

P4. The Shadow Self (page 144).

Our Inner Saboteur or Gremlin -- any disattached scrap of Identity that impedes or distorts the Growth process. Includes Pathologies & suggested Treatments at different Stages of Development.

P5. The Functional Constituents of Self (page ##).

The eleven fundamental components from which the Self is built. The fundamental mechanisms that enable the Self to grow.

P6. Multiple Identities (page ##).

The situations where healthy Individuals can assume more than one Identity – either by Shifting or by Broadening their Identity.

P7. The Divine Presence (page ##).

The spiritual entity that presides over our lives – in its two manifestations: the Core Self and the Witness. Including both Eastern and Western conceptions.

My Cubist Self. "At different times and in different situations, I manifest different aspects of my Identity: Sometimes I focus on my Experienced or Observed Self; sometimes my Individual or Collective Self; sometimes my various Personae; sometimes my Shadow Self; sometimes the part that transcends my Self altogether."



In our Life Journey, the SELF is our HERO, the CENTRAL CHARACTER of our story -- the adventurer who faces ordeal & trials, who triumphs over challenges & hardships, our Odysseus.

1 P1. THE SELF SYSTEM

Everyone has a personal Identity, or **Self**. The **Self** consists of two parts, the **Experienced Self** and the **Observed Self** – called collectively, the **Self System**. These aspects of Self represent two sides of a dialectic by which the Self grows.

1 P1a. The Experienced Self

The **Experienced Self** is the observing, subjective, inside, **I-Self** -- the Self that identifies with our current Stage of Development.



"My **Experienced Self** is holding the mirror and looking at my reflection in the mirror."

Your Experienced and Observed Selves

Look at yourself in the mirror. Describe in detail what you see there: The color of your eyes, the shape of your nose, the expression in your mouth, etc. The Self you see in the mirror is your Observed Self. *** Now pay attention to the inside of yourself. Describe in detail what you feel in there: The thump of your heartbeat, the rise and fall of your breath, the itch at the back of your neck, etc. That is still part of your Observed Self – because you are observing what's going on inside yourself. *** Now pay attention to the experience of holding the mirror, the experience of looking at yourself, the experience of feeling what's going on inside. The entity that is doing the observing is your Experienced Self. *** Now consider your twin Selves from a deeper perspective: Human Development. If necessary, refer back to your Explorations under Stages (D1) and Transitions (D2). *** Direct your attention to who you are now – at your current Stage of Development. That is your Experienced Self. Next, remember the person you were at your previous Stage of Development. That is your Observed Self. *** In your imagination, journey into your own future. What was before your Experienced Self (your Present Self) becomes in later life your Observed Self (your Past Self). As you progress through future Stages, what new Experienced Selves will emerge?

In our Life Journey, the EXPERIENCED SELF is our FIRST PERSON HERO, as seen from the Inside. The OBSERVED SELF is our THIRD PERSON HERO, as seen from the Outside. The Hero is our Narcissus ~ the character who sees himself, and is seen.

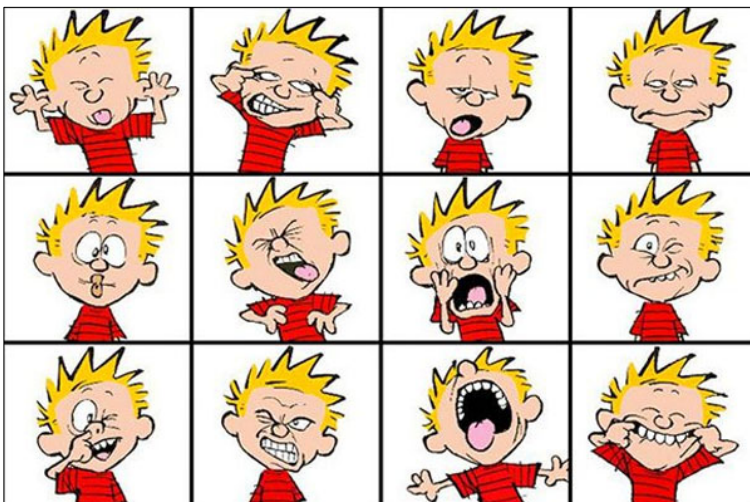


1 P1b. The Observed Self

The **Observed Self** is the detached, objective, outside, **Me-Self** -- the Self from a prior Stage of Development that we have transcended, or otherwise ceased to identify with.



"My **Observed Self** is the reflection I see in the mirror."



Calvin's Observed Self. "I can amuse myself endlessly by making faces in the mirror. In doing so, I am confirming my Identity, and experimenting with changes in my Identity."

Experienced & Observed Self: Wilber's *Proximate & Distal Self*. Self System: *Same term*.

The Experienced & Observed Selves are the twin aspects of Identity that proceed through the Stages (D1) and Transitions (D2) of the Developmental Sequence (D1+2), using the mechanism of the Transition Cycle (PPR1).

In our Life Journey, the **INDIVIDUAL SELF** is any of the **INDIVIDUAL CHARACTERS** – the Hero, the Sidekick, the Mentor, the Spiritual Guide, the Lead Villain.

P2. THE INDIVIDUAL & COLLECTIVE SELVES

There are two forms of Identity that can participate in the Growth process – the **Individual Self** and the **Collective Self**.

1 P2a. *The Individual Self.*

The **Individual Self** is the aspect of Self that identifies and grows as an **Individual**. This Self progresses through the Stages & Transitions individually (D1+2) -- makes its own decisions, takes its own actions, and bears the consequences of its own behavior.

Individual Self. "As the heroic character Odysseus, I represent the archetypal Individual Self in its confrontation with the world. Because of my big, Self-centered Ego, I come in conflict with the Gods."



All About Me. "Playing championship soccer is a way for me to get attention and win admiration."



Individual Self: Wilber's *Self, Ego*. Collective Self: Mentioned by Wilber only in terms of *Cultures*.

In our Life Journey, the COLLECTIVE SELF is any of the GROUP CHARACTERS – the Ship’s Crew, the Townsfolk, the Invading Army, the Maids in Waiting, the Gang of Villains.



2 P2b. The Collective Self

The **Collective Self** is the aspect of Self that identifies and grows as a **Group**. This Self progresses through the Stages & Transitions as a member of a Group (DD1+2) -- shares in Group decisions, participates in Group actions, and bears collective responsibility for its behavior.



Collective Self. "If we are to survive these rapids, we must all think and act as a Group."

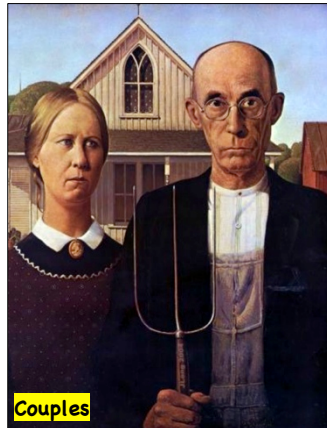
All About Us. "Playing championship soccer is a way I can support my team and win glory for my school and country"

Groups (D2b) can go through a series of Stages (D1) and Transitions (D2) in a Collective Developmental Sequence (DD1+2) similar to Individuals (D2a). Groups can grow by the same mechanisms as individuals (PPR1-4) – but also have specialized mechanisms, such as the Generation Cycle (PPR5b).



2 TYPES OF COLLECTIVE PARTICIPANTS

Just like Individuals, Groups of all types can progress and grow through Stages over time. Depending upon the cohesiveness, adaptability, and stability of the Group, a Group may progress through just a few Stages, or many Stages (DD1+2). When Challenges (D7a) present themselves, a Group may step up to meet those Challenges – and in the process, grow to the next Stage. Or, the Group may falter, or even disintegrate, in the face of such Challenges.



Couples



Families



Teams



Workgroups



Communities



Subcultures



Ethnic Groups



Nations



Generations



Whole Cultures

COLLECTIVE PARTICIPANTS

Collective Participants in the Growth process include every level of human Group -- including:

- 🌸 **Couples**
- 🌸 **Families**
- 🌸 **Teams**
- 🌸 **Workgroups**
- 🌸 **Communities**
- 🌸 **Sub-cultures**
- 🌸 **Ethnic Groups**
- 🌸 **Nations**
- 🌸 **Generations**
- 🌸 **Whole Societies and Cultures**

Each member of the Group must identify with the Collective Self in order to successfully achieve the objectives of the Group.

Collective Ceremonies. "Ceremonies like Sunday Dinner confirm our Collective Identity as a Family."



Your Individual & Collective Selves

In addition to your Identity as an Individual, what Groups do you have a strong Identification or affiliation with? Your sports team? Your work team in the office? Your local community? Your racial or ethnic group? Your country? Your Generation? *** Choose one of the Groups where your strongest Identity lies -- your soccer team, for example. When you're on the field, how do you play when you're acting primarily for yourself as an Individual? How does your play change when you're acting primarily for the Team? How does that mode of play affect the outcome of the game? *** As time permits, explore other Groups you affiliate with. *** How does your Group Identity affect you choose to associate with? The principles you believe in? The behavior you most try to emulate? *** Among people you are close to, who has an especially strong Identification with a particular Group? How does that Identification affect what they believe, and how they act? *** Think of some movie titles where Group affiliation is especially important: Family adventure movies, sports movies, war movies, big corporation movies, epics, etc. In those films, what are the predominant Groups? Does Group affiliation exert a powerful influence on the outcome of the story?

On our Life Journey, the PERSONALITY TYPES are the stereotyped 'CHARACTERS' we find aboard Ship – the Forceful Leader, the Dutiful Helper, the Jovial Carouser, the Reclusive Thinker, the Cooperative Mate, the Free Spirit, the Jokester, the Conciliator, the Voice of Prophecy, the Slouch.



5 P3. PERSONALITY TYPES & PERSONAE

A **Personality Type** is a set of Personality characteristics that recurs in human populations with a significant degree of regularity.

The **Persona** (or Role) is an aspect of Type, as it functions to enable societal interaction. That is, the Persona is our 'public face' -- the set of attributes and behaviors we construct to enable the Self to play a part in the drama of existence.

Types and Personae do not themselves develop or evolve. However, each Type proceeds through the Stages & Transitions in its own **Style**.

SEVEN SYSTEMS FOR TYPING PERSONALITY

- ✿ **P3a. Gender Types** (page 140)
- ✿ **P3b. Enneagram Types** (page 142)
- ✿ **P3c. Ethnic & Cultural Types**
- ✿ **P3d. Birth-Order Types**
- ✿ **P3e. Comic Stereo-Types**
- ✿ **P3f. Personality Assessment Systems**
(incl. **Jungian** and **Myers-Briggs**)
- ✿ **P3g. Arche-Types** (page ## and Appendix B1h)

On the following pages, we will concentrate on the first two of these typing systems. Archetypes will be explored in the Campbell Appendices (esp. Appx B1h).

Type: Wilber *Same term*. Persona: Wilber's *Role*.
Birth Order Types, Ethnic & Cultural Types, Personality Assessment Systems: *Not mentioned*

Personality Types (P3) do not progress through Stages and Transitions (D1-2). However, they can undergo change within a Stage through two forms of Horizontal Growth – Improvement & Translation and Equivalence (PPR6a-b). Archetypes (P3g) will be discussed as a component of the Life Journey Archetype (Appx B1h).



P3c. Ethnic Types. Asians tend to have different expectations for their children than do Latinos, Blacks, or Anglos.



P3d. Birth Order Types. First children tend to be dominant and assertive. Last children tend to be compliant and convivial. Middle Children often struggle to find some place in between.



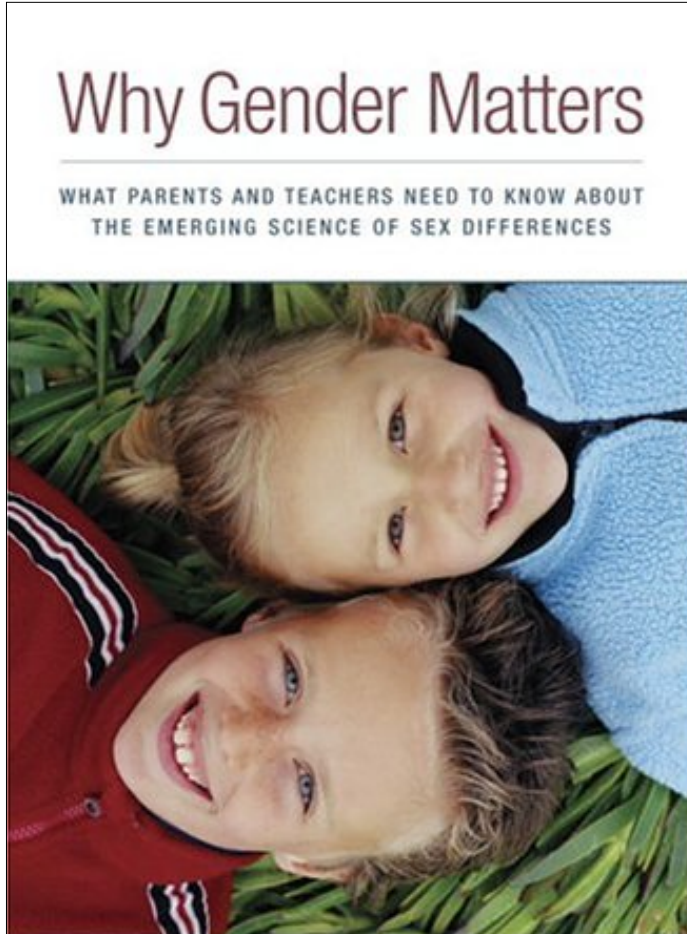
P3e. Comic Stereotypes
When Ollie's finger caught fire in *Way Out West*, Stan tried to blow it out like a candle. Laurel & Hardy were 'Type-cast' in every movie they made.

Comic Stereo-Types

Old-time comedy was often based on Types – eccentric behavior that was repeated again and again. What kind of behavior could you always expect from these classic comedy teams: Laurel & Hardy? The Kingfish & Andy Brown? Jack Benny & Rochester? Abbott & Costello? Luci & Desi? Dean Martin & Jerry Lewis? Ralph & Alice Kramden? Woody Allen & Diane Keaton? Cheech & Chong? Ben Stiller & Owen Wilson? What other Type-based comedians come to mind? What behavior could you expect from them?

5 P3a. Gender Types

Gender Types are the attitudes and modes of behavior that originate from one's sexual Gender. Male and Female Gender Types both proceed through the Stages & Transitions – but in much different **Styles**. Some of the Stage-related Style differences between Males and Females at various Stages of Development (D1+2) are shown on the facing page.



Gender Types. "My brother and I generally agree on what needs to be done, but the two of us handle the task in very different ways. My brother tends to work individually and independently to accomplish his own objectives. I work with others to obtain the best solution for everyone."

Gender Type: Same term. Style: Wilber's Voice. Drawn from Gilligan, In a Different Voice (1982). (Applied by the authors to Enneagram as well as to Gender.) According to Wilber, Stage Growth occurs in men primarily through Agency, in women through Communion. Likewise, Transition Growth occurs in men primarily through Eros, in women through Agape.

The Styles of Male & Female Gender Types (P3a) may be characterized as the Ascending & Descending Directions of Growth, respectively (D6a). Males and Females tend to grow by the twin Processes of Evolution and Involution, respectively, in Styles that are Horizontally Equivalent (PPR6b, 8c).

Your Gender Types

Consider your Parents. In what ways was your father a 'typical male?' In what ways was your mother a 'typical female?' Write down the two sets of characteristics in parallel columns. *** To the left of the Male column, make another column; write down there all the ways your father was un-typical. To the right of the Female column, make another column; write down there all the ways your mother was un-typical. *** In the overall balance, were your father and mother typical or a-typical parents? How did their degree of typicality affect how you and your siblings were raised as children? *** Do the same exercise comparing yourself to your partner (or the partner you would like to have). Add other Gender characteristics not mentioned in your parents' Comparison. *** Now think of a couple you know who conform very closely to the Gender Stereo-Types. Make similar comparisons. How do even they diverge from Type? *** Now think of a couple whose Gender behavior differs substantially from the typical Stereo-Types. Make similar comparisons. What is a-typical about their relationship? How does this unconventionality affect their relationships with children, with extended family, with friends, with co-workers?

GENDER TYPES: STYLES OF GROWTH

[Read from bottom to top.]

Step	<u>Stages/ Transitions</u>	<u>Age of Ascendance</u>	<u>Male Growth</u>	<u>Female Growth</u>
25	Legacy	After death	Passing along a lifetime of wisdom and experience through material and intellectual legacy.	Passing along a lifetime of care and concern by nourishing the hearts and souls of descendants.
24	<i>Death</i>			
23	Senescence	90-100+	Commemorating a lost loved one by revisiting old memories.	Commemorating a lost loved one with special tokens and rituals.
22	<i>Debility/ Illness</i>			
21	Elderhood	75-90	Coping with diminished power by creating compensating strengths.	Coping with diminished power by relying on others.
20	<i>Passing-the-Baton</i>			
19	Mature Adulthood	60-75	Reawakening sexual prowess. Re-discovering childhood pleasures. Reliving fatherhood thru teaching grandchildren.	Rediscovering romantic love. Rekindling friendships. Reliving motherhood thru cherishing grandchildren.
18	<i>Mid-Life Passage</i>			
17	Middle Adulthood	40-60	Establishing pattern of success. Allowing time for competitive recreation.	Relinquishing children to the world. Restoring a diluted Identity.
16	<i>Making-the-Grade</i>			
15	Young Adulthood	21-40	Making a mark in the world. Providing defensive perimeter for family.	Building a nest. Having children. Relinquishing Identity for family's sake.
14	<i>Nudged-from-the-Nest</i>			
13	Adolescence [high school, college]	18-22, 13-18	Winning and prevailing in challenges.	Protection and sharing of a vulnerable core.
12	<i>Coming-of-Age</i>			
11	Middle Childhood [primary, upper grades]	9-12, 6-8	Bonding with classmates as team members.	Bonding with classmates as brothers and sisters.
10	<i>Entering School</i>			
9	Young Childhood	3-6	Being attractive to mother. Identification with father.	Learning to be like mother. Falling in love with father.
8	<i>Onset of Terrible 2s</i>			
7	Toddler/ Talker	1.5-3	Separation from mother as rebellion.	Separation from mother as cloning.
6	<i>Toddling/ Talking</i>			
5	Infancy	0-1.5	In love with mother.	Identification with mother.
4	<i>Birth</i>			
3	Gestation	Before birth	Carried by mother	Union with mother.
2	<i>Conception</i>			
1	Heritage	Before conception	Heritage of success and accomplishment.	Heritage of care and concern.

5 P3b. Enneagram Types

The **Enneagram** is a widely-recognized typing system that classifies human personalities into nine basic Types. As defined by Riso & Hudson (*The Wisdom of the Enneagram* (1999)), those nine **Enneagram Types** are outlined on the facing page.



Enneagram Dinner Party.
"When the nine of us get together for dinner, each Enneagram Type interacts in his/her own characteristic way."



Enneagram: Types & Styles . "I'm a Reformer (#1), and my wife is a Helper (#2). We are both going through Mid-Life Passage, but in different **Styles**. I am relinquishing practical concerns, and concentrating on my contribution to humanity. My wife is dropping her unneeded obligations to others, and attending to her own personal fulfillment."

Enneagram Type: Wilber *Same term*. By his lack of attention to the topic, Wilber suggests a skepticism regarding this typing system.

Enneagram Types (P3b) do not grow from one Type to the next. However, they do grow vertically from Stage to Stage (D1+2) in Styles that are Horizontally Equivalent (PPR6b). They can also Improve Within Type (PPR6a) by progressing from Fixated to Evolved Traits (P3b).



Enneagram Star. The Enneagram is generally depicted as a nine-pointed star - a figure where the points represent the Enneagram Types, and the lines between points represent the relationships between Types.

THE ENNEAGRAM TYPES

E#	Enneagram Type	Characteristics
1	<i>Reformer</i>	Principled, idealistic crusaders
2	<i>Helper</i>	Caring, self-sacrificing supporters
3	<i>Achiever</i>	Ambitious, adaptive competitors
4	<i>Individualist</i>	Romantic, introspective artists
5	<i>Investigator</i>	Intense, cerebral analysts
6	<i>Loyalist</i>	Committed, security-oriented team-players
7	<i>Enthusiast</i>	Busy, social bon-vivants
8	<i>Challenger</i>	Powerful, dominating leaders
9	<i>Peacemaker</i>	Good-natured, easy-going conciliators

Your Enneagram Types

Consider Riso & Hudson's table of Enneagram Types above. *** In one column, write down the names of people you know well -- yourself, your partner, your parents, your children, your close relatives, your significant friends, etc. In a second column, based on the characteristics listed in the table, write down to that person's predominant Enneagram Type. This is their Primary Enneagram Type. *** In a third column, write down that person's next most prominent Enneagram Type. That is their Contributing Enneagram Type. *** For both columns, just make your best guess. Although everyone has characteristics of several Types, one or two usually predominate. *** In your list, which people seem the most similar (or would get along best together)? Draw smooth arrows between these people. *** Which people are the most different (or would conflict the most)? Draw jagged arrows those people. *** Do people of similar Types seem to get along, or clash? Do people of very different Types conflict with one another, or complement each other's weaknesses and shortcomings? *** If the Enneagram begins to intrigue you, take the personality tests at Riso & Hudson's EnneagramInstitute.com

On our Life Journey, the SHADOW SELF is the TROUBLEMAKER, the MISFIT who disrupts our Voyage and causes things to go wrong -- the Grumbler, the Slacker, the Rebel, the Plotter, the Saboteur, the Mutineer, the Stowaway.



4 P4. THE SHADOW SELF

The **Shadow Self** -- also called the **Inner Saboteur** or **Gremlin** -- is any dis-attached scrap of identity that impedes or distorts our Growth process. The Shadow Self can be created at any Stage of Development. The earlier the Stage, the more difficult the healing process.



The Beast Within

"Usually, I'm calm and placid. But when an unpleasant situation arises, my Shadow Self rages inside me like a wild beast."

Shadow Self: Wilber's *Subpersonality, Shadow Self*. See also Wilber's table of Pathologies & Treatments at various Stages of Development, see Appx 9b.

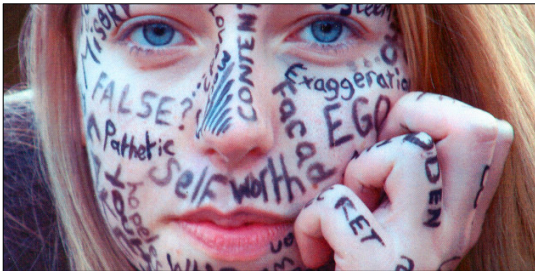
The Shadow Self is the source of deep-seated Impasses (D7b) that can block or distort our Growth. The Shadow Self is typically produced by a Shadow Cycle (PPR2), and can sometimes be resolved through Restoration Growth (PPR4) -- with the help of a Therapist (PF6d), Spiritual Guide (PF7), Integral Life Guide (PF10), or the intervention of Providence (PF12).

Your Shadow Self

Are there times when you feel excessively or inexplicably anguished, troubled, stressed, hung-up? What kinds of behavior do you exhibit? Tension, anxiety, mood swings, depression, etc.? *** When do such symptoms show up? After a hard day at work? When you encounter an unpleasant person? When you're hungry or short of sleep? *** Is the onset of such feelings difficult to anticipate, or control? *** In what ways did your Parents show irrational, inconsistent, or inexplicable behavior? Does your own behavior in some ways replicate theirs? *** Does your behavior sometimes seem like a contrary reaction to your Parents? How well can you separate your own identity from theirs? *** Who else do you know who is chronically anxious, disturbed, or distressed? In what ways does their condition show itself? How do they endeavor to cope with it or resolve it? *** Imagine that there is a separate 'person' inside you -- a Shadow Self or 'Gremlin' who is the source of your irrational thoughts or inexplicable feelings. In literal detail, what might that Gremlin look like? What are the prominent characteristics of your Gremlin's personality? With colored markers, draw a picture of your Gremlin. *** With the assistance of someone skilled in such work, have a conversation or dialog with your Shadow Self or Gremlin. Can you and your Shadow Self come to some sort of understanding?

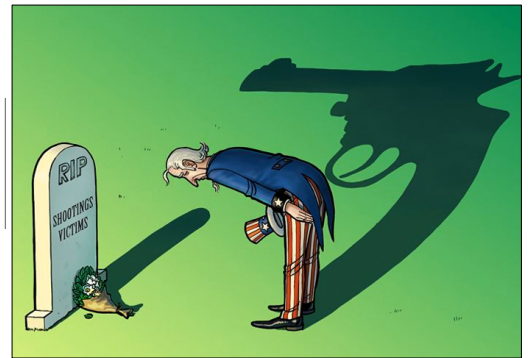
YOUR INNER SHADOW

Lonely Shadow. "Sometimes my Shadow is a lonely, neglected, little person just longing to be embraced."



Vandal Shadow. "Sometimes my Shadow is a spray can of graffiti that spoils the beautiful lines of my face."

Destructive Shadow. "Sometimes my Shadow is a sick society that destroys its own young."



Messy Shadow. "Sometimes my Shadow is the clutter I use to distract myself from the mess that's inside."

Creative Shadow. "Sometimes my Shadow is the creative little girl inside me, just waiting in the wings for some long-overdue applause."

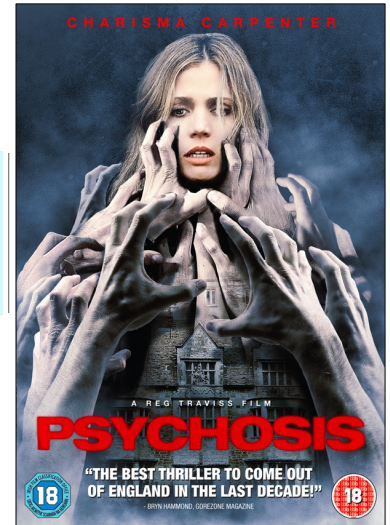


SHADOW SELF: YOUR INNER GREMLIN OR SABOTEUR



Demon Gremlin. "Sometimes my Gremlin is the diabolical demon inside that haunts my dark interior."

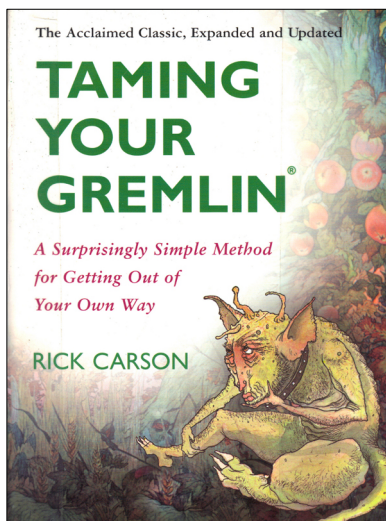
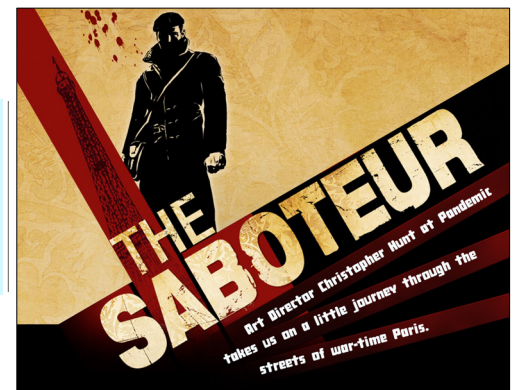
Dreadful Gremlin. "Sometimes my Gremlin is a dreadful force that clenches me like a death grip."



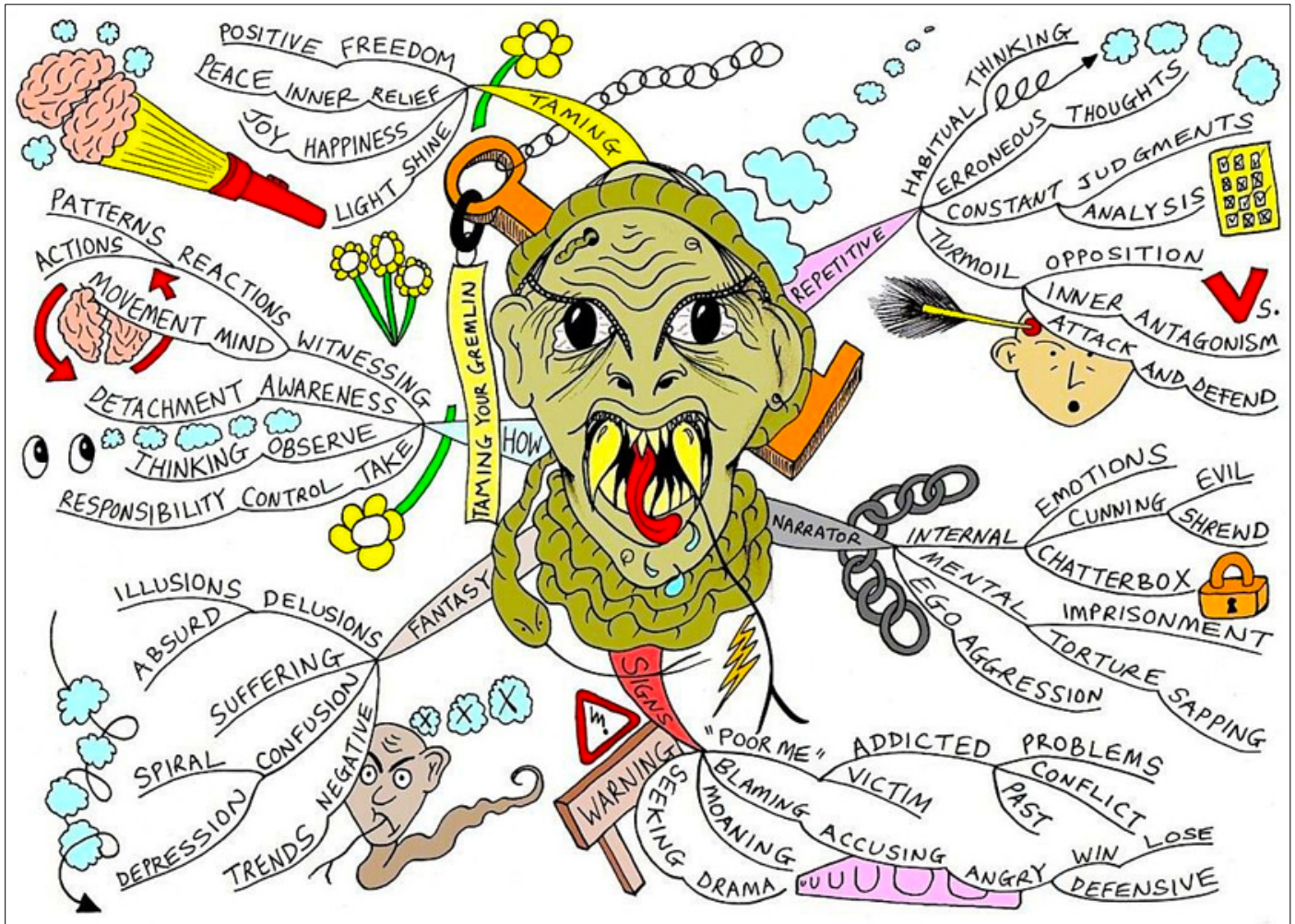
Saboteur Gremlin. "Sometimes my Gremlin is the crafty villain inside who sabotages my best-laid plans."



Hero Saboteur. "Sometimes my Inner Saboteur is a rebellious hero who liberates me from the oppression of my rigid upbringing."



Tame Gremlin. "Sometimes my Gremlin can become a docile and lovable pet I use to laugh at my foibles and eccentricities."



Taming Your Own Gremlin. Consider the Mind Map diagram above. It shows one person's conception of how their Gremlin can affect their life. *** Take a close look at all the 'tentacles' radiating from this sinister beast. Notice in 'Fantasy', 'Signs', 'Narrator', and 'Repetitive' how one symptom leads to another. Notice in 'Taming' and 'How' how one solution leads to another. *** Now make a Mind Map of your own Shadow Self or Gremlin. Begin with the picture of your Gremlin you drew in the previous Exploration (or make another one). *** Add whatever 'tentacles' seem right for your particular Gremlin. Fill in all the symptoms and solutions you can think of. *** Is your Gremlin starting to feel a little more tame? *** Now draw another picture of your new, tamer Gremlin.