

**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  
(Volume 1: Advanced Sections omitted from Introductory Version)**

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

Hugh & Kaye Martin's new book *Ken Wilber, Joseph Campbell, & the Meaning of Life* presents a unique, new way of viewing personal growth and human development. In this series, Integral World presents excerpts from the Advanced Version, Volume 1 -- sections of the book that were omitted from IW's previously-published Introductory Version. In general, these sections are more abstruse, speculative, or controversial than the rest of the book. Readers are encouraged to read these advanced sections only after they have assimilated the Introductory Version of this book. **This issue of Integral World contains Installment #1.**

- ⊗ **INSTALLMENT #1. Preliminaries & Introduction: Omitted SECTIONS.** Advanced sections omitted from the preliminary parts of the Introductory Version of this book. (PL4-5, IN3, OV1+3)
- ⊗ **INSTALLMENT #2. SYSTEM #6: PERSPECTIVE GROWTH.** Where do the 'Quadrants' of Ken Wilber's AQAL fit into this new model of human development called ADAPT? The Quadrants are renamed as 'Perspectives,' a more functionally descriptive term. These Perspectives are then applied to the process of Human Growth. (D5, P6, PPR7, S6)
- ⊗ **INSTALLMENT #3. SYSTEM #7: EVOLUTION & INVOLUTION.** Where do Ken Wilber's 'Evolution & Involution,' 'Height & Depth,' and 'U-Shaped Pattern' fit into this new ADAPT Model? They are consolidated into a major form of growth likewise called 'Evolution & Involution.' (D6, P4, PPR2+4+8, S7)
- ⊗ **INSTALLMENT #4. SYSTEM #8: SPIRITUAL GROWTH.** Where do Ken Wilber's four Transcendent States fit into the ADAPT Model? These States are the Dimensions of Spiritual Growth -- the higher levels of consciousness whereby we encounter the Divine Presence. (D8, P7, PPR9, PF7+12, S8, Appx 8c)
- ⊗ **INSTALLMENT #5. DOMAINS & SECTORS: OMITTED SECTIONS.** Advanced sections omitted from the Domain & Sector parts of the Introductory Version of this book. (D4c, P3b, P5, P6b)
- ⊗ **INSTALLMENT #6. CONCLUSION: OMITTED SECTIONS.** Advanced sections omitted from the Conclusion of the Introductory Version of this book. (CL1+2)

## REQUEST A FREE COPY OF *THE HUMAN ODYSSEY*

If you would like a free, full-color, digital copy of the entire Quickstart Version of *The Human Odyssey*, just send your request to Hugh Martin at [MartinHughCo@Gmail.com](mailto:MartinHughCo@Gmail.com). Once you have digested this version, Hugh will send you (upon request) a digital copy of the Introductory or Advanced Version.

If you then post a review and rating of the book on Amazon, Hugh will send you (upon request) a printed copy of the book you review.

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## THE HUMAN ODYSSEY: THREE VERSIONS

The books of *The Human Odyssey Series* are available in three versions:

- ⊗ The stripped-down, streamlined **Quickstart Version** (~170 pages).
- ⊗ The abbreviated, one-volume **Introductory Version** (~300 pages).
- ⊗ The complete, comprehensive, two-volume **Advanced Version** (~700 pages).

The Quickstart Version is the best place for any reader to begin their explorations of this fascinating, but complex, perspective on human life. The book you are now reading is Volume 1 of the Advanced Version.



# 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?

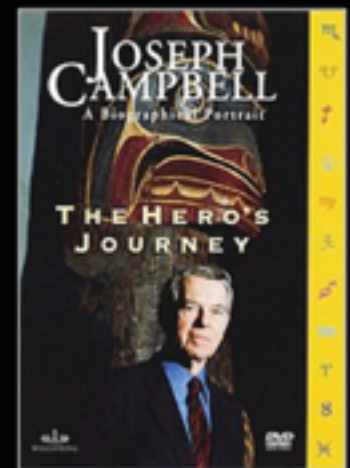
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*, 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  
(Advanced Version, Volume 1: The Human Odyssey Series)

## **Installment #1. PRELIMINARIES & INTRODUCTION: OMITTED SECTIONS**

Advanced sections omitted from the preliminary parts of the Introductory Version of this book.

\*\*\* How You Will Benefit: What you will gain from reading this book. \*\*\* Previews: The special things you will learn. \*\*\* How People Grow: The six major factors that enable people to grow -- and the Moments of Truth when those factors come into play. \*\*\* ADAPT-ability: How the ADAPT Model of Growth corresponds to the Darwinian mode of evolution -- 'adaptation' to changing circumstances. \*\*\* Scenarios: How the Domains and Sectors all work together to produce growth.

### **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](mailto:MartinHughCo@Gmail.com).

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## PL4. HOW YOU WILL BENEFIT

This book sounds interesting, but what can it do for me? How does it address the issues that concern me most? What impact might it have on my life? What makes it worth the effort?

How you make use of this book will depend upon your current stage in life – and upon your particular inclinations and interests:

- ⊗ **Young Person.** If you are a teenager, a college student, or a young adult just beginning to establish your own independent life, use this book to survey the options available to you. “What career should I pursue? What should I be looking for in a lifelong partner? Which of my many interests and aptitudes should I make a special effort to develop?”
- ⊗ **Middle Years.** If you are in the middle years of your life, use this book to take stock of your life thus far. Get some perspective on where your life has been. Envision where you are going. “Am I content with the direction my life is taking me? Am I ready to strike out into new territory? What new joys do I yearn for? What new person do I hope to become?”
- ⊗ **Later Years.** If you are a person in the later stages of life, use this book to assess where you’ve been and what you have accomplished. Then craft a new future from the knowledge and experience you’ve gained over the course of a lifetime. “How can I celebrate the wonders of the life I have lived? How can I redeem an incomplete or misdirected life, even at this late date? What wisdom, self-knowledge, material comfort, or inner peace have I achieved -- gifts that I can pass along to succeeding generations? How can the insights and perspectives I’ve attained over a lifetime make these later years the best ever?”



**Ages & Stages.** How you use this book will depend upon your age and stage in life.



This section describes how different kinds of people will benefit from reading this book. The *Previews* section (PL5) gives further examples of the things you will learn.



- ⊗ **Parent.** If you are a father or mother of younger children, this book can help you decide what opportunities and experiences to provide for your kids. “Where should my children go to school? What do they need to learn? What friends and associates will help them along their path? What kinds of adults do I hope they’ll become?”
- ⊗ **Counselor, Therapist, Client.** For those engaged in the helping professions, this book can serve as a roadmap for charting and orchestrating your clients’ Growth. If you are a client or patient yourself, this book can give you perspective on where your own Growth program is taking you. “What kinds of Personal Growth are there? Which ones are most important to me at this time? How do I go about pursuing the types of Growth I’m interested in?”
- ⊗ **Teacher or Academic.** If you are a teacher, a professor, or a researcher in some field related to Human Development, this book offers a broad overview of this vast subject. “What subjects of inquiry are especially worth exploring? What research most needs to be done? How can I convey the significance of this work to my students and colleagues?”
- ⊗ **Arts and Humanities.** If you are a devotee in the humanities, this book can help you to appreciate great works of literature, art, or philosophy – to interpret them in the light of worldviews that have developed over millennia. “How does a work of art or a particular philosophy reflect the prevailing worldview of its time? How did it influence the creation of that worldview? How does its worldview differ from works of other periods? What does this work’s perspective have to say about our present-day conception of life?”

**Interest or Occupation.** How you use this book will depend upon your primary interests, your occupation, your personality type.



- ⊗ **The Practical Person.** If you are a down-to-earth, pragmatic, practical person, this book can help you make the best use of your time and resources. “What are the best ways to organize and allocate my time, my money, my enthusiasm, and my motivation? How can I make each moment of my life more enjoyable, more significant, more productive?”
- ⊗ **The Idealist.** If you are an enthusiastic, idealistic person, this book offers a banquet of opportunities for growth and self-fulfillment. “How do I savor life to the fullest? How do I expand my awareness, enhance my sense of direction and purpose, increase my capacity to grow? How can I become the fullest expression of my own latent potential?”

Depending upon your needs, *The Human Odyssey* can provide significant and valuable answers to all these important questions.



## PL5. PREVIEWS: WHAT YOUR WILL LEARN

The ADAPT Model presented in this book provides answers to a multitude of questions related to Human Growth. Here is a sampling of what you can expect to learn in various sections:

### ***Preview: Dimensions***



**Collective Developmental Sequence.** How will my Relationship develop over time? (p. 137)

**Childhood Transitions.** What makes our first entry into school such a difficult Transition? (p. 118)



**Career & Calling.** How is the work of my life influenced by my earliest childhood interests? (p. 160)

**Mid-Life Transitions.** Why, for many older people, does a Mid-Life Crisis occur? How can it be beneficial? (p. 180)



**Transcendent States.** How can ordinary people experience a reality beyond the material? (p. 186)

This section gives examples of the things you will learn from reading this book. The *How Will I Benefit?* section (PL4) describes how different kinds of people will benefit from reading this book. For details on a particular Domain or Sector, turn to its page reference in the Main Text (shown in parentheses).



## Preview: Participants

**Collective Participants.** When do we function as Individuals? When do we identify with our Group? (p. 198)



**Personality Types.** How can nine members of the same dinner party each have such a different experience? (p. 202)

**Shadow Self.** How can I tame the Shadow Self that rages inside me like a wild beast? (p. 210)



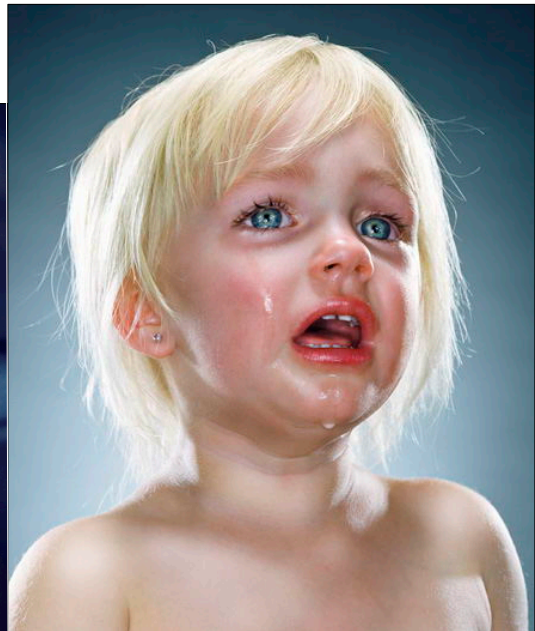
**Moral Span.** Can we move toward World Brotherhood by experiencing compassion for all peoples of all cultures? (p. 216)

**Core Self.** Is my Conscience just a spoilsport that dampens all my fun? Or can it be a guiding beacon to my True Self? (p. 220)





## Preview: General Processes



**Actualization vs. Restoration.** Why are some kids so happy? Why are others so troubled? (p. 230)



**Equivalent Growth.** How do Bill and Hillary, two very different Personality Types, proceed through the same Stages of Growth, but each in a very different Style? (p. 244)



**Groups: Static vs. Evolving.** Which kinds of Groups grow? Which ones don't? (p. 238)



## Preview: Specific Processes

**Sensuality & Sexuality.** How can young people feel attractive and sexy, without acting out behavior they are not ready for? (p. 260)



**Life Experience.** How can I consciously immerse myself in unfamiliar experiences, so I don't get set in my ways? (p. 262)

**Enterprise & Leadership.** How can we teach our kids to show initiative and make the most of situations they encounter? (p. 264)



**Science & Proof.** How do I introduce my children to careful observation, systematic reasoning, and verifiable truth? (p. 266)

**Expressive Arts.** How can we encourage our kids' innate creativity and untapped powers of communication? (p. 268)



## Preview: Pathfinders



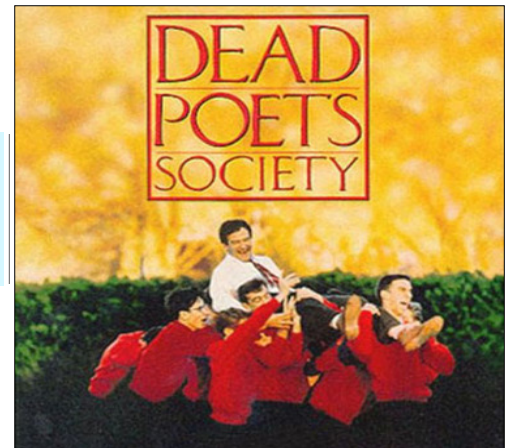
**Holistic Growth Situations.** How can we transform ordinary, everyday situations into all-encompassing, life-changing Growth experiences? (p. 284)

**Counselor, Coach, Therapist.** Where can I go for counseling and guidance when I feel lonely or confused? (p. 292)



**Long-Term Partner.** What should I look for in a lifelong Partner? Where do I find such a person? (p. 290)

**Mentors.** Who are the special people in our lives - the people who inspire us with mystery and wonder? (p. 300)



**Internal Navigator.** How do I develop my own Internal Compass, so I know intuitively which path is right for me? (p. 308)



## Preview: Systems

**Actualization Growth.** How did Stephanie overcome a series of tough Challenges to become one of the most successful women on the planet? (p. 324)



**Horizontal Growth.** How did Barack and Michelle reconcile their very different Personalities to create a happy marriage and a spectacularly successful career? (p. 328)

**Perspective Growth.** How does Bernard evolve from solitary, narrow-minded introvert to fluid, convivial Extrovert? (p. 332)



**Evolution & Involution.** In the *Book of Exodus*, how does Moses' confrontation with Pharaoh (culminating in the parting of the Red Sea) mark Moses' Transition from angry rebel to revered leader of the Hebrew people? (p. 336)

**Spiritual Growth.** In *Les Miserables*, how is Jean Valjean transformed from desperate fugitive to dedicated champion of human rights? (p. 340)



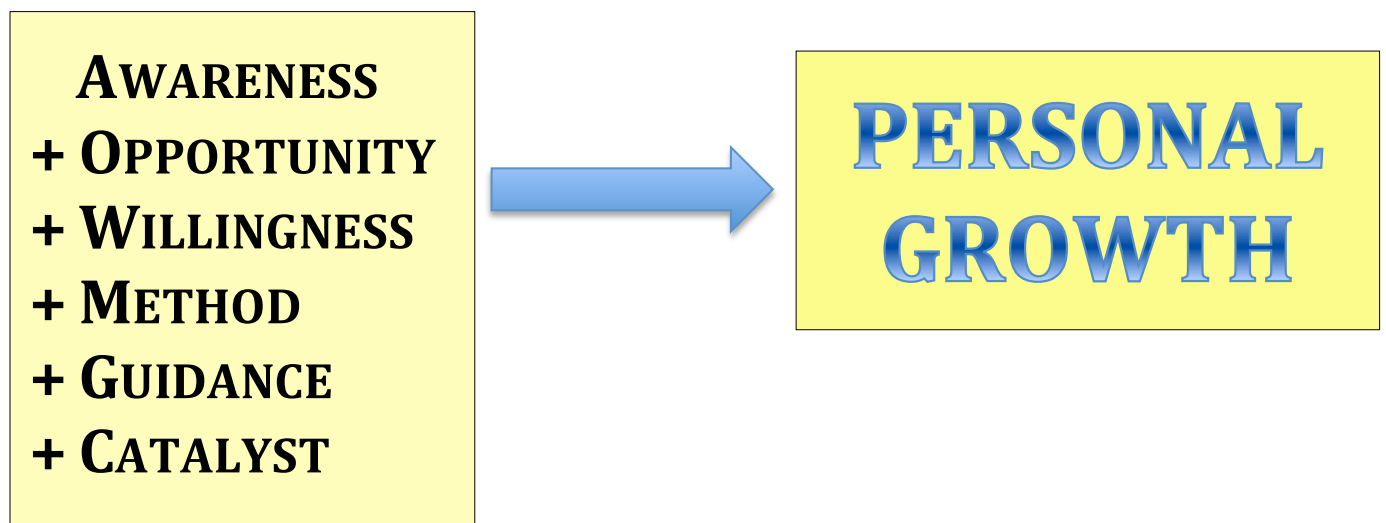
## IN3. HOW PEOPLE GROW

### ***The Six Factors of Growth***

Our own Personal Growth results from a combination of six factors:

- ⊗ **Awareness.** We must become aware that human beings can grow, and that various types of Growth are possible. This book is a detailed description of these possibilities. See especially *The Scope of Human Development* (p. 39), the eight Dimensions of Growth (p. 68), and the Growth Continuum (p. 100).
- ⊗ **Opportunity.** The Opportunity for Growth must present itself in our life – either by chance, or by consciously seeking it out. Such Opportunities are likely to appear in one of the four Arenas of life (D4, p. 154) – Everyday Life, the Psyche, the Body, or the Spirit.
- ⊗ **Willingness.** We must be willing to accept the Opportunity for Growth – to take advantage of it, to allow the potential for Growth to become an actuality. This condition of Willingness is what we call the Growth Mentality (IN2, p. 48).
- ⊗ **Method.** If we become aware of a Growth Opportunity, and are willing to accept it, we must have some Method by which the Growth may be implemented. Such Methods are the Specific Processes of Growth (PR1-35, p. 256) -- and sometimes the General Processes (PPR1-9, p. 226).
- ⊗ **Guidance.** We may also need some Guidance in recognizing these Opportunities and implementing these Methods. These are the Pathfinders of our Growth (PF1-12, p. 274).
- ⊗ **Catalyst.** Often, we will need some destabilizing or motivating event to dislodge us from our comfort zone – to set the process of Growth in motion. This is the Catalyst of our Growth.

Over the course of this book, we will explain in detail how these factors work together to produce Growth.



If we are to grow a human beings (IN3), we must be aware of the many kinds of Growth that we can partake in (IN1). We must further be willing and eager to grow (IN2). The opportunity for such Growth is often marked by a Moment of Truth (next page), a point where we must accept or welcome the Growth that is about to take place.



## The Moment of Truth

For many Growth Opportunities of our life, there is a **Moment of Truth** – a fork in the road where a choice must be made, and where that choice fundamentally determines our future. Will we take the plunge? Will we risk our very comfortable and secure existence for the possibility of true happiness? Will we step forward and choose Life? On these two facing pages, we present some famous Moments of Truth from classic cinema. On page 54, we describe the two periods of life when the most crucial Moments of Truth often occur.



### CLASSIC MOVIES: Where is the Moment of Truth?

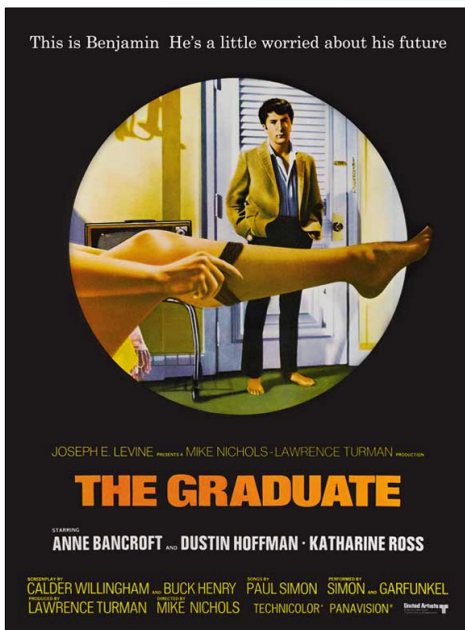
Tale of Two Cities, High Noon, It's a Wonderful Life, Gone With the Wind, Snow White, Ben-Hur, Mutiny on the Bounty, The Quiet Man, Sound of Music, African Queen, Carmen Jones, Pride & Prejudice, American Graffiti, Out of Africa, Zorba the Greek, Officer & Gentleman, Rocky, Annie Hall, Rebel Without a Cause, West Side Story, Guys & Dolls, My Fair Lady, Year of Living Dangerously, The Sting, Braveheart, Romancing the Stone, Good Will Hunting, Chronicles of Narnia, Harry Potter, Lord of the Rings, Lion King

### Your Moments of Truth

Direct your attention to the Moment of Truth movies shown on these two facing pages. In each film you are familiar with, where is the key Moment of Truth? \*\*\* Now choose one film to explore in detail – either one from our list, or one of your own choosing. Apply the six Factors of Growth (p. 51) – factors that culminate in a Moment of Truth: To what extent is the central character **aware** that Growth is possible – that they might through change have some different life? What **opportunity** for Growth is presented to them? How **willing** are they to undergo the changes that will allow such Growth to take place? What **method**, strategy, or situation do they use to implement those changes? What **guidance** or support do they receive while facing their ordeal? What was the **catalyst** that initiated the Growth process in the first place? \*\*\* If for some reason their Growth was stymied, avoided, or aborted, where did the process break down? How could the story have ended better than it did? \*\*\* Now choose two Moments of Truth from your own life – one where you accepted the challenge, one where you didn't. What were the consequences of each decision? In retrospect, how did each make you feel? \*\*\* If you had your Moments of Truth to live over again, how would you handle them differently?

## FAMOUS MOMENTS OF TRUTH: CLASSIC CINEMA

**Love or Freedom?** In the Nazi-controlled North African city of Casablanca, Rick Blaine, American expatriate and former freedom fighter, runs the popular nightspot, Café Americain. The cynical lone wolf Blaine comes into the possession of two valuable letters of transit, which would allow their possessors to depart from enemy territory. When Nazi Major Strasser arrives in Casablanca, the sycophantic Vichy-French police Captain, Louis Renault, does what he can to please him -- including detaining a Czechoslovak underground leader, Victor Laszlo. Much to Rick's surprise, Laszlo arrives with Ilsa Lund, Rick's one time lover. Rick is very bitter towards Ilsa, who apparently ditched him in Paris -- but when he learns she had good reason to, they plan to run off together, using the letters of transit. Will Rick and Ilsa succumb to their passions? Or, will Rick sacrifice their love for the greater cause of World Freedom?



**Conventionality or Transformation?** Recent college-graduate Benjamin Braddock returns home to a hero's welcome, but Ben isn't sure what to do with the rest of his life. He is soon seduced by the aggressive Mrs. Robinson, the wife of his father's business partner, who methodically pursues the inexperienced young man. Soon, they are meeting for cheap sex in tawdry hotel rooms. Warned by Mrs. R to stay away from her daughter Elaine, Benjamin yet finds himself falling in love with this pure and innocent girl. When Elaine discovers that Benjamin has been having an affair with her own mother, she rejects Ben in horror, and moves ahead with her planned wedding to college boyfriend, Carl Smith. Will Benjamin break with Mrs. R, and pursue Elaine without restraint? Will Elaine ditch Carl at the altar when Benjamin shows up?

**Trust or Betrayal?** An mystery man hires four unrelated men to carry off a huge bank heist. The four meet for the first time during the actual heist itself, which is carried off successfully. Their unknown leader is suave and wealthy Thomas Crown, an executive at the very bank that was hit. Eddy Malone, the Boston police detective in charge of the case, is coming up empty in his investigation, until beautiful insurance investigator Vicki Anderson comes on the scene. To identify the culprit, Anderson thinks like a thief and works on her instincts. Sifting through the evidence, Anderson comes to believe that Crown is her man. In order to gain access to Crown's inner thoughts, Anderson initiates a relationship with Crown - and soon they are embarked on a torrid love affair. Despite her machinations, Anderson finds herself falling in love with Crown. Despite knowing Anderson's intentions, Crown begins falling in love too. Will Crown demonstrate his love and trust for Anderson by disclosing his most private secrets? Will Anderson reciprocate Crown's love by not betraying him?





## MOMENTS OF TRUTH: WHEN THEY OCCUR

As in the movies, our own lives are replete with Moments of Truth -- many minor ones, but also a few major ones. Those Moments most often occur at key Transitions of our life – times when the most options are available to us, and when we are most open to change:

- 🌀 **Nudged-from-the-Nest.** When we first embark on our own separate life -- leave home, search for a lifelong mate, settle upon a career. (D2c)
- 🌀 **Mid-Life.** When we reassess the direction our life is taking – open up to new experiences, change careers, reestablish (or dissolve) our primary relationship. (D2d)

This book will help you recognize your Moments of Truth – and guide you in making the right decisions when you encounter them.

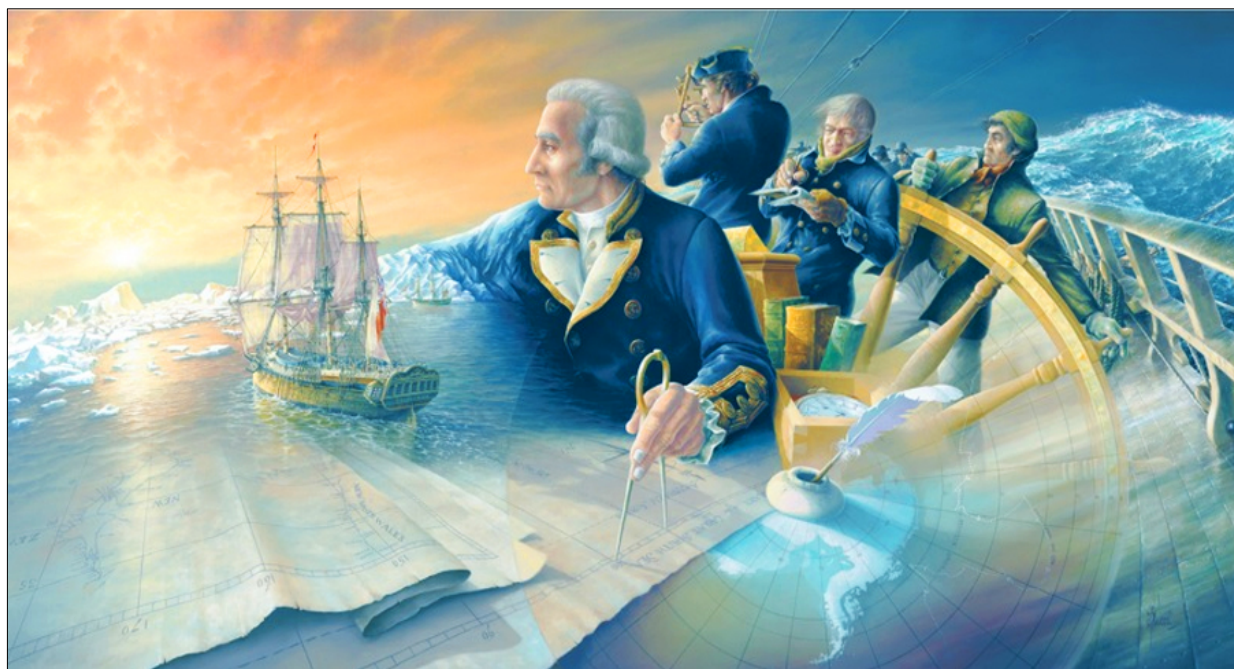
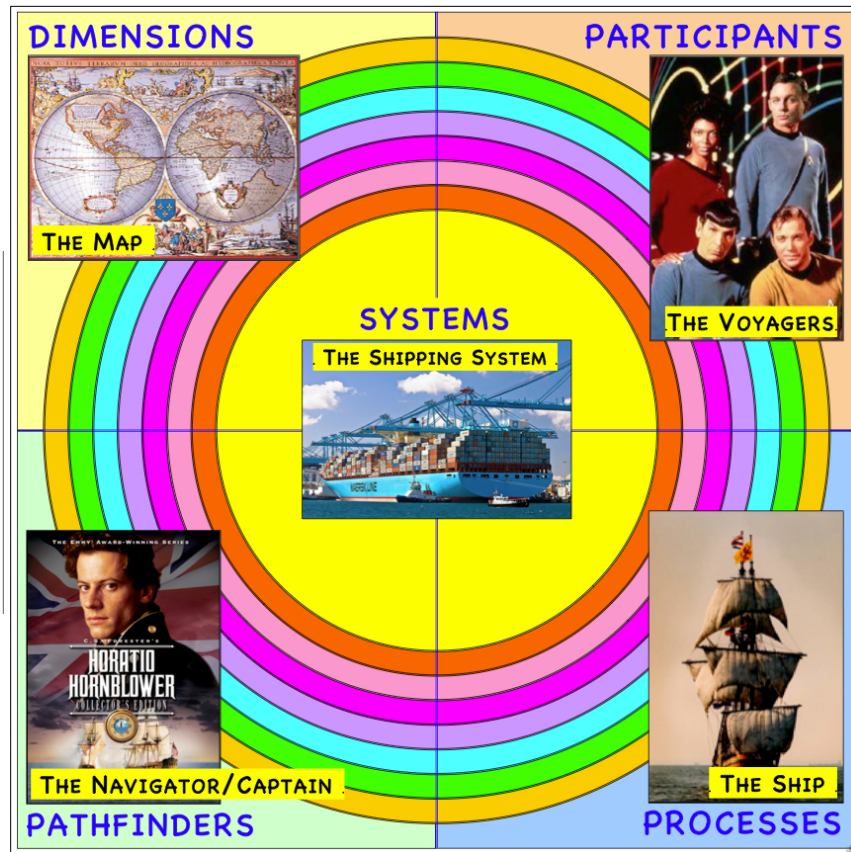


In the language of this book, the Moment of Truth is generally a Challenge (D7a), where we must take advantage of an Opportunity (PPR3) or confront an Inner Demon (PPR4) – either Individually or as a Group (PPR5).

**The Crossroads.** "Which path should I choose?"

## OV1a-b. ADAPT & The Life Journey (cont.)

**The Domains of ADAPT.**  
Human Development can be described in two ways: Either conceptually, as the five major components of the ADAPT Model. Or symbolically, as the five major features of the Life Journey Archetype.

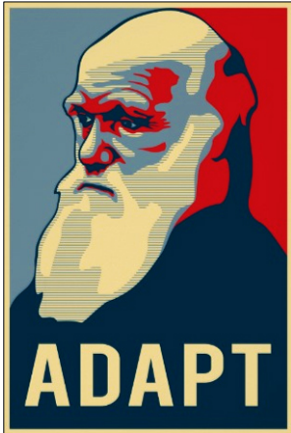


**Our Voyages of Discovery.** Captain Cook's voyages of exploration to the South Seas needed five components to produce a successful Journey: A Map, a set of Voyagers (the crew, plus special passengers like the doctor, the geographer, the naturalist), a Ship (the bold Endeavor), a Captain/Navigator (Captain Cook himself), and a Shipping System (the British Admiralty that sponsored the Voyage). Our own Voyage through Life requires an analogous set of components.



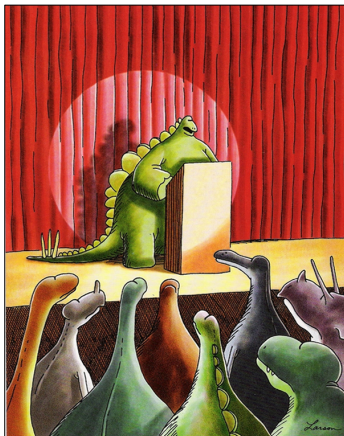
## ADAPT-ability: How Humans Evolve

By fortunate coincidence, the **ADAPT** acronym (pronounced **A**-DAPT) happens to correspond to the central principle of Charles Darwin's Theory of Evolution: The capacity to **ADAPT** (pronounced A-**DAPT**). As this book will show, we grow primarily by confronting the Challenges of life and by 'adapt-ing' to changing circumstances.



**Survival of the Fittest.** "When conditions on Earth change, the species that survive will be the ones who can **adapt** best to those changes."

**Night Comes to the Cretaceous.** "The dinosaurs were unable to **adapt** -- when airborne debris from a giant meteor impact killed off the plant life on which they depended for survival."



**ADAPT-ation.** "The picture's pretty bleak, gentlemen... The world's climates are changing, the mammals are taking over, and we all have a brain about the size of a walnut." The Dinosaurs may have been too big, too slow, or too stupid to **adapt** to the drastic changes in life on Earth.

**I'll Never Be Hungry Again!** "When Scarlett O'Hara's self-indulgent lifestyle is obliterated by the defeat of the Old South, Scarlett must **adapt** by becoming more resourceful, more responsible, more self-reliant." (*Gone With the Wind*)



**Adapting to Harsh Reality.** "When Pinocchio saves Geppetto, Cleo, and Figaro from Monstro the Whale, he proves himself to be 'brave, truthful, and unselfish' - worthy to be reborn as a Real Boy."

## OV3. THE SCENARIOS OF HUMAN DEVELOPMENT

We have explored the individual Domains and Sectors of the ADAPT Model and the Life Journey Archetype. Now let's compose some **Scenarios** to show how they all work together to produce Growth. On the following pages, the relationships among Sectors for a particular Domain of the **ADAPT Model** are shown on the even-numbered pages (left-hand). The Sectors for that same Domain of the **Life Journey Archetype** are shown on the odd-numbered pages (right-hand).

### OV3a-1. The ADAPT Scenario: Dimensions

**D1-8. DIMENSIONS.** The **Dimensions** are the various areas of our life where our Growth takes place – and the various features of that Growth. Collectively, all the Dimensions together constitute the **Growth Continuum**.

- ☼ We grow by progressing through a series of **Stages** (D1) and **Transitions** (D2) – which together form a **Developmental Sequence** (D1+2).
- ☼ This Growth occurs in four **Realms** (DD3) – Everyday Life, the Psyche, the Body, and the Spirit.
- ☼ Within each Realm are several **Arenas** (D4) – areas of life where the actual Growth takes place.
- ☼ In the path of our Growth, we encounter various **Impediments** (D7) – mild ones in the form of **Challenges** (D7a), as well as serious ones in the form of **Impasses** (D7a).
- ☼ Our Growth experience can be interpreted from any of four **Perspectives** (D5a), which in turn can take our life down any of four **Paths** of life (D5b).
- ☼ Our Growth can also take either of two vertical **Directions** (D6a), Ascending and Descending – Directions which can play out over the course of a lifetime as twin **Trajectories** (D6b).
- ☼ The pinnacle of our Growth occurs as we experience **Transcendent States** (D8).



**Our Growth Continuum.**  
“The series of Stages (D1) and Transitions (D2) of our Life form a Developmental Sequence (D1+2). Together the Dimensions constitute a Map of our Growth Continuum (D1-8).”



## OV3b-1. The Life Journey Scenario: Dimensions

**D1-8. Dimensions.** The **Growth Continuum** is the **Map** of the world we explore in the course of our Life Journey. The **Dimensions** the various features and coordinates of that Map.

- ✿ The symbolism of the Life Journey can be conceived in many different ways. Here, we conceive of our Journey as an **Ocean Voyage**, similar to **Homer's *The Odyssey***.
- ✿ In such a Voyage, we travel by visiting one **Island** or **Port of Call** (D1) after another.
- ✿ To get from one Island to the next, we face the risks and hazards of **Open Seas** and **Routes of Passage** (D2).
- ✿ Together, these **Passages** among Islands and Open Seas form a complete **Life Journey** (D1+2).
- ✿ In the course of our Journey, we visit four **Realms** (D3) – Everyday Life, the Islands of Enchantment, the Realm of Ordeals & Trials, and the Realm of the Gods.
- ✿ Within those Realms, our actual life takes place within various **Areas of Activity** (D4) – the waterfront, the shops, the countryside, etc.
- ✿ In the course of our Journey, we face a variety of **Obstacles** and **Impediments** (D7) – surmountable ones in the form of **Raging Seas** or **Hostile Tribes** (D7a), insurmountable ones in the form of **Dank Dungeons**, **Deadly Potions**, etc. (D7b)
- ✿ Our story can be told from any of four **Points of View** (D5a). Likewise, our Journey can take us to any of the four **Points of the Compass** (D5b).
- ✿ Our Journey can also take us **Upward** to the Heavens, or **Downward** to the Underworld (D6a). The entire course of our adventure can take us **Outward** to excitement and adventure, then **Inward** toward the comforts and satisfactions of home (D6b).
- ✿ The most elevated moments of our Journey occur when we **Commune with the Gods**, or visit the **Heavenly Realm** (D8).



**Refuge From the Storm.** "We pass from Island to Island (D1), across Raging Seas (D2), in the course of our Life Journey (D1+2)."

These Scenarios will be broken down into eight Systems of Growth in the Systems section of this book (Domain S).

All the factors discussed in this section will be explored at length over the course of this book. At this point, do not be concerned to understand every detail. Gloss over this section lightly for now. Refer back to it, once you have become more familiar with the concepts.

## OV3a-2. The ADAPT Scenario: Participants

**P1-7. PARTICIPANTS.** The **Participants** are the various aspects of our **Self** or **Identity** that take part in our Growth process.

- ☼ Everyone has a personal Identity, or **Self** (P1).
- ☼ That Self has two parts, the inside **Experienced Self** and the outside **Observed Self** – called collectively, the **Self System** (P1a-b).
- ☼ We grow as **Individuals** (P2a), but also as **Groups** (P2b) -- ranging from Couples and Families to Teams, Workgroups, and whole Cultures.
- ☼ Our **Personality Type** (P3) may also grow, from Fixated to Evolved.
- ☼ Most of us also have a pernicious **Shadow Self** (P4) -- the **Inner Saboteur** that is the source of internal Impediments (D7) and neuroses.
- ☼ The Self is built from a set of **Functional Constituents** (P5) – foundational human attributes that enable the Self to function and to grow.
- ☼ Under certain circumstances, we can assume **Multiple Identities** – either by **Shifting** from one Identity to another (P6a), or by **Broadening** our Identity to include Others (P6b).
- ☼ Our ultimate Participant is the **Divine Presence** – an Entity which manifests itself either personally as the **Core Self** (P7a), or universally as the **Witness** (P7b).



**Participants.** "The Self consists of multiple, interrelated Identities (P1-7) that coexist within our interior."



## OV3b-2. The Life Journey Scenario: Participants

**P1-7. PARTICIPANTS.** The **Participants** are the captain, crew, passengers, and other **Voyagers** who take part in our Life Journey.

- ✿ The central character of our Journey is the **Hero** (P1).
- ✿ That Hero can be described first-person from the **Inside**, or third-person from the **Outside** (P1a-b).
- ✿ Our story includes several other characters, both **Individuals** and **Groups** (P2a-b).
- ✿ Among our crew and passengers are a number of **Stereotyped Characters** (P3) – the Dutiful Mate, the Jovial Carouser, the Brash Warrior, etc.
- ✿ Among the Voyagers, we are also likely to find at least one **Troublemaker** (P4) – a Rebel, Saboteur, or Mutineer.
- ✿ Aside from their personalities, members of the crew can be defined by their specific **Functions** (P5) that enable the Ship to operate: Captain, Navigator, Surgeon, Cook, etc.
- ✿ In the course of our story, characters may take on **Multiple Identities** (P6) – sometimes by assuming a disguise, at other times by transforming into some other person or animal.
- ✿ Our story's ultimate character is the **Divine Presence** – the Entity or Force that appears personally as our Hero's **Familiar Spirit** (P7a), or universally as the **Pervasive Spirit** (P7b) who orchestrates the weavings of Fate.

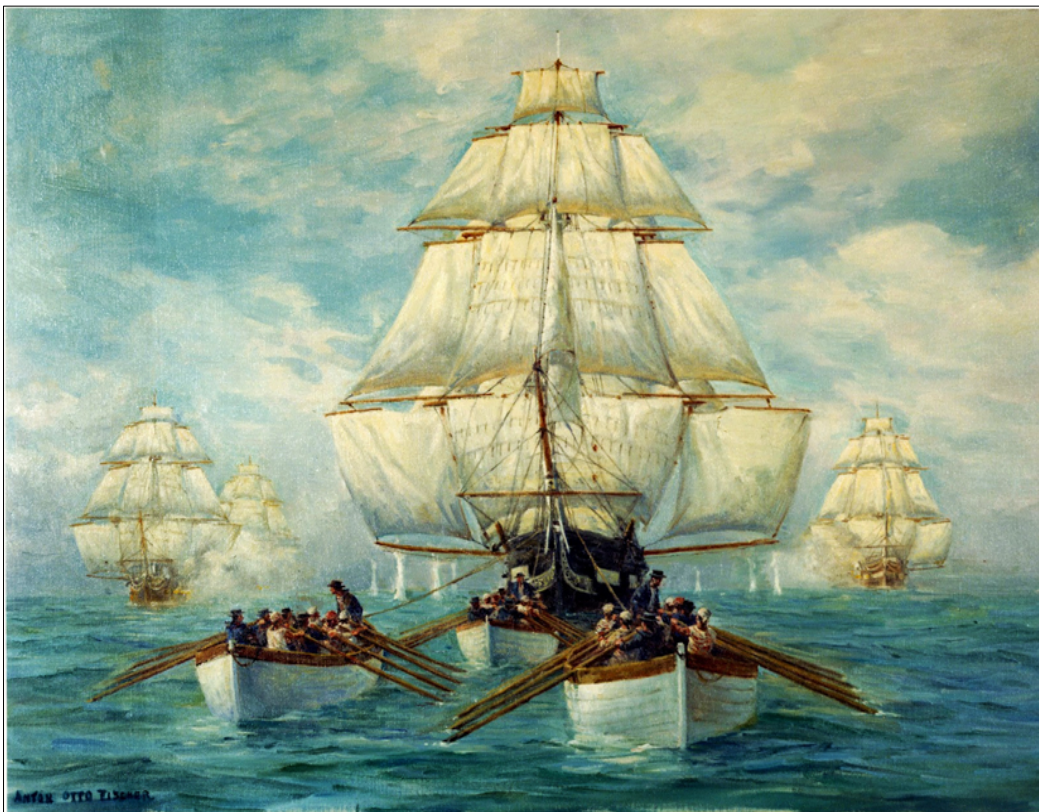


**Voyagers on the Seas of Time.** “The Participants (P1-7) are the Voyagers with whom we share our Life Journey – the captain, the crew, the passengers, even the adversaries we encounter along the way.”

### OV3a-3. The ADAPT Scenario: General Processes

**PPR1-9. GENERAL PROCESSES.** The **Processes** are all means by which we move along the **Growth Continuum** (D1-8). The **General Processes** are **Fundamental Mechanisms** that are available to implement Growth at any Stage (D1), Realm (D3), or Arena (D4).

- ☼ We grow from one Stage (D1) to the next by means of a four-phase process called the **Transition Cycle** (PPR1).
- ☼ A series of healthy Transition Cycles results in **Actualization Growth** (PPR3).
- ☼ When the Transition Cycle malfunctions, it converts to a five-phase **Shadow Cycle** (PPR2) – the source of the Shadow Self (P4) and various Impediments (D7).
- ☼ Where a past Shadow Cycle has occurred, it may be resolved through **Restoration Growth** (PPR4) -- so that normal Actualization Growth (PPR3) may resume.
- ☼ Such Growth occurs **Individually**, but also **Collectively** (PPR5) -- in Groups ranging from Couples to Cultures.
- ☼ We grow Vertically from Stage to Stage (PPR1-5). But we can also grow **Horizontally** (PR6) within a Stage – as when we **Improve** existing skills and **Translate** them to related activities (PR6a).
- ☼ We can also grow in our **Perspective** (PPR7) – as when we Broaden our Identity by becoming more Inclusive (PPR7a).
- ☼ Additionally, we can grow by **Evolution & Involution** (PPR8) – as when we Transcend one Stage, but Include it in our next Stage (PPR8a).
- ☼ Our most profound Process of Growth is **Awakening** (PPR9) – waking up to universal spiritual truths that are eternal and unchanging.



#### Methods of Growth.

"The Processes are all the methods and techniques that move us along the Growth Continuum (D1-8)." Symbolically, the Processes are the Ships and Boats that carry us toward our destination.



### OV3b-3. *The Life Journey Scenario: General Processes*

**PPR1-9. GENERAL PROCESSES.** The **Processes** of Growth are the **Sailing Ships** and other Modes of Conveyance that carry us along the trade routes of our Life Journey. The **General Processes** are the **Means of Propulsion** that can power any Ship – sails, oars, etc.

- ✿ We travel from one Island (D1) to another by means of a **Transition Cycle** (PPR1).
- ✿ When our Voyage progresses normally from one Island to the next, until we reach our final destination, we experience **Actualization Growth** (PPR3).
- ✿ When our Voyage goes awry – as a result of adverse winds, broken mast, mutiny, etc. – we experience a **Shadow Cycle** (PPR2).
- ✿ When we put in for repairs, or direct our Ship back on course, the resulting **Restoration Growth** (PPR4) enables normal Actualization Growth (PPR3) to resume.
- ✿ Such adventures occur **Individually** for our Hero – but also **Collectively** (PPR5) for all the crew and passengers who share in the Voyage.
- ✿ While docked at a particular Port (D1), the Voyagers may engage in various forms of **Horizontal Growth** (PR6) – taking on food and water, exploring the countryside, etc.
- ✿ Our story will be enriched if told from **Multiple Points of View** (PPR7a), and with a sympathetic understanding of a **Variety of Characters** (PPR7b).
- ✿ The entire course of our Voyage combines an **Outward Journey** to challenge and adventure, followed by an **Inward Journey** toward the comforts and satisfactions of home (PPR8b).
- ✿ Symbolically, our Journey is the Great Tree that grows **Upwards & Outwards** to the sky, but also **Downwards & Inwards** into the earth (PPR8).
- ✿ The supreme moments of our Journey occur through an **Awakening** (PPR9) – a dream, vision, or omen that gives us glimpses of a **Spiritual Realm** (D3d) beyond material reality.

**Floating Down to Camelot.** “Like Tennyson’s *Lady of Shalott*, we fear that, when we cast ourselves off from our comfortable niche, we may not grow – but merely languish and die.” Each major Transition (D2) of Actualization Growth (PPR3) feels like a small Death that we must surrender to.



## OV3a-4. The ADAPT Scenario: Specific Processes

**PR1-35. SPECIFIC PROCESSES.** The **Specific Processes** are all the **Methods and Techniques** that help us grow at specific Stages (D1), Realms (D3), and Arenas (D4).

- ✿ **Foundational Processes** (PR1-6) – like Natural Nutrition and Holistic Health -- are the fundamental processes upon which all our future growth is built.
- ✿ **Physical World Processes** (PR7-10) – like Sensory Experience and Natural Environment -- are encounters with material reality.
- ✿ **Socio-Cultural Processes** (PR11-17) – like Responsibility and Leadership -- involve us with Groups of people.
- ✿ **Formal Investigation Processes** (PR18-23) – like Technologies and Logic -- engage our thinking and reasoning abilities.
- ✿ **Self-Expression Processes** (PR24-28) – like Language and Expressive Arts -- express our inner reality in an outwardly-perceivable form.
- ✿ **Conscious Development Processes** (PR29-33) – like Psychotherapies and Spiritual Practices -- are techniques we use with conscious intention to promote our own Growth.
- ✿ **Comprehensive Processes** – Holistic and Integral Programs -- combine many diverse Processes into a single, interwoven Growth experience.



**On the Wings of Doves.** "When I yield to my Creative Impulse, I am borne to the heavens – as if on the Wings of Doves." Through **Self-Expression Processes** (PR24-28), we can experience a Reality that is beyond the power of the Conscious Mind to conceive."



## OV3b-4. The Life Journey Scenario: Specific Processes

**PR1-35. SPECIFIC PROCESSES.** The **Specific Processes** are the specific **Kinds of Ships** (from rowboats to battleships) that enable us to travel over different kinds of waterways (from rivers to open seas).

- ✿ Our Hero prevails in various challenging circumstances with the help of numerous **Special Processes**:
- ✿ The **Prayers and Offerings** that invoke the blessings of the gods.
- ✿ The **Rituals and Protocols** that allow our Hero to enter the Inner Sanctum.
- ✿ The **Clever Stratagems** that enable our Hero to escape the Dank Dungeon.
- ✿ The **Magic Potions** that neutralize our Hero's adversaries.
- ✿ The **Miraculous Weapon** that empowers our Hero to triumph in the Ultimate Battle.

**Invincible Weapon.** "When the young King Arthur extracts the great sword Excalibur from the stone, he acquires the Invincible Weapon that will vanquish all adversaries." The Specific Processes (PR1-35) include all the arcane ways our Hero triumphs over adversity.



## OV3a-5. The ADAPT Scenario: Pathfinders

**PF1-12. PATHFINDERS.** The Pathfinders are the people and other means of **Guidance & Orchestration** by which our Growth is implemented or put into effect.

>Some Pathfinders are provided by the **Groups and Societies** we grow up in (PR1-4).

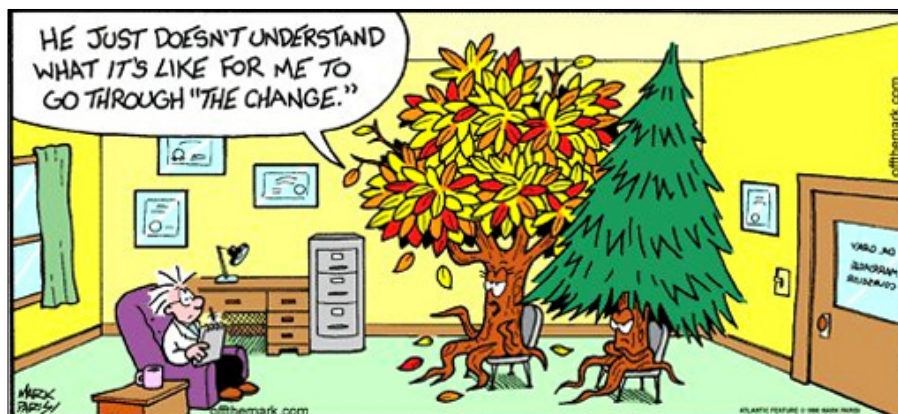
- ☼ Our **Parents** (PF1) are the original, the most influential, and (ideally) the most beneficial Guides of our Journey of Growth.
- ☼ Our **Society & Culture** (PF2) provides set of Role Models, a series of Lessons on living life, processes of Behavioral Reinforcement, and the ready-made System of Values.
- ☼ **Holistic Growth Situations** (PF3) – like backyard gardening and amateur theater productions – offer many diverse opportunities for Growth in a single, integrated activity.
- ☼ **Authorities** (PF4) -- like philosophers, spiritual teachers, novelists, and filmmakers – provide direction and light a path for our Growth.

>Some Pathfinders we choose **Individually and Personally** (PF5-10).

- ☼ Our **Long-term Partner** (PF5) is the special person we choose to share our Journey through life.
- ☼ A **Counselor, Coach, or Therapist** (PF6) is a professional we may consult for help with our emotions, our relationship, or our life situations.
- ☼ A **Spiritual Guide** (PF7) – like a spiritual master or pastor – is a special person we turn to for guidance in the process of Awakening (PPR9) to the Divine Presence (P8).
- ☼ A **Mentor** (PF8) – like a teacher, financial counselor, or doctor – is a person who provides Guidance, not only in their field of specialization, but also in the processes of Growth that underlie that field.
- ☼ A **Growth Center** (PF9) – such as a Meditation Center, a Health Retreat, or a Human Potential Growth Center – is a special place we spend time at, to immerse ourselves deeply in a particular kind of Growth.
- ☼ An **Integral Life Guide** (PF10) is a jack-of-all-counseling-trades – a professional who helps us coordinate and combine the various Growth experiences of our life into one integrated program.

>Some Pathfinders arise within ourselves, or develop **Internally** (PF11-12).

- ☼ Our **Internal Navigator** (PF11) is the Integral Life Guide we form within ourselves -- as we absorb and internalize the lessons of the various other Pathfinders (PF1-10),
- ☼ **Providence** (PF12) is our ultimate Pathfinder – the influence that some entity or force we call the Divine Presence (P8) exerts on our lives.



**Listening to Mid-Life.** "My wife is flourishing in her new Identity (P1). I've got to adapt to her changes – and allow my own changes to take place." Our Marriage Counselor (PF6a) is a Pathfinder who helps us to recognize and embrace the difficult Transitions (D2c) we're going through.



## OV3b-5. The Life Journey Scenario: Pathfinders

**PF1-12. PATHFINDERS.** The **Pathfinders** are the **Navigator and Captain** of our Life Journey. More generally, Pathfinders are the beings or entities who help our Hero maintain his true path – by **Guiding** him and **Orchestrating** his Journey.

>Some Pathfinders are provided by the **Groups and Societies** our Hero grows up in (PR1-4).

- ✿ **Parents** (PF1) are the voices of our Hero's origins – the touchstone for what is true, authentic, and lasting: The Surrogate Parent, who teaches our Young Hero to be a warrior; the Absent Ruler who returns to set the kingdom right; etc.
- ✿ **Society & Culture** (PF2) is the influence exerted by any Society our Hero encounters in the course of his adventures – the ship's unwieldy crew, the menacing gang of villains, etc.
- ✿ **Holistic Growth Situations** (PF3) are the complex, integrated events that affect our Hero in the course of his adventures – Life Aboard Ship, the Sporting Competition, the Banquet.
- ✿ **Authorities** (PF4) are figures from distant times and places who communicate profound wisdom – Ancient Heroes & Legends, Sacred Writings & Sayings, Signs & Portents, etc.

>Some Pathfinders our Hero chooses **Individually and Personally** (PF5-10).

- ✿ Our **Long-term Partner** (PF5) is our Hero's most consistent and enduring Relationship -- the Long-Suffering, Ever-Faithful Mate; the Great Love for whom our Hero sacrifices all; etc.
- ✿ The **Counselor, Coach, or Therapist** (PF6) is the being who bestows special gifts that enable our Hero to overcome Challenges and Impasses -- the Good Fairy, the Divine Messenger, the Crafty Magician, etc.
- ✿ The **Spiritual Guide** (PF7) is the figure who connects our Hero with the Spirit Realm -- the Inspired Prophet, the Affectionate Goddess, the Benevolent Holy Man, etc.
- ✿ **Mentors** (PF8) are the other characters who aid our Hero in his Journey – the Wise Monarch who introduces our Hero to an ideal society, the Talking Animal who offers sage advice, etc.
- ✿ **Growth Centers** (PF9) are the Special Living Environments our Hero learns important truths – Harmonious Kingdoms where all life honors the Gods; Bewitching Kingdoms that divert our Hero from his true course; etc.
- ✿ The **Integral Life Guide** (PF10) is the Trusted Guide or Guardian Angel who leads our Hero along all the precarious paths of the Underworld, the Enchanted Realm, or the Realm of the Gods.

>Some Pathfinders arise within our Hero, or are developed **Internally** (PF11-12).

- ✿ The **Internal Navigator** (PF11) is our Hero's elevated character, once he has absorbed the lessons from his many ordeals and trials. It is the Golden Compass that always directs our Hero on his true course.
- ✿ **Providence** (PF12) is the continuing influence of some Divine Being in our Hero's life – the Goddess who directs human affairs so the Hero's life works out well; the Loom of Fate that weaves together the strands of life and death; etc.



Spiritual Guide (PF7)

## OV3a-6. The ADAPT Scenario: Systems

**S1-8. SYSTEMS.** Systems are the mechanisms by which the various Dimensions (D), Participants (P), Processes (PPR, PR), Pathfinders (PF) work together to produce Growth.

- ☼ A System can pertain either to **Individuals** (S1), or to **Groups** (S2).
- ☼ A System can apply either to **healthy people** (S3), or to **people with entrenched problems** (S4).
- ☼ A System can implement **Vertical Growth** from Stage to Stage (S1-4), or **Horizontal Growth** (S5) within a Stage.
- ☼ A System can apply the Process of **Perspective Growth** (PPR7, S6) -- often by Broadening our Identity through Inclusiveness (PPR7a).
- ☼ A System can apply the Process of **Evolution & Involution** (PPR8, S7) -- often by Transcending one Stage, while Including it in the next Stage (PPR8a).
- ☼ In the highest System, we grow **Spiritually** (S9) by enhancing our capacity to Awaken (PPR9) to the Divine Presence (P7).



**Cultural Evolution** (DD1+2). "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)."



## OV3b-6. The Life Journey Scenario: Systems

### S1-8. SYSTEMS. The System is the Shipping System.

- ☼ The **Governing Organization** that combines and integrates all the factors necessary to make our Voyage a successful one.
- ☼ The coordination process by which our **Map** (D), our **Voyagers** (P), our **Ship** (PR, PPR), and our **Navigator/Captain** (PF) all work together to enable our Voyage to reach its destination.

**The Ultimate System: The Human Odyssey itself.**  
 "It's just dawned on me: My Journal of Personal Explorations (PL2) doesn't have to be a chore or a sob story. It's a way for me to have fun, to learn about myself, and to express my creativity." \*\*\* *The Human Odyssey* itself is one big System: A set of Dimensions (the Domains & Sectors), Participants (myself, my partner, my study group), Processes (the Personal Explorations in each section of the book), and Pathfinders (the Guidance provided by the book itself). If I apply these factors with enthusiasm and dedication, I will become a more complete person.



**WHY**

DOES THIS SO RARELY WORK OUT?

MOST OF US HAVE TRIED KEEPING A DIARY ONLY TO HAVE IT GO ONE OF TWO WAYS

GOT UP  
 FED CAT  
 WENT TO WORK  
 CAME HOME  
 FED CAT  
 WENT TO BED  
 R.I.P. JUNE 3rd

either an  
 OBITUARY-LIKE  
 RECOUNTING OF  
 EVENTS  
 or  
 A HAMPSTER  
 WHEEL OF  
 FEELINGS OF

WORRY AND DISSATISFACTION  
 ABOUT OUR RELATIONSHIPS  
 WITH OTHER PEOPLE. MOSTLY  
 ITS COMPLAINTS.

TELL ME LESS