

**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 #4.**

- ⊗ **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)

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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?

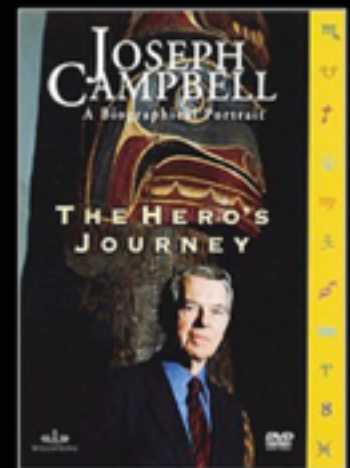
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*, 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 #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. *** Normal Actualization Growth is the process of changing and 'metamorphosing' from one Stage to the next. **Spiritual Growth is a process of Awakening -- of waking up to universal spiritual truths that are unchanging and eternal.** *** The four Transcendent States. *** The Romantic Fallacy -- and its Inverse. *** The twin aspects of the Divine Presence: The Core Self and the Witness. *** Spiritual Practices & Spiritual Guides. *** Arguments for the existence of Providence. *** Case study: The transformation of Jean Valjean in *Les Miserables*. *** Developmental Sequences for each of nine Arenas in the Realm of the Spirit.

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In our Life Journey, TRANSCENDENT STATES are the supremely ILLUMINATING MOMENTS when we receive an Emissary from on High, Commune with the Gods, Visit the Heavenly Abode.



D8. TRANSCENDENT STATES

The Four Transcendent States

Transcendent States are the higher levels of consciousness experienced by Mystics, Translucents, and others who encounter the Divine Presence. According to Ken Wilber, there are four major Transcendent States:

- ⊗ **Nature Mysticism.** The Psychic State. Apprehends a deeper reality within the visible aspect of nature. Ex: Ralph Waldo Emerson.
- ⊗ **Deity Mysticism.** The Subtle State. Connection of the Soul with God, while maintaining the distinction between the two. Ex: Saint Teresa of Avila.
- ⊗ **Formless Mysticism.** The Causal State. Sense of Identity with the Divine, while maintaining the distinction between the two. Ex: Meister Eckhart.
- ⊗ **Non-Dual Mysticism.** The Ultimate State. Complete merging with the Divine. Ex: Ramana Maharishi, Zen Buddhism.



Transcendent States.

"Sometimes Transcendent States come upon me spontaneously. At other times, I can only access them through long sessions of meditation, contemplation, or prayer."

Transcendent States are not progressions from one truth to a higher truth. They are phases of **Awakening** (PPR9) -- of increased awareness, illumination, and revelation of a central, un-

Transcendent States: Wilber's States. Four forms of Mysticism: Same terms.

Transcendent States (D8) are progressive recognitions of the Divine Presence (P7), who is revealed through the Process of Awakening (PPR9) – sometimes through the writings of Scripture (PF4), or with the assistance of a Spiritual Guide (PF7), or in the supportive environment of a Meditation Center (PF9a), or through the workings of Providence (PF12).

The concept of the Divine Presence is particularly speculative and controversial. Readers should feel free to substitute their own belief system here. *** For many so-called 'spiritual' people, The Transcendent States are primarily as an Upper-Left, internal, subjective experience (D5a). In the authors' view, such States are also an Upper-Right, external, objective reality (D5a). That is, the authors believe that there actually is a God – or some type of Divine Presence (P7) that pervades the universe – and that Transcendent States are the modes by which we experience that Presence. However, the purpose of this section is not to impose one view or the other – but merely to help readers clarify their own views.

Transcendent States (cont.)

According to Ken Wilber, there are five common conceptions of Transcendent States [Wilber's *Spirituality*, IP 129-35].

- ✿ The highest levels of any of the Developmental Sequences.
- ✿ The sum total of the highest levels of the Developmental Sequences.
- ✿ The States themselves a separate Developmental Sequence.
- ✿ An attitude (such as openness or love) that you can have at whatever Stage you are at.
- ✿ Conditions of mind that involve Peak Experiences, not Stages.

To these, we add two conceptions of our own. Transcendent States can be viewed as:

- ✿ A distinct Realm (D3d), with its own set of Arenas (D4d).
- ✿ A distinct Dimension (D8, this section).

This book focuses on these last two.

Spirituality. In the authors' view, Spirituality is a distinct Realm (D3d) of human experience. Transcendent States (D8) are particular modes of Consciousness by which we access and explore that Realm.



Other States

According to Wilber, there are also three other types of States that contribute to the Growth Process:

- ✿ **Natural States.** The four normal, non-induced States of consciousness – waking/gross, dreaming/subtle, deep sleep/causal, and non-dual.
- ✿ **Altered States.** Non-normal, often induced States – such as meditative States, mystical experiences, Peak Experiences, drug-induced States, and near-death experiences.
- ✿ **Peak Experiences.** Temporary Altered States of great insight and awareness. Must be converted by Assimilation to Permanent States (Traits) to have a lasting effect on Growth. (see D3d)

Only the Transcendent States will be covered further in this book.

Your Transcendent States

Have you ever had what might be described as a spiritual, religious, other-worldly, or mystical experience? *** Try to be open and candid here. For the purpose of this Exploration, treat any 'imaginings' you may have as objective reality. *** Ask yourself questions like these: Do you have dreams (day or night) that take you far from everyday life? Are you aware of phenomena that can't be explained by reason or science? Have you encountered Beings from some other plane? Do you see evidence for the workings of a supernatural power in everyday life? *** To the best of your ability, describe these experiences in detail. Allow your imagination to run wild. Try not to censor, even if what you say sounds crazy. *** Do you know others who've had such experiences? How do they describe them? Do they believe them? How have these experiences affected their lives? *** What to you are the sources of these experiences? Are they psychological phenomena that arise from the normal workings of the mind? Do they suggest the existence of powers or entities beyond the material world? Do you have a special gift for such experiences – or are they available to everyone?

In our Life Journey, the ROMANTIC FALLACY is the infantile, self-indulgent character, who mistakes a drunken reverie for Nirvana.

D8a. The Romantic Fallacy

Even Transcendent States may be subject to Impediments (D7a). When under the influence of the **Romantic Fallacy**, we interpret primitive, archaic, or mythic Stages as Transcendent Stages or States – thereby diverting our genuine quest for enlightenment into immature behaviors. This debilitating and pervasive Impediment is the source of much confusion and misdirection in the Counter-culture, Human Potential, and New Age Movements.

Immature or infantile States interpreted as spiritual.



Romantic Fallacy. "Now that I've graduated from college, it's time for me to go out and make my way in the world. However, I'm spiritually evolved, so I've decided to bypass all that. Now I'm conga drumming and growing seedlings in the Esalen garden."

Romantic Fallacy: Wilber's Pre/Trans Fallacy.

The Romantic Fallacies in Your Life

What people do you know who live life according to the Romantic Fallacy? Do they belong to a Romantic Subculture?: Flower Children, or New Agers, or Human Potential junkies? *** Describe their attributes and behavior: Are they excessively innocent or naïve? Are they arrested at a relatively immature Stage of Development? Do they imagine they have achieved some higher State of Consciousness that no one else can understand? Do they support political or social movements that are excessively idealistic? *** What other social groups or subcultures share some sort of Romantic Fallacy? What is their view of conventional society? Do they act helpless and estranged? Superior and privileged? Hostile and judgmental? *** Do you sometimes exhibit traits of the Romantic Fallacy yourself? What situations or circumstances bring out your Inner Flower Child? When that happens, who do you associate with, and how do you behave? *** Does the Romantic Fallacy arise when you are in a particular mood or state of mind? When you are inspired, or nostalgic, or disillusioned, or hurt? *** How can you maintain contact with objective reality – without dampening your optimism, your enthusiasm, your sense of wonder?

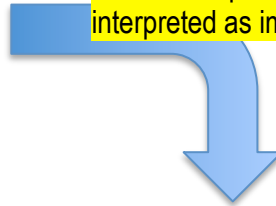
In our Life Journey, the **INVERSE ROMANTIC FALLACY** is the rationalistic, materialistic, self-important character who disparages the powers of the Gods.

D8b. The Inverse Romantic Fallacy

When under the influence of the **Inverse Romantic Fallacy**, we may mistake genuine Transcendent Stages and States for low-level Stages or Pathologies -- thereby casting doubt on the very existence of a higher consciousness or the supernatural. This Impediment is a source of much confusion and misdirection in the Conservative, Fundamentalist, and Rational/Scientific camps.



Authentic spiritual States
interpreted as immature, infantile, or crazy.



Inverse Romantic Fallacy. "All those mystics and yogis meditating on mountaintops are just nut cases that haven't been diagnosed yet."

Inverse Romantic Fallacy: Not mentioned.

The Inverse Romantic Fallacies in Your Life

What people do you know who live life according to the Inverse Romantic Fallacy? Do they belong to an Anti-Romantic Subculture? *** Are they success-driven business people, constantly striving for material rewards? Are they habitual skeptics, who always doubt anything they can't see with their own eyes? Are they hyper-rationalists, who deny the existence of the supernatural altogether? Are they arch conservatives or religious fundamentalists - people who are genuinely religious, but who view spiritual people as flakes or nut cases? *** What other social groups or subcultures adhere to some sort of Inverse Romantic Fallacy? How do they view their counterparts, the Romantics? Are they self-righteous and opinionated? Paranoid and reclusive? Shallow and self-important? *** Do you sometimes exhibit traits of the Inverse Romantic Fallacy yourself? What situations or circumstances bring out your Inner Redneck? Who do you associate with, and how do you behave? *** Do such feelings arise when you are in a particular mood or state of mind? When you feel driven, or cornered, or irate? *** How can you raise yourself to a higher reality - without denying the validity, stability, and substantiality of the rational, material world?

In our Life Journey, the DIVINE PRESENCE is the supreme SPIRITUAL BEING – The Entity or Force that controls, guides, influences, and arranges our Hero's World.

P7. THE DIVINE PRESENCE

The **Divine Presence** is the spiritual entity that pervades, observes, orchestrates, and presides over our lives. The Divine Presence is our highest Participant (P7) -- the entity that navigates the Transcendent States of consciousness (D8). The Divine Presence in the form of **Providence** (PF12) is also our highest form of Pathfinder – the ultimate Guide & Orchestrator of our Life Journey. We experience the Divine Presence in its two aspects:

- ☸ **The Core Self.** The **Immanent Divine Presence.** Our pure Identity, unaffected by material concerns, physical discomforts, or psychological obsessions and compulsions. (page 222)
- ☸ **The Witness.** The **Transcendent Divine Presence.** The pervasive, overarching Entity that presides over all aspects of our existence -- observing, cherishing, guiding, and protecting us. (page 223)



The Divine Presence.
“Many self-described ‘spiritual’ people consider the Divine Presence to be primarily a subjective, internal experience. As a committed ‘religious’ person, I believe the Divine Presence to be an actual, objective, external reality.”

In the authors' view, the Divine Presence (P8) is the supernatural Entity who we access by way of Transcendent States (D8), through the Process of Awakening (PPR9) – sometimes with the assistance of Scripture (PF4), a Spiritual Guide (PF7), or an Integral Life Guide (PF10). The Divine Presence acts upon the world through the instrument of Providence (PF12). The Witness (P8b) is the overarching Divinity that pervades the universe. The Core Self (P8a) is the means by which we access that Divinity at a personal level.

The purpose of this section is not to impose any particular religious belief – but merely to help the reader clarify what their beliefs are. The subject of religious experience is necessarily speculative and controversial. Feel free to substitute your own opinions and experience on this thorny subject.

Divine Presence: Wilber's *Spirit*. East vs. West: Wilber subscribes primarily to the *Eastern* perspective. Core Self: Wilber's *I-I-Self*, *Ultimate Subject*, *Antecedent Self*, *True Self*, *Soul*. Witness: Wilber's *Witness*, *Pure Consciousness*, *Emptiness*, *Seer*. Wilber views the belief in an actual, objective Deity as *Deity Mysticism*.

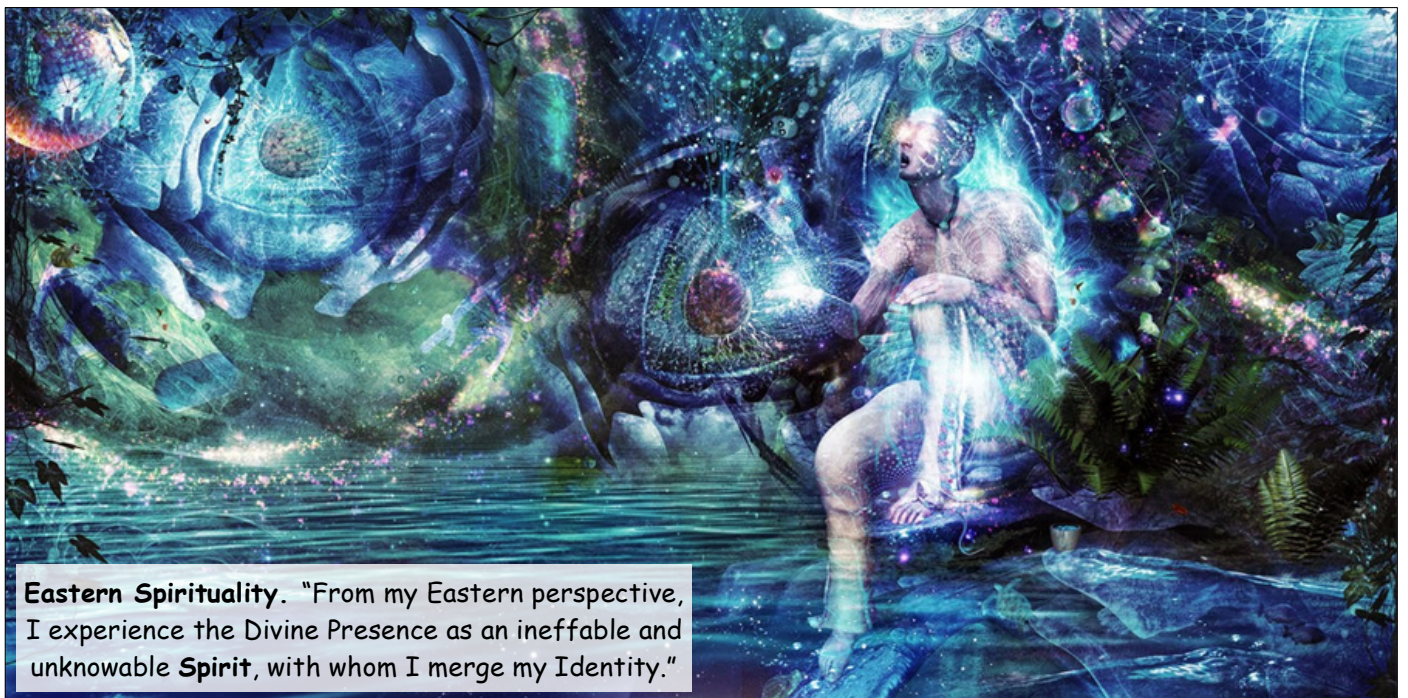
The Divine Presence: East vs. West

The Divine Presence does not transition from one Stage to the next. Rather, by a process of **Awakening** (PPR8), we proceed through a series of **Transcendent States** (D8) – whereby the Divine Presence is progressively revealed in all its glory (PPR9).

From an Eastern perspective, the Divine Presence is **Spirit** – what one experiences when immersed in a Transcendent State. From a Western perspective, the Immanent Presence is the **Christ** (or His surrogate, the **Holy Spirit**); the Transcendent Presence is **God**. These latter two Entities – in the form of the Core Self and the Witness will be explored on the two following facing pages (p. 222)

Western Spirituality

"From my Western perspective, I experience **God** as a pervasive force that presides over the universe. I experience **Christ** as my personal intercessor, through whom I have access to **God**."



Eastern Spirituality. "From my Eastern perspective, I experience the Divine Presence as an ineffable and unknowable **Spirit**, with whom I merge my Identity."

In our Life Journey, the CORE SELF is our Hero's FAMILIAR SPIRIT – the Sprite or Leprechaun who takes a personal interest in the Hero's life, the Good Fairy who offers helpful advice, the Personal Deity who appears in time of need.

P7a. The Core Self

In its Immanent form, the Divine Presence is our **Core Self** – our pure Identity, unaffected by material concerns, physical discomforts, or psychological obsessions and compulsions. In traditional religious terms, the Core Self is known as the **Soul**.



The Core Self. "Like Jiminy Cricket, my **Core Self** is the touchstone that helps me choose rewarding and fulfilling life activities that are not driven by my compulsions or my ego." [It's no coincidence that the exclamation 'Jiminy Cricket!' is a euphemism for 'Jesus Christ!']

Your Core Self

Do you have days when you're 'not really yourself?' What seems to be missing when that occurs? *** At such times, do you feel disconnected, out-of-sorts, spacey, distracted, ungrounded, emotionally volatile, easily thrown off, vulnerable to bad influences, etc.? Give specific examples of times when you've lost touch with your Core Self. *** Are there other days when you feel 'more yourself?' When everything seems clear, when it all makes sense? At those times of clarity, do you feel more focused, more energetic, more alive, more confident in your relationships, more self-assured in your course of action? Give specific examples of times when you feel fully tuned in to your Core Self. *** What people do you know who are especially tuned in? How can you tell? How did they get that way? *** What people do you know who seem especially detached – out of touch with their Core Self? How does that detachment reflect on their level of responsiveness? Their enthusiasm? Their stability? Their degree of contentment? How can such people get back in touch with themselves? *** How can you yourself stay connected with your Core Self? Can you rearrange your life so that your Core Self is more often available, and doesn't get buried? How can you be more real?

In our Life Journey, the WITNESS is the PERVERSIVE SPIRIT – the Ruling God who presides over the Hero's World from afar, the Mighty Force who controls the seasons and the weather, the Master Coordinator who orchestrates the weavings of Fate.

P7b. The Witness

In its Transcendent form, the Divine Presence is The **Witness**. Viewed as a subjective phenomenon, the Witness is the experience of reality from the perspective of the all-seeing, all-knowing Observer. Viewed as an objective reality, the Witness may be considered the pervasive, overarching Being that presides over all aspects of our existence - observing, guiding, cherishing, and protecting us.

Witness. "Above and beyond me, the **Witness** helps to keep my petty anxieties and cravings in perspective, and to experience my life as part of one vast Divine Plan."



Your Witness

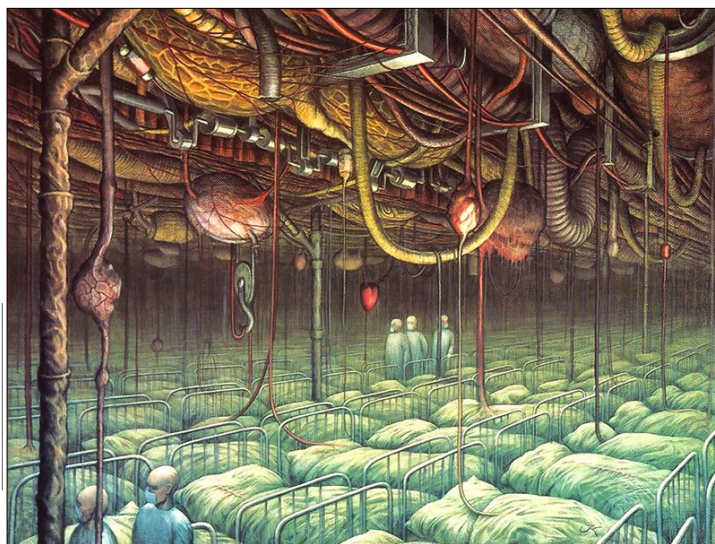
By its very nature, the Witness cannot be observed or described, because the Witness itself is the observer and describer. To experience the Witness, choose something you find beautiful in the natural environment – a spreading oak tree, an upland meadow humming with life, a soaring bird silhouetted against the sky, a fiery sunset sinking into the sea. *** At first, just observe and appreciate this beautiful scene. Open your eyes wide with your full peripheral vision. Breathe in the scene with full, relaxed lungs. *** When you feel ready, allow your awareness to experience the part of yourself that is doing the observing. Allow yourself to experience the ravishing exhilaration of a beautiful vision flowing through you. Begin to sense a Witness within you that is beyond the turmoil and tribulation of everyday life. *** Now allow your own Witness to merge with a greater Witness beyond yourself -- the Divine Presence observes and presides over every moment of your life, every aspect of your daily activities. *** Allow your imagination to summon up its own conception of the Divine Presence. Suspend for the moment any doubts or skepticism as to whether this Divine Presence is real or imaginary. *** Is the Divine Presence of your imagination benevolent, malevolent, or indifferent? Does that Being care for you, or influence your life? Does this Being call the world into existence, determine how it works, intervene to direct the course of history? *** Does this Divine Presence actually exist, or are you merely describing a personal, subjective experience? How does it feel inside when you doubt? How does it feel when you believe?

In our Life Journey, AWAKENING occurs when our Hero receives INSIGHT OR WISDOM from a Higher Realm -- during a dream, a vision, a sign or omen, a waking visitation, a channeled message passed through some other character. When our Hero sloughs off the veil of Material Reality.



PPR9. AWAKENING

Normal Actualization Growth (PPR3) is the Process of changing and 'metamorphosing' from one Stage to the next. **Awakening** is the Process of **Waking Up** to the Realm of the Spirit -- becoming aware of universal spiritual truths that are un-changing and eternal. [For the sake of clarity, the Process of Awakening has been discussed under Transcendent States (D8), the Divine Presence (P7), and Providence (PF12).]



The Coma Ward. "Many of the Droids of this world (IN2) live life in a perpetual coma - kept breathing only by society's insidious life support system."

Awakening to the Glory. "The glory of the Divine Presence is all around us. We need only Wake Up to its breathtaking radiance."



Spiritual Growth: Wilber's Waking Up.

The subject of religious experience is necessarily speculative and controversial. Feel free to substitute your own opinions and experience on this thorny topic.

By the Process of Awakening (PPR9), we experience Transcendent States (D8) of illumination and revelation -- whereby we open our awareness to the luminous glory of the Divine Presence (P7), . Awakening can be facilitated by Spiritual Practices (PR33) -- sometimes with the assistance of Holy Writ (PF4), a Spiritual Master (PF7), the supportive environment of a Meditation Center (PF9a), and perhaps by the intervention of Providence (PF12).

PPR9a. Growing Up vs. Waking Up



"When I progress from childhood, to adolescence, to adulthood, I **grow up**."

"When I progress from material preoccupations to spiritual clarity, I **wake up**."



Growing Up vs. Waking Up

Refer back to Stages in the Dimensions section (D1). As you consider the various Stages of your Childhood, write down all the ways you 'Grow Up': In size, strength, competence, thinking abilities, social skills, life experience, wisdom, etc. *** Now, consider the various ways you 'Wake Up.' Begin at the most physical level: Suppose wake up on sunny Sunday morning, after a deep sleep. Is your body comfortably at ease? Do colors seem more brilliant? Does your freshened peripheral vision allow you to take in the whole scene? *** Now consider the psychological level: Do you awake with a penetrating insight to a problem you'd been wrangling over? Do you recall an intriguing dream that reveals a deeper Self you'd forgotten was there? *** Now consider the times you Wake Up in a metaphorical sense: As you work on a puzzle or word problem, are you suddenly struck by the solution? As you read an analysis of the recent elections, do you suddenly recognize a hidden factor that tipped the balance in favor of the winning party? As you get to know someone better, do you suddenly understand what makes them tick? *** Now consider the times you Wake Up in the most profound spiritual sense: While obsessed with the petty concerns of daily life, are there occasions when you detach and rise above them? Do you ever Awaken to certainties that cannot be explained by reason or science? Does the Divine Presence ever descend on your shoulders like a dove? *** Even when you have such experiences, do you doubt that they are real? What strategies does your Inner Skeptic use to shame you, to embarrass you, to bind you to material reality? *** How can you support and encourage Wakefulness in your daily life? How can you expose, neutralize, or overcome the Inner Skeptic that attempts to denigrate or cancel authentic experiences beyond the ordinary?

PR29-33. CONSCIOUS DEVELOPMENT PROCESSES

Conscious Development Processes are techniques, practices, and programs we use with conscious intention to promote Personal Growth, resolve psychological problems, and facilitate spiritual enlightenment. Such Processes are particularly helpful for Challenges and Impasses not easily resolved through the other, non-intentional Processes described elsewhere in this Sector.



PR29. Body Therapies

Body Therapy Processes use body-centered techniques to promote healing and transformation in the Realms of Body, Psyche, and Spirit. Such Processes restore aliveness -- by opening bodily regions to blood flow, oxygen replenishment, nerve transmission, and toxin removal. They mobilize and align bodily energy patterns, dissolve blocks, and alleviate physical discomfort. They release repressed trauma, disengage self-defeating attitudes and behaviors, and improve emotional responsiveness and spontaneity. They restore balance, grounding, wholeness, and appropriate boundaries.



Early Body Therapies. "After Sal's difficult birth, Cranial-Sacral work loosens the plates of his skull, restores cranial flow, and allows him to relax."

PR30. Introspection & Self-Awareness

Introspection: Inner-directed explorations of our thoughts, imaginings, emotions, and physical feelings. **Self-Awareness:** The heightened state of consciousness that results from extensive Introspection. **Introspection & Self Awareness Processes** enable us to reflect on our inner world – but not necessarily to express it (PR24 & 28) or to change it (PR31). They promote self-knowledge, self-acceptance, self-appreciation, and self-confidence – with a consequent awareness and appreciation of the world around us. (The Explorations in this book are largely exercises in Introspection.)

Early Introspection. "When the kids at school make fun of Annie's braces, she shares her feelings with Mary Kate. Mary Kate gives her sympathy and comfort, and explains why some kids act mean."



In Wilber's Archeological Model of the Realms, Body Therapies are applicable only during the early Stages of Development, or for people revisiting those Stages in therapy. In ADAPT's Architectural Model, bodywork is applicable to the entire span of the Developmental Sequence – both for healthy people and those with entrenched Impasses. (Appx A7h)

PR31. Psychotherapies

Psychotherapy Processes are sophisticated, mind-oriented techniques designed to resolve mental difficulties, promote psychological well-being, and develop one's inner potential. **Actualization Therapies** (PPR3): Coach- or Counselor-guided techniques that help relatively healthy people overcome Challenges (D7a). **Restoration Therapies** (PPR4): Therapist-guided techniques that help troubled people to resolve deep-seated Impasses (D7b). These methods increase self-awareness, enable developmental flow, and promote satisfaction and fulfillment.



Early Psychotherapies. "Jane began having recurrent nightmares of monsters under her bed. We always let her sleep with us until she felt secure enough to return to her own room." When children are too young to describe their inner thoughts and feelings, their dreams can give us clues on how we can help them.

PR32. Psycho-Biologic Techniques

Psycho-Biologic Processes are techniques and programs that use **Natural Nutrition** and **Holistic Health Processes** (PR2, 3) to achieve psychological (as well as physiological) balance and stability. Such Processes may also use psychological techniques (PR 29, 31) to improve physical health and wellbeing. These techniques often address inherited and acquired body chemistry conditions that are at the root of many problems that might appear psychological. Such methods contrast to the symptom-suppressing, psycho-active drug therapies of mainstream medicine (mood pills, Ritalin, etc.).



Early Psycho-Biologic. "When Baby Annie gets fussy or colicky, just a warm tea containing natural laxatives and sedatives (Senna and Chamomile) is often enough to settle her into a quiet and tranquil sleep."

PR33. Spiritual Practices

Spiritual Practices are techniques and programs that use structured activities, exercises, and rituals to access **Transcendent States** of Consciousness (D8), to awaken to the **Divine Presence** (P7), or to attend to the **Holy Spirit** (PF12). Such Practices provide a regular, systematic method of rising above daily concerns, of connecting with universal forces, of grounding oneself in enduring values, of connecting oneself with fellow believers, and of experiencing profound satisfaction and contentment.



Early Spiritual. "Through stories like *Pinocchio*, Annie learns that there really is a Divine Presence – and that heartfelt prayers actually can come true."

In Wilber's *ILP*, there is limited representation for Body Therapies (#29) under *Body* and *Sex Modules*. Introspection and Psychotherapies (#30-31) are well covered under the *Shadow*, *Emotions*, *Relationships*, and *Sex Modules*. Psycho-Biologic Techniques (#32) are not represented. Spiritual Practices (#33) are well covered under the *Spirit*, *Body*, and *Sex Modules*.

In our Life Journey, the **SPIRITUAL GUIDE** includes any Figure who connects our Hero with the Spirit Realm, or who imbues our Hero with supernatural powers or insights -- the **INSPIRED PROPHET** who interprets the will of the Gods, the **AFFECTIONATE GODDESS** who intercedes for her favorite mortal in the parliament of the gods, the **BENEVOLENT HOLY MAN** who schools our Hero in right living. Or, the **WRONGED DEMI-GOD** who rages against our Hero for divine vengeance.



PF7. SPIRITUAL GUIDE

A **Spiritual Guide** is a spiritual master, teacher, or pastor who can guide us in the experience of **Awakening** (PPR9) to the **Divine Presence** (P7) – often by the use of meditation, prayer, yoga, Tantra, Qi Gong, or other **Spiritual Practices** (PR33). A Spiritual Guide, with no pretensions to infallibility or godhood, is highly important for maintaining a consistent and diligent spiritual practice.



False Guides. Eastern Gurus like Rajneesh and Western Gurus like TV Evangelists are often denigrated through mockery and caricature.

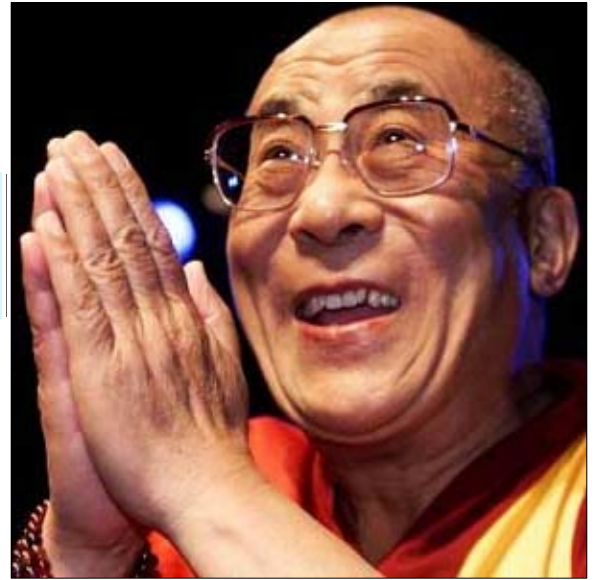
Your Spiritual Guide

What kinds of Guidance have you received in your life that might be termed Spiritual? Sermons and lessons in church? Counseling from a pastor or priest? Classes in yoga or Tai Chi? Lectures and discussions by spiritual gurus? Practice in contemplation at a monastery or Meditation Center? Describe one such experience in detail.

*** Do you feel the need for Spiritual Guidance in your life right now? Are you currently associated with a Spiritual Guide? (Answer these questions as if you have a Spiritual Guide, or would like to.) *** What form has your Guidance taken? Does your Guide pray with you, or meditate with you? Offer counsel? Teach you underlying principles of the faith? Instruct you in practice? *** In what ways has your Spiritual Guide been helpful? How has his influence affected you life as a whole? *** In what ways has your Guide been misleading, or deceitful, or just ill-informed? *** Which of your friends or family are associated with Spiritual Guides? What is their degree of devotion, reliance, dependence, or subservience to their Guide? Has the overall effect been positive, or negative? *** In what ways can Spiritual Guides transform our lives for the better? In what ways can they control us, deceive us, lead us astray? *** How can we avoid succumbing to detrimental spiritual influences? How can we find an authentic and benevolent Spiritual Guide? How can we make the best use of the good Guides we have found?

SPIRITUAL GUIDES (cont.)

The **Dalai Lama** is one of the most recognized and revered Spiritual Guides in the world today.

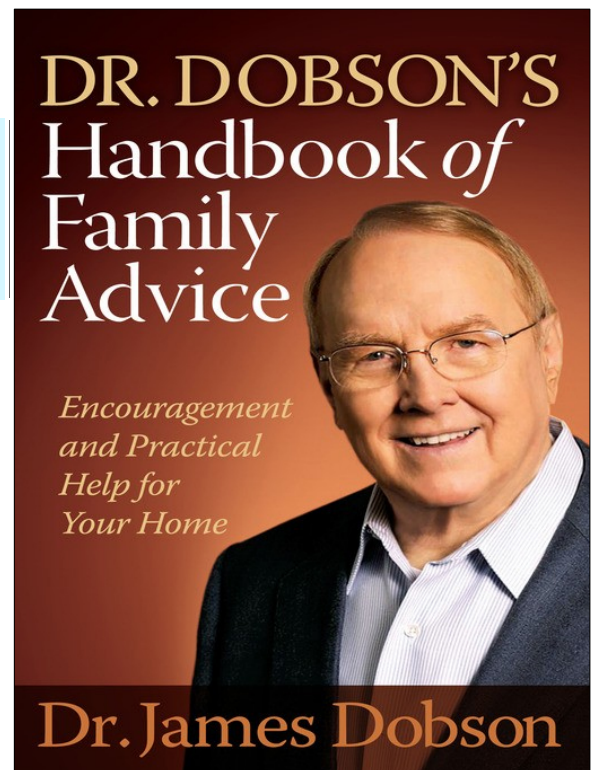


Beat poets **Gary Snyder** and **Allen Ginsberg** both took Spiritual Guides from the Buddhist traditions.

Among Christians, **Dr. James Dobson** is perhaps the most recognized and trusted Spiritual Guide in America.

Spiritual Guide. Wilber appears to receive much of his Spiritual Guidance from Spiritual Authorities (PF4) he has studied – Plotinus, Patanjali, Aurobindo, etc. He makes little reference to Spiritual Guides he has a personal relationship with.

A Spiritual Guide (PF7) can aid us in entering Transcendent States (D8) or encountering the Divine Presence (P7). This occurs through the Process of Awakening (PPR9) –sometimes aided Spiritual Practices (PF33), or by the Authority of Scripture (PF4), or by the supportive environment of a Meditation Center (PF9a), or by the intervention of Providence (PF12).



In our Life Journey, PROVIDENCE is the continuing presence and influence of some DIVINE BEING in our Hero's life – the PERSONAL GODDESS who directs human affairs so the Hero's life works out well, the SUPREME GOD who orchestrates an orderly World for the Hero to act in. Alternatively, the absence of Providence is our Hero's sense of DESOLATION AND ABANDONMENT when the Gods appear to have deserted him.



Metaphorically, the workings of Providence or Fate are often represented by the GREAT LOOM -- that weaves together the strands of life and death. Or, the SHINING PATH that leads the Wandering Pilgrim to the Blessed Event.

PF12. PROVIDENCE

Providence is the Guidance & Orchestration we receive from the **Divine Presence** (P7). Beyond all the societal and personal Guides, beyond even the Internal Navigator (PF11), the great Divine Presence informs, enfolds, illuminates, and shapes all strands of our experience, and all facets of our Growth. Sometimes described as the influence of the Holy Spirit.

Your Providence

Consider the 'Arguments for the Existence of Providence' on the facing page. (Even if you are not religious or spiritual, even if you believe in nothing supernatural, put aside those doubts for the moment, so that you can explore this topic to its fullest potential.) *** Which Arguments seem the most plausible or convincing? Explain why. *** Which of these phenomena do you believe you've experienced in your own life? Give specific instances. *** Which of these Arguments do you disagree with, or are opposed to, or find particularly repugnant? Explain your views. *** If you are a 'Believer,' to what extent are your views a symptom of the Romantic Fallacy (D8a)? If you are an 'Unbeliever,' to what extent are your views a symptom of the Inverse Romantic Fallacy (D8b)? *** If you are a Skeptic, to what extent are your objections based on reason and sober reflection? To what extent are they based on emotion and subjective reaction? *** Choose one of the five Arguments to explore in detail – Irreducible Complexity, for example. *** Ask yourself questions like these: What phenomena in the natural world might be considered evidence for Irreducible Complexity? (That is, which biological phenomena cannot easily be explained by Darwinian Natural Selection?) *** Examples might include: The cell, the eye, the wing, etc. Select any one of those for further exploration – the wing, for example. *** Regarding the wing, ask yourself some probing questions: Why would any creature evolve longer and more cumbersome limbs -- before those limbs were actually capable of lifting him off the ground? If gradual Evolution cannot account for the wing, what's an alternative natural explanation? Is there a role for Providence in the emergence of the wing? *** Now let's explore the experience of belief. First, take the stance of a Believer in Providence (or in some type of supernatural force). How does Belief make you feel inside? *** Next, take the stance of an Unbeliever. How does Doubt change how you feel inside? *** Aside from whether such beliefs are true or not, what might be the psychological or physiological benefits (or detriments) of Belief?

ARGUMENTS FOR THE EXISTENCE OF PROVIDENCE

Does God exist? Is the universe influenced by some sort of transcendent Force, or Power, or Entity? Does that Entity guide and orchestrate our own lives? The entire issue of what we call Providence is highly speculative and controversial. However, various Authorities and spokespersons have suggested that Providence may manifest itself in situations such as the following:

✿ Supernatural Intention

'There's a divinity that shapes our ends, Rough-hew them how we will.' (*Hamlet*). 'May the Force be with you.' (*Star Wars*) The widespread conviction among many people that at least some events do not occur in random – but have some reason or purpose behind them.

✿ Divine Intervention/ Miracles

Any perceptible interruption of the normal laws of nature – whether for the benefit of humankind, or not. Used to account for extraordinary Biblical events – such as the Creation, the parting of the Red Sea, the raising of Lazarus, etc. Purported modern miracles: Lourdes, Philippine psychic surgery, etc.

✿ Synchronicity

According to psychologist Carl Jung, the transpersonal relationship of minds gives rise to simultaneous occurrences that are not causal in nature. Proposed as the principle behind Archetypes and the Collective Unconscious.

✿ Irreducible Complexity

A living system (such as the cell, the wing, the eye) where simultaneous evolution of several key features (or instantaneous evolution of one key feature) would be required for that feature to function. Used to show instances where gradual Darwinian Natural Selection would be extremely improbable.

✿ Intelligent Design

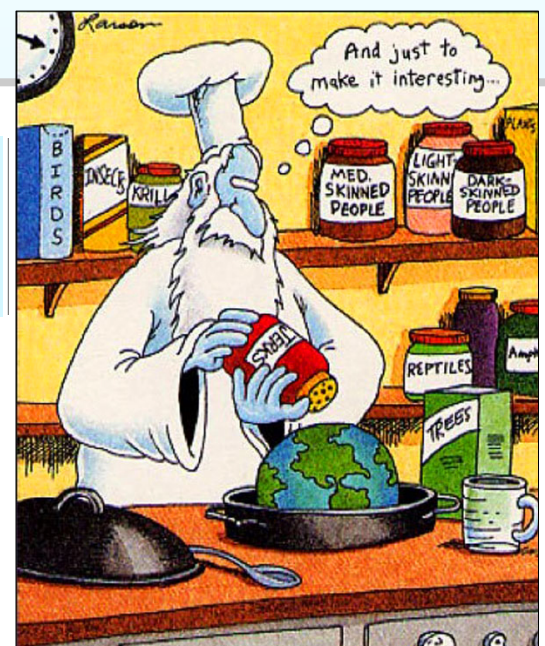
According to many astrophysicists (including those who are not even theists), the universe is remarkably fine-tuned to support the existence of human life on earth. Used to suggest the presence of a Divine Creator -- a Being who has a special interest in providing a hospitable environment for the human species.

And Then God Created Jerks. "Anyone who believes in Providence must also admit that God has an outrageous Sense of Humor."

Providence: Wilber's Spirit-in-Action.

The intention of this section is not to influence your beliefs. It is merely to explore what you believe, and how you arrived at your beliefs. The subject of religious experience is necessarily speculative and controversial. Feel free to substitute your own opinions and convictions on this thorny topic.

Providence (PF12) is the influence of the Divine Presence (P7), on the lives of Individuals or Groups (P2), primarily in the Realm of Everyday Reality (D3a).



S8. SPIRITUAL GROWTH

Spiritual Growth is Growth that occurs as we **Awaken** to the **Divine Presence**.

SYSTEM 8: SPIRITUAL GROWTH

❁ Dimensions

- ❖ In Spiritual Growth, we ascend
- ❖ Within the **Internal Realm** (D3b-d) of **Spirit Passages** (D3d),
- ❖ By way of the **Spirit Arenas** (D4d)
- ❖ To higher and **Transcendent States** (D8) of our consciousness.
- ❖ Spiritual Growth can occur at any **Stage** (D1) of Development.
- ❖ Even Spiritual Growth is subject to **Impediments** (D7) –
- ❖ Especially the **Romantic Fallacy** (D8a)
And the **Inverse Romantic Fallacy** (D8b).

❁ Participants

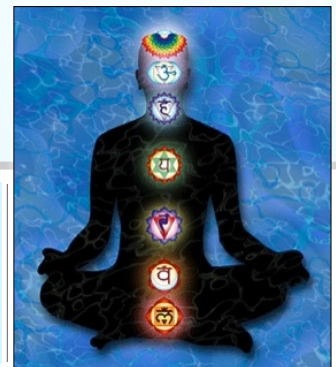
- ❖ As we ascend, we become increasingly **Attuned** (PPR9)
To the **Divine Presence** (P7).
- ❖ In its **Immanent** form, the Divine Presence is the **Core Self** (P7a).
- ❖ In its **Transcendent** form, the Divine Presence is the **Witness** (P7b).
- ❖ Spiritual Growth occurs primarily with **Individuals** (P2a),
But may also occur within **Groups** (P2b).

❁ Processes

- ❖ Spiritual Growth is a Process of **Awakening** (PPR9) to a truth that is un-
changing and eternal.
- ❖ (In contrast, normal **Development** [as in Systems 1-7] is a process of change
and Metamorphosis (PPR1, PPR3).)
- ❖ Such Growth is often aided through **Spiritual Practices** (PR33),
- ❖ As well as by **Comprehensive Processes** (PR34-35) --
Processes that focus on the unified Growth of Psyche (D3b) and Spirit (D3d).

❁ Pathfinders

- ❖ Spiritual Growth can be **Guided** and **Orchestrated**
By a **Spiritual Guide** (PF7), by an **Integral Life Guide** (PF10),
- ❖ Or by **Authorities** (PF4), such as **Sacred Writings** (PR17, PR27) –
- ❖ Sometimes in the supportive environment of a **Meditation Center** (PF9a).
- ❖ Ultimately, such Growth does not occur solely through
one's own efforts (PF1-11),
- ❖ But through the influence of Divine Grace, or **Providence**
(PR12).



Subjective or Objective? "Are Transcendent States just internal, subjective States of Mind? Or are they external, objective encounters with some sort of Divine Presence? Or both?"

Spiritual Growth System. Implicit in
Wilber's *Waking Up*.

JEAN VALJEAN'S SPIRITUAL GROWTH (*Les Miserables*)



"Jean Valjean, a poor Young Man, (P2a)
Who is one of the Wretched of the Earth (P2b),
Is imprisoned for 19 years (D7b)
For stealing a loaf of bread (D3a)."

Awakening to Grace



"Upon his parole, Valjean seeks refuge for the night with Bishop Myriel (PF9),
Where he steals two silver candlesticks (PR17),
And slinks out into the night (PPR2).
When Valjean is apprehended, the Bishop insists
He gave the candlesticks to Valjean (PR33).
Valjean is thereby Awakened (PPR9) to the tangible
evidence of God's Grace (PF12)."



Life of Service



"Once Valjean is Awakened (PPR9) to the pervasive Goodness (PF12)
Of a Higher Power (P7), he dedicates his life
To Alleviating Suffering and Serving Humanity (PR15).
His most noble act is to save precious, little Cosette (PPR4),
Daughter of the tragic Fantine (P4), who was brought to ruin (PPR2)
By the deplorable conditions in Valjean's factory (PF3)."

A8c. Arenas of the Spirit

Spirit Passages are the internal Phases or Modes of spiritual Enlightenment that occur as we experience higher States of Consciousness (D8), awoken to the Divine Presence (P7), or open ourselves to the leadings of Providence (PF12). The tables on the following pages display examples of Developmental Sequences for each of nine Arenas of Spirit Passages (4d). The nine Spirit Arenas are as follows:

CHAKRA SEQUENCES: SPIRIT PASSAGES	
<u>ARENAS</u>	<u>PAGE</u>
1. Spectrum of Consciousness	133
2. Transcendent Stages & States	134
3. Deities & Heroes	135
4. Archetypal Journeys	136
5. Prophetic Revelations	137
6. Rituals & Practices	138
7. Virtues & Gifts	139
8. Scripture & Holy Writ	140
9. Cultural Stages of Worship	141



Deities & Heroes. The pantheon of Greek Gods is a sub-Arena in the Realm of the Spirit that corresponds to seven Levels of Internal Spiritual Development.

These tables pertain to the Chakral levels (Appx A7d), in the Realm and Arenas of Spirit Passages (D3d, D4d), for the Process of Awakening (PPR9). The first two of these Sequences are consolidations of Tables from Ken Wilber's *Integral Psychology*, where the 38 Steps of Wilber's Fundamental Developmental Sequence (FDS) are telescoped into the seven Levels of the Chakras (Appx A7). The remaining seven tables are derived from Wilber, Campbell, Anodea Judith, the authors' own research and experience, and others. For a more complete set of Wilber's Spirit tables, including all Steps of his Fundamental Developmental Sequence, refer to the authors' companion study, *Arrays of Light*.

The Spirit Arenas are especially speculative and controversial. This topic is currently under development and subject to revision. Comments and suggestions from readers are welcome. *** The reader need not be concerned to understand every detail of these Spirit tables. Just get a general sense of the progression from lower to higher Stages & States in each of these Arenas.

A8c1. Arenas of the Spirit: SPECTRUM OF CONSCIOUSNESS

Wilber's Spectrum of Consciousness displays the full range of human awareness – beginning with base material needs and culminating in the Transcendent States. Investigators include mystics, philosophers, psychologists, academics, and the originators of ancient spiritual systems.

[Read from bottom to top.]

Line of Inquiry >> (Investigator) >>	<u>Levels of Consciousness</u> (Plotinus. ~200 AD)	<u>Levels of Consciousness</u> (Aurobindo. ~1900)	<u>Anthroposophy</u> (Steiner. ~1900)	<u>Levels of Consciousness</u> (Grof. ~1970)
CHAKRAS				
7. WISDOM (Understanding, consciousness, bliss. Crown of head.)	Absolute One Nous World soul	Satchitananda Supermind Overmind Intuitive mind Illumined mind	Spirit-man Spirit-life Spirit-self	8. Unitary 7. Transcendent
- transition -				
6. VISIONARY THOUGHT (Imagination, intuition, clairvoyance. Brow, 3 rd eye.)	Creative reason	Higher mind (systems)	Consciousness soul	6. Authentic
- transition -				
5. EXPRESSION (Communication, creativity, symbolization. Throat.)	Logical faculty	Logical mind (reasoning)	Rational soul	5. Achievement/ affiliative
- transition -				
4. LOVE (Compassion, peace. Heart.)		Concrete mind		4. Conformist
- transition -	Opinions			
3. POWER (Will, assertiveness, self-esteem. Solar plexus.)	Concepts	Lower mind	Sensation-soul	3. Egocentric
- transition -				
2. SEXUALITY (Emotions, pleasure, procreation. Genitals.)	Images Pleasure/ pain	Vital-emotional	Astral body (emotion)	2. Naïve
- transition -				
1. SURVIVAL (Grounding, security, stability. Floor of pelvis.)	Perception Sensation Matter	Perception Sensation Physical	Etheric body Physical body	1. Reactive Pre-, peri-, neo-natal (possible transcendent)

A8c2. Arenas of the Spirit: TRANSCENDENT STAGES & STATES

Wilber's Stages & States sometimes display the full range of human awareness – but concentrate primarily on the Transcendent States. Investigators include mystics, philosophers, psychologists, academics, and the originators of ancient spiritual systems.

[Read from bottom to top.]

Line of Inquiry >> (Investigator) >>	Yoga Sutras (Patanjali. ~200 BC)	Stages of Interior Life (Teresa/Avila. ~1550)	Christian Mysticism (Underhill. ~1920)	Levels of Consciousness (Grof. ~1970)
CHAKRAS				
7. WISDOM (Understanding, consciousness, bliss. Crown of head.)	Raincloud Cessation (nirohd) Oneness of buddhi Shining forth Luminosity Subtle perception One-pointedness	7. Spiritual marriage 6. Cessation (formless) Luminosity 5. Prayer of union (ego dies, soul emerges) Early visions 4. Prayer of recollection	Union Dark night Divine ignorance (cessation) Divine love (contemplation) Luminosity Recollection (archetypal) Lateral expansion of consciousness Union with stream of life	Ultimate Supracosmic void Universal mind Deity, luminosity Archetypal Extra-human identifications. Astral-psychic
- transition -				
6. VISIONARY THOUGHT (Imagination, intuition, clairvoyance. Brow, 3 rd eye.)	Recollection (dhyana)		Contemplative illumination	Death-rebirth Existential
- transition -				
5. EXPRESSION (Communication, creativity, symbolization. Throat.)	Cleansing, restraint (pranayana)	3. Exemplary life 2. Practice, prayer 1. Humility		
- transition -				
4. LOVE (Compassion, peace. Heart.)				
- transition -			Conceptual faith & beliefs	
3. POWER (Will, assertiveness, self-esteem. Solar plexus.)				Condensed experience (COEX) Freudian
- transition -				Psychodynamic
2. SEXUALITY (Emotions, pleasure, procreation. Genitals.)				
- transition -				Aesthetic
1. SURVIVAL (Grounding, security, stability. Floor of pelvis.)				Somatic

A8c3. Arenas of the Spirit: NON-CHRISTIAN DEITIES & HEROES

From an energy perspective, the pantheons of ancient gods and heroes may be viewed as symbolic representations of the seven forms of power emanating from the seven Chakras. Alternatively, they can be seen as seven modes by which one may experience the Divine Presence.

[Read from bottom to top.]

CHAKRAS	<u>Hero Types</u> (Campbell)	<u>Greek Deities</u> (Judith, Bolen)	<u>Norse Gods</u> (Judith, Martin)	<u>Hindu Deities</u> (Judith, Martin)	<u>Seven Samurai</u> (Kurusawa)	<u>Seven Dwarfs</u> (Disney) [really!]
7	Saint	Zeus (ruler). Hera (co-ruler)	Odin (ruler, wisdom) Heimdall (rainbow bridge)	Brahma (original creator of universe) Shiva (male principle) Gayatri (glorious light)	Kambei (noble leader)	Happy
6	World Redeemer	Athena (wisdom, reason)	Skadi (justice, vengeance)	Durga (moral order) Saraswati (learning, wisdom)	Katsushiro (idealistic coming-of-age)	Doc
5	Emperor/ Tyrant	Apollo (music, healing) Hermes (messenger)	Loki (trickster, fire)	Rama (ideal hero) Krishna (ideal incarnation)	Gorobei (doesn't live up to name)	Sneezy
4	Lover	Aphrodite (love) Hestia (hearth, family)	Freya (love, beauty, battle)	Vishnu (preserves universe) Hanuman (loyal supporter) Gauri (purity)	Shichiroji (loyal supporter)	Bashful
3	Warrior	Ares (war) Poseidon (sea, natural forces)	Thor (thunder, battle) Tyr (war, law)	Kartikeya (war) Ganesha (success)	Kyuzo (master swordsman)	Grumpy
2	Childhood of Hero	Demeter (agriculture) Dionysus (wine, passion)	Freyr (fertility, success) Baldr (death, rebirth)	Lakshmi (prosperity)	Kikuchiyo (buffoon)	Dopey
1	Primordial	Gaia (Earth) Hades (underworld)	Frigga (mother of all) Hel (the dead)	Shakti (female principle)	Heihachi (woodcutter, sword school)	Sleepy

A8c4. Arenas of the Spirit: ARCHETYPAL JOURNEYS

From a Chakra perspective, the Archetypal Journey may be viewed symbolically as a series of passages – beginning in the corrupt material world and culminating in Spiritual Enlightenment, or a progressive encounter with the Divine Presence. (For Archetypal Journeys, see also Campbell Appendices B.)

[Read from bottom to top.]

<u>Line of Inquiry</u> >> (Investigator) >> CHAKRAS	<u>Hero With Thousand Faces</u> (Campbell)	<u>The Odyssey</u> (Homer)	<u>Pilgrim's Progress</u> (Bunyan)	<u>Seven Storey Mountain</u> (Merton)
7. WISDOM (Understanding, consciousness, bliss. Crown of head.)	Home restored 6. Ultimate Boon	13. Ithaca [restored harmonious society] 12. Phaeacians [ideal society]	15. Celestial City 14. Beulah Land 13. Delectable Mountains	10. Sweet Sun of Liberty [monastery]
- transition -			12. River of Death	8. True North
6. VISIONARY THOUGHT (Imagination, intuition, clairvoyance. Brow, 3 rd eye.)	5. Apotheosis [union of male/ female]	11. Calypso's Island, 10. Cattle of the Sun, 9. Scylla & Charybdis 8. Sirens [final impediments, achieving clarity]	11. Giant Despair, Doubting Castle 10. Faithful [sacrificed] Shadow of Death 8. Battle with Apollyon [final impediments]	7. Magnetic North 5. With a Great Price [character of God]
- transition -				
5. EXPRESSION (Communication, creativity, symbolization. Throat.)		7. Hades [pronouncements of the dead]	7. House Beautiful [Christian congregation] 6. House of Interpreter [Christian Faith]	9. Sleeping Volcano [writing, teaching]
- transition -			5. Good Will [presence of Christ]	6. Waters of Confusion [commitment]
4. LOVE (Compassion, peace. Heart.)	3. Meeting with Goddess [mother/goddess]	6. Circe [false love] 5. Laestrygonians [false hospitality]	4. Wicket Gate, Evangelist, Shining Light [guiding love]	4. Children in the Marketplace [Columbia, Van Doren]
- transition -		4. Aeolus [winds]		
3. POWER (Will, assertiveness, self-esteem. Solar plexus.)	5. Atonement with Father	3. Cyclops [brute force]	3. Worldly Wiseman, The Law, Mt. Sinai [legalism]	3. Harrowing of Hell [prep school]
- transition -				
2. SEXUALITY (Emotions, pleasure, procreation. Genitals.)	4. Woman as Temptress	2. Lotus Eaters [sensual pleasure]	9. Vanity Fair [material pleasures] 2. Slough of Despond [emotional indulgence]	2. Lady of the Museum [France]
- transition -				
1. SURVIVAL (Grounding, security, stability. Floor of pelvis.)	2. Road of Trials 1. Belly of Whale Crossing First Threshold, Call to Adventure, Home	1. Troy [survival in material world]	1. City of Destruction [Godless material reality]	1. The Prisoner's Base [origins]

A8c5. Arenas of the Spirit: PROPHETIC CHRISTIAN REVELATIONS

From a Chakra perspective, the sets of seven apocalyptic events in the Bible's *Book of Relations* may be viewed as symbolic depictions of the release of Kundalini energy – the surge of creative or destructive power that is unleashed as the seven Chakras are progressively unblocked on the final Day of Judgment.

[Read from bottom to top.]

Line of Inquiry >> (Investigator) >>	Seven Churches [Rev. 2-3] (Martin)	Seven Seals/ Book of Life [Rev. 6-8] (Martin)	Seven Trumpets [Rev. 8-11] (Martin)	Seven Plagues [Rev. 16] (Martin)
CHAKRAS				
7. WISDOM (Understanding, consciousness, bliss. Crown of head.)	2. Smyrna (rich despite afflictions, crown of life)	7. Opens Seven Trumpets	7. Third woe. Return of Christ. Dead are judged. Temple opened, ark of covenant revealed.	7. Worldwide earthquake and huge hailstones destroy cities and nations. Every mountain leveled.
- transition -				
6. VISIONARY THOUGHT (Imagination, intuition, clairvoyance. Brow, 3 rd eye.)	1. Ephesus (persevered, forgot first love, eat of tree of life)	6. Great Tribulation	6. Second woe. Floodwaters of 4 rivers released. Horsemen spread plague from mouths.	6. Euphrates dries up. To enable enemy armies to approach Israel for Battle of Armageddon.
- transition -				
5. EXPRESSION (Communication, creativity, symbolization. Throat.)	3. Pergamos (did not renounce, sacrilege, hidden manna)	5. Martyrs (persecution)	5. First woe. Opening of the smoking abyss. Locusts torment any man without the seal of God.	5. Beast's kingdom plunged into abyss. Sinners still unrepentant
- transition -				
4. LOVE (Compassion, peace. Heart.)	6. Philadelphia (kept word, endured patiently, pillar in temple of God)	1. White horse (conqueror, false messiah)	4. Sun, moon, and stars turn dark.	4. Intense sun scorches unrepentant sinners with fire.
- transition -				
3. POWER (Will, assertiveness, self-esteem. Solar plexus.)	7. Laodicea (rich, lukewarm, sit with Jesus on throne)	2. Red horse (war)	3. Wormwood star falls to Earth. Rivers and springs poisoned.	3. Rivers and springs become blood.
- transition -				
2. SEXUALITY (Emotions, pleasure, procreation. Genitals.)	4. Thyatira (sacrilege, sexual immorality, false prophetess, power over nations)	3. Black horse (vengeance, famine)	2. Burning mountain plunges into sea. Sea turned to blood	2. Sea turns to blood, all dead.
- transition -				
1. SURVIVAL (Grounding, security, stability. Floor of pelvis.)	5. Sardis (dead, wake up, clothed in white garments)	4. Pale horse (death)	1. Hail, fire, blood. Earth burned.	1. Sores on worshipers with Mark of the Beast.

A8c6. Arenas of the Spirit: CHRISTIAN RITUALS & PRACTICES

From a Chakra perspective, religious Rituals and Practices represent various ways the seven Chakras can be prepared to attain Enlightenment, to receive the Holy Spirit, or to live a virtuous life.

[Read from bottom to top.]

<u>Line of Inquiry</u> >> (Investigator) >>	<u>Days of Creation</u> (Gen. 1-2) (Martin)	<u>Feast Days</u> (Lev. 23) (Martin)	<u>Works of Mercy</u> (Martin)	<u>Sacraments</u> (Myss)	<u>Monastic Life</u> (Martin)
CHAKRAS					
7. WISDOM (Understanding, consciousness, bliss. Crown of head.)	Sabbath (rest)	Tabernacles (Celebration of deliverance: New heaven, new earth)	Bury the dead	Unction	Visitations, angels, Holy Spirit
- transition -					
6. VISIONARY THOUGHT (Imagination, intuition, clairvoyance. Brow, 3 rd eye.)	Land animals, mankind	Atonement (High priest sits on mercy seat: Sinners spared by Grace)	Minister to prisoners	Ordination	Contemplation, revelation, prophecy
- transition -					
5. EXPRESSION (Communication, creativity, symbolization. Throat.)	Sea life, birds	Trumpets (Sacrificial ram substituted for Isaac: Call to Last Judgment)	Visit the sick.	Confession	Song, chant, silence
- transition -					
4. LOVE (Compassion, peace. Heart.)	Sun, moon, stars	Pentecost (final harvest: Apostles receive Holy Spirit)	Shelter to strangers	Marriage	Worship, prayer, seclusion. Neighbor as thyself.
- transition -					
3. POWER (Will, assertiveness, self-esteem. Solar plexus.)	Land and sea, plant life	First fruits (first harvest: Resurrection)	Cloth the naked	Confirmation	Meekness, humility. Renunciation of earthly possessions.
- transition -					
2. SEXUALITY (Emotions, pleasure, procreation. Genitals.)	Firmament (waters above, below)	Unleavened bread (sustenance for journey: Last supper)	Drink to the thirsty	Communion	Mortification of flesh, abstinence
- transition -					
1. SURVIVAL (Grounding, security, stability. Floor of pelvis.)	Light (day, night)	Passover (spared from death: Christ's return to Jerusalem)	Feed the hungry	Baptism	Material self-sufficiency. Grow own food. Fasting.
- transition -					

A8c7. Arenas of the Spirit: CHRISTIAN VIRTUES & GIFTS

From a Chakra perspective, religious Virtues and Gifts show how a virtuous, exemplary life (or the contrary) may be manifested through each of the seven Chakras.

[Read from bottom to top.]

<u>Line of Inquiry</u> >> (Investigator) >>					
CHAKRAS	<u>Deadly Sins</u>	<u>Contrary Virtues</u> (Martin)	<u>Heavenly Virtues</u>	<u>Full Armor of God</u> (Eph. 6:11-17) (Martin)	<u>Gifts of Holy Spirit</u> (1 Cor. 12:1-11) (Martin)
7. WISDOM (Understanding, consciousness, bliss. Crown of head.)	Pride	Humility	Faith	5. Helmet of Salvation (Word of God)	1. Wisdom
6. VISIONARY THOUGHT (Imagination, intuition, clairvoyance. Brow, 3 rd eye.)	Sloth	Diligence	Hope	4. Shield of Faith	2. Knowledge 6. Prophecy
5. EXPRESSION (Communication, creativity, symbolization. Throat.)	Anger	Patience	Prudence	6. Sword of the Spirit	8. Tongues 9. Interpretation of Tongues
4. LOVE (Compassion, peace. Heart.)	Envy	Kindness	Charity	3. Gospel of Peace (feet)	3. Faith
3. POWER (Will, assertiveness, self-esteem. Solar plexus.)	Greed	Liberality	Justice	2. Breastplate of Righteousness	5. Miracles
2. SEXUALITY (Emotions, pleasure, procreation. Genitals.)	Lust	Chastity	Temperance		7. Discerning of Spirits
1. SURVIVAL (Grounding, security, stability. Floor of pelvis.)	Gluttony	Abstinence	Fortitude	1. Belt of Truth	4. Healing

A8c8. Arenas of the Spirit: CHRISTIAN SCRIPTURE – FOUNDATIONAL PASSAGES

From a Chakra perspective, Foundational Passages of Scripture or Holy Writ represent essential wisdom, positive example, or key events that are addressed in turn to each of the seven Chakras.

[Read from bottom to top.]

Chakra	<u>Life of Christ</u> (Martin)	<u>Passion of Christ</u> (14 Stations of the Cross) (Martin)	<u>Ten Commandments</u> (Martin)	<u>23rd Psalm</u> (Martin)	<u>Lord's Prayer</u> [Matt. 6:9-13] (Martin)
7	Ascension. Sitting at right hand of the Father. Last judgment. New Jerusalem.	[16. Ascension into heaven.]	1. No other gods.	16. Surely goodness and mercy shall follow me. 17. All the days of my life. 19. Forever and ever.	2. Who art in Heaven. 7. As it is in Heaven. 18. And the Glory. 19. Forever and ever.
6	Prophecies of coming Messiah. Annunciations by angels: Zechariah, Elizabeth, Mary, Joseph. Road to Emmaus. End times.	2. Acceptance of the cross. 6. Assistance lifting cross	2. No graven images.	5. He restoreth my soul. 6. He leadeth me in the paths of righteous. 14. Thou anointest my head with oil.	4. Thy Kingdom come. 13. For Thine is the Kingdom.
5	Sermon on the Mount. Addressing the multitudes. Healing by word alone.	1. Condemned to death by Pilate.	3. Not take Lord's name in vain. 9. Not bear false witness.	7. For His Name's sake. 20. Amen.	3. Hallowed be Thy Name. 20. Amen.
4	Nativity. Compassion for poor, lame, insane. Only begotten Son.	4. Encounter with Mother Mary. 6. Veronica wipes face. 8. Meets women of Jerusalem.	4. Keep the Sabbath. 5. Honor father and mother.	1. The Lord is my shepherd. 10. For Thou art with me. 18. And I shall dwell in the house of the Lord.	1. Our Father. 10. And forgive us our debts. 11. As we forgive our debtors.
3	Disciples. Growing ministry. Driving out money-changers.	5. Simon the Cyrene helps carry cross. 10. Stripped of garments. 13. Taken down from the cross. [15. Resurrection from death.]	8. Not steal.	11. Thy rod and thy staff, they comfort me.	5. Thy Will be done. 14. And the power.
2	Virgin birth. Temptation in the wilderness. Mary Magdalene.	3, 7, 9. Three falls.	7. Not commit adultery. 10. Not covet.	9. I fear no evil. 13. In the presence of mine enemies.	12. And lead us not into temptation. 13. But deliver us from evil.
1	Loaves & fishes. Dematerializing escapes. Healing. Raising of Lazarus. Campfire by the beach.	11. Crucifixion, nailed to the cross. 12. Dies on the cross. 14. Laid in the tomb.	6. Not kill.	2. I shall not want. 3. He maketh me to lie down in green pastures. 4. He leadeth me beside still waters. 8. Yea, though I walk through the Valley of the Shadow of Death. 12. Thou preparest a table before me. 15. My cup runneth over.	6. On earth. 8. Give us this day. 9. Our daily bread.

A8c9. Arenas of the Spirit: CULTURAL STAGES OF WORSHIP

Components of the Cultural Stages of Worship: a) Objects of Worship: The entities the Culture values or reveres most; b) Administrators of Worship: The individuals or systems in charge; c) Accessories of Worship: The objects or implements by which Worship is enacted; d) Worldviews: The foundational perspectives upon which the Worship are built.

[Read from bottom to top.]

Chakra	<u>Spiral Dynamics Stage</u> (Beck, Cowan)	<u>Objects of Worship</u> (Beck, Martin)	<u>Administrators of Worship</u> (Beck, Martin)	<u>Accessories for Worship</u> (Beck, Martin)	<u>Worldviews</u> (Wilber)
7	Coral: Next awakening?	Divine Presence, Holy Spirit, Enlightenment	Saints, realized beings, guiding lights	Altar, meditation room, prayer flags	Non –Dual Causal Subtle Psychic
					Developmentalism as World Process
6	Turquoise: GlobalView. Broad synthesis/ renewal, holistic/ experiential Yellow: FlexFlow. Qualities/ responsibilities of being, systematic integrative	Organism System	Systems theorists	Information network	Cross-paradigmatic, dialectical Integrates multiple contexts, paradigmatic Multiple contexts/ histories
	Green: HumanBond. Community, harmony, equality. Relativistic/ sociocentric	Community, humanity, social structures, Gaia	Ecologists, communal conscience reps	Nature gear, communal kitchen	Pluralistic systems, dynamic
5	Orange: StriveDrive. Success, autonomy, materialistic/ achiever	Success, money, celebrities, superstars	Communications media	Posh neighborhood, cars, tech gear, perks	Static systems/ contexts Static universal formalism
					Demythologizing, formalizing
	Blue: TruthForce. Stability, purpose, absolutist/ saintly	Dominant social god, ideology	Prophets, priests, teachers	Scripture, commandments, codes, duties, constitutions, treaties, law, traditions, honor	Rationalization of mythic structures Locus of magic power is deified Other
					Concrete-literal myths
3	Red: PowerGods. Power, action, egocentric/ exploitive	Gods, heroes, strongmen, conquests, Big Me	Priests, commanders	Myths, enhanced weapons, war games, prizes, spoils, horses, vehicles	Ego omnipotence transferred to gods Omnipotence of ego challenged, security
					Ego is locus of magic power
2	Purple: KinSpirits. Safety, security, animistic/ tribalistic	Animistic spirits, ancestors, natural phenomena	Shamans, medicine men, magicians, elders	Enchantment, rituals	Egocentric, word magic, narcissistic Self-object
					Subject-object fusions
1	Beige: SurvivalSense. Stay alive, automatic/ instinctive	Instincts, drives, biological needs	Necessity	Weapons, body parts	Hallucinatory wish-fulfillment Undifferentiated, pleromatic