

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

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

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

Hugh & Kaye Martin's new book *The Human Odyssey* is a unique, new way of viewing personal growth and human development. Extensive excerpts from the Introductory Version of this book will be presented on Integral World in nine installments:

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

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

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

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

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

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

## ☼ **Installation #4: Participants.**

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

## ☼ **Installation #5: Processes.**

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

## ☼ **Installation #6: Pathfinders.**

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

## ☼ **Installation #7: Systems.**

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

## ☼ **Installation #8. Conclusion.**

Follow the Thread: Ways to get the essence of this book by following just one component. The ADAPT Gallery: Cartoons and illustrations that shed further light on key concepts from the book.

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

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

**This issue of Integral World contains Installation #7, Systems.**

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

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

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

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

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

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

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

# KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

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



HUGH MARTIN  
AMALIA KAYE MARTIN

FRONT COVER...

# OUR HERO'S JOURNEY

## How We Grow and Change Over the Course of a Lifetime

### The Meaning of Life

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

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

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

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

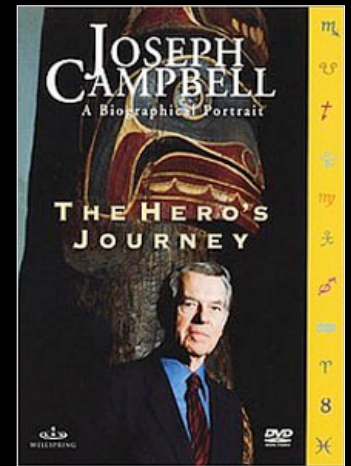
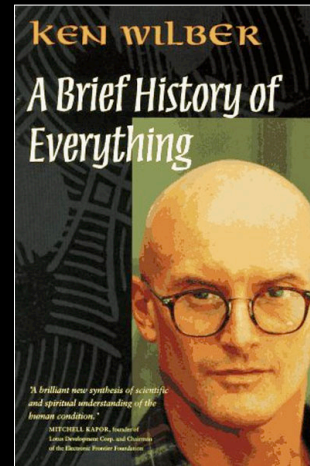
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*,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

### Ken Wilber & Joseph Campbell

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

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

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



### ADAPT & The Life Journey

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

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

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



BACK COVER...



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

How Two Great Thinkers Collaborate  
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## Installment #7: The Systems of Growth

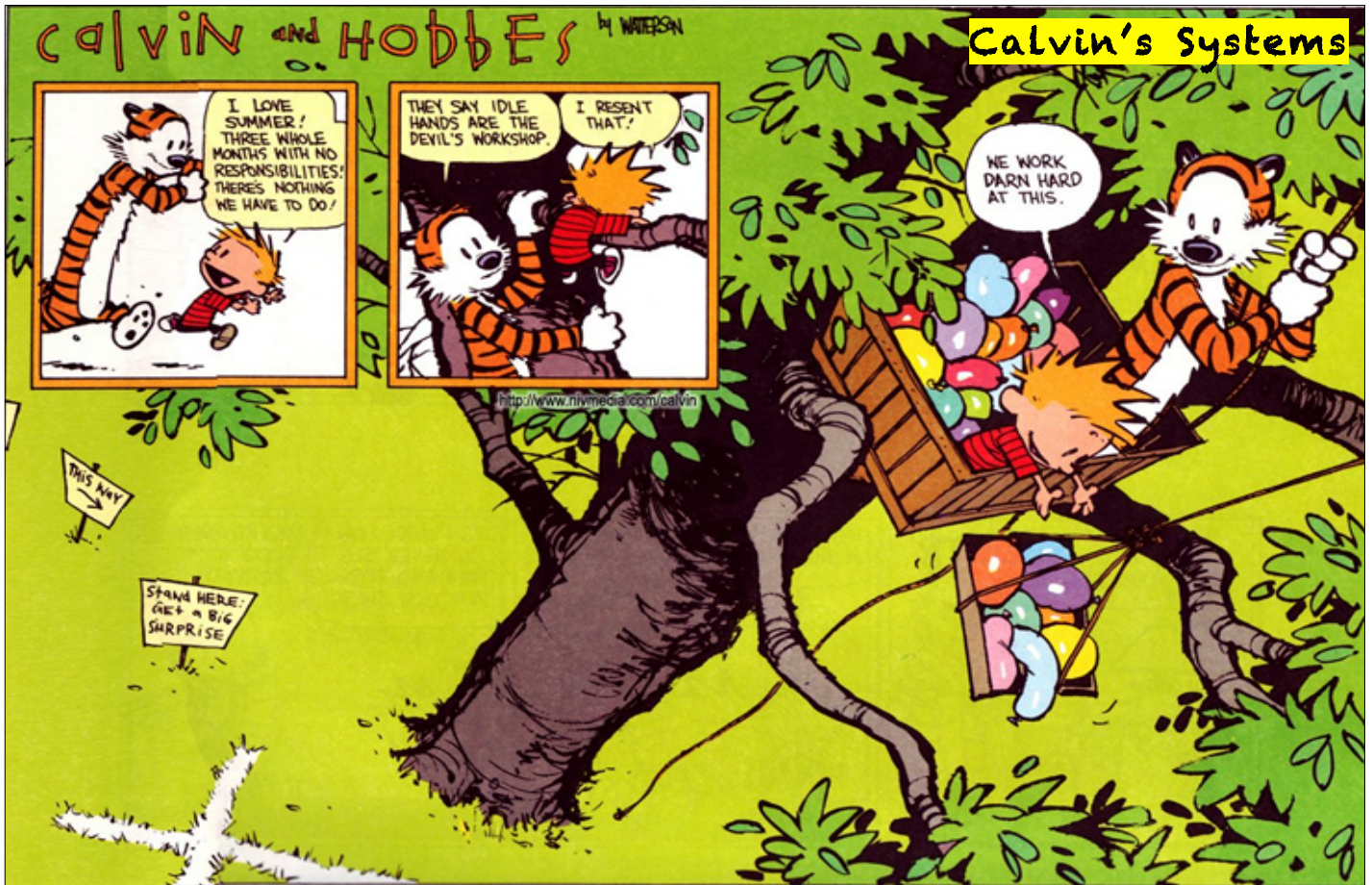
### Proof & Review Copy

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).  
Permissions for some illustrations are pending.

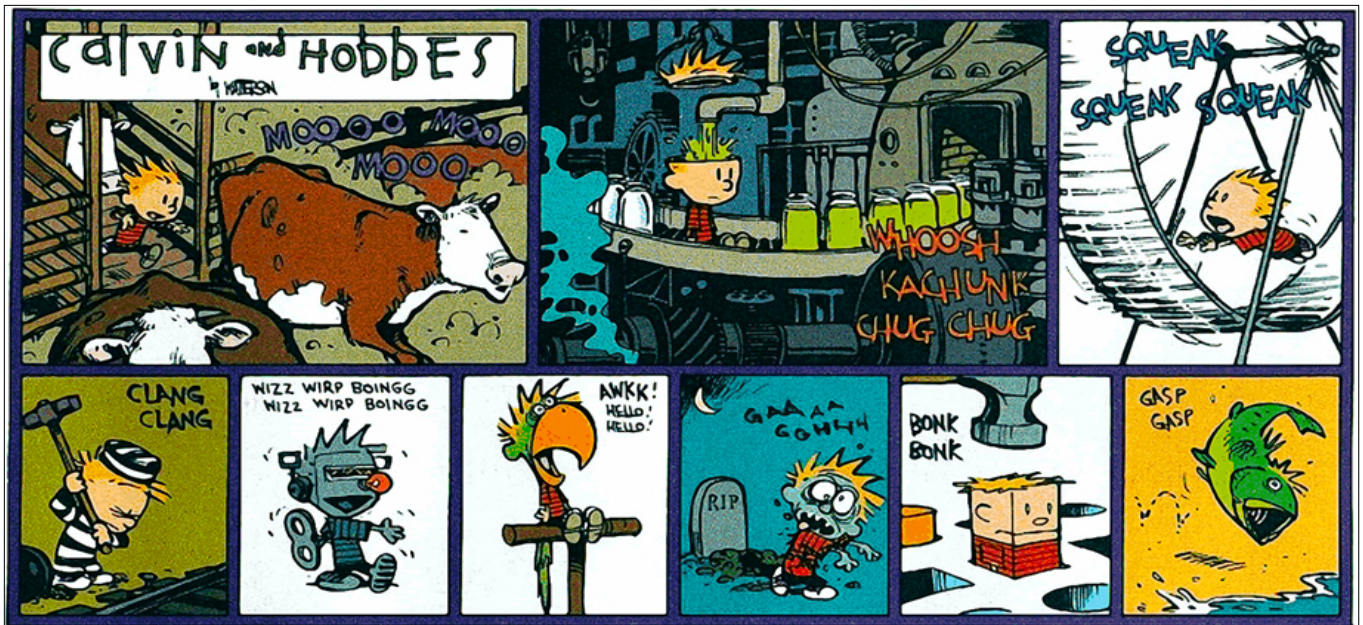
# Domain S: SYSTEMS

# ...of Civilization



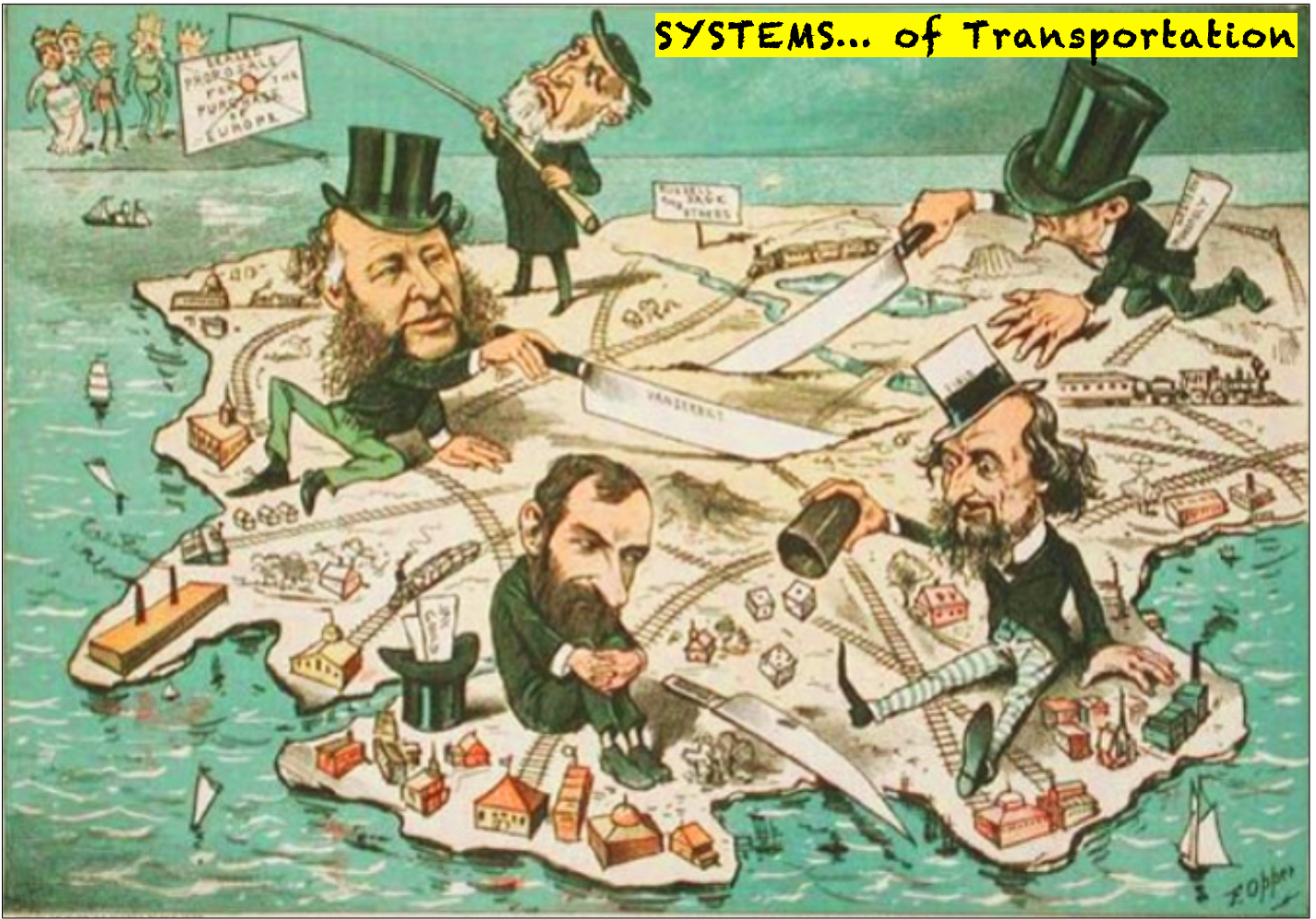


**Calvin's Waterbomb System.** Calvin's System consists of a treetop fort, signs to entice Susie to the target, a pulley to raise the balloons, a willing henchman - and the water-filled balloons themselves. If all goes as planned, these factors will work together to make Susie very wet!

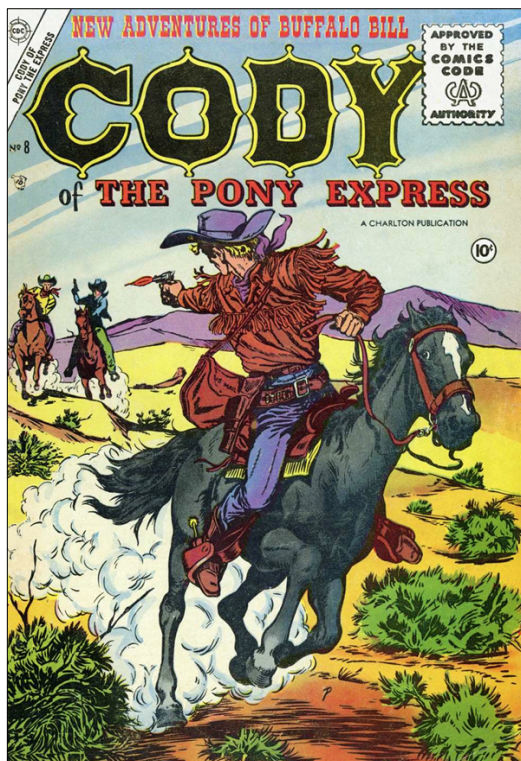


**Calvin's School System**  
For Calvin, School is a System for turning happy, lively kids into robots and zombies.

## SYSTEMS... of Transportation



**Rail Systems.** America's Railway Systems were created by the great financial tycoons of the nineteenth Century. Those **Systems** combined Steam Engines and Railcars - in conjunction with Tracks, Stations, Coal Mines, Engineers, Administrators, and Schedules - to produce fast, reliable Rail Transportation.



**Communications Systems.** The Pony Express **System** consisted of ponies, riders, way stations, mail offices, and administrative personnel. All these factors worked together to deliver mail across country as quickly as possible.



In our Journey of Life, a **SYSTEM** is the **SHIPPING SYSTEM** -- the **GOVERNING ORGANIZATION** that combines and coordinates all the factors necessary to make our Voyage a successful one. At a more immediate level, a **System** describes how our **MAP**, our **VOYAGERS**, our **SHIP**, and our **NAVIGATOR AND CAPTAIN** all work together to enable our Voyage to reach its destination.

0

## DOMAIN 5. SYSTEMS:

### COORDINATORS OF THE DOMAINS OF GROWTH

#### Real-World Systems

The world that surrounds us operates by Systems. There are Systems of Communication, Systems of Manufacture, Systems of Education. Civilization itself may be seen as one great System. In just one such field, Transportation, there are a number of different Systems. The **Systems of Transportation** include: Highway systems, rail systems, airline systems, shipping systems, even stagecoach systems and pony express systems.

If we symbolize our Life Journey as a sea-borne adventure, then the entire enterprise is governed and orchestrated by a **Shipping System**. That System includes all the ships, docks, routes, sailors, on-shore personnel, and specialized technologies that make our adventure possible.

#### Systems of Growth

In like manner, progress from port to port in our Journey of Life is only possible because of highly specialized Systems of Growth. A **System of Growth** is the fundamental mechanism by which Growth takes place. In technical language, a System of Growth is a set of Dimensions (D), Participants (P), Processes (PR, PPR), and Pathfinders (PF) that function together to move us along the Growth Continuum (D1-8). This section describes the eight Systems of Growth, as well as the two Systems that combine all eight Systems. A brief outline of those Systems is shown on page 235.

#### The System-by-System Study Programs

For each of the eight Systems of Growth, we also provide a **Study Program** – a series of readings from this book that pertain to that System. The eight Study Programs – along with an introduction showing what they consist of and how to use them – are outlined in Appendix C3.

**Shipping Systems.** A **Shipping System** incorporates all the factors necessary for a successful voyage -- including ship, crew, cargo, route/destinations, & navigator/captain.

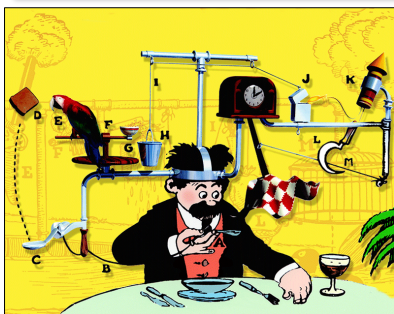
Systems of Growth: Implicit in Wilber, but not specifically mentioned. Human Growth (Systems 1-8): Wilber's *Integral Operating System*.



**O**

# SYSTEMS OF GROWTH

The **Systems** are the fifth of five Domains of the ADAPT Model. These Systems of Growth answer the question: **How** brought together? How can all these Dimensions, Participants, Processes, and Pathfinders be combined and coordinated to produce a successful Growth experience? These are the **Shipping Systems** of our Life Journey. The eight Systems of Growth are shown on the facing page.



**Goldberg's Systems.** Rube Goldberg was famous for creating crazy mechanical Systems that performed simple tasks in indirect, complicated ways.

A detailed description showing how all eight Systems work together to produce Growth is shown in Scenario section (OV3). The Signposts in purple textboxes to be found in many sections of this book are often partial descriptions of the System (S) of which a particular item is a part.

## 0

**SYSTEMS OF GROWTH**

The mechanisms by which the Dimensions, Participants, Processes, and Pathfinders work together to produce Growth. The Shipping Systems of our Life Journey. Eight types – each with its own set of Dimensions, Participants, Processes, and Pathfinders. We first discuss the eight Systems as a whole, and then each System individually.

**S1-8. The 8 Systems of Human Growth** (page ##).

In each of the eight conceptual Systems, Dimensions, Participants, Processes, and Pathfinders function together to produce Growth.

**S1-8. The 8 Systems of Our Life Journey** (page ##).

In each of the eight symbolic Systems, Map, Voyagers, Ship, and Navigator/Captain function together to produce a successful Voyage.

## 1

**S1. Individual Growth** (page 236).

The System that implements Growth for Individual people.

## 2

**S2. Collective Growth** (page 238).

The System that implements Growth for Groups of people.

## 1

**S3. Actualization Growth** (page 240).

The System that employs Actualization Growth: Forward-directed Growth that proceeds from one Stage to the next.

## 4

**S4. Restoration Growth** (page 242).

The System that employs Restoration Growth: Backward-directed Growth that revisits prior Stages to resolve Impasses, so that forward-directed Actualization Growth can resume.

## 5

**S5. Horizontal Growth** (page 244).

The System that employs Horizontal Growth: Growth that occurs within a Stage. Includes three types: Improvement & Translation, Equivalence, and Improvement Within Type.

**S6. Perspective Growth** (page ##).

The System that employs Perspective Growth: Growth that occurs through shifting or broadening one's Identity. Includes two types: Fundamental Perspectives and Inclusiveness.

**S7. Evolution & Involution** (page ##).

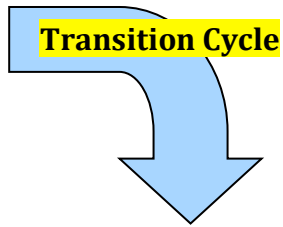
The System that employs the Processes of Evolution & Involution: Growth in two Directions – both Upward & Downward. Includes three types: Transcend & Include, Life Trajectories, and Gender-Type Growth.

**S8. Spiritual Growth** (page ##).

The System that employs the Process of Awakening – waking up to universal truths that unchanging and eternal.



# 1 ERIC'S INDIVIDUAL GROWTH



"Little Eric is an Individual Person (P2a), who has an Experienced Self (P1a) and is developing an Observed Self (P1b). He Transitions (D2a) from Baby Stage to Toddler Stage (D1a) by means of a Transition Cycle (PPR1)."



"In learning to walk, Eric uses the Process of Physical Activity (PR8), and is aided by his Daddy (PF1). The whole process is an experience in Nurture & Bonding (PR1)."

## 2

## S2. COLLECTIVE GROWTH

**Collective Growth** is Growth that takes place in **Groups** of people – ranging in size from **Couples** to whole **Cultures**.

### SYSTEM 2: COLLECTIVE GROWTH

#### ❁ Dimensions

- ❖ The series of **Stages** (D1) and **Transitions** (D2) can also occur Collectively, In the form of a **Collective Developmental Sequence** (DD1+2).

#### ❁ Participants

- ❖ **Collective Participants** (P2b) include **Groups** of any size – from **Couples** and **Families**, to **Generations** and **Cultures**.

#### ❁ Processes

- ❖ **Collective Growth** (PPR5) may take place through the same mechanisms as **Individual Growth** (PPR1-4, PPR6-8).
- ❖ However, there are also special **Collective Processes** of Growth (PPR5), Such as the **Generation Cycle** (PPR5b).
- ❖ Collective Growth can be implemented by all 35 **Specific Processes**, But especially by **Socio-Cultural Processes** (PR11-17) –
- ❖ Processes that particularly pertain to Groups (P2b).

#### ❁ Pathfinders

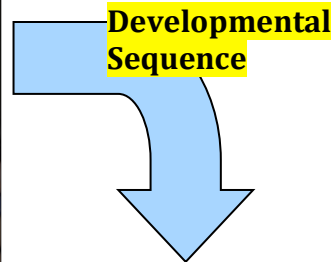
- ❖ Collective Growth can be **Guided** and **Orchestrated** by any of the 12 **Pathfinders** (PF1-12),
- ❖ But especially by the **Collective & Societal Modes** (PF1-4).



**Our Collective Growth.** “We used to be two teenagers dating. Now we’re a happily married couple.”

Collective Growth System. Implicit in Wilber’s *Cultural Evolution*.

## 2 RAY & DOTTIE'S COLLECTIVE GROWTH



"Ray & Dottie are a Couple (P2b) who have gone through several Stages (D1) and Transitions (D2) together of a Collective Developmental Sequence (DD1+2) in the Arena of Relationships (D4a) within the Realm of Everyday Life (D3a)."



"In the course of a lifelong Marriage (PPR5), they've navigated some difficult Transition Cycles (PR1) with the aid of a strong Partnership (PF5), the positive examples of their own Parents (PF1), and an occasional Marriage Counselor (PF6a)."

1

## S3. ACTUALIZATION GROWTH

**Actualization Growth** is Growth for relatively healthy people – Growth that proceeds forward from one Stage to the next.

### SYSTEM 3: ACTUALIZATION GROWTH

#### 🌀 Dimensions

- ❖ Actualization Growth proceeds forward through the **Stages** (D1) and **Transitions** (D2) Of a **Developmental Sequence** (D1+2).
- ❖ At each Transition, **Impediments** (D7) in the form of **Challenges** (D7a) are confronted and overcome.
- ❖ When Challenges are not engaged and overcome (PPR4), They become **Limitations** -- and may eventually result in **Blight** (D7b).

#### 🌀 Participants

- ❖ The Stages & Transitions are navigated by a **Self System** (P1) Consisting of the **Experienced & Observed Selves** (P1a-b).
- ❖ Actualization Growth can occur for both **Individuals** and **Groups** (P2a-b).

#### 🌀 Processes

- ❖ In Actualization Growth, our **Human Potential** is brought to realization (PPR3) Through a series of **Actualization Cycles** (PPR3a),
- ❖ Using a broad assortment of the 35 **Specific Processes** –
- ❖ Including **Physical World** (PR7-10), **Socio-Cultural** (PR11-17), **Self-Expression** (PR24-28), and **Comprehensive Processes** (PR34-35).

#### 🌀 Pathfinders

- ❖ Actualization Growth may be **Guided** and **Orchestrated** by any of the 12 **Pathfinders** (PF1-12),
- ❖ But especially by a **Counselor** or **Coach** (PF6a), **Mentor** (PF8), **Integral Life Guide** (PF10), or cherished **Authorities** (PF4) –
- ❖ Sometimes in the supportive environment of various **Holistic Growth Situations** (PF3) or **Growth Centers** (PF9).
- ❖ Over the course of time, a person practicing Actualization Growth gradually develops their own **Internal Navigator** (PF11).



**Our Actualization Growth.** “Through a series of successful Transitions, we’ve progressed from a happy young couple to a deeply committed older couple.”

Actualization Growth System. Implicit in Wilber’s *Integral Life Practice*.

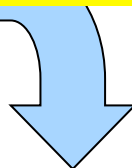


# 1 STEPHANIE'S ACTUALIZATION GROWTH



"As a Woman (P3a) in the world of Corporate Competition (PF3) Stephanie faced a series of Impediments (D7) in the form of Challenges (D7a) -- which propelled her through a spiral of Actualization Growth (PR3)."

Actualization Growth



"Stephanie attributes her Success (PR14) to strong Work Habits (PR12), an Ethic of Service and Commitment (PR15), and an ability not to take herself Too Seriously (PR26)."



"She never would have made it without the support of her Partner (PF5), the encouragement from her Life Coach (PF6b), and the Managers and Bosses (PF8) who recognized her potential (PR3)."

# 4

## S4. RESTORATION GROWTH

**Restoration Growth** is Growth for people with deep-seated problems. Restoration Growth proceeds backward to resolve traumatic experiences from prior Stages, so that forward-directed Actualization Growth (S3) can resume.

### SYSTEM 4: RESTORATION GROWTH

#### ❁ Dimensions

- ❖ Restoration Growth proceeds backward to previous **Stages** (D1) or **Transitions** (D2),
- ❖ Where **Impediments** (D7) in the form of **Impasses** (D7a) have occurred.

#### ❁ Participants

- ❖ Those Impasses may be embodied in a pernicious **Shadow Self** (P4).
- ❖ Restoration Growth can occur for both **Individuals** and **Groups** (P2a-b).

#### ❁ Processes

- ❖ The Shadow Self was formed by a distortion of the **Transition Cycle** (PPR1), Called the **Shadow Cycle** (PPR2a).
- ❖ In Restoration Growth, our Human Potential (PPR3) is restored through one or more **Restoration Cycles** (PPR4a) –
- ❖ Using primarily the **Conscious Development Processes** (PR29-33).

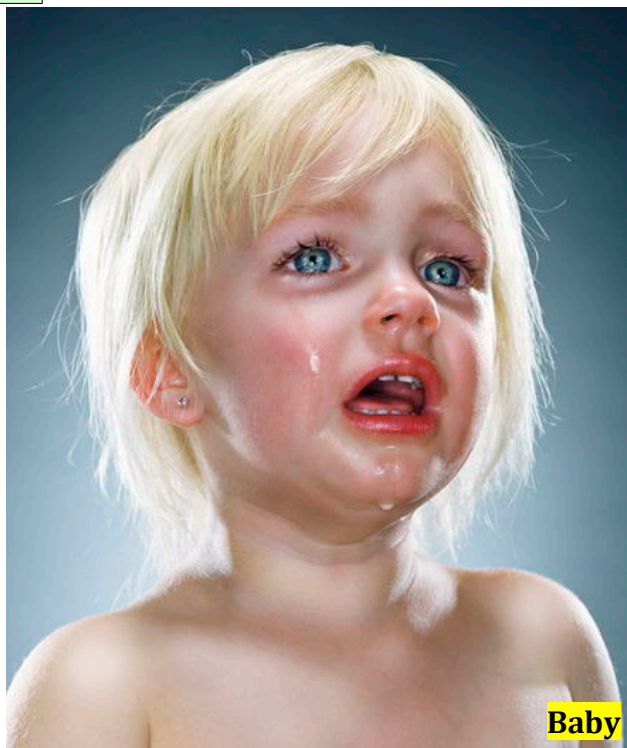
#### ❁ Pathfinders

- ❖ Restoration Growth may be **Guided** and **Orchestrated** (PF1-12) primarily by a trained **Therapist** (PF6d) –
- ❖ Sometimes with the aid of a **Spiritual Guide** (PF7), and
- ❖ Sometimes only through the intervention of a benevolent **Providence** (PF12).



**My Restoration Growth.** "As a troubled Young Adult, I need to revisit and resolve some traumatic episodes of my early childhood. Then I can resume normal Actualization Growth."

## 4 RACHEL'S RESTORATION GROWTH



**Baby**

"As a Baby (D1a), Rachel was neglected and abused (PR1) -- which caused her normal Transition Cycle (PPR1) to distort into a pernicious Shadow Cycle (PPR2)."

**Shadow Cycle**



**Toddler**

"By the time Rachel became a Toddler (D1a), her resulting Shadow Self (P4) had created entrenched Impediments (D6) in the form of Impasses (D6b) that made her sullen and withdrawn."

"Now, as an Adult (D1c), with the help of her Therapist (PF6d), and the support of her Integral Life Guide (PF10), Rachel must Revisit Her Feelings as a baby (PR31), and Restore her sense of Self-worth (PPR4) -- so that she may Resume a Happy, Productive Life (PPR3).

## 5

## S5. HORIZONTAL GROWTH

**Horizontal Growth** is Growth that occurs within a **Stage**. (This contrasts to **Vertical Growth** [as in Systems 1-4], which takes us from Stage to Stage.) There are three modes of Horizontal Growth: **Improvement & Translation** (S5a, this page) and **Equivalence** (S5b, page ##) are discussed below. **Improvement Within Type** (S5c) is discussed under Enneagram Types (P3b).

## SYSTEM 5a. IMPROVEMENT &amp; TRANSLATION

### ☼ Dimensions

- ❖ Within a given **Stage** (D1),  
And within a given **Realm** (D3) and **Arena** (D4),
- ❖ An **Impediment** (D7)  
In the form of a **Challenge** (D7a) presents itself.

### ☼ Participants

- ❖ Progress within the Stage is navigated by the **Self System** (P1),  
Consisting of the **Experienced & Observed Selves** (P1a-b).
- ❖ Such progress can occur in both **Individuals** and **Groups** (P2a-b).

### ☼ Processes

- ❖ The Self System progresses within the Stage through a mild form of the **Transition Cycle** (PPR1).
- ❖ Progress occurs through **Improvement** of already existing skills and abilities,  
As well as **Translation** to similar or related skills and abilities (PR6a).
- ❖ Such progress is a type of **Actualization Growth** (PPR3).
- ❖ Horizontal Growth can be facilitated by any of 35 **Specific Processes** (PR1-35),
- ❖ Especially **Socio-Cultural** (PR11-17) and **Formal Investigation Processes** (PR18-23) –
- ❖ Processes that tend to put a premium on conformity, improvement within an established social role, and improvement in technical skills and knowledge.

### ☼ Pathfinders

- ❖ Improvement & Translation can be **Guided** and **Orchestrated** by any of the 12 **Pathfinders** (PF1-12),
- ❖ Especially **Society & Culture** (PF2) and **Authorities** (PF4) –
- ❖ Influences that tend to put a premium on obedience, and following the dictates of an established precedent.



**My Improvement & Translation.** "I've become better and better at walking. Now I'm learning to run, hop, and skip."

*Horizontal Growth System. Implicit in Wilber's Horizontal Translation.*

## 5 SAMANTHA'S IMPROVEMENT & TRANSLATION



"While in the Earlier Childhood Stage of Development (D1a), in the Realm of the Psyche (D3b) in the Arena of Cognitive Development (D4b), Samantha, an Individual little girl (P2a), Learns to Read (D4b), and develops a love of reading (PR24)."

**Improvement**



"As Samantha matures within several Stages (D1a-b), she passes through mild Transition Cycles (PR1). Her reading skills continue to Improve (PR6a) so she can Read Longer and More Difficult Books (D4b). She Looks Back with pleasure (P1b) to those early Reading Experiences (D1a) that brought her to This Point (D1c)."

**Translation**



"Once Samantha had developed into an excellent reader (D1b), she Translated those abilities (PPR6b) to related skills like Writing and Spelling (D4b). She was aided by Specific Processes like Language & Communication (PR24). Her progress was supported by a loving Mom (PF1), dedicated Teachers (PF8), and a Creative Grade School (PF9d)."