

# 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 #6, Pathfinders.**

## 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.

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

# KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

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



HUGH MARTIN  
AMALIA KAYE MARTIN

FRONT COVER...

# OUR HERO'S JOURNEY

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

### The Meaning of Life

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

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

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

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

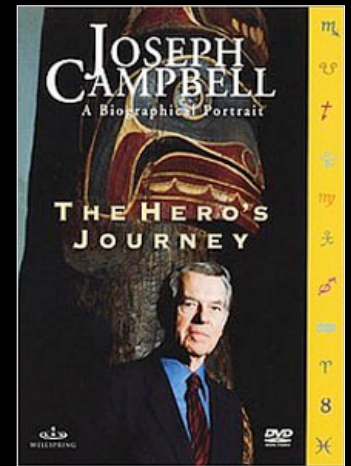
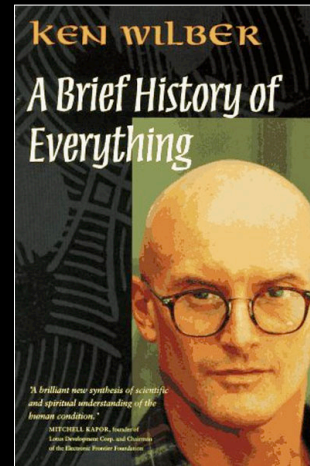
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*,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

### Ken Wilber & Joseph Campbell

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

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

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



### ADAPT & The Life Journey

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

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

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



BACK COVER...



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

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

## **Installment #6: The Pathfinders 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).  
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## Domain PF: PATHFINDERS



### **Navigating the Labyrinth**

The Labyrinth of the Human Soul is infinitely complex, mysterious, convoluted, deceptive, and treacherous. To find our True Path, we need the assistance of many benevolent Guides – some that are available to everyone, and others who take an interest in us personally. These are the Pathfinders of our Life Journey.

In our Life Journey, PATHFINDERS are literally those BEINGS or entities who help our Hero FIND his PATH – by GUIDING him and ORCHESTRATING his Journey.

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## DOMAIN PF. PATHFINDERS: GUIDES OF THE GROWTH PROCESS

The **Pathfinders** are the fourth of five Domains of the ADAPT Model. These Pathfinders of Growth answer the question: **With whose assistance?** Who can guide us through the maze of Growth possibilities? Who can help us to coordinate and orchestrate the many strands of our Growth? These are the **Navigator and Captain** of our Life Journey. The Pathfinders accomplish their objectives by two general methods: **Guidance** and **Orchestration**.

- 🌀 **Guidance.** Pathfinders help us choose and direct our activities through the many alternatives life offers us.
- 🌀 **Orchestration.** Pathfinders help us weave together, coordinate, and unify all the Dimensions, Participants, and Processes, and other Pathfinders that comprise the Growth process.

**PATHFINDERS = GUIDANCE + ORCHESTRATION**



### The Best Path to College

"My son hopes to go to a really fine college next year. We **guide** him by helping him to compare colleges and make the right choice. We **orchestrate** the admissions process by helping him coordinate all the applications, standardized tests, recommendations, and essays."

In our Life Journey, GUIDANCE is the task of the NAVIGATOR – the process of DIRECTING our Ship and keeping our Voyage on course. ORCHESTRATION is the responsibility of the CAPTAIN – the process of ARRANGING AND COORDINATING all elements of our Voyage to produce a smooth-running, successful adventure.

## GUIDANCE + ORCHESTRATION > NAVIGATOR + CAPTAIN



**Guidance = Navigator.**

Choosing and directing our path of Growth among alternative courses of action.

**Orchestration = Captain**  
Coordinating & unifying the Growth process.



Pathfinder: Wilber No general term. Guidance: Wilber's Navigation. Orchestration: Wilber's Integration.



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# PATHFINDERS

**Pathfinders** are the people and other means of Guidance and Orchestration that help us implement our Growth – to carry it out, to put it into effect. They are the **Navigator** and **Captain** of our Life Journey. The 12 Pathfinders are outlined on the following two pages.



**Quintessential Pathfinder.** "Sacagawea, the faithful Indian Guide who leads Lewis & Clark to the Oregon Territory, is one of the great Pathfinders of American history."





## PATHFINDERS

The people and other means of Guidance and Orchestration that help us implement our Growth. The Navigator and Captain of our Life Journey. In 12 types: Four Collective, six Individual, and two Internal. We grow best when we make use of all 12 types. [Any of these 12 Pathfinders can be applied to any of the eight Systems of Growth (S1-8).]

### COLLECTIVE & SOCIETAL GUIDANCE

#### **PF1. Parents & Family** (page 198)

Parents are the original, the most influential, and (ideally) the most beneficial Guides of our Journey of Growth. Our own, personal Integral Life Guides (PF10).

#### **PF2. Society & Culture** (page 200)

The set of role models, the series of lessons on living life, the processes of behavioral reinforcement, and the ready-made system of values provided by our Society & Culture.

#### **PF3. Holistic Growth Situation** (page 202)

A cluster of experiences that offers many diverse opportunities for Growth in a single integrated activity. Includes at least seven types -- from Child-Raising to Group Backpacking.

#### **PF4. Authorities** (page 206)

People with exceptional knowledge and wisdom in a particular field, whose work shapes and sheds light on our Growth. Includes at least 12 types -- from Political Figures to Spiritual Leaders.

### INDIVIDUAL & PERSONAL GUIDANCE

#### **PF5. Long-term Partner** (page 208)

The special person we choose to share our Journey through life.

#### **PF6. Counselor, Coach, or Therapist** (page 210)

A Growth Practitioner specially trained to implement some aspect of our Growth. Counselor: Actualization Growth for people with Challenges. Life Coach: Actualization Growth within the 12 Arenas of Life Passages. Specialty Counselor: Life Coach and advisor for a specific Arena. Therapist: Restoration Growth for people with Impasses.

#### **PF7. Spiritual Guide** (page 216)

A spiritual master, teacher, or pastor who can guide us to experience Transcendent States (D8), to Awaken to the Divine Presence (P7), or to yield ourselves to the Holy Spirit (PF12).

[continued next page]

# PATHFINDERS

## INDIVIDUAL & PERSONAL GUIDANCE (cont.)

### PF8. Mentors (page 218)

Experts in particular fields who help people grow in those areas. Includes at least ten types -- from Motivational Speakers & Social Activists to Artists & Teachers.

### PF9. Growth Center (page 220)

A Holistic Growth Situation (PF3) where people gather together with the explicit intent of cultivating a particular aspect of Growth. Includes at least six types -- from Monasteries, to Health Retreats, to Human Potential Growth Centers.

### PF10. Integral Life Guide (page 224)

A Growth Practitioner with the capacity to integrate and implement all five Domains of the ADAPT Model, or equivalent.

## INTERNAL GUIDANCE

### PF11. Internal Navigator (page 226)

The Guide we form within ourselves – by internalizing all the Guidance we receive from outside sources. Our Golden Compass.

### PF12. Providence (page 228)

The Guidance & Orchestration we receive from the Divine Presence (P7).

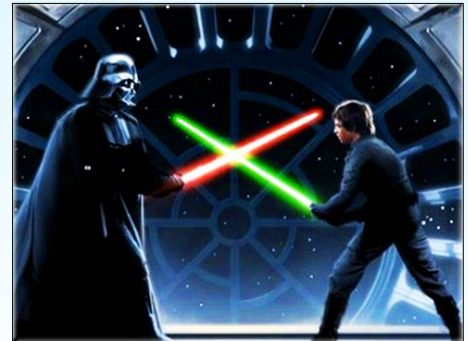
**Pathfinder to the Bowels of Hell.** “The poet Virgil, who guides Dante through the harrowing caverns of Hell, is the classic Pathfinder.”



## 0 PF1-4. COLLECTIVE & SOCIETAL GUIDANCE

**Collective & Societal Guidance** is the Guidance & Orchestration in the Growth process we receive from the **Groups and Societies** we grow up in. Collective & Societal Guidance can take four forms: **Parents & Family**, **Society & Culture**, **Holistic Growth Situations**, and **Authorities** – as described below.

In our Life Journey, PARENTS may be the voices of our HERO'S ORIGINS – the touchstone for what is true, authentic, and lasting. The SURROGATE Parent who teaches our young Hero to be a warrior. The ABSENT RULER who returns to set the kingdom right. The ANCESTRAL HOME to which our Hero returns for renewal. \*\*\* Alternatively, PARENTS may be the reverberations of our Hero's TROUBLED PAST – the source of conflicts and disharmonies that now plague him. The GHOSTLY FATHER demanding retribution for a wrongful death. The DERANGED CAPTAIN, directing the Ship toward its own destruction. The SHADOWY FIGURE ultimately revealed to be our Hero's Parent.



### PF1. PARENTS & FAMILY 1 2 4 5

**Parents** are the original, the most influential, and (ideally) the most beneficial Guides of our Journey of Growth. In the optimal family, our Parents have:

- ⊗ The greatest **understanding** of our needs.
- ⊗ The greatest **opportunity** to have an impact on us.
- ⊗ The greatest **authority** over our lives.
- ⊗ The greatest **identification** with our concerns.
- ⊗ The greatest **motivation** to help us grow.

Ideally, Parenting can be seen as 'nature's way' to provide every child with an Integral Life Guide (T10).

**Family** consists of those people with whom we are related by blood (or who are bonded to us with similar intensity). **Immediate Family** includes Parents, siblings, and children. **Extended Family** includes all other blood relations – grandparents and grandchildren, uncles and aunts, cousins, etc. Members of our Family may serve a function similar to Parents, and sometimes function in place of Parents. For simplicity, this section will focus on Parents themselves.



"My Parents are there for me at every major life Transition. With their experience and wisdom to guide me, I usually make the right decisions."

**Ken Wilber's Parents**  
Lincoln, Nebraska. Circa 1949.



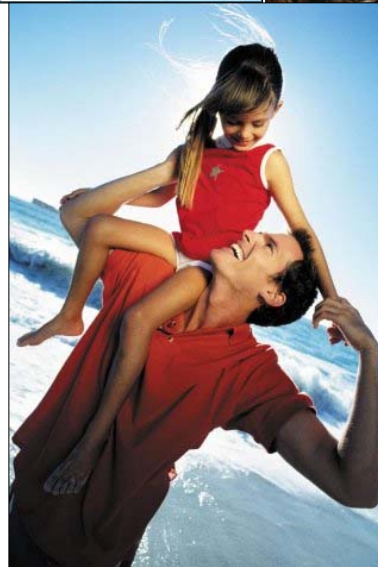


### The Ultimate Integral Life Guide

"Because they're best positioned to understand my needs, and to give me help, my Parents are 'nature's way' to give me my own Integral Life Guide (PF10)."

Collective & Societal Guidance: Implicit in Wilber, but not specifically mentioned. Parents: Wilber makes little mention of the impact of Parenting – except implicitly as a source of certain Pathologies.

Parents & Family (PF1) originates with a Long-Term Partnership (PF5). Ideally, Parents & Family are sanctioned by the Society & Culture (PF2), and provide the ultimate Holistic Growth Situation (PF3). The Parent is also the original, and the most influential, Integral Life Guide (PF10) – whose greatest task is to imbue children with their own Internal Navigator (PF11).



## Your Parents and Family

Consider the influence of your Parents. In what ways were they helpful in Guiding & Orchestrating your life? Where were they detrimental? \*\*\* Who was the better Parent – your mother or your father? How did their modes of Parenting differ? \*\*\* Who has functioned as a Parent Figure in your life? A big brother, an uncle, a grandparent? A teacher, a coach, a pastor, a boss? What did they add that your actual Parents didn't give you? \*\*\* Where might some Parent or Parent Figure have deceived or misguided you? What impact did that have on your life? \*\*\* If you yourself are a Parent, how do you rate? What have you done best? In what ways could you do better? \*\*\* If you are not a Parent, what kind of Parent would you imagine yourself to be? If you were the ideal Parent, what would that look like? \*\*\* Among your friends, which ones are exceptional or ideal Parents? Which friends have ideal Parents? \*\*\* Among other Parents you know, who seems to misguide their children – even do they harm? \*\*\* Who were the good (and bad) Parents in books & movies?: In *Pride & Prejudice*, *The Parent Trap*, *Take the Money & Run*, *Back to the Future*, *Star Wars*, *Family Vacation*, *Indiana Jones*, *I Am Sam*, *Finding Nemo*, etc.? Who were the good (and bad) Parent Figures in books & movies?: *Gone With the Wind*, *Les Miserables*, *The Graduate*, *the Dirty Dozen*, *My Fair Lady*, *Karate Kid*, *Officer & a Gentleman*, *Harry Potter*, etc.? \*\*\* What can we do to become better Parents? How can we avoid the pitfalls of bad Parenting? How can we honor what our Parents who have done well? How can we pay tribute to their courage and forbearance -- just for having tried?

In our Life Journey, SOCIETY & CULTURE represents the influence exerted by any SOCIETY our Hero encounters in the course of his adventures – the SHIP'S CREW, his band of LOYAL FRIENDS, the MURMURING TOWNSFOLK, the menacing GANG OF VILLAINS, the strange and ENTICING PEOPLES of exotic lands.



## PF2. SOCIETY & CULTURE 1 2 4 5

**Society & Culture** is the world of Groups (P2b). **Society** is the Group (especially a large and pervasive Group), as defined by its external characteristics – organization, laws, roles, responsibilities, etc. **Culture** is the Group, as defined by its internal characteristics – customs, beliefs, values, modes of artistic expression, etc. As viewed from the four Perspectives (D5a), Society is Lower-Right; Culture is Lower-Left.

As we mature and move out into the world of Groups, we receive guidance from the examples of those around us. Our Society & Culture provides us with:

- ⊗ A set of **role models**.
- ⊗ A series of **lessons** on living life.
- ⊗ A process of **behavioral reinforcement**.
- ⊗ A ready-made **system of values**.

All these things shape our attitudes, our actions, and the style in which we conduct our life activities.



### Lessons of the Playground.

"When I go out on the playground, I make friends and learn the value of teamwork and cooperation. But I also learn to protect myself from those that might harm me - and to hold my own when I don't want to be pushed."

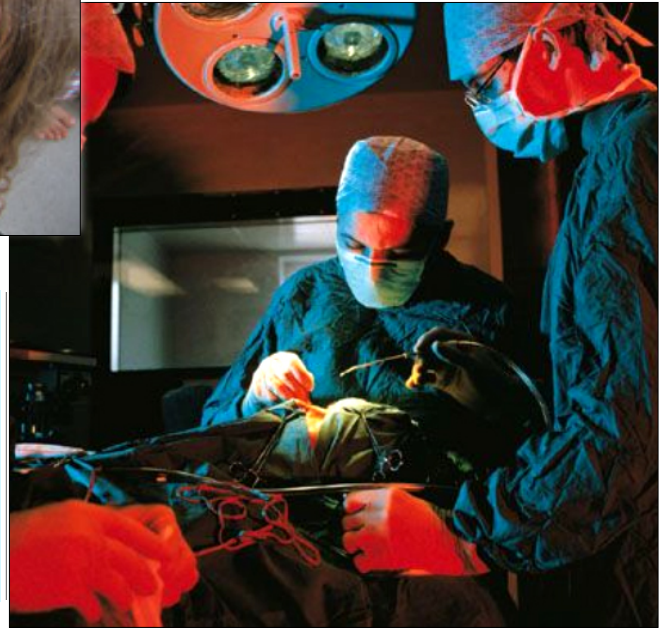
Society & Culture: The influence of Society & Culture is implicit in Wilber's *Cultural Evolution*.

Society & Culture (PF2) sanctions the Long-Term Partnership (PF5) and the Family (PF1). Society itself is a pervasive Holistic Growth Situation (PF3), from which arises numerous Authorities (PF4), Counselors (PF6), Mentors (PF8), etc. that one can use for Guidance.



**Lessons of the Birthday Party.** "At the Birthday Party, I learn that giving and sharing helps everyone to have fun."

**Lessons of the Operating Room.** "When we perform surgery together, we learn to function under pressure, and adjust for each other's moods. At the same time, we learn make quick decisions, and live with the consequences."



### Your Society & Culture

What was your first continuing contact with Society outside your Family? Daily playgroup? Day care or nursery school? Kindergarten or first grade? \*\*\* Select the first Social Group you remember fairly well, and bring it back to memory. Who was your best friend? What was the leader or teacher like? What did you especially like to do there? What was the play space like, and where did you usually hang out? \*\*\* How did that Group experience differ from your home environment? How did it influence you as a person? \*\*\* During your elementary school years, aside from school itself, which social situations were especially memorable?: A soccer team you played on, a church youth group you attended, the neighborhood gang you had adventures with, etc. Select one such Group to explore, and ask yourself similar questions. \*\*\* During your high school or college years, aside from school itself, which social situations were especially memorable? \*\*\* Continue to examine influential social situations at various Stages of your life. How did each of these affect your knowledge, your interests, your attitudes, your behaviors? \*\*\* What cultural media have been particularly important in your life? Looking back over the years, name some favorite TV shows, newscasts, movies, magazines, musical groups, social networks, etc. \*\*\* What influences do these media bring to your life? How does their influence go beyond what you get from people you normally have direct contact with? \*\*\* Which media influences have been especially beneficial? Which have been confusing, disturbing, misleading, or detrimental? \*\*\* What social and cultural influences do you (or would you) intentionally expose your children to? Which influences do you (or would you) shield them from?

In our Life Journey, HOLISTIC GROWTH SITUATIONS include any SELF-CONTAINED LIVING ENVIRONMENTS our Hero encounters in the course of his adventures – the bustling LIFE ABOARD SHIP, the SECRET HIDEOUT where the band plans its next raid, the SPORTING COMPETITIONS where our Hero proves his prowess, the BANQUET OR FEAST where key characters meet to set their terms of engagement.



## PF3. HOLISTIC GROWTH SITUATIONS **1** **2** **4** **5**

A **Holistic Growth Situation (HGS)** is a cluster of experiences that combine many diverse opportunities for Growth in a single, integrated activity. Holistic Growth Situations have several features in common:

- ✿ **Unifying theme.** They each have a unifying theme or purpose – whether to construct a building, or present a play, or obtain a degree, or to raise a child.
- ✿ **Broad range.** They each cover a broad range Dimensions, Participants, and Processes.
- ✿ **Experiential.** They are all deeply experiential – filled with rich array of physical activities, emotional interactions, and relational connections.

Holistic Growth Situations leverage our time by immersing us in many diverse Growth experiences wrapped into one. For that reason, they are especially effective in producing deep and lasting change. For children, HGS's can include backyard **gardening**, amateur **theater** productions, team **sports**, and family **backpacking**. Later in life, the repertoire of such situations may expand to include do-it-yourself **building** projects, self-sufficient **travel**, stimulating **work environments**, and many other integrated life situations. Perhaps the ultimate HGS is the **raising of children**.

Seven of the most valuable Holistic Growth Situations are described beginning on page 204. A special type of Holistic Growth Situation, the **Growth Center**, is explored in Section PF9, page 220.



**School Science Project as an HGS.** "When our science group builds an electrode battery together, we learn far more than science. We learn to assemble a complex set of materials, assign responsibilities, keep careful records, and write up our results clearly and succinctly. Most important, we learn to work together and have fun -- despite our very different backgrounds."

Holistic Growth Situations: *Not mentioned.*

The HGS (PF3) is a special sub-unit within the all-encompassing HGS of Society & Culture (PF3). The Family (PF1), the Long-Term Partnership (PF5), and the Growth Center (PF9) are all specialized types of HGS.





**The Family Garden as an HGS.** "When we work together in the family garden, we learn practical skills of growing things - but also biological science, natural nutrition, good work habits, responsibility, division of effort, and planning for the future. Along the way, we get some vigorous exercise, congenial family interactions, lighthearted play, and lots of time for inner reflection."

### Your Holistic Growth Situations

Consider the Holistic Growth Situations outlined on the following two pages. For each of the seven HGS's, think of one actual situation that has been influential in your own life. (If you prefer, think of experiences you would like to have had.) Now select one of such experience to explore in detail - a Community Theater production you were involved in, for example. \*\*\* What diverse range of activities and experiences was encompassed within that one Theater project?: Interpreting the play, preparing for the big audition, publicizing the performance, delivering lines, arranging lights and sound, constructing scenery, balancing expenses with cash on hand, building cast unity, delivering a peak performance, etc. \*\*\* How did these external activities affect how you felt inside? Did those experiences energize you? Build your enthusiasm? Open your heart? Strengthen your self-confidence? Reinforce your faith in others? \*\*\* How has your Theater experience translated to other aspects of your life? To your relationships with friends and associates? To your capacity to undertake large projects? To your interest in literature or psychology? \*\*\* As time permits, continue your Explorations with other HGS's. \*\*\* How have these full-immersion experiences shaped you, or changed you? What experiences have you missed out on? Which ones would you like to try? \*\*\* Which HGS's would you especially like to provide for your own children? How can you make that happen?

## 1 2 4 5 HOLISTIC GROWTH SITUATIONS: 7 TYPES

Here are some of the most valuable Holistic Situations, drawn from everyday life. [Numbers in brackets indicate which Special Processes (PR1-35) are typically a part of the experience.]

### 1. Child-Raising

The Raising of Children is the original and prototypical model for the Holistic Growth Experience. Civilization depends for its perpetuation and improvement on the raising of children. Over the course of centuries, families have developed at least 35 distinct Processes to implement children's Growth. Over time, these Processes have been extrapolated beyond children to encompass Human Growth at all levels of maturity and at all Stages of Development. Thus, child-raising is the original and preeminent source of all Growth Processes, and the most complete repository of such techniques.

### 2. Backyard Family Gardening

As a Growth experience, Gardening is especially valuable in 'grounding' our identity in the natural world and 'growing' our sense of self-worth. Gardening is an especially gratifying Holistic Experience – because when you're successful, you literally enjoy the fruits of your labor. Before you begin, a garden requires lots of Planning and Structuring [#22]. Once your garden gets going, it entails a good deal of Physical Activity [#8] and offers Sensory Experiences [#7] within the Natural Environment [#10]. It's a big job, so tasks naturally break down among members of the Family [#6] – involving new Skills [#11], Responsibility [#13], and Initiative [#14]. If you've planted the right things, and taken care of them properly, there's the pleasure of sumptuous Natural Nutrition [#3] at the banquet table.

### 3. Family Building Projects

As a Growth experience, Building Projects are especially valuable in linking socially 'constructive' relationships with a tangible product that embodies order, proportion, and permanence. Building projects may be on any scale -- from building a doghouse to remodeling a bathroom. Each draws together numerous activities and Processes: Planning [#22], Structure [#18], Technologies [#20], Skills [#11], and Physical Activity [#8] – but also Teamwork [#6], Enterprise & Leadership [#14], Communication [#24], as well as the Creative Ability [#28] to conceive a striking design or an appealing interior.



**Family Building Projects.** "For the short term, the chicken coop in our back yard was a Family Building Project. Over the long term, it has become a Farm Project for raising some crazy birds, who present us with fresh eggs every morning!"

## HOLISTIC GROWTH SITUATIONS (cont.)

### 4. Amateur Theater Productions

As a Growth experience, Amateur Theater Productions are especially valuable in giving us perspective on our Ego [#30] – a recognition that all life is a ‘stage’ where we are mere players. A huge range of elements is necessary to pull together a successful school or community theater production: Auditioning [#24], interpreting text [#19], delivering lines [#28], publicity [#14], planning expenses and gate receipts [#22], coordinating tech factors [#20], managing stress [#31], building group unity [#6], and peaking the cast’s energy just as the curtain goes up [#26].

### 5. Team Sports

Team sports are one the most familiar, widely-offered, and effective of all Holistic Growth Situations. Team Sports provide a challenging Physical Activity [#8] -- and teach useful Skills [#11], such as hitting a ball or catching a pass. But success in the sport also involves a winning attitude [#14], cooperation and teamwork [#13], sportsmanship [#15], the nutrition [#2] and health [#3] practices needed to sustain maximum performance, the stories [#27] that grow up around each big win, and the downright fun [#26] of winning a hotly-contested game. Done properly, team sports can grow vigorous, highly-motivated, socially-responsible adults.

### 6. Family Backpacking

As a Growth experience, Backpacking is especially valuable in rearranging our priorities – focusing our attention on the irreducible necessities that give life sustenance and satisfaction. Backpacking concentrates our entire life into one bundle [#22] – light enough to be carried for several miles, yet substantial enough to sustain all our life needs for several days. When we set out for a week in some secluded valley or back country lake [#10], we must carry all our food [#2], our comfort [#7], our protection [#9], and our entertainment [#26].

### 7. The Workplace

As a Growth experience, the Workplace shows how we can work together to achieve results we could never accomplish as individuals. The workplace is a microcosm of society at large – and, at its best, a self-contained lifestyle that incorporates numerous interrelated activities and Processes. Work places heavy emphasis on Skills [#11], Responsibility [#13], Enterprise & Leadership [#14], Structure [#18], and Planning [#22]. However, a harmonious and efficient workplace [#6] also incorporates all Dimensions and Processes that enable life to flow smoothly [#9], to accomplish objectives [#22], and to have meaning [#30].

**Family Backpacking.** “Even our youngest kids love a Family Backpack. Every day’s an adventure – and they get the full attention of their older brothers and sisters.”

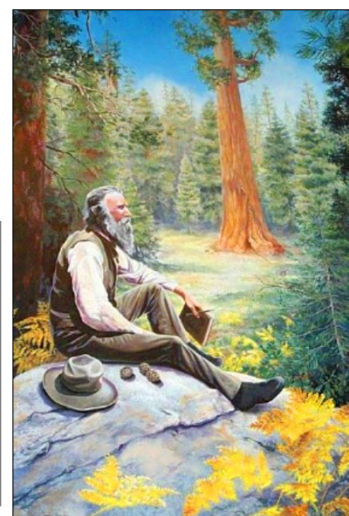


In our Life Journey, **AUTHORITIES** are the entities from distant times and places who communicate profound wisdom -- the **HEROES AND LEGENDS** from times past, the **SACRED WRITINGS** and **ANCIENT SAYINGS** that hold important truths, the **SIGNS AND PORTENTS** that reveal the will of the Gods, the **ORACLE** whose mysterious utterances convey a path of action.



## PF4. AUTHORITIES 1 2 4 5

**Authorities** are people with exceptional knowledge and wisdom whose work sheds light on our Growth – giving it direction, purpose, validation, and inspiration. Such Authorities may include spiritual teachers, sacred writings, philosophers, naturalists, poets, artists, musicians, novelists, filmmakers, psychologists, scientists, and political leaders – as outlined on the facing page. Authorities (PF4) are the most universal, the most accessible, and often the most profound of all Pathfinders -- because they are available to all people, at all times, and incorporate the greatest wisdom of all ages.



### Naturalists as Authorities

"I didn't get much direction or inspiration from home or school. But when I discovered **Henry Thoreau** and **John Muir**, they filled me with an appreciation for the natural world that now guides my life."

Authorities. Wilber's own Integral Worldview has been formed largely through the study of innumerable Authorities. (See IP tables.) Ken Wilber himself is a major Authority ADAPT advocates as a Guide.

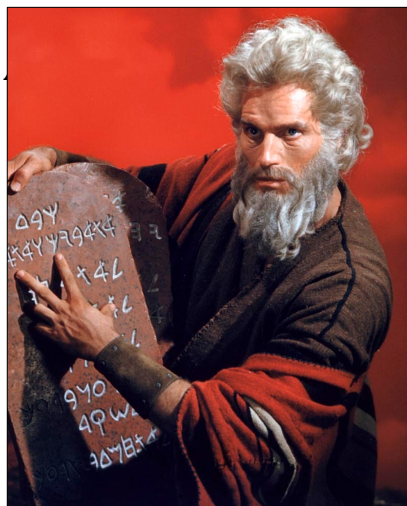
### Your Authorities

Consider the list of Authorities outlined on the facing page. For each type of Authority, name at least one person (or book) that has been influential in your life. (If you prefer, name an Authority who you respect, and who could be influential.) \*\*\* From your own list, choose the one Authority who has had perhaps the greatest impact on you – John Muir, for example, in the category of Naturalists. \*\*\* Ask yourself questions like these: How has John Muir influenced you? Through his writings? His personal example? The movement he founded? In essence, what is the wisdom, the code of behavior, the attitude toward life that you derived from John Muir? Does your appreciation and understanding of Muir continue to grow? Do you continue to find other areas of life where his wisdom applies? \*\*\* As time permits, choose another important Authority, and ask yourself similar questions. \*\*\* What Authorities have been most influential in your past? Which Authorities mean the most to you right now? Which Authorities might have the greatest influence on you in the future? \*\*\* Do you tend to favor Authorities that give explicit Guidance (like Spiritual Leaders)? Or those that influence you indirectly and experientially (like Filmmakers)? Which type of Guidance is best for you? \*\*\* What Authorities have your friends chosen for Guidance? How have those Authorities helped them, or mis-guided them? \*\*\* In what ways can people become overly dependent on some Authority figure? How can people extricate themselves from such dependence? \*\*\* What is the proper balance?: When are we submitting to legitimate Authority? When are we surrendering our autonomy and our capacity for self-direction?

# AUTHORITIES: 12 TYPES

<b>Field of Authority</b>	<b>Historic Authorities</b>	<b>Modern Authorities</b>
<b>12. Spiritual Teachers</b>	Christ, Buddha	Dalai Lama, Merton, Campbell
<b>11. Sacred Writings</b>	Bible, Koran, Upanishads	Zarathustra, Chairman Mao
<b>10. Philosophers</b>	Plato, Kant	Marx, Sartre, Wilber
<b>9. Naturalists</b>	Thoreau, Muir	Berry, Nearing
<b>8. Poets</b>	Shakespeare, Blake	Yeats, Ginsberg
<b>7. Artists</b>	Da Vinci, Michelangelo	Picasso, Matisse
<b>6. Musicians</b>	Bach, Beethoven	Cage, Beatles
<b>5. Novelists</b>	Hugo, Dickens	Hemingway, Vonnegut
<b>4. Filmmakers</b>	Welles, Chaplain	Altman, Spielberg
<b>3. Psychologists</b>	Freud, Jung	Perls, Berne
<b>2. Scientists</b>	Newton, Darwin	Sagan, Hawking
<b>1. Political Leaders</b>	Jefferson, Lincoln	Kennedy, Reagan

Increasing Authority



**Sacred Texts as Authorities.** "If all of us would just follow the Ten Commandments, the world would be a much better place."

Obviously, people will disagree as to who are the most worthy Authorities, and how highly they should be ranked. We present these Authorities merely as examples that might be chosen in each category.

The various Authorities (PF4) in our life arise from our Society & Culture (PF2). The original Authorities are our Parents (PF1). In addition to Historic & Modern Authorities (see table), Counselors (PF6), Spiritual Guides (PF7), Mentors (PF8), and Integral Life Guides (PF10) often come to serve as Authorities. \*\*\* The Authorities whose work confirms the validity of the concepts in this book are to be found in the Resources Section (Appx C4).

## 0 PF5-10. PERSONAL & INDIVIDUAL GUIDANCE

**Personal & Individual Guidance** is the Guidance & Orchestration in the Growth process we receive from Guides who we choose ourselves, or who work with us personally. Personal & Individual Guidance can take six forms: **Long-term Partner, Counselor or Therapist, Spiritual Guide, Mentor, Growth Centers,** and **Integral Life Guide** – as discussed below.

In our Life Journey, the LONG-TERM PARTNER is our Hero's most consistent and enduring Relationship. Positive: The LONG-SUFFERING MATE who remains ever-faithful and loyal. The GREAT LOVE for whom our Hero sacrifices all. The ALLURING PRIZE only won after grueling ordeals and trials. The CONQUERING PRINCE who saves our Heroine from calamity. Negative: The DECEITFUL AND BEGUILING SEDUCTRESS who diverts our Hero from his true path. The CONNING AND TREACHEROUS SCHEMER who brings our Hero to ruin. The HEROINE DESPOILED and abandoned.



### PF5. LONG-TERM PARTNER 1 2 4 5

A **Long-term Partner** or **Spouse** is the special person we choose to share our Journey through life. Optimally, as the relationship progresses, a couple develops:

- ✿ **Understanding.** A deep mutual understanding.
- ✿ **Trust.** A steadfast and abiding trust.
- ✿ **Commitment.** A compassionate commitment to support and guide one another's Growth over the course of a lifetime.



**Irish Renaissance.** In John Ford's *The Quiet Man*, Sean Thornton must overcome the anger and guilt from his turbulent past. Kate Danaher needs Sean to stand up for her rightful inheritance. Once the two of them resolve these problems, they can unite for a lifelong relationship.

Personal & Individual Guidance: Implicit in Wilber, but not specifically mentioned.  
Long-term Partner: Wilber's Grace and Grit is an eloquent testament to the power of this type of Guidance.



**Class Reunion.** In Jane Austen's *Pride and Prejudice*, Lizzie must relinquish her dismissive **prejudice** -- while Darcy must subdue his snobbish **pride**.

When they finally resolve these character flaws, they're ready for a happy marriage.



The Long-Term Partnership (PF5) is the origin of Parents & Family (PF1). Ideally, the Partnership is sanctioned by Society & Culture (PF2), and serves as a continuing HGS (PF3) and Growth Center (PF9) throughout adult life. At various times, a beneficial Partner may serve as Counselor (PF6), Spiritual Guide (PF7), Mentor (PF8), or Integral Life Guide (PF10).

### Your Long-Term Partner

Do you currently have a Long-term Relationship with a Partner or Spouse? If not, have you had a Long-term Partner in the past? (If you prefer, what kind of Partner would you like to have?) \*\*\* Answer the following questions in the present or past tense, as appropriate. \*\*\* Describe your present, former, or imagined Partner in some detail. Begin with the externals – his/her looks, behavior, interests, etc. \*\*\* Move on to the internals – his/her personality, character, emotional makeup, etc. \*\*\* What positive contributions do you make to each other's lives?: Love, companionship, support, encouragement, etc. What are the negatives?: Confinement, criticism, frustration, conflict, etc. Give specific examples. \*\*\* What is the level of involvement and commitment on both sides? What expectations do each of you have for your future together? \*\*\* How could your Relationship be improved? Where necessary, how willing are each of you to change? \*\*\* Is the Relationship you are describing basically a successful Relationship, a failed Relationship, or somewhere in between? \*\*\* For the failed parts, what went wrong? Whose fault was it? What could have been done to improve it or save it? \*\*\* For the successful parts, what makes the relationship special? How did it get that way? \*\*\* Which of your friends have successful Relationships – or failed ones? What makes those Relationships good, or bad? What could they do to improve their Relationship? \*\*\* Which of your favorite books or movies depict Relationships? How do those characters cope with difficulties in their Relationships? \*\*\* What makes for the ideal Relationship? Have you found a Relationship that is anywhere near your ideal? Do you still hold out hope that something close to the ideal is possible?

In our Life Journey, the COUNSELOR OR THERAPIST includes any Being who bestows special gifts that enable our Hero to overcome CHALLENGES, or to extricate himself from IMPASSES –the GOOD FAIRY who appears just when a Winning Strategy is needed, the DIVINE MESSENGER bearing the Magic Potion that protects our Hero from enchantment, the CRAFTY MAGICIAN offering the Special Weapon that conquers the Invincible Enemy. Or, the MALEVOLENT WITCH who entices our Hero into a Deadly Trap, or convinces our Hero to eat the Forbidden Fruit.



## 0 PF6. COUNSELOR, COACH, OR THERAPIST

A Counselor, Coach, or Therapist is a Growth Professional specifically trained to help clients overcome emotional, relational, or situational difficulties. All three can use any of the 35 Specific Processes – but focus increasingly on the **Conscious Development Processes** (PR29-33) as the problems become more entrenched. There are significant differences between Counselors, Coaches, and Therapists – as explained below.

### PF6a. Counselor 1 2 4 5

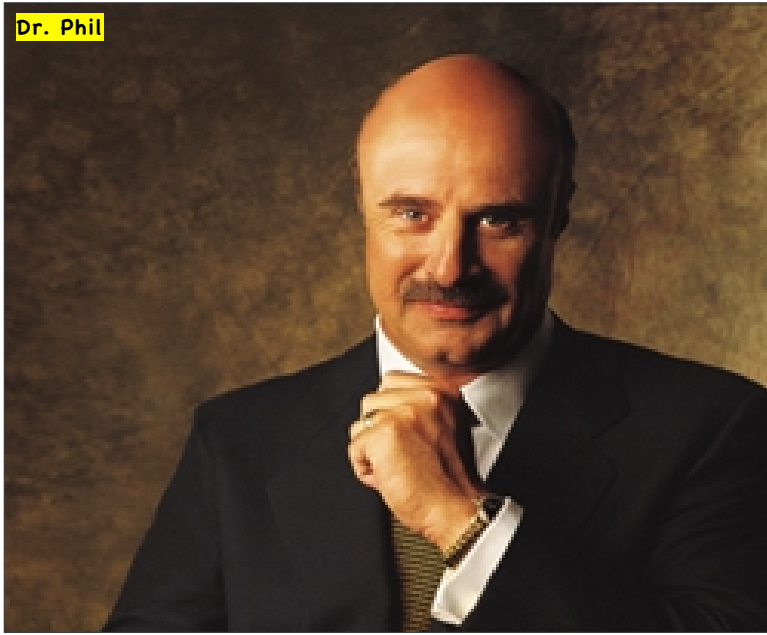
A Counselor or Coach generally deals with issues that can be resolved merely with adequate information, advice, and support. A **Counselor** is a Growth Practitioner specially trained to implement some aspect of **Actualization Growth** (PPR2) for people with **Challenges** (D7a).

#### Your Counselors

Consider the textbox on the facing page, *Where a Counselor Might Help*. Scan through the list of Challenges. \*\*\* Which ones are similar to Challenges you yourself face? Choose one to explore in detail (or make up one of your own). For example, suppose you choose 'overcoming a detrimental habit.' \*\*\* Ask yourself questions like these: What habit are you attempting to overcome? Smoking, drinking, overspending, gambling, pornography? \*\*\* How are you attempting to overcome this habit? Abstinence, creating a substitute, group support? \*\*\* When you face Challenges like these, do you tend to handle them on your own? Do you read up on them, and try to follow the experts? Do you seek advice and support from family or friends? Do you generally just wallow in your own misery? \*\*\* Are you confronted with Challenges you seem chronically unable to overcome? Do you have difficulty finding the right Partner? Landing a job commensurate with your abilities and interests? Living within your means? \*\*\* Have you ever sought help from a Counselor? Would you consider it? (Answer these questions as if you have participated in some form of Counseling, or would like to.) \*\*\* What were the issues that motivated you to go? As the Counseling progressed, what deeper and more fundamental issues did you begin to explore? \*\*\* Which problems did Counseling help to resolve? Which problems still persist? Which ones were even exacerbated by the counseling process? \*\*\* Did your Partner (or other associates) participate in the Counseling with you? Were their issues resolved as well? Did Counseling improve your Relationship? \*\*\* Have you participated in Group Counseling as well? What Challenges did Group members bring up that were similar your own? Did the encouragement, support, or even goading of the Group help you face your Challenges? \*\*\* What experiences have your friends had with Counseling or Coaching? Who do you know who would benefit from Counseling? What might Counseling do for them? How can they be convinced to go?



Dr. Phil



**Counselor.** "Our Marriage Counselor is helping us to work through misunderstandings in our relationship, and to set down firm rules for our kids."

The Counselor or Coach (PF6a-b) helps the client to overcome Challenges (D7a) and to achieve Actualization Growth (PF3). The Therapist (PF6d) helps the client to resolve Impasses (D7b) deriving from the Shadow Self (P4) and to achieve Restoration Growth (PF4). The Counselor or Therapist may also function as a surrogate Parent (PF1), Partner (PF5), Spiritual Guide (PF7), Mentor (PR8), or Integral Life Guide (PF10). Growth can be implemented by all the Specific Processes (PR1-35) – but particularly by Conscious Development Processes (PR29-33), as the problems become more entrenched.

## WHERE A COUNSELOR MIGHT HELP

- ✿ Improving your confidence in your mental abilities.
- ✿ Choosing a career that is suited to your aspirations.
- ✿ Envisioning how improved finances might help you realize your dreams.
- ✿ Treating your body with care and respect.
- ✿ Letting yourself have more fun and enjoy life more.
- ✿ Understanding how to please a mate.
- ✿ Overcoming detrimental habits – smoking, drinking, drugs.
- ✿ Combining compassion and firmness when communicating with kids.
- ✿ Overcoming self-centeredness, and giving back to your community.

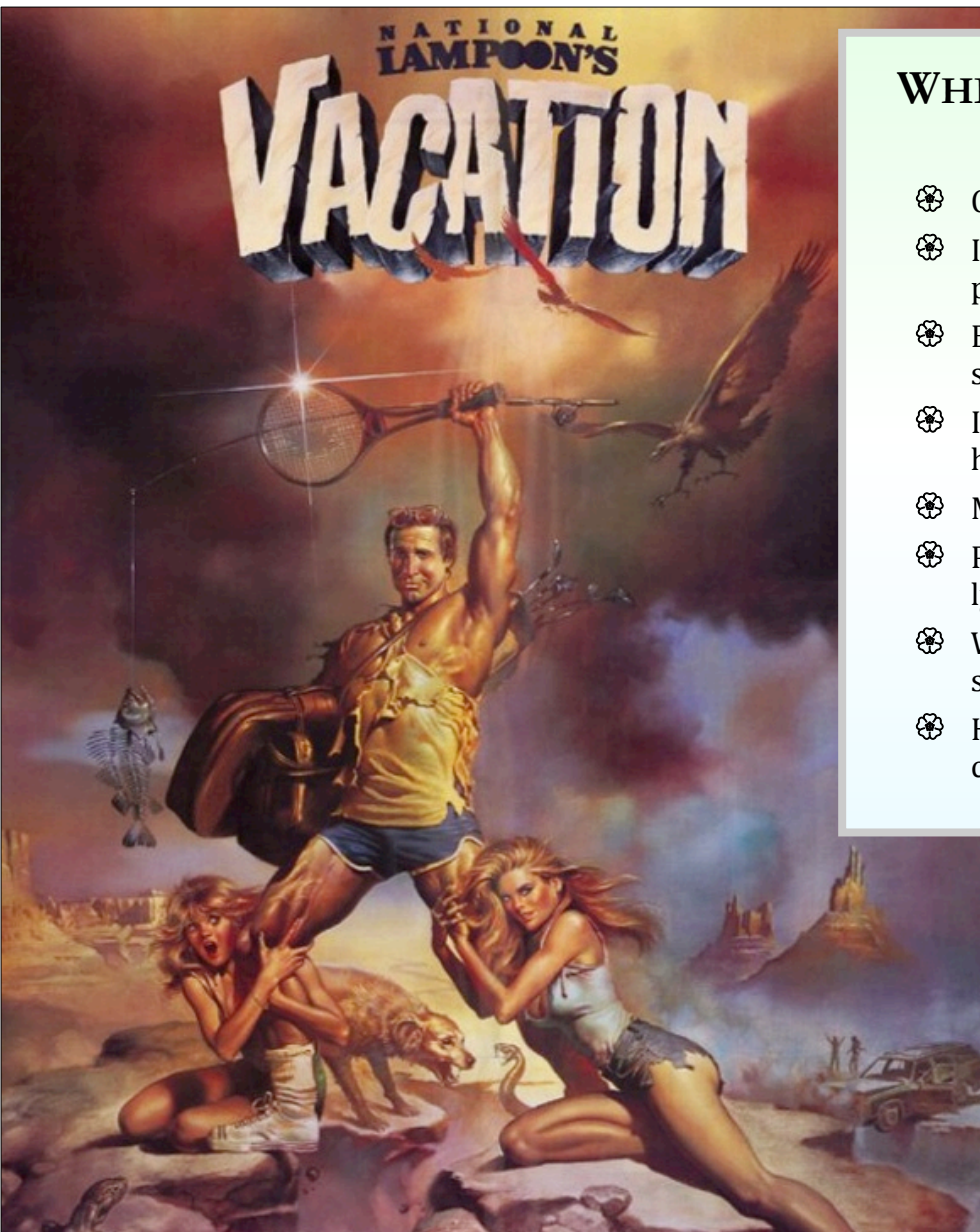


**Group Counseling.** "My Group provides me with encouragement and support I need for overcoming the big Challenges in my life." Because my Counseling deals with everyday Challenges, not deeply entrenched Impasses, it works well in Groups.

## PF6b. Life Coach

125

Coaches can be either generalists or specialists. A **Life Coach** is a generalist – a type of Counselor who is trained primarily to help people implement any or all of the 12 **Arenas of Life Passages** (D4a).



### WHERE A LIFE COACH MIGHT HELP

- ✿ Getting into a good college.
- ✿ Interviewing for an important job.
- ✿ Establishing a budget, and sticking to it.
- ✿ Instilling healthy eating habits.
- ✿ Meeting the right mate.
- ✿ Planning a successful family camping trip.
- ✿ Widening your range of supportive friendships.
- ✿ Having an impact in your community.

**Life Coach.** "Clark Griswold probably could have used a Life Coach to help plan his Family Vacation."

### Your Life Coach

Consider the textbox above, *Where a Life Coach Might Help*. Scan through the list of Challenges. Which ones are similar to Challenges you yourself face? Choose one to explore in detail (or make up one of your own). For example, suppose you choose 'meeting the right mate.' \*\*\* Ask yourself questions like these: What am I looking for in an ideal mate? What do I have to offer such a mate? \*\*\* Where am I likely to meet the kind of person I'm looking for? At a bar, a school reunion, a Sierra Club outing, a singles group? \*\*\* What do I say to break the ice? How can I keep him/her interested? How can I convert a temporary interest into a long-term involvement? \*\*\* Could a Life Coach help you find the right mate? How might he/she be able to aid in the process?: Assessing your strengths, weighing your options, improving your self-image, encouraging you to make an active search? \*\*\* What should you look for in a good Life Coach? How can you go about finding one?

**PF6c. Specialty Counselor**

A **Specialty Counselor** is a specialist -- the type of Counselor, Coach, or Advisor who is trained primarily to help people implement a particular **Specialty Area** within the Arenas of Life Passages (D4a).

### SPECIALTY COUNSELORS: AREAS OF SPECIALIZATION

1. **Education.** Choosing a good college. Succeeding in the admission process. Choosing appropriate courses. Practicing good study habits. Achieving academic excellence.
2. **Career.** Deciding on the best career. Getting the necessary education and training. Targeting the best positions. Succeeding in job interviews.
3. **Finances.** Establishing financial goals. Setting up a budget. Controlling spending. Investing wisely.
4. **Sports.** Improving proficiency in a given sport. Building coordination and fitness. Maintaining a winning attitude. Preparing for a competitive event.
5. **Health.** Maintaining good health, eating well, dieting effectively. Overcoming bad habits: Smoking, alcohol, drugs, food bingeing.
6. **Relationships.** Meeting the right mate. Developing a meaningful relationship. Widening your circle of friends. Learning to communicate well.
7. **Sexuality.** Opening up to sensual and erotic feelings. Overcoming sexual fears and inhibitions. Exploring sexual techniques. Overcoming sexual addictions.

#### Financial Counselor

"Our Financial Counselor is helping us straighten out our money. He's showing my husband how to set up a budget. He's helping me to start my new home business. All the while, he's inspiring us to believe we have the capacity to change."



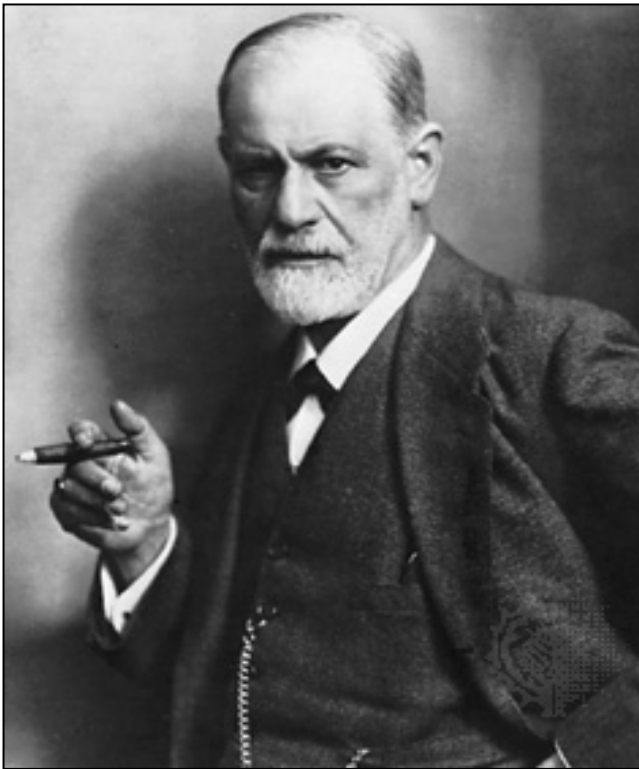
### Your Specialty Counselor

Consider the textbox above, *Areas of Specialization*. In which of these areas could you use help? Choose one of these six to explore in detail – Finances, for example. \*\*\* For your Finances, where might a Life Coach (PF6b) help?: Curbing excessive spending, composing a budget, saving money for a house? \*\*\* Where might a Specialty Counselor (PF6c) provide more specific help?: Investing your savings, applying for a mortgage, building a good credit record, filing for bankruptcy? \*\*\* In general, when is a Life Coach the best choice? When is a Specialty Counselor needed? \*\*\* How can you go to find a good Specialty Counselor?: Referrals from friends, listings from professional organizations, classes at the local JC, the Yellow Pages, Yelp? \*\*\* What should you look for in a good Specialty Counselor? How can you establish a productive relationship? How can you minimize self-serving conflicts of interest that might influence your Counselor's advice?

## PF6d. Therapist



A **Therapist** – such as a clinical psychologist or psychiatrist – is a Growth Practitioner who is specially trained to implement **Restoration Growth** (PPR3) for people with entrenched **Impasses** (D7b).



**Effective Therapies.** "Sigmund Freud founded an early form of Therapy called Psychoanalysis. Many less-cumbersome and more effective Therapies have developed since then. Here's some popular ones we've found helpful: Jungian, Reichian, Gestalt, Transactional Analysis, Group Process, and Rogerian."

**Counselors & Therapists.** Wilber often endorses the use of Integral Counselors and Therapists. He does not make a clear distinction between the two. Wilber appears to favor traditional clinical psychology and psychiatry -- broadened to include the AQAL Parameters -- over alternative therapies or humanistic psychologists.

### Your Therapist

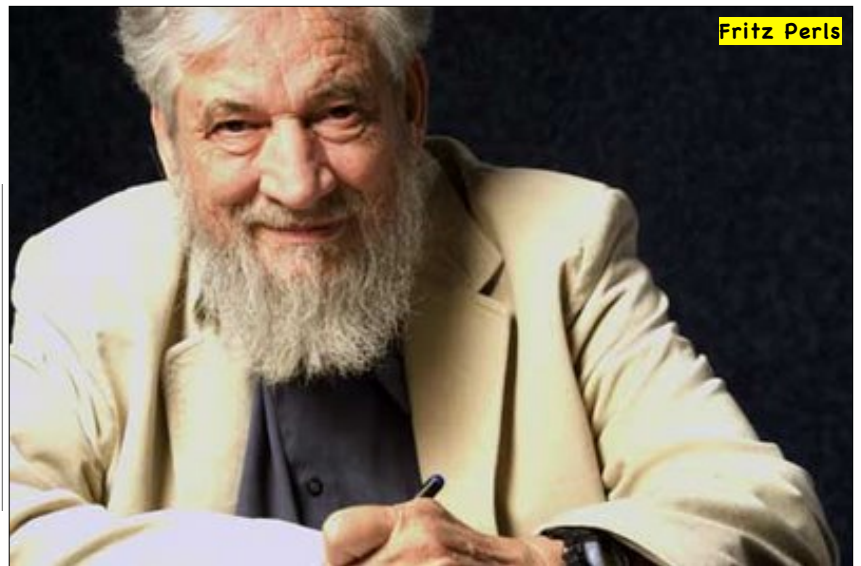
Consider the textbox on the facing page, *Where a Therapist Might Help*. Are you now confronted with any Impasses like those listed? Have your experienced Impasses like these in the past? (Answer the following questions as if you have faced Impasses.) \*\*\* How do you deal with Impasses? Do you try to avoid or deny them? Do you try to handle them on your own? Do you read up on them, and try to follow the experts? Do you seek advice and support from family or friends? \*\*\* Are you confronted with any Impasses that you seem chronically unable to overcome? Do you have excessive fears and anxieties that sometimes take control of your life? Do you frequently have trouble getting a full night's rest? Are you chronically unable to maintain a long-term relationship? Are you unable to resist ravenous cravings for food, alcohol, drugs, etc.? \*\*\* Have you ever sought help from a Psychotherapist – or any other type of depth Counselor? Would you consider it? (Answer these questions as if you have participated in some form of Therapy, or would be willing to.) \*\*\* What were the issues that originally motivated you to go? As the Therapy progressed, what deeper and more fundamental issues did you begin to explore? \*\*\* What insights did you gain over the course of Therapy? Which problems did Therapy help to resolve? Which problems still persist -- or have even become exacerbated? \*\*\* Did a Partner (or associate) participate in the Therapy with you? Were their issues resolved? Did Therapy improve your Relationship with them? \*\*\* What success have your friends had with Therapy? Who do you know who would benefit from Therapy? What good might it do them? \*\*\* What resistances or objections might they have? How could they be convinced to go? \*\*\* What should you look for in a good Therapist? How would you go about finding one?

## WHERE A THERAPIST MIGHT HELP

A Therapist (or 'Psychotherapist') often deals with issues that can only be resolved through intensive exploration of the client's past – issues such as:

- ✿ Abuse or neglect in early life.
- ✿ Chronic depression or anxiety.
- ✿ Irrational fears and phobias.
- ✿ Chronic insomnia.
- ✿ Intensely disturbing dreams or nightmares.
- ✿ Chronic inability to sustain a long-term relationship.
- ✿ Chronic inability to function effectively in the work place.
- ✿ Severe anorexia or bulimia.
- ✿ Chronic substance abuse – alcoholism, drug addiction.

Fritz Perls



**Beyond Talk Therapy.** "My Gestalt Therapist is helping me confront my Shadow Self -- the Inner Gremlin that sabotages all my long-term relationships. Talk therapy doesn't take me deep enough - so we're accessing my inner psyche through dreams and role-playing."

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 1245

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.

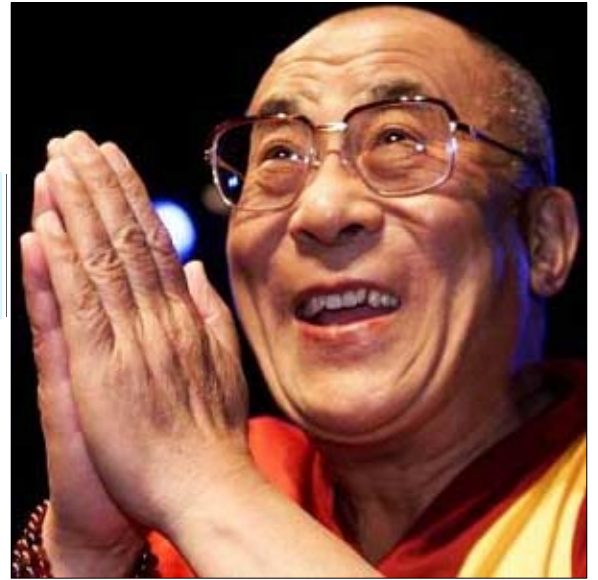
### Your Spiritual Guide

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.

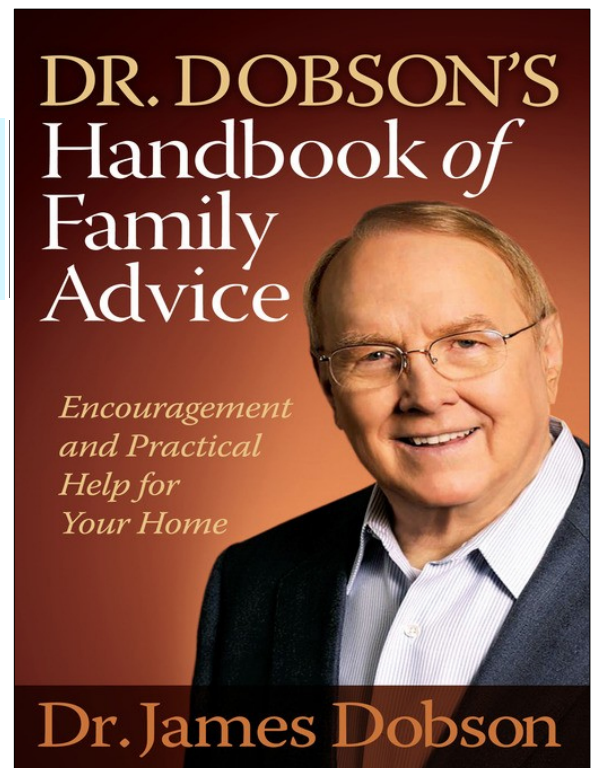


Beat poets **Gary Snyder** and **Allen Ginsberg** both took Spiritual Guides from the Buddhist traditions.

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).

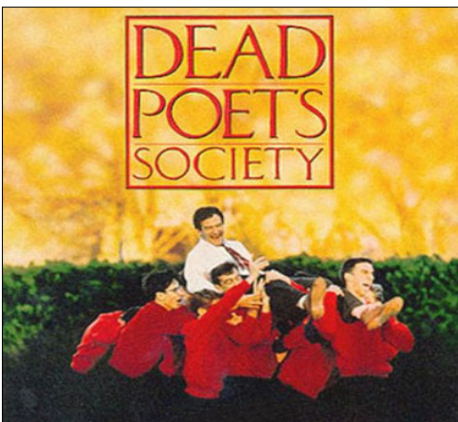


In our Life Journey, MENTORS are people other than Parents, Counselors, or Spiritual Guides who aid our Hero in his Journey – the WISE MONARCH who introduces our Hero to an Ideal Society, the TALKING ANIMAL who provides advice on avoiding Harm, the GRIZZLED WARRIOR who teaches our Hero how to triumph in the Coming Battle, the TARNISHED OUTCAST who offers ironic perspectives on Conventional Society. Or, the FALSE ALLY who leads the impressionable Young Hero into Degradation.



## PF8. MENTORS 1 2 4 5

**Mentors** are Growth Professionals (and other interested parties) who aid us in our Growth through their knowledge in specific fields of expertise. To function as a Mentor, such people must help us grow, not only in their field of specialization, but also in the Processes of Growth that underlie that field. Mentors comprise a wide range of professions – including teachers, artists, social workers, doctors, social activists, motivational speakers, even managers and bosses. On the facing page, we list the major types of Mentors, and suggest the more general ways they may contribute to our Growth.



**Teachers as Mentors.** In the movie *Dead Poets Society*, John Keating taught his students to experience literature as a source of inspiration and wonder.

**Mentors.** Wilber recognized of the importance of Mentors by including creative people like Alex Grey (Art), Stewart Davis (Music), and Tony Robbins (Motivation) as affiliates of Integral Institute.

### Your Mentors

Consider the list of Mentors on the facing page. For each type of Mentor, name at least one person that has been influential in your life. (Or, name a Mentor who you respect, or who could be influential.) \*\*\* From that list, choose the one Mentor who has had perhaps the greatest impact on you: A warm and funny grade school Teacher; an inspiring English Prof; a Motivational Speaker who stimulated your drive for success; a Social Activist who awakened real hope for change, etc. \*\*\* How has that person influenced you?: Through personal contact, speeches or seminars, writings, personal example, his impact on society, the movement he founded? \*\*\* In a nutshell, what were the insights, the points of wisdom, the life principles, the material or psychological benefits that you derived from this Mentor? \*\*\* Does your appreciation or understanding of this Mentor's contribution continue to grow and deepen? Do you continue to find new areas where his/her wisdom and influence is felt? \*\*\* As time permits, choose another important Mentor, and ask yourself similar questions. \*\*\* What Mentors have been most influential in your past? Which ones mean the most to you right now? Which do you suppose might have the greatest influence on you at some time in the future? Why do your favored Mentors change over time? \*\*\* Do you tend to favor Mentors who give explicit Guidance (like Specialty Counselors or Natural Medicine Practitioners)? Or those whose Guidance is implied through the subject they teach (like Teachers or College Professors)? Or those who influence you indirectly through their work (like Creative Artists or Social Activists)? Why does that type of Guidance work for you? \*\*\* What books or movies feature Mentors you especially admire?: *Stand By Me*, *Hoosiers*, *Goodbye Mr. Chips*, *Lust For Life*, *Lord of the Rings*, etc. \*\*\* What historic or contemporary Mentors have made a big impact on society as a whole?: Livingstone, Schweitzer, Gandhi, Kennedy, Martin Luther King, etc. In what fields are the great Mentors of today to be found? Who are they?



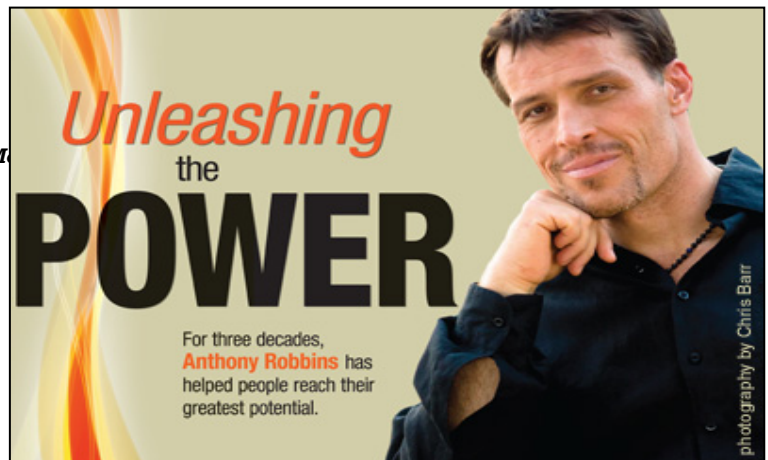
# MENTORS: 10 TYPES



<u>Growth Professionals</u>	<u>How They Contribute to Growth</u>
<b>10. School Teachers</b>	Teach basic skills and elementary knowledge. But in the process, may train young students in attitudes and behaviors that will increase success and satisfaction in later life.
<b>9. College Professors</b>	Teach their subject matter. But in the process, may introduce students to great Authorities (PF4), who impart wisdom on how to lead a fulfilling life.
<b>8. Creative Artists</b>	Convey their internal reality in external form. But also awaken a comparable internal reality in others, thereby enabling them to partake in the artist's own Growth experience.
<b>7. Specialty Counselors</b>	Advise clients on specific needs – like finances, career, college entrance, etc. (PF6c) In the process, provide Guidance on personal behaviors and attitudes that may contribute to success in those fields.
<b>6. Social Workers</b>	Assist people to reduce hardship in their life circumstances. But in the process, teach life skills that may help alleviate that hardship.
<b>5. Natural Medicine Practitioners</b>	Treat patients with natural remedies that may improve psychological as well as physical well-being.
<b>4. Doctors</b>	Counsel patients to modify personal behaviors that may improve their health.
<b>3. Social Activists</b>	Motivate people to dedicate themselves to social issues more significant than their own petty concerns.
<b>2. Motivational Speakers</b>	Inspire audiences to become more successful by asserting their needs and dreaming big dreams.
<b>1. Managers &amp; Bosses</b>	Counsel associates and staff on personal attributes that improve job performance – such as diligence and punctuality.

Obviously, people will disagree as to who are the most influential Mentors, and how highly they should be ranked. We present these examples to show how many professions this category can include.

A Mentor (PF8) can serve the function of a surrogate Parent (PF1), Partner (PF5), Counselor (PF6), Spiritual Guide (PF7), or Integral Life Guide (PF10) – by introducing us to the potential for Growth, and by supporting our efforts to grow. Such Guidance may take place in a Growth Center (PF9) – such as a Creative Grade School or College Campus. Or it may happen in some other HGS (PF3) – such as a work environment or political rally.



**Motivational Speakers as Mentors**  
 Tony Robbins has influenced the lives of over two million people in 100 different countries.



1 2 4 5

## GROWTH CENTERS: 6 TYPES

Over the course of centuries, at least six types of Growth Center have developed:

### 1. The Monastery or Meditation Center

A place where people with a special sensitivity to spiritual matters gather together to develop those powers. The monastic tradition is common to many religions and philosophies – including Christianity, Buddhism, Hinduism, and Jainism. Spiritual Development is implemented by specific spiritual practices -- like prayer, meditation, and chanting. It is also supported by the monastic lifestyle -- which may include communal living, rules of behavior, and self-sufficiency for material needs. A modern version of the monastery, intended to make the monastic experience available to people from the outside world, is the **Meditation Center**. Church retreats also serve somewhat the same function.

### 2. The Liberal Arts College or University

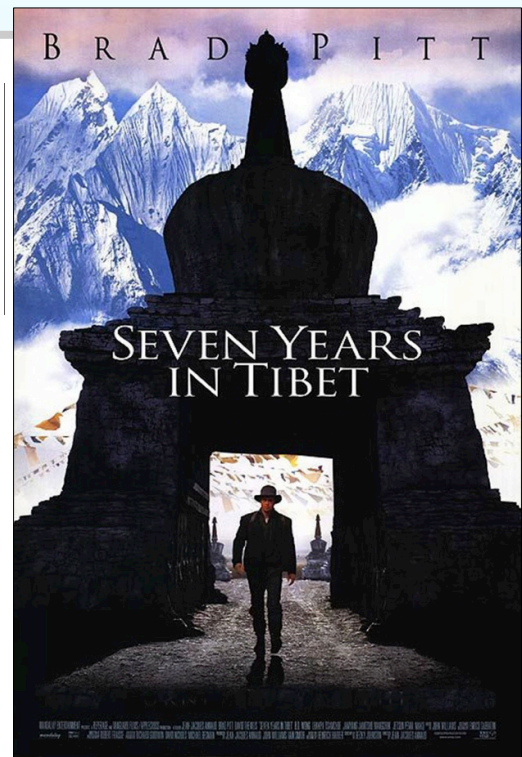
A place where exceptional young people (and others) gather for an education that encompasses, not just occupational training, but growing the Whole Person. At this key developmental Stage, students develop their love of learning, their breadth of perspective, and their character through exposure to a broad range of humankind's highest accomplishments (the 'liberal arts curriculum'), and by intimate association with the best and brightest of their generation. Universities have in many cases devolved into multi-universities (where one learns only one specialty) or into training schools (where one is trained for a particular occupation) – but the original holistic tradition is still maintained in the elite **Liberal Arts College**. A Growth-related version of the modern university is the **Alternative University** – where Growth-related subjects like psychology and spirituality are the prime focus of study, and where personal psychological and spiritual practices are actively encouraged.

(continued next page)

**The Monastery as Growth Center.** After spending seven years in association with a Tibetan Monastery, celebrity mountain-climber Heinrich Harrar was able to relinquish his tormented ego, and find inner peace.

Growth Centers. *Integral Institute* (now defunct) was conceived as Wilber's own virtual Growth Center.

A Growth Center (PF9) is a specialized type of Holistic Growth Situation (PF3), which has heightened effect as a very concentrated form of Society & Culture (PF2). The Growth Center experience may center around a charismatic figure – such as a particular Therapist (PF6d), Spiritual Guide (PF7), Mentor (PF8), or Integral Life Guide (PF10). Activities often focus on Conscious Development Processes (PR29-33) and Self-Expression Processes (PR24-28).



## GROWTH CENTERS (cont.)

### 3. The Health Retreat

A place where people with a particular concern for their physical health and well-being gather to heal and revitalize themselves. Derived from the traditional European health spa, modern Health Centers include a diverse array of detox centers, weight-reduction programs, clothing-optional retreats, and beauty spas.

### 4. The Creative Grade School

For most children, the Grade School is the child's first Holistic Growth Experience (PF3) outside the family. Children go to school for the explicit purpose of learning various academic subjects – reading, math, etc. However, the school environment can also provide a multitude of other experiences that are equally important to their Growth: effective study habits, active playground activity, a wide variety of non-academic events and programs, and the challenge of getting along with others. In addition, grade schools that are 'creative' offer extensive supplementary experiences – such as art and music, gardening, nature study, and personal attention that is highly supportive and nurturing.



**The Creative Grade School as Growth Center.** "My daughter attends a very creative elementary school. All their academic subjects use hands-on experience to convey abstract concepts. The extra-curricular activities -- like art, drama, computers, sports, nature study, and big-city field trips - all emphasize individual involvement and personal creativity. Our school believes in growing the whole person."

**The Ultimate Growth Center.** "When I visit Esalen, I benefit from the workshops. But I also gain sustenance from the soothing baths, the vibrant organic dining room, and the tranquil gardens."



## GROWTH CENTERS (cont.)

### 5. The Intentional Community

A place where people committed to a particular social, political, or spiritual vision gather to form a long-term community embodying those principles and values. Such Communities have a long and important history in the United States – going back to the Amish, the Mormons, and even to the original Pilgrims. The modern world has seen a proliferation of Intentional Communities of all persuasions – including communes, kibbutzim, ashrams, and cohousing. Many of the other types of Growth Centers described in this section are structured as Intentional Communities.

### 6. The Human Potential Growth Center

(commonly just called ‘Growth Center’)

A place where people with a particular interest in Personal Growth gather to participate in Self-Conscious Development Practices (PR29-33) and Self-Expression Practices (PR24-28) for the explicit purpose of developing their Human Potential. These Practices are supported by an environment and lifestyle that lends further support to the Growth process – natural foods, soothing mineral baths, relaxing massage, organic gardens, etc. Esalen Institute was the original Human Potential Growth Center and is still a foremost exemplar.

### Your Growth Centers

Consider the six types of Growth Center outlined on these three pages. For each type that you have experienced, name at least one that has had a special influence on your life. (For each type you have not experienced, think of one you would like to experience.) \*\*\* Now select one specific Growth Center to explore in detail: The Liberal Arts College you attended, for example. \*\*\* Ask yourself questions like these: What diverse range of activities and experiences was encompassed by that one College environment?: Classes in the liberal arts, training in the sciences, verbal expression and argumentation, playing in the school orchestra, competing on the soccer team, implementing complex research projects, building relationships with diverse people, exploring a new part of the country, etc. \*\*\* How did these external activities influence how you grew as a person? Did those experiences stimulate you? Ignite an interest in new areas of inquiry? Broaden your perspectives? Strengthen your self-confidence? Reinforce your faith in others? \*\*\* What was your College life lacking? How did it divert you, or mislead you? How could it have been improved? \*\*\* How did your College experience translate to other aspects of your life?: To your aspirations in life, to your connections with friends and mentors, to your capacity to tackle big challenges, to your career plans, to your choice of mate, etc.? \*\*\* As time permits, select another type of Growth Center, and ask yourself similar questions. \*\*\* How did each of these full-immersion experiences shape you or change you? What types of Growth Center did you miss out on? How can you make up for that deficiency? \*\*\* Which types of Growth Center do you now feel more eager to participate in? Which ones would you especially like to share with your family or friends?

In our Life Journey, the INTEGRAL LIFE GUIDE is the TRUSTED GUIDE who leads Our Hero along all the precarious paths of the Underworld, the Enchanted Realm, or the Realm of the Gods; the GUARDIAN ANGEL who guides our Hero's escape from the Evil Castle; the SHADOWY SAINT who inspires our Hero to triumph in the Ultimate Battle. Or, the BOGUS WIZARD whose fakery raises false hopes for deliverance from bondage.



## PF10. INTEGRAL LIFE GUIDE 1 2 4 5

The **Integral Life Guide** is the ultimate generalist -- the Growth Practitioner whose Guidance encompasses all five Domains of Personal Development. Using the ADAPT Model (or some equivalent), these Guides help us weave together all the diverse strands of Dimensions, Participants, Processes, Pathfinders, and Systems to produce a comprehensive experience of Growth.

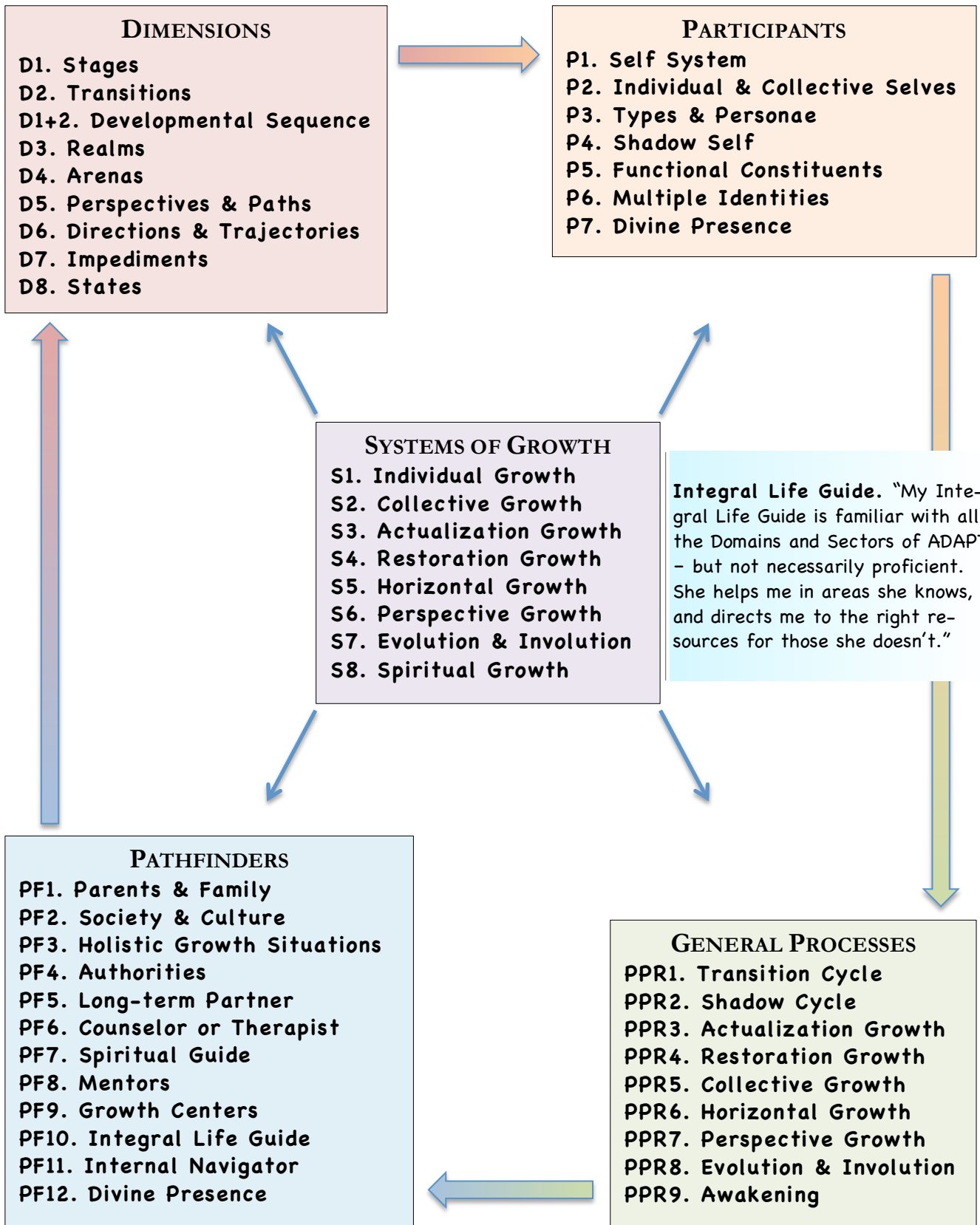


An Integral Life Guide need not be expert in every field or the Growth model. But that Guide should at least be familiar with the best resources, and be able to help their clients to combine and coordinate those resources. Integral Life Guides may be Counselors or Therapists (PF6), Spiritual Guides (PF7), or some type of Mentor (PF8) – depending upon the areas of Growth the client wishes to focus on.

**Comprehensive Guidance.** "The *Integral Life Practice* of Ken Wilber and Terry Patten seeks to provide a complete program for Actualization Growth (PPR3), comparable to ADAPT." (For a comparison of the two programs, see Appx A9.)

### Your Integral Life Guide

Consider the diagram on the facing page outlining all the Parameters of ADAPT. These are the areas of expertise where an Integral Life Guide (ILG) should be proficient, or at least adequately familiar. \*\*\* In which areas do you feel you need the most help? Which areas are you handling pretty well on your own? \*\*\* Aside from their knowledge of the Model, what personal qualities would you want in an effective Integral Life Guide?: Compassion, empathy, insightfulness, humility, loyalty, etc. \*\*\* The Integral Life Guide is the Growth Practitioner of the future, so there may be few who meet all these qualifications. What Growth Professional are you aware of who possesses at least some of these qualities? \*\*\* Where might you inquire to find other ILG's?: Friends who have had good Counseling or Therapy experiences, self-help classes at the local JC, books from the psychology section of the bookstore, advertisements in alternative healing publications, talk show interviews, etc. \*\*\* Once you find several candidates, how might you learn more about each ILG?: Talk with friends who know them; visit their website; attend their classes; schedule an exploratory meeting, etc. \*\*\* In the course of these explorations, what do you hope to learn about each Growth Professional?: Their strengths or deficiencies? Their personal qualities? The degree to which you feel drawn to them? Their availability and costs? \*\*\* How is this exploration process similar to shopping for any Counselor, Therapist, or other Growth Professional? How is it different? \*\*\* Are you now more ready to commit to an Integral Life Guide (or any other Growth Professional)? What hesitations or doubts might you still need to address?



Integral Life Guide. Wilber's Full Spectrum Therapist and practitioners of Integral Life Practice (ILP).

The Integral Life Guide (PF10) is often trained as a Counselor, Coach, or Therapist (PF6) – but might also be one of several types of Mentors (PF8) or Spiritual Guides (PF7). The Parent (PF1) is the original, and ultimately the most influential, Integral Life Guide. The ILG often operates within the supportive environment of a Growth Center (PF9) – such as a College Campus, Meditation Center, Intentional Community, or Holistic Growth Center.

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## PF11-12. INTERNAL GUIDANCE

**Internal Guidance** is the Guidance & Orchestration in the Growth process arises within ourselves, or develops internally. Internal Guidance can take two forms: **The Internal Navigator** and **The Divine Presence**.

In our Life Journey, the INTERNAL NAVIGATOR is our HERO'S ELEVATED CHARACTER -- once he has absorbed the lessons from his many Ordeals & Trials. It is the CHARACTER OF OUR HERO'S PROTÉGÉ – once he has gained Wisdom and Maturity by emulating his Hero. Symbolically, it is the GOLDEN COMPASS that always directs our Hero on his true course.



### PF11. INTERNAL NAVIGATOR 1 2 4 5

The **Internal Navigator** is the Guide we form within ourselves – by experiencing and assimilating all the Guidance we receive from the various outside sources. Over the course of our lifetime, we absorb and internalize the various modes of Guidance (PF1-10) we have been exposed to – and thus become progressively more independent, more self-sufficient, more self-regulating, more autonomous, more mature. We form an **Internal Compass** that leads us intuitively to the right decisions – decisions that orient our life in the right direction.

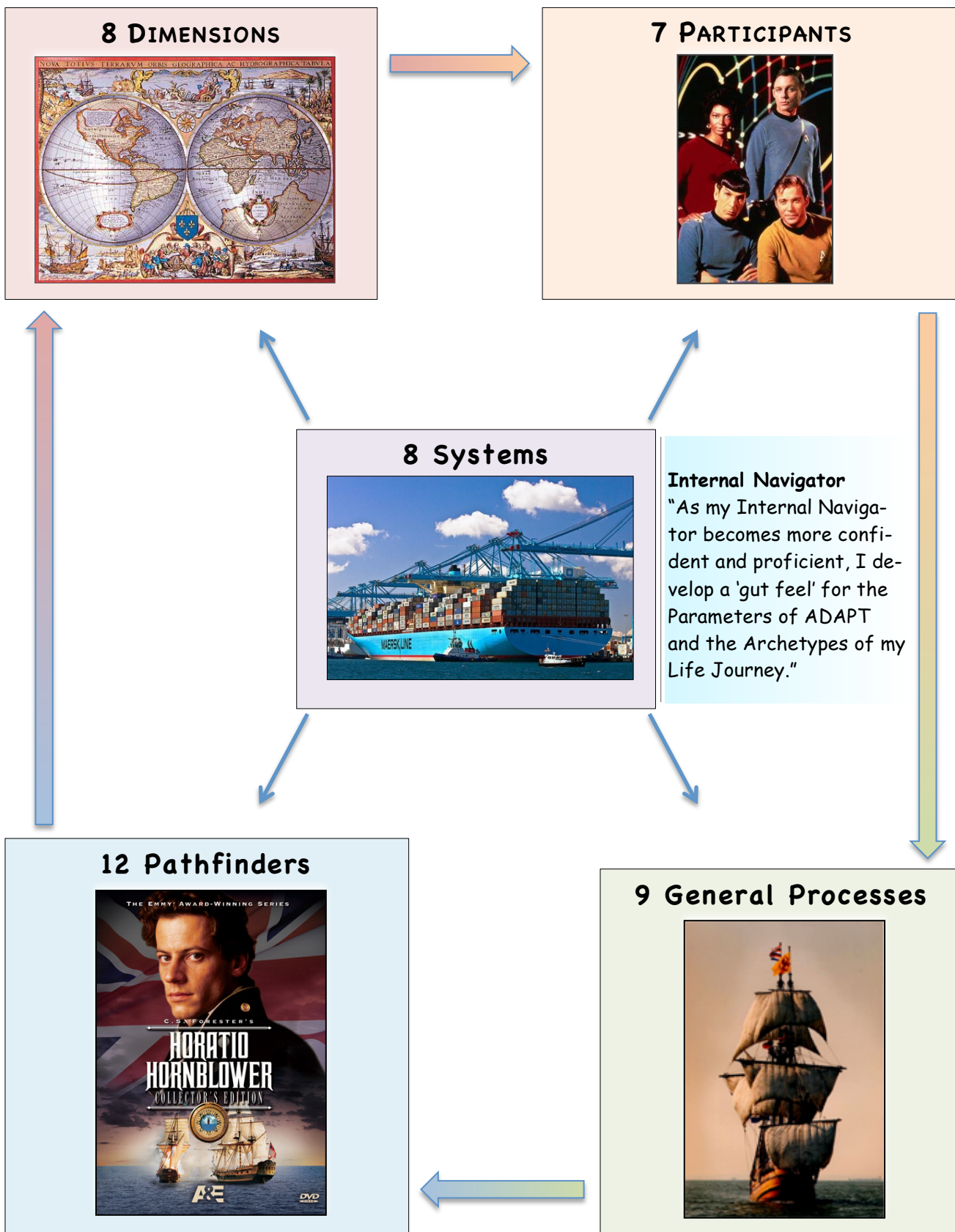


**My Internal Compass.** "Over the years, I've received Guidance from Parents, Teachers, Counselors, Support Groups, and innumerable Authorities. By this point, I've absorbed and internalized all those Guides, and am increasingly able to navigate my own course."

#### Your Internal Navigator

Consider again the diagram on the preceding page depicting the components of ADAPT. As you view the five sets of Parameters, which ones do you understand best? Which are you still hazy on? For the Parameters you are unclear on, turn back and review those sections. \*\*\* \*\*\* Beyond mere understanding, how well equipped do you feel to apply each concept in your own life? \*\*\* As time permits, revisit again some of the Explorations, and add to your previous responses. Concentrate on those Explorations that speak to you most deeply. \*\*\* As you review and explore, don't feel you need to understand all the details. Just become aware that a certain type of Growth is available to you when you're ready for it. \*\*\* Of the various Parameters, where do you feel most qualified to provide your own Guidance? Where do you still need external Guidance and support? \*\*\* What resources will help you become a better Internal Navigator? A Counselor or Therapist? A Mentor or Spiritual Guide? Books by a respected Authority? A magical and charismatic Growth Center that beckons to your soul? \*\*\* Becoming our own Internal Navigator is a life-long quest. How far along are you in that process? \*\*\* As you become a better Internal Navigator, how does that change how you feel inside? Do you become more self-confident, more self-reliant, more expansive, more free? Do you sense the emergence of your own separate Identity as a person?





Internal Guidance, Internal Navigator: Implicit in Wilber, but not specifically mentioned.

Our Internal Navigator (PF11) is formed when we assimilate and internalize all the other Pathfinders (PF1-10) we have engaged with over the course of our lifetime. As a result, we become independent, self-sustaining, and autonomous.

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 1 2 4 5

**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).

