

KEN WILBER, JOSEPH CAMPBELL, & THE MEANING OF LIFE

(Volume 2: Foundations of 'The Human Odyssey')

-- Presented in 12 installments on IntegralWorld.net --

Hugh & Kaye Martin's new book *Ken Wilber, Joseph Campbell, & the Meaning of Life* (The Human Odyssey series) presents a unique, new way of viewing personal growth and human development. In this series, we publish excerpts from the Advanced Version, Volume 2 -- appendices that explain the foundations of the ADAPT/ Life Journey Model in the work of Ken Wilber and Joseph Campbell. **This issue of Integral World contains Installation #1.**

KEN WILBER APPENDICES. How the ADAPT Model derives from, illuminates, and extends the Integral Theory work of philosopher and systems theorist Ken Wilber.

✿ **Installation #1: Beyond Ken Wilber: How AQAL Became ADAPT.** The ADAPT Model of Human Development -- one of the twin foundations of this book: How it was derived from the AQAL/IOS Models of Ken Wilber, and other sources. (Appx A2)

✿ **Installation #2: Ken Wilber's ADAPT.** Quotes from Wilber's own works -- showing that Wilber's Model is actually a very extensive (though incomplete) version of ADAPT. (Appx A3)

✿ **Installation #3: Toward a New AQAL.** The evolution of Wilber's AQAL and IOS Models. Why ADAPT is the appropriate next step in that evolution. Also: The Tyranny of AQAL. How Wilber's great AQAL Model now diverts and inhibits open inquiry into the nature of Human Development. (Appx A4-5)

✿ **Installation #4: How ADAPT Improves on Wilber.** The 12 fundamental ways the ADAPT Model diverges from Wilber's IOS. Includes: A detailed table of comparisons, showing at least 87 important positions where ADAPT differs from and improves on Wilber. (Appx A6)

✿ **Installation #5: The Internal Developmental Sequence (IDS).** The basic Developmental Sequence that shows the progressions of Growth for the Internal Realms of Psyche, Body, and Spirit: How it was derived. What it consists of. What it tells us about Human Development. (Appx A7)

✿ **Installation #6: The Progressions of Human Development.** Individual Developmental Sequences showing the progressions of Growth for all the Arenas in the Realms of Life Passages, the Psyche, and the Spirit. (Appx A8)

✿ **Installation #7: The Processes of Ken Wilber & Anodea Judith.** Ken Wilber's program for Actualization Growth: Integral Life Practice. Wilber's program for Restoration Growth: Pathologies & Treatments at various Stages of Development. Anodea Judith's program for Restoration Growth: Balancing the Chakras. (Appx A9)

JOSEPH CAMPBELL APPENDICES. How the Life Journey Archetype derives from, illuminates, and extends the Hero's Journey 'Monomyth' of scholar and mythologist Joseph Campbell.

✿ **Installments #8+9: Joseph Campbell's Hero's Journey.** Eight ways Campbell's Hero's Journey manifests itself in myth, literature, movies, the media, and one's own inner life. (Appx B1)

✿ **Installation #10: Beyond Joseph Campbell: How the Hero's Journey Became the Life Journey.** The Life Journey Archetype, one of the twin foundations of this book. How it was derived from the Hero's Journey of Joseph Campbell, and other sources. (Appx B2)

✿ **Installation #11: Parallels to Homer's The Odyssey.** The premier example of the Life Journey Archetype. An outline of the many parallels between the ADAPT Model and that greatest and most complete of all mythic Life Journeys, *The Odyssey* by Homer. Includes a synopsis of epic itself. (Appx B3)

WILBER + CAMPBELL APPENDICES.

✿ **Installation #12: Quick-Reference Guides.** Outlines and thumbnail descriptions of every Domain and Sector of the ADAPT Model and the Life Journey Archetype. Plus Circle Diagrams -- AQAL, Wilber, & ADAPT: The entire ADAPT Model displayed as one grand, multi-colored diagram. Along with a comparable diagrams for Wilber's AQAL and Integral Operating System. (Appx A1 & C5)

REQUEST A FREE COPY OF *THE HUMAN ODYSSEY*

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

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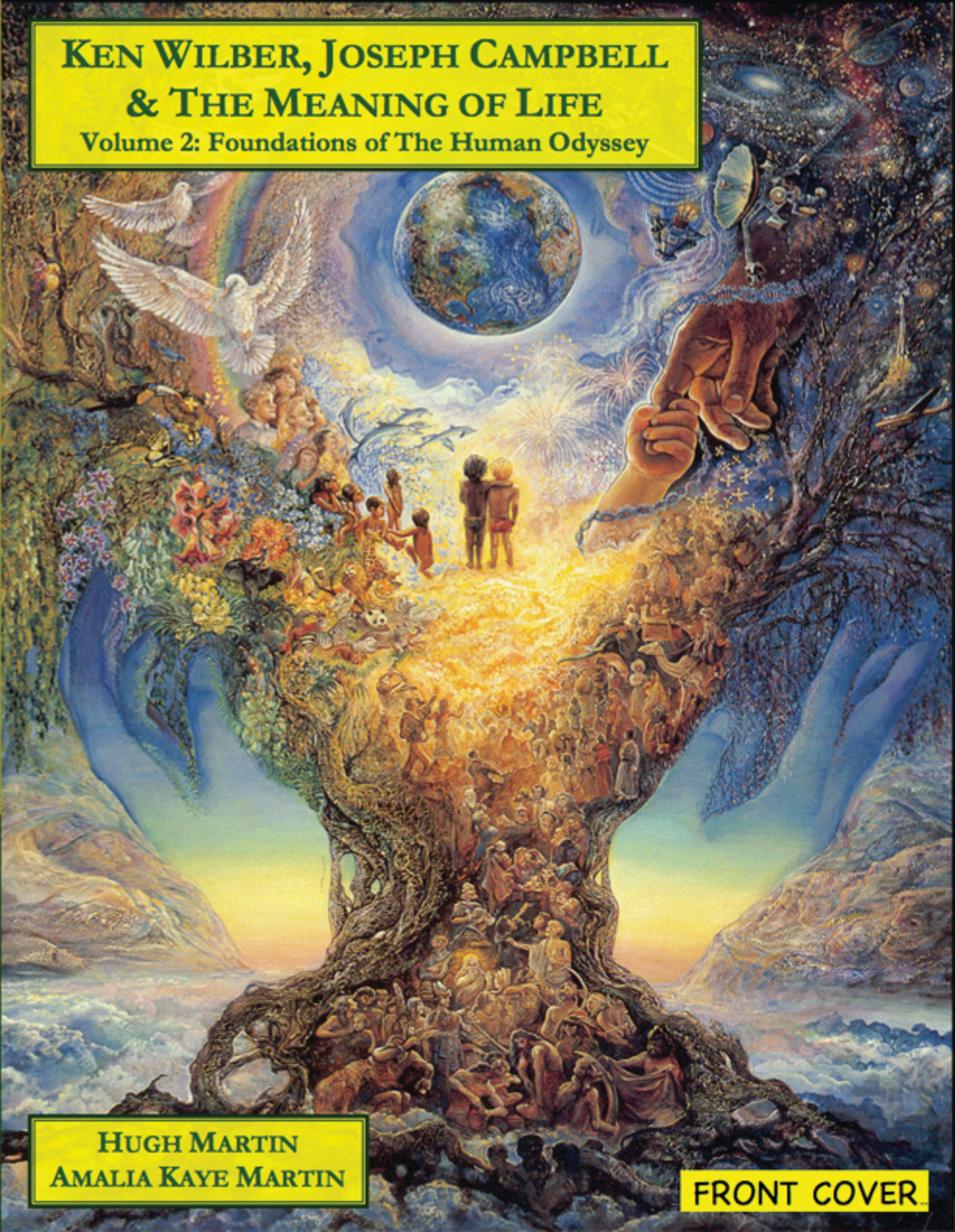
THE HUMAN ODYSSEY: THREE VERSIONS

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

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

The Quickstart Version is the best place for any reader to begin their explorations of this fascinating, but complex, perspective on human life. The book you are now reading is Volume 2 of the Advanced Version.

**KEN WILBER, JOSEPH CAMPBELL
& THE MEANING OF LIFE**
Volume 2: Foundations of The Human Odyssey



**HUGH MARTIN
AMALIA KAYE MARTIN**

FRONT COVER

FOUNDATIONS OF *THE HUMAN ODYSSEY*

Origins in the work of Ken Wilber & Joseph Campbell

The Human Odyssey

In their landmark study, authors Hugh and Kaye Martin presented a unique, new model of human development called *The Human Odyssey*. The Human Odyssey manifests itself in two forms: 1) **THE ADAPT MODEL**. A conceptual version – originating in the work of Ken Wilber, and 2) **THE LIFE JOURNEY ARCHETYPE**. A symbolic version -- originating in the work of Joseph Campbell. Now, in this companion volume, the authors explore the details of Wilber and Campbell -- showing how the work of these two great men is reflected in the authors' own conception of *The Human Odyssey*. In three parts:

Ken Wilber Appendices

How the ADAPT Model derives from, illuminates, and extends the Integral Theory work of philosopher & systems theorist Ken Wilber – including:

- * **Beyond Ken Wilber: How AQAL Became ADAPT.** How ADAPT Model of human development, was derived from the AQAL/IOS Models of Ken Wilber, and other sources.

- * **Ken Wilber's ADAPT.** Quotes from Wilber's own work -- showing that Wilber's AQAL/IOS Model is actually a very extensive (though incomplete) version of ADAPT itself.

- * **The Tyranny of AQAL.** How Wilber's great AQAL Model now diverts and inhibits open inquiry into the nature of human development.

- * **Toward a New AQAL.** The evolution of Wilber's AQAL and IOS Models. Why ADAPT is the appropriate next step in that evolution.

- * **ADAPT and Wilber Compared.** The 87 major ways ADAPT differs from and improves on Wilber.

- * **The Progressions of Human Development.** Full sets of developmental sequences for three arenas: Life Passages, Psyche, and Spirit.

- * **The Processes of Ken Wilber & Anodea Judith.** Integral Life Practice: Wilber's program for Actualization Growth. Along with Wilber's and Anodea Judith's programs for Restoration Growth.

- * **Circle Diagrams.** The entire ADAPT Model displayed as one grand, multi-colored diagram. Along with comparable diagrams for Wilber's AQAL and Integral Operating System (IOS).



Joseph Campbell Appendices

How the Life Journey Archetype derives from, illuminates, and extends the Hero's Journey 'monomyth' of scholar and mythologist Joseph Campbell:

- * **The Hero's Journey.** Eight ways Campbell's Hero's Journey manifests itself in myth, literature, the media, and our own personal growth.

- * **Beyond Joseph Campbell: How the Hero's Journey Became the Life Journey.** How the Life Journey Archetype was derived from the Hero's Journey of Joseph Campbell, and other sources.

- * **Parallels to Homer's *The Odyssey*.** The many parallels between the ADAPT Model and that greatest and most complete of all mythic Life Journeys, *The Odyssey* by Homer.

Wilber & Campbell Combined

How ADAPT (from Wilber) and the Life Journey Archetype (from Campbell) combine to form a complete conception of human development:

- * **Glossary.** All the terms and concepts of ADAPT and the Life Journey in one convenient place.

- * **Study Programs.** Detailed Lesson Plans to help you study each of the eight Systems of Growth.

- * **Resources for Personal Evolution.** The best books and resources to aid your own Life Journey.

- * **Quick-Reference Guides.** Outlines and thumbnail descriptions of every Domain and Sector of the ADAPT Model and the Life Journey Archetype.



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BACK COVER



KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

VOLUME 2: FOUNDATIONS OF 'THE HUMAN ODYSSEY'

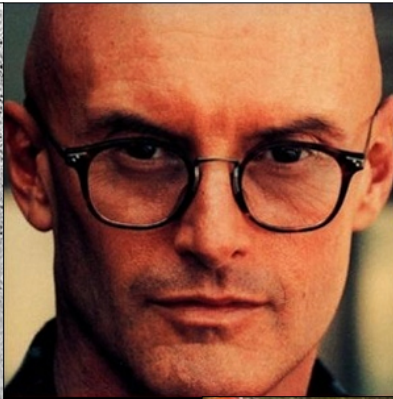
Installment #1: Beyond Ken Wilber: How AQAL Became ADAPT

The ADAPT Model of Human Development -- one of the twin foundations of this book:
How it was derived from the AQAL/IOS Models of Ken Wilber, and other sources.

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A: KEN WILBER APPENDICES



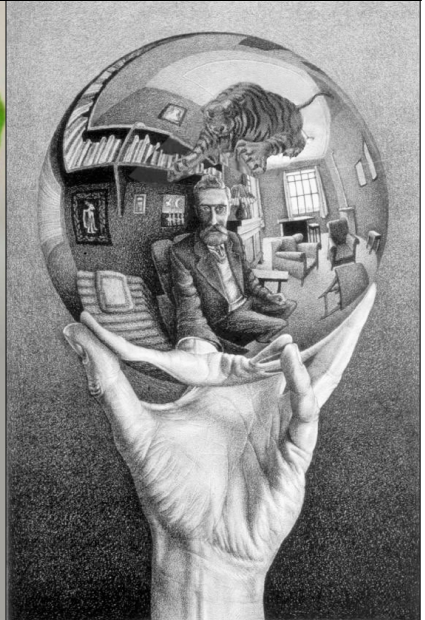
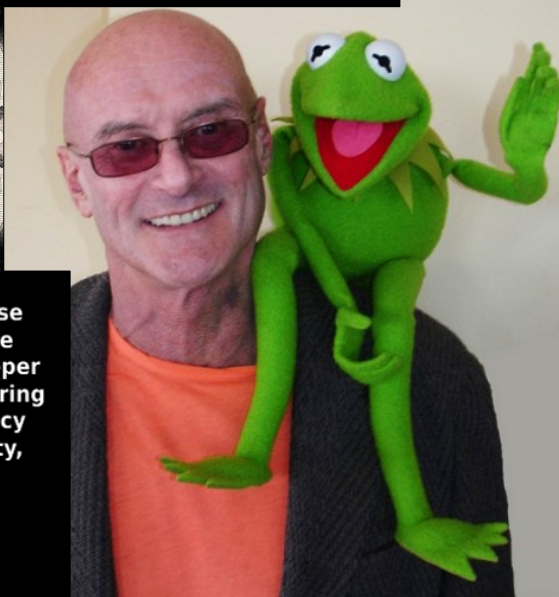
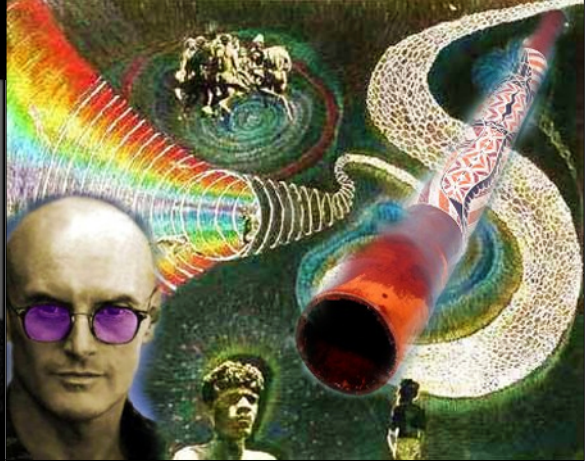
"I rise to taste the dawn, and find that love alone will shine today."

Ken Wilber

Authentic spirituality is revolutionary. It does not legitimate the world, it breaks the world; it does not console the world, it shatters it. And it does not render the self content, it renders it undone.



- Ken Wilber



A person who is beginning to sense the suffering of life is, at the same time, beginning to awaken to deeper realities, truer realities. For suffering smashes to pieces the complacency of our normal fictions about reality, and forces us to come alive in a special sense — to see carefully, to feel deeply, to touch ourselves and our worlds in ways we have heretofore avoided.

- Ken Wilber



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"I have one major rule: Everybody is right. More specifically, everybody — including me — has some important pieces of truth, and all of those pieces need to be honored, cherished, and included in a more gracious, spacious, and compassionate embrace."

Ken Wilber

WHEN WE TRANSFORM OUR SELVES...



...WE TRANSFORM THE WORLD

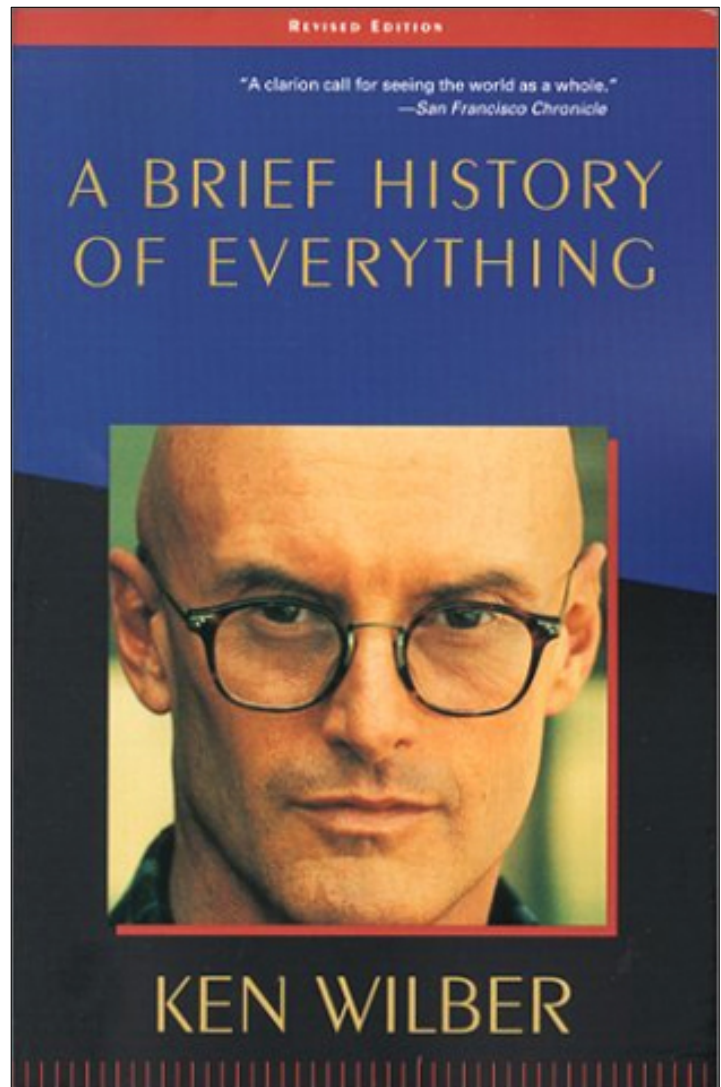
APPENDIX A2.

BEYOND KEN WILBER: HOW AQAL BECAME ADAPT

The Human Odyssey, the book you are now reading, began with Ken Wilber. Ken Wilber is a very hip and popular modern philosopher and systems theorist – a very bright, self-educated thinker (now in his 50's) who has founded a whole movement called **Integral Theory**. Integral Theory in simplest terms is an effort to merge and synthesize all systems of Development (ranging from biological growth, to psychological development, to human evolution) into one grand system that summarizes the fundamental nature of reality. To its devotees, Integral Theory is known as the '**Theory of Everything**.'

In the course of our investigations, we became fascinated with a particular aspect of Integral Theory -- how it applies to our own Personal Growth and to all forms of Human Development. However, as we began exploring the nuances of Integral Theory in this context, we discovered a number of potential improvements on Wilber's work – improvements that help to explain human behavior better, and that help us to apply the theory in our own lives.

In this section, we describe how Wilber's all-encompassing theory (called **AQAL**) became an even more comprehensive Model of Human Development (our own **ADAPT**). Over the next two pages, we first begin with an outline of the points we will cover.



In Appendix A2, we show how Ken Wilber's AQAL Model of Human Development evolved into our own more refined and complete Model, called ADAPT. Then we show how the highly conceptual ADAPT evolved into the highly symbolic Archetypal Life Journey (see also Appx B2). For further background on Ken Wilber, refer to the other Wilber Appendices (A1, A3-9) – as well as Wilber's books in the Resources appendix (C2). For a full-length treatment of Wilber's Model of Human Development and its parallels to the ADAPT Model, see the authors' study *The Fundamental Ken Wilber* (IntegralWorld.net)

This section can seem somewhat technical and abstruse. It is intended primarily for those already familiar with Ken Wilber's work – or interested in learning more about it. Do not be concerned if you do not understand all the vocabulary and terms. They will gradually become clear as you absorb the concepts of this book.

Appendix A2.

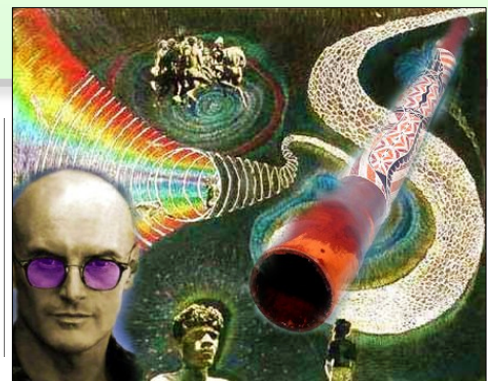
THE ADAPT MODEL OF HUMAN DEVELOPMENT: HOW IT WAS DERIVED, HOW WE CAN USE IT

In Appendix A2, we describe how Wilber's all-encompassing theory (called **AQAL**) evolved into the authors' even more comprehensive Model of Human Development (called **ADAPT**). We will then explore the implications of ADAPT: Its parallels in the study of archetypal mythology, its application to our own Personal Growth, its broader applications in many spheres of human culture. We address these topics in the following order:

- ⊗ **A2a. From AQAL to IOS.** Ken Wilber's famous AQAL Model of Human Development is just an abbreviation of his far more comprehensive Model, which we call his Integral Operating System (IOS). (page 21)
- ⊗ **A2b. From IOS to ADAPT.** The many Parameters of Wilber's IOS break down conveniently into four categories, or Domains: Dimensions, Participants, Processes, and Pathfinders (page 22)
- ⊗ **A2c. The Domains and Sectors of Wilber's AQAL.** When applying this four-part categorization, Wilber's more limited AQAL Model consists of four Dimensions and two Participants. (page 23)
- ⊗ **A2d. The Domains and Sectors of Wilber's IOS.** Using the same form of categorization, Wilber's more extended IOS Model contains approximately 23 parameters from Dimensions, 18 from Participants, 18 from Processes, and five from Pathfinders. (page 24)
- ⊗ **A2e. The Formulation of ADAPT.** The four Domains of this Model can be summarized by the acronym ADAPPPT: All Dimensions, All Participants, All Processes, All Pathfinders, Together (**ADAPT** for short). (page 26)
- ⊗ **A2f. Fine-Tuning ADAPT.** Once the basic ADAPT Model is established, it can be fine-tuned by modifying some Parameters, adding others, and consolidating yet others. (page 27)
- ⊗ **A2g. The Domains and Sectors of ADAPT.** The result is the comprehensive ADAPT Model described in this book – consisting of eight Dimensions, seven Participants, nine General Processes, and 12 Pathfinders. (page 28)

[continued next page]

Theory of Everything. "Wilber's Theory of Everything seeks to merge and synthesize all systems of Development (ranging from biological growth, to psychological development, to human evolution) into one grand system that summarizes the fundamental nature of reality."



ADAPT: HOW IT WAS DERIVED, HOW WE CAN USE IT (cont.)

- ❁ **A2h. The Systems ADAPT.** To complete the Model, one additional Domain is needed: Systems. Systems are eight ways that the other four Domains can combine to produce Growth. (page 29)
- ❁ **A2i. The Eight Systems: Circle Diagram.** To make the Domains and Systems easier to visualize, they can be depicted as a Circle Diagram – where the Circles are the Systems, and where the four quadrants of the Circles represent the four other Domains. (page 30)
- ❁ **A2j. The ADAPT Model: Circle Diagram.** With the basic form of the Circle Diagram established, it can now be filled in with the various Sectors that pertain to each Domain. The result is the entire ADAPT Model depicted as one grand Circle Diagram. (page 31)
- ❁ **A2k. ADAPT vs. Wilber: How Do They Compare?** With the ADAPT Model now complete, we now compare it point-for-point with Wilber’s IOS. Of 443 points of comparison, the two Models differ in 256 instances – and the ADAPT Model is assessed to be an improvement in at least 169 cases. (page 32)
- ❁ **A2l. From Concept to Archetype.** Once the configuration of ADAPT was established, we made one more surprising discovery: Every Domain and Sector of the ADAPT conceptual model has a symbolic equivalent in the fundamental Archetype of human life – the Life Journey, or Human Odyssey. (page 34)
- ❁ **A2m. From Abstract Theory to Personal Revelation.** In the process of deriving ADAPT, we found it transformed from a stimulating intellectual exercise into a detailed blueprint on how to live a life that is richly satisfying and rewarding. (page 36)
- ❁ **A2n. From Revelation to Application.** Aside from its personal benefits, we found the ADAPT Model to have important real-world applications: Real-life applications for parents, teachers, counselors, etc. Broader societal applications in such diverse fields as psychology, history, science, ethics, the arts, and so forth. (page 37)

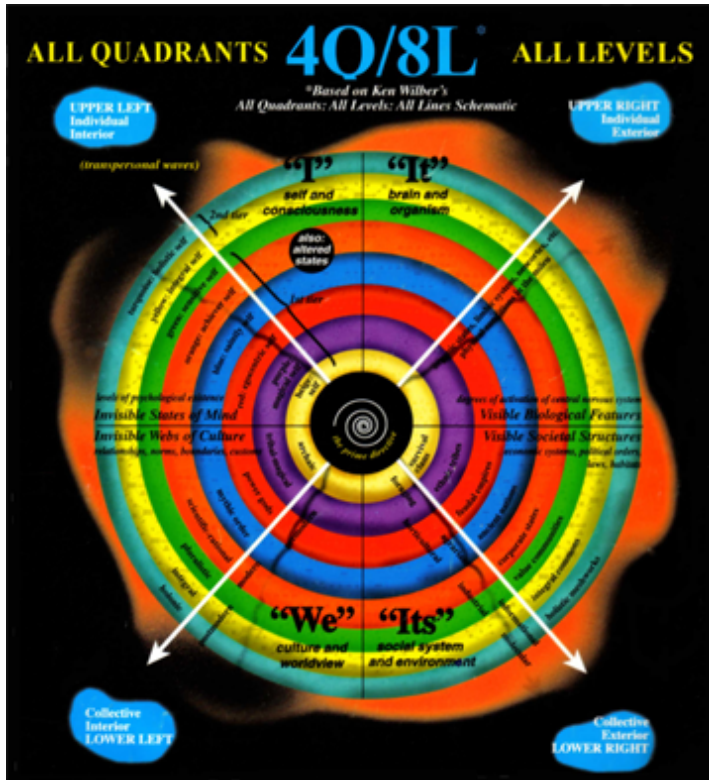


The Power of AQAL.
“The AQAL Model created a sensation in the intellectual world, because of its vast explanatory power.”

A2a. From AQAL to IOS

WILBER'S AQAL

Ken Wilber's famous **AQAL Model** has been the source of much confusion. The AQAL acronym is not (nor was it intended to be) an adequate summary of Wilber's Model of Human Development. It is merely a convenient and catchy enumeration of two of its more prominent features – *Quadrants* and *Levels* (with *Lines*, *States*, *Self*, and/or *Types* often added in).

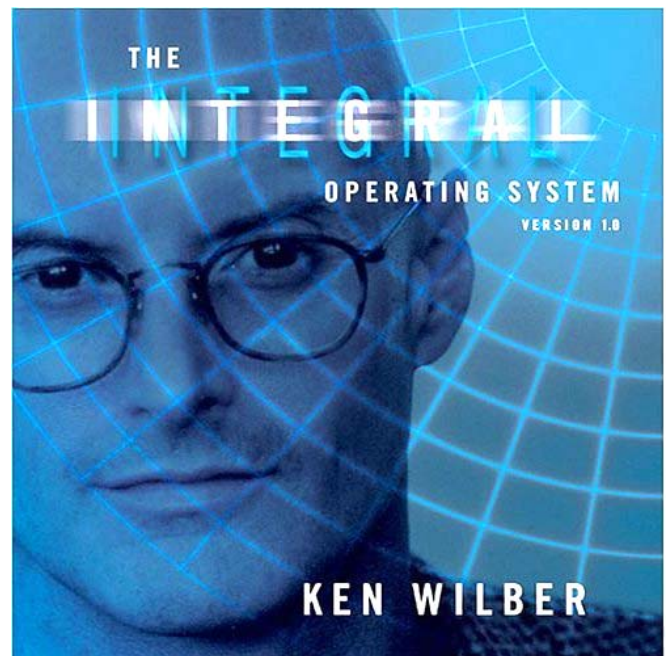


Ken Wilber's AQAL. Ken Wilber's basic AQAL Model ('All Quadrants, All Levels') is often depicted as a circle diagram – where the circles are the Levels (our 'Stages') and the four sections are the Quadrants (our 'Perspectives')

WILBER'S IOS

Behind Wilber's AQAL is a far broader, more comprehensive Growth Model. That Model is never explicitly defined in Wilber's work, yet serves as the basis for many of his pronouncements. We refer to that Model as Wilber's **Integral Operating System** (or **IOS**).

So, what is Ken Wilber's Integral Operating System? What is Wilber's fundamental, all-inclusive conceptual platform for the study of Human Development? To answer these questions, we combed Wilber's *Integral Psychology* and other seminal works – finding over 50 distinct concepts Wilber considers essential for explaining Human Growth. Then, much like Wilber himself, we wrote these concepts on yellow pads, laid them out on the living room floor, and rearranged them in various combinations until they formed meaningful patterns.



A2b. From IOS to ADAPT

When we laid out Wilber's many concepts on Human Development where they could all be viewed, we made a surprising discovery. Each of Wilber's Developmental Parameters falls into one of four fundamental **Domains**:

- ✿ **Dimensions.** Where does the Growth take place? Where is our Growth headed? What are the various ways we can grow? The **Dimensions** are the various areas of human experience where Development can occur.
- ✿ **Participants.** Who does the growing? What aspects of our Identity, or Self, take part in our Growth? The **Participants** are the various aspects of Identity or Self that participate in the Growth process.
- ✿ **Processes.** How can our Growth be accomplished? By what Methods and Techniques do we implement our Growth? The **Processes** are the means by which our Growth takes place.
- ✿ **Pathfinders.** With whose assistance? Who can guide us through the maze of Growth possibilities? Who can help us coordinate and orchestrate the many strands of our Growth? The **Pathfinders** are the people and other resources that aid us in our Growth process.

Dimensions



Participants



Pathfinders

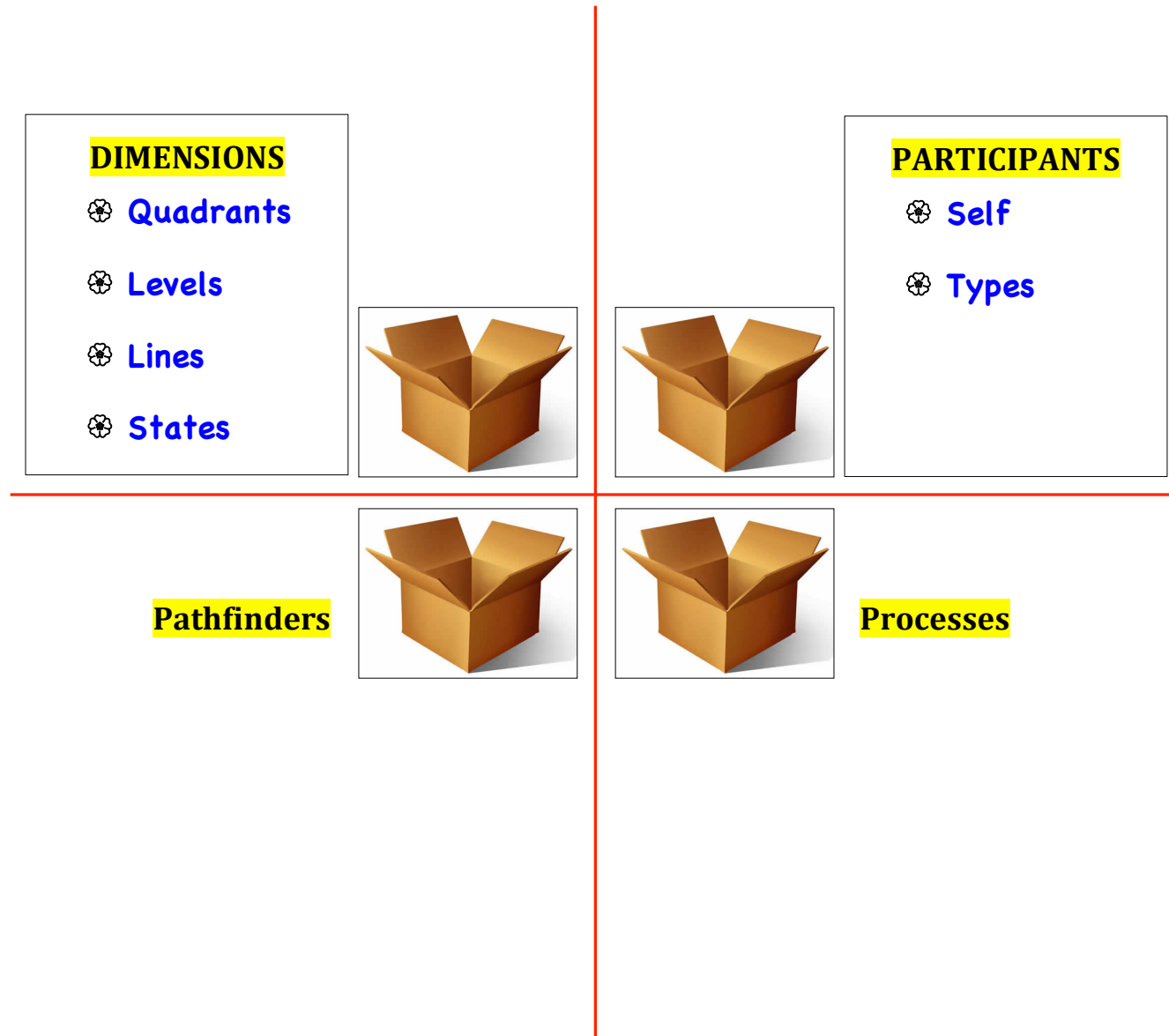


Processes



A2c. The Domains and Sectors of Wilber's AQAL

Using this mode of categorization, the six Parameters of Wilber's expanded AQAL Model consist of four Dimensions (*Quadrants, Levels, Lines, and States*) and two Participants (*Self and Types*).



A2d. The Domains and Sectors of Wilber's IOS

The additional Parameters and concepts of Wilber's far more extensive Integral Operating System (IOS) likewise fall into these four categories. The four Domains of Dimensions, Participants, Processes, and Pathfinders encompass the following Wilber terms. (Original AQAL Parameters shown in blue. IOS Parameters are categorized according to the ADAPT Model.)



DIMENSIONS

D. Great Nest

⊗ Map

D1. Level, Stage, Wave

⊗ Trait

D2. Transformation

D1+2. Ladder

⊗ Correlative Structure

⊗ Holistic Pattern

⊗ Chakra

⊗ Cultural Stages

⊗ Spiral

D3. Realm, Plane, Sphere, Domain, Axis

⊗ Physiosphere/ Noosphere/ Theosphere

⊗ Terrestrial Realm/ Plane of Existence

⊗ Bodyself, Felt Body

⊗ Celestial Plane

D4. Line, Stream

D5. Quadrant

D6. Height & Depth

⊗ U-Shaped Pattern

D7. Pathology

D8. State

⊗ Pre/Trans Fallacy



PATHFINDERS

PF. Navigation

⊗ Integration

PF9. Integral Institute

PF10. Full-Spectrum Therapist

PF12. Spirit-in-Action



PARTICIPANTS

P1. Proximate & Distal Self

- ⊗ Self-System

P2. Self, Ego

- ⊗ Culture

P3. Type, Role

- ⊗ Gender Type
- ⊗ Voice
- ⊗ Agency vs. Communion
- ⊗ Eros vs. Agape
- ⊗ Enneagram Type

P4. Subpersonality

- ⊗ Shadow Self

P5. Functional Invariant

P7a. Core Self

- ⊗ I-I Self, True Self
- ⊗ Ultimate Subject, Antecedent Self

P7b. Witness

- ⊗ Seer, Pure Consciousness, Spirit



PROCESSES

PPR1. Fulcrum, Milestone, Round

- ⊗ Embedding
- ⊗ Vertical Transformation

PPR3. Actualizing the Great Nest

- ⊗ Evolution

PPR4. Uncovering

- ⊗ Archeology of Self

PPR5. Socio-Cultural Evolution

PPR6. Horizontal Translation

- ⊗ Metabolism

PR7. Inclusiveness

PPR8. Evolution & Involution

- ⊗ Transcend & Include

PPR9. Waking Up

- ⊗ Mysticism

PR1-35. Methodology

- ⊗ Modules of Integral Life Practice (ILP)

- ⊗ Therapies, Treatments

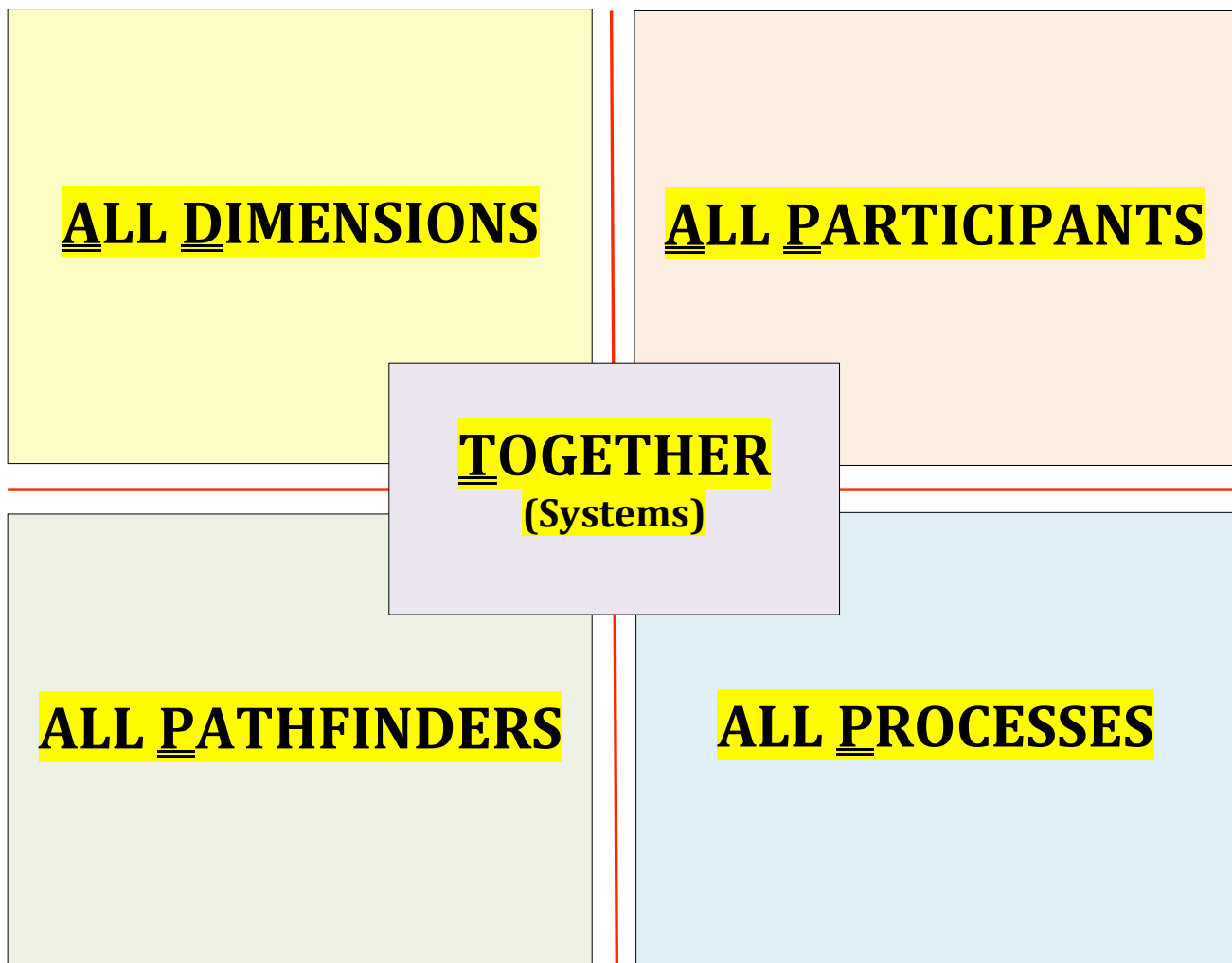
A2e. The Formulation of ADAPT

Thus, Wilber's own Integral Operating System is actually a very highly-developed (though incomplete) version of a new Developmental Model that is much more inclusive and far more integrated. Using an acronym based on the four Domains, we call this Model **ADAPPPT** ('ADAPT' for short*):

- ☼ **All Dimensions**
- ☼ **All Participants**
- ☼ **All Processes**
- ☼ **All Pathfinders**
- ☼ **Together (All Domains combined in one System**)**

(*For simplicity, the acronym **ADAPPPT** is condensed to **ADAPT**, and pronounced "**A'-Dapt**".

**The Domain of Together-ness ('Systems') will be discussed on page 29.)



A2f. Fine-Tuning ADAPT

The establishment of the basic ADAPT Model brought forth more questions: In addition to Wilber's concepts, were there any other Parameters that should be included? Were Wilber's pronouncements sufficiently clear, consistent, and correct? Were his concepts adequately organized, prioritized, and differentiated? By fine-tuning Wilber's Parameters and adding new Parameters from our own research and life experience, we completed the ADAPT Model.



THE CREATION OF ADAPT

In assembling, modifying, and expanding Wilber's IOS to create our ADAPT Model, we proceeded through the following steps:

- ✿ **Include All Wilber's Parameters**
We searched Wilber's writings to find all his Parameters pertaining to Human Growth.
- ✿ **Categorize by Domain**
We then categorized those Parameters according to the four Domains – Dimensions, Participants, Processes, and Pathfinders.
- ✿ **Sub-Categorize Within Each Domain**
Within each Domain, we clustered Parameters that were related or similar.
- ✿ **Modify & Fine-Tune Some Parameters**
Based upon additional research and our own personal experience, we modified some Parameters that appeared to need improvement.
- ✿ **Add New Parameters**
Where gaps or discontinuities appeared within the set of Parameters, we added new Parameters to complete the picture.

The result was the complete and comprehensive ADAPT Model we display on the next page.

For details on the many improvements we made, see Appendix A6.

A2g. The Domains and Sectors of ADAPT

When we made the necessary modifications of Wilber, the result was the comprehensive ADAPT Model described in this book – a Model consisting of 8 Dimensions, 7 Participants, 9 General Processes, and 12 Pathfinders:

8 DIMENSIONS

- D1. Stages**
- D2. Transitions**
- D3. Realms**
- D4. Arenas**
- D5. Perspectives & Paths**
- D6. Directions & Trajectories**
- D7. Impediments**
- D8. Transcendent States**

7 PARTICIPANTS

- P1. Self System**
- P2. Individual & Collective Selves**
- P3. Types & Personae**
- P4. Shadow Self**
- P5. Functional Constituents**
- P6. Multiple Identities**
- P7. Divine Presence**

12 PATHFINDERS

- PF1. Parents & Family**
- PF2. Society & Culture**
- PF3. Holistic Growth Situations**
- PF4. Authorities**
- PF5. Long-Term Partner**
- PF6. Counselor, Coach, or Therapist**
- PF7. Spiritual Guide**
- PF8. Mentor**
- PF9. Growth Centers**
- PF10. Integral Life Guide**
- PF11. Internal Navigator**
- PF12. Providence**

9 GENERAL PROCESSES

- PPR1. Transition Cycle**
- PPR2. Shadow Cycle**
- PPR3. Actualization Growth**
- PPR4. Restoration Growth**
- PPR5. Collective Growth**
- PPR6. Horizontal Growth**
- PPR7. Perspective Growth**
- PPR8. Evolution & Involution**
- PPR9. Awakening**

A2h. The Systems of ADAPT

It's all well and good to enumerate the factors that contribute to Growth. But how do these factors relate to each other? How does each factor contribute to the Growth process? How do the various factors combine to produce Growth?

In answer to these questions, we discovered a fundamental mechanism of Human Growth we call the System. A **System** is a set of Dimensions, Participants, Processes, and Pathfinders that work together to produce Growth.

As it turns out, there are eight different Systems – each of which generates its own kind of Growth. These Systems are described in detail in the *Systems* section (S1-8). In the table below, we briefly outline these eight Systems. On the following two pages, we show how all eight Systems can be depicted visually on a single Circle Diagram.

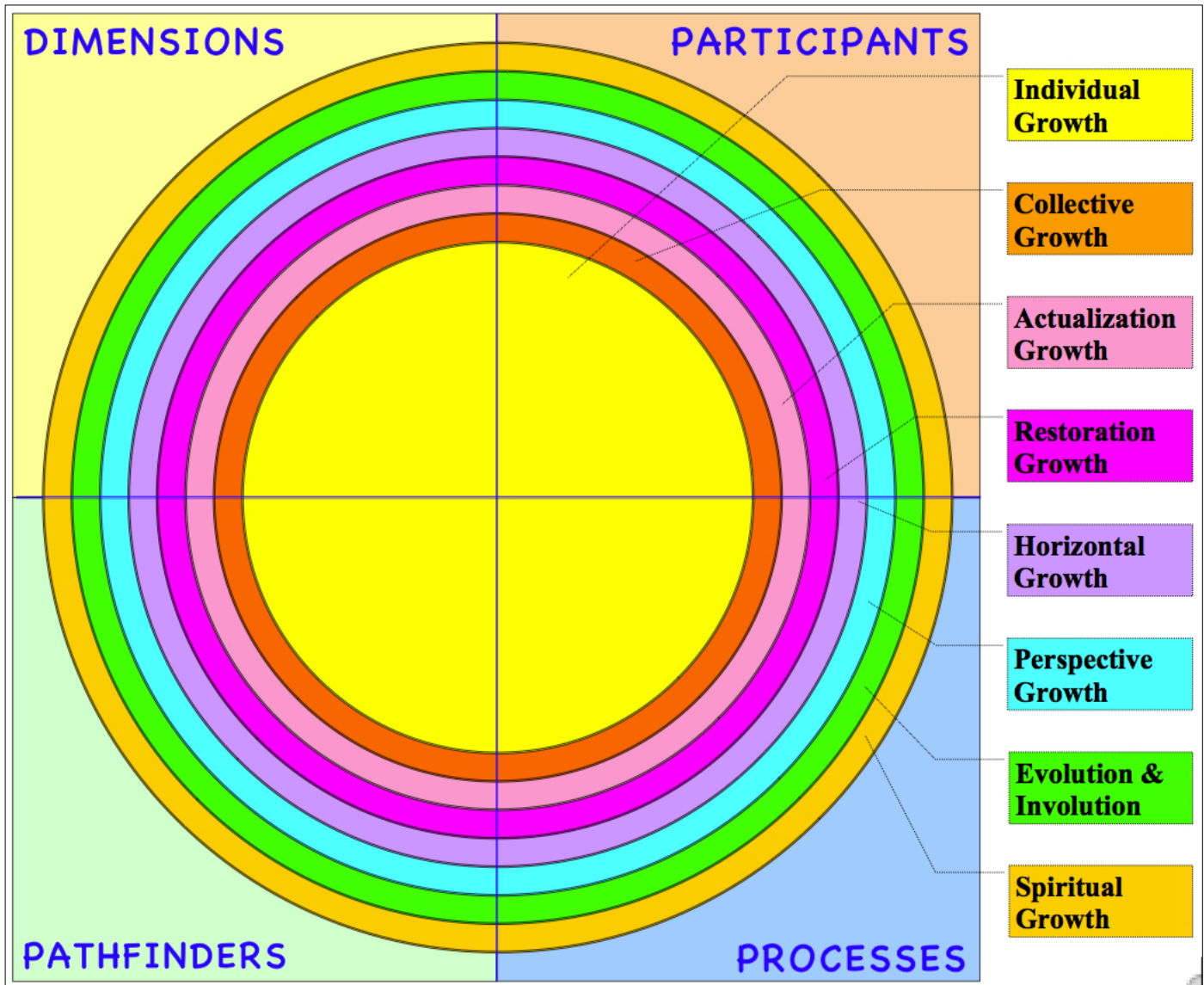


THE EIGHT SYSTEMS OF ADAPT

- ❁ **Individual Growth**
The System that moves Individuals from one Stage to the next.
- ❁ **Collective Growth**
The System that moves Groups from one Stage to the next.
- ❁ **Actualization Growth**
The System that takes us through a whole series of Stages and Transitions.
- ❁ **Restoration Growth**
The System that returns to an earlier Stage to restore functioning – so that normal Actualization Growth may resume.
- ❁ **Horizontal Growth**
The three sub-Systems that facilitate Growth within a Stage.
- ❁ **Perspective Growth**
The two sub-Systems that implement Growth by shifting or broadening one's Perspective.
- ❁ **Evolution & Involution Growth**
The three sub-Systems that involve Growth that is not only Upward & Outward, but also Downward & Inward.
- ❁ **Spiritual Growth**
The System that enables us to Awaken to universal truths that unchanging and eternal.

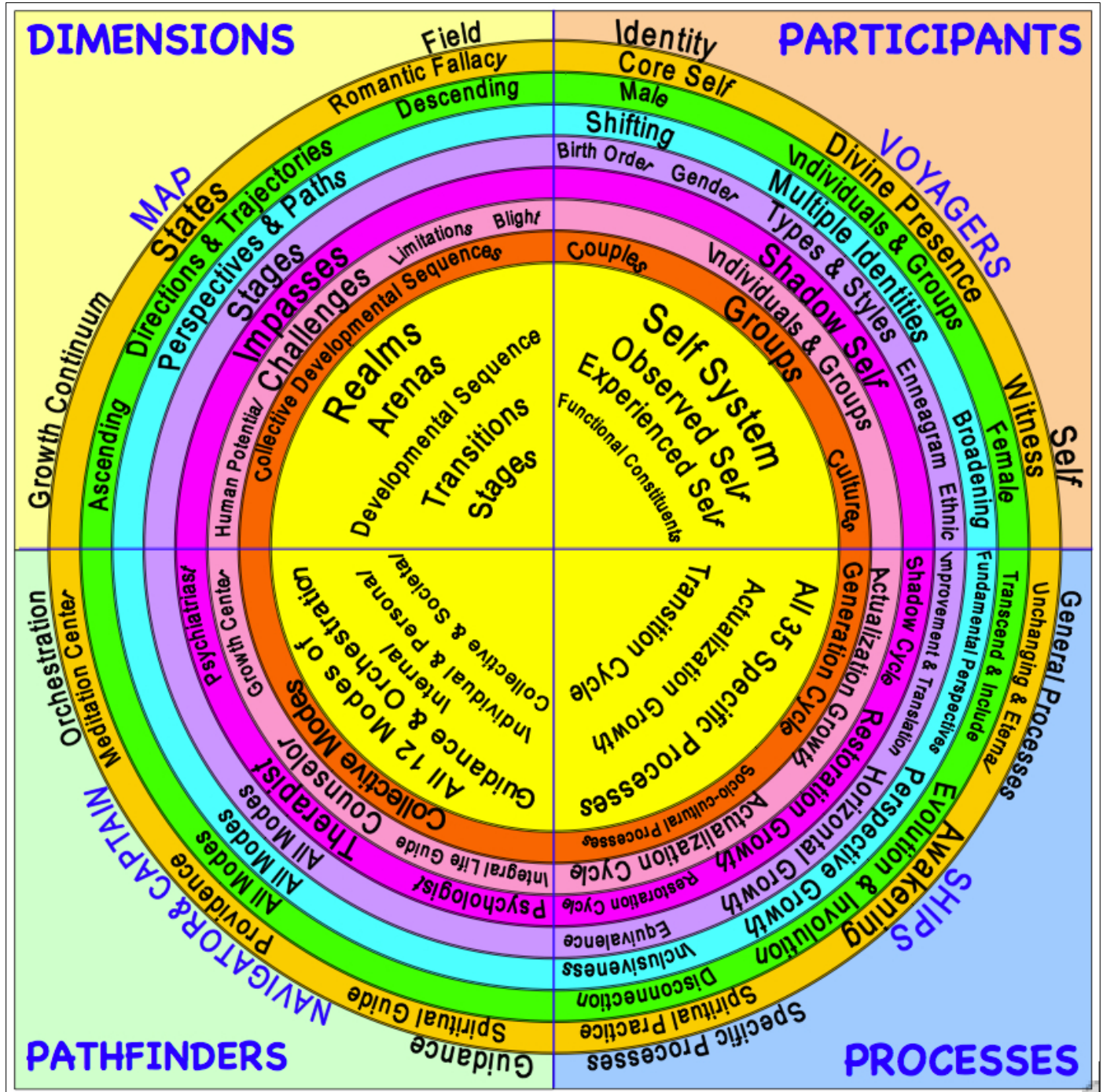
A2i. The Eight Systems: Circle Diagram

In an effort to convey the unity of our conception, we found that we could display every feature of the Model on a single Circle Diagram. In this Diagram, each concentric circle represents one of the eight Systems, while the quadrants of those circles represent the four Domains – Dimensions, Participants, Processes, and Pathfinders:



A2j. The ADAPT Model: Circle Diagram

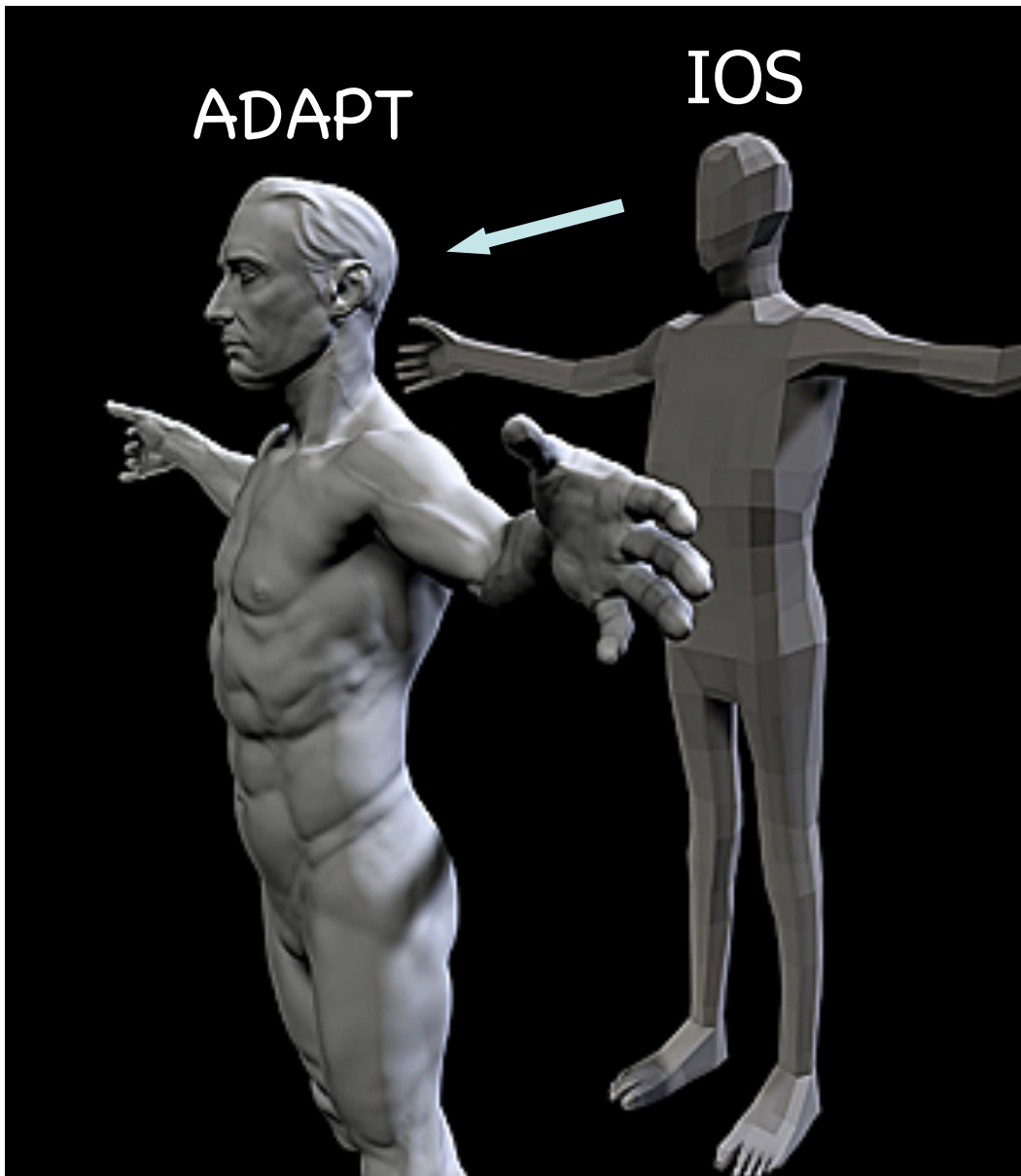
We then filled in the various Parameters that pertain to each Domain and Sector (p. 28). The result is a comprehensive Diagram that summarizes the entire ADAPT Model.



The full Circle Diagrams for both ADAPT and Wilber are presented in Appx A1. For further details on the construction of this Circle Diagram, refer to the Systems section (S1-8).

A2k. ADAPT vs. Wilber: How Do They Compare?

With the ADAPT Model complete, we wanted to assess its validity. To do so, we performed point-by-point comparisons between Wilber's positions and those of ADAPT. Of 491 points of comparison, we found 292 conceptions where the two Models take significantly differing positions. Of these, we found at least 194 instances where (in the authors' opinion) ADAPT's position has at least a 90% likelihood of being an improvement. Moreover, of those 194 high-confidence improvements or additions, there are at least 87 that the authors consider major improvements. In other words, **there are at least 87 important positions** (in the authors' estimation) **where ADAPT's interpretation is either significantly superior, or is a significant addition. In these 87 cases, Wilber's positions are the most in doubt, and therefore most in need of re-consideration.**



Comparing Models. The best Model is the one that simplifies and clarifies - yet retains the most accuracy and accounts for the most detail.

For a full set of comparisons between the two Models, including statistics on differences, see *ADAPT and Wilber Compared* (Appx A6).

A21. From Concept to Archetype: Domains

As the various components of ADAPT were filled in, arranged, fine-tuned, and evaluated, we made one more surprising discovery: The ADAPT Model shows some remarkable parallels to the fundamental Archetype of Human Development – the **Life Journey**, or **Human Odyssey**. For instance, if we conceive of the Life Journey as a sea voyage comparable to Homer’s *The Odyssey*, the five Domains of ADAPT become the major components of that Voyage:

✿ Dimensions > Map

The Dimensions answer the question ‘Where does the Growth take place?’. So the Dimensions are the **Map** of Life’s Journey.

✿ Participants > Voyagers

The Participants answer the question ‘Who does the Growing?’. So the Participants are the crew, passengers, and other **Voyagers** on that Journey.

✿ Processes > Ships

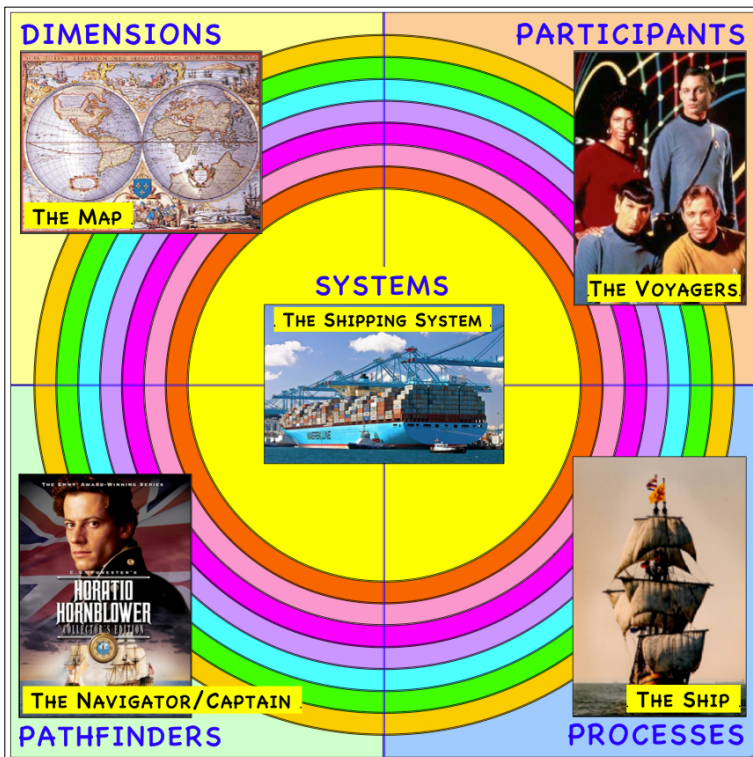
The Processes answer the question ‘What means are used to facilitate the Growth?’. So the Processes are the **Ships** and other modes of conveyance that carry us on that Voyage.

✿ Pathfinders > Navigator/Captain

The Pathfinders answer the question ‘With whose assistance is the Growth brought about?’. So the Pathfinders are the **Navigator** and **Captain**, who guide our Ships and orchestrate our Journey.

✿ Systems > Shipping System

The Systems answer the question ‘How do the various factors work together to produce Growth?’. So the Systems are the **Shipping System** (docks, warehouses, shipyards, port officials, administrative personnel, etc.) that provides the coordination and support necessary to make such Voyages possible.



The Life Journey Archetype: Domains.
The five Domains of the ADAPT Model all have their equivalents in the Life Journey Archetype.

Each section of the Main Text includes a textbox in the upper-left that describes the Life Journey equivalent to that particular concept. The full set of correspondences between the conceptual and symbolic Domains & Sectors of ADAPT is presented in the Campbell Appendix (B2a-b) and in the Overview section (OV).

From Concept to Archetype: Sectors

Once we had discovered the symbolic equivalents of the five Domains, we then expanded the Life Journey Archetype to encompass all the Sectors of ADAPT. Using Homer's *The Odyssey* as our primary mythic example, we asked: 'For each Sector of ADAPT, what is the symbolic or archetypal equivalent?' When we did so, we discovered a remarkably exact set of correspondences between the conceptual and the symbolic versions of ADAPT.

These and many other parallels between model and Archetype suggest that ADAPT is not just one theory among many that purport to describe Human Development. Rather, **ADAPT is the abstracted version of a universal model that people have used since the dawn of time to describe the progressions of human life.** These parallels to the Archetype confirm the validity of the ADAPT Model, and also provide an analytic source for further insights about that Model.

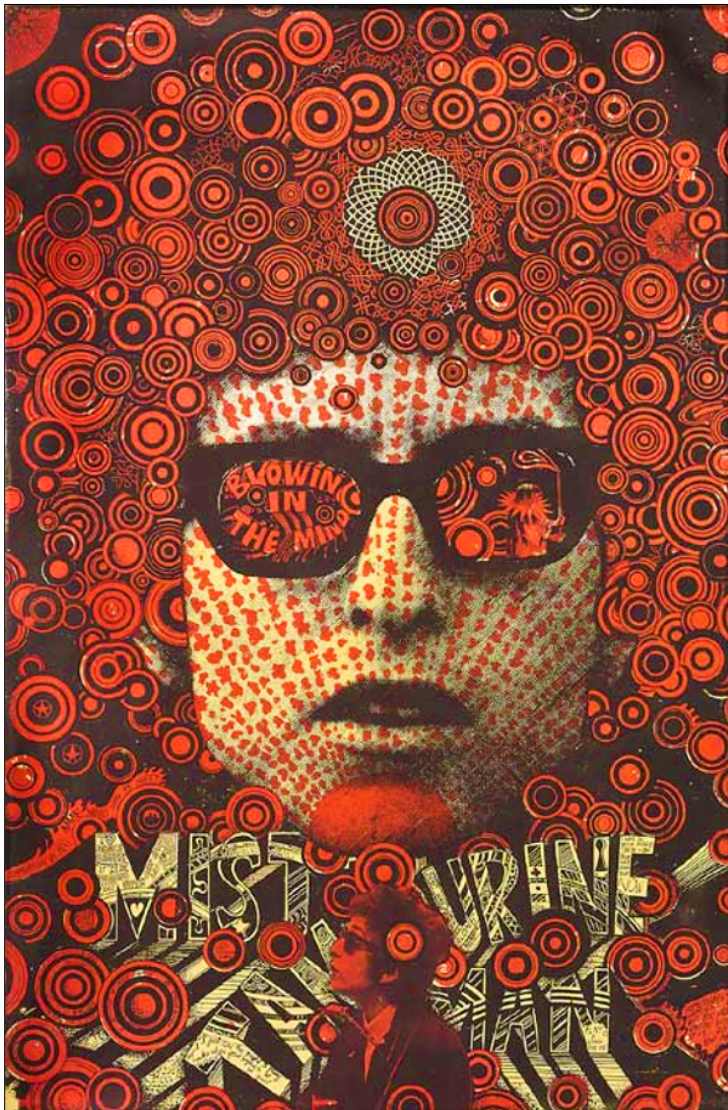


The Life Journey Archetype: Sectors. The 40+ Domains and Sectors of the ADAPT Model all have their equivalents in the Life Journey Archetype.

A2m. From Abstract Theory To Personal Revelation

As the various components of ADAPT were filled in, arranged, fine-tuned, and evaluated, we made one more surprising discovery -- a very personal one: As children of the 1960's, we have always been bold experimenters. Over the course of 30+ years, we have continually explored a dizzying array of alternative lifestyles, advanced academics, cutting-edge therapies, innovative methods of raising children, alternative forms of medicine and healing, a succession of colorful careers and business ventures, radical political movements, and esoteric religious practices – all with an insatiable drive to become healthier, happier, clearer, wiser, more successful, more influential, more authentic, more free.

With a rush of self-revelation, we discovered that our ADAPT Model explained, illuminated, and unified all these diverse experiments in life improvement. Through ADAPT, we could reflect back on our frenetic quest for Nirvana – using our Model to understand how to build a strong and supportive marriage; how to raise happy, healthy children; how to pursue a successful and significant career; and how to orchestrate our own Growth and self-improvement. In short, **the ADAPT Model was transformed from a stimulating intellectual exercise into a detailed blueprint on how to live a life that is richly satisfying and rewarding.**



Hey Mr. Tambourine Man

As children of the 60's, we followed our Tambourine Man through innumerable experiences in personal growth, self-exploration, and lifestyle experimentation. As the Life Journey Archetype has shown us, our search was all part of one grand Quest - our personal Hero's Journey.

For details on the parallels between the ADAPT Model and the personal Life Journey, see *Overview of ADAPT (OV)* and the *Campbell Appendices (B1-2)*. For details on Hugh Martin's personal journey, see the *Preface to the Main Text* of this book -- as well as the authors' book-length study *The Processes According to Esalen* (IntegralWorld.net).

A2n. From Revelation To Application

Any theory that yields so many original insights on the human condition will also have many valuable applications. Thus, we found the ADAPT Model to be an indispensable tool for the crucial, real-life applications of Integral Theory. At an individual and personal level, those applications include Personal Growth, parenting, teaching, counseling, organizational consulting, and academic research. At a social and cultural level, the range of applications is immensely broader – including psychology, history, science, economics, ethics, art, literature, health, and worldview. In the course of this book, we will present concepts that explain and illuminate all these important fields.



For further details on the breadth, depth, and meaning of Human Development, see *The Scope of Human Development* (IN1).