

**KEN WILBER, JOSEPH CAMPBELL, & THE MEANING OF LIFE:
HOW TWO GREAT THINKERS COLLABORATE TO GIVE US
THE ULTIMATE HERO'S JOURNEY OF PERSONAL GROWTH & HUMAN DEVELOPMENT
(Volume 1: Advanced Sections omitted from Introductory Version)**

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

Hugh & Kaye Martin's new book *Ken Wilber, Joseph Campbell, & the Meaning of Life* presents a unique, new way of viewing personal growth and human development. In this series, Integral World presents excerpts from the Advanced Version, Volume 1 -- sections of the book that were omitted from IW's previously-published Introductory Version. In general, these sections are more abstruse, speculative, or controversial than the rest of the book. Readers are encouraged to read these advanced sections only after they have assimilated the Introductory Version of this book. **This issue of Integral World contains Installment #5.**

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

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THE HUMAN ODYSSEY: THREE VERSIONS

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

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

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

KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

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



HUGH MARTIN
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FRONT COVER

OUR HERO'S JOURNEY

How We Grow and Change Over the Course of a Lifetime

The Meaning of Life

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

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

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

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

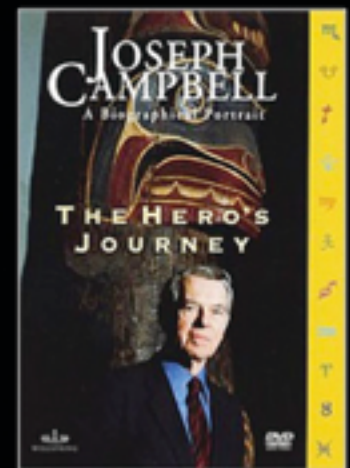
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*,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

Ken Wilber & Joseph Campbell

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

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

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



ADAPT & The Life Journey

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

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

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



BACK COVER



KEN WILBER, JOSEPH CAMPBELL, & THE MEANING OF LIFE

How Two Great Thinkers Collaborate
To Give Us the Ultimate Hero's Journey
Of Personal Growth & Human Development
(Advanced Version, Volume 1: The Human Odyssey Series)

Installment #5. DOMAINS & SECTORS: OMITTED SECTIONS

Advanced sections omitted from the Domain & Sector parts of the Introductory Version of this book.
*** Arenas of Growth in the Realm of the Body -- along with the five types of body-oriented growth practices. ***
Growth within Enneagram Types: The transformation from Fixated to Evolved. *** Functional Constituents: The fundamental attributes of human nature -- the components from which the Self is built, the capabilities that enable the Self to grow. *** Growth within Personality Types through Horizontal Equivalence.

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D4c. Arenas in the Realm of the Body

Within the Realm of Body Passages (D3c), the **Body Arenas** are the regions or functions of the body where we experience Growth internally. At this point, we need to distinguish between two quite different conceptions of the Body – the Physical Body and the Internal Body.

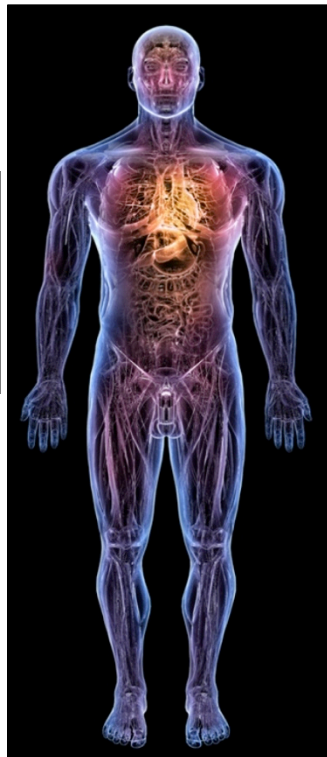
THE PHYSICAL BODY

The **Physical Body** is our overt, tangible, external Body. This Body proceeds through the physical Stages of our biological Life Cycle – from Infancy, to Childhood, to Adolescence, to Adulthood, etc. The Physical Body participates in the Realm of Life Passages (D3a) and its corresponding Arenas of our Everyday Life (D4a) – Education, Career, Relationships, Community Involvement, etc.

THE INTERNAL BODY

The **Internal Body** is also called our **Experienced Body, Proprioceptive Body, Felt Body, or Body Self**. This is the body of the Chakras – the body that we experience from the inside as we grow psychologically and spiritually. It is the bodily Feeling that accompanies each of our psychological Emotions. It is also the Body that group members at a Growth Center like Esalen are referring to when they caution us not to go on a ‘head trip’ – but to stay ‘in our bodies.’ The Felt Body is thus our touchstone to emotions and reactions are authentic, genuine, and relevant to our true concerns. The discussion in this section pertains primarily to the Growth processes that engage our Internal Body.

Physical Body. The Body that grows, ages, and changes through the various biological Stages of our life.



Internal Body. The Body that we experience from the inside as we grow psychologically and spiritually.



Body Arenas: *Not covered.*

The Body Arenas (D4c) derive from the Realm of Body Passages (D3c). The relationship of the Body Developmental Sequences to the Chakras is explained under Developmental Sequences (D1+2b-c) and explored in detail in Appx A7.

The Body Arenas are particularly abstruse and esoteric. This topic is currently under development and subject to revision. Comments and suggestions from readers are welcome.

BODY-ORIENTED GROWTH PRACTICES

Although this Sector is still under development, the Body Arenas will most likely be drawn from the body-oriented Growth practices that employ them. These practices include:

- ✿ **Body-directed holistic medicine.** Homeopathy, Herbal Medicine, Chinese Medicine, Vibrational Medicine, Nutritional Supplements. (PR3, 32)
- ✿ **Body-centered wellbeing practices.** Chiropractic, Acupuncture, Esalen Massage. (PR3, 29)
- ✿ **Experiential, body-oriented psychotherapies.** Reichian, Primal Scream, Gestalt, Sensory Awareness. (PR7, 29)
- ✿ **Body-oriented spiritual practices.** Yoga, Tai Chi, Qi Gong, Tantra. (PR33)
- ✿ **The Eastern conception of the Chakras.** Unified Realms of Body, Psyche, and Spirit. (D3b-d)

Body-Centered Healing.

"When I get an Acupuncture treatment, my body feels cleansed of toxins. Deadened areas come back to life."



Your Body-Oriented Growth Practices

The subject of Body Arenas can best be understood through experience. From the list in the body-oriented Growth practices above, choose one you would like to experiment with. Learn about it, and then find a good Growth Practitioner to work with. *** If you have aches and pains in your joints or spine, Chiropractic might help. If you tend to get toxic and plugged up, you might try Acupuncture. If you feel 'at loose ends,' or detached from your body, Yoga or Tai Chi might be beneficial. If you have serious Blocks or Hang-ups to work on, you might consider Reichian Therapy or Gestalt. *** Whatever practice you choose, give yourself over to it completely.

Do not try to analyze or explain it. Just try to listen to your body, and yield to whatever it is coaxing you to do. *** If you already engage in some body-oriented practice, describe it in detail.

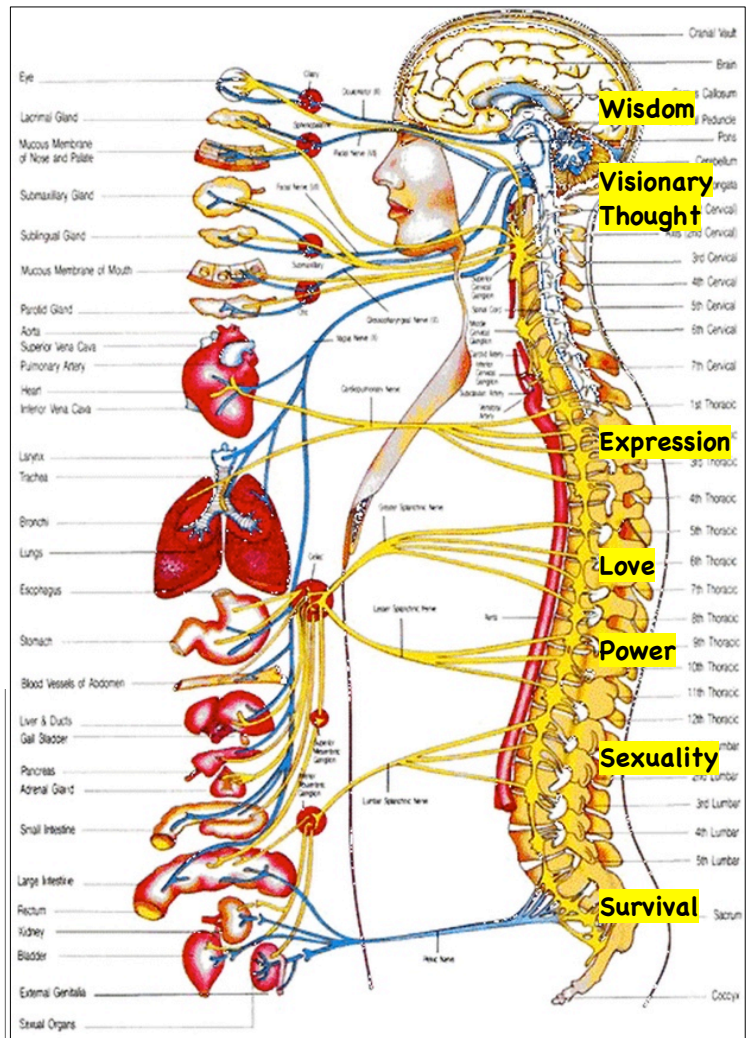
Write a recommendation of this practice for someone who might be considering it. Be candid about its limitations, as well as its benefits. *** If you had it to do over again, how would you approach this Practice differently? What other Practices might you like to try next? What other Practices ought to exist, but haven't been invented (or perfected) yet?

D4c-1. THE BODY ARENAS: SEQUENCES OF GROWTH

Each of the seven Chakras is centered around a particular region on the spine. Each such region is in turn a coordination center for certain bodily organs, functions, and conditions. For instance, the nerve ganglia in the solar plexus region (Chakra #3) have a strong influence on the digestive system and related eating disorders. Therefore, an activation or enlivenment of the Power Chakra can improve digestion and reduce malfunctions like constipation or diarrhea. From a broader perspective, a release of the Power Chakra can also enable us to accept, process, assimilate, implement new ideas and information.

Some major anatomical correspondences for each Chakra are shown to the right, and on the facing page.

Anatomy of the Chakras. "According to Body-oriented practices like Chiropractic and Acupuncture, the seven Chakras correspond to seven Nerve Ganglia situated along ascending regions of the spine. Those Ganglia in turn control the functioning of specific bodily organs. Each of those organs in turn influences specific aspects of our health and wellbeing."



Your Body Arenas: Regions of the Chakras

Consider the body diagram above and table of Body Arenas on the facing page. Become generally familiar with the seven Chakras and their relation to the associated regions of your body. *** Just get an intuitive feel. Don't try to analyze or intellectualize. The Body Chakras are best understood through personal experience. *** Now lay down, close your eyes, breathe deeply. Meditate in turn on each of the seven Chakras, starting with the base Chakra, Survival. From the inside of your body, what does the Survival Chakra feel like? What parts of your body does it feel connected to? Do you have any special feeling there?: Discomfort, deadness, tingling, throbbing? *** Does this Chakra seem to have a message for you? A story to tell? If it spoke, what would it say? *** Next, move up to the Sexuality Chakra, then the Power Chakra, etc. At each level, try to experience that Chakra as a distinct place within you - a place that possesses a distinct set of characteristics, perhaps even a message or a story. *** Do not be concerned with how a given level of 'supposed' to feel. Just pay careful attention to your own personal responses. *** When you have finished all seven Chakras individually, try to experience them as one unified column of circulating energy. Is there a particular Chakra where you feel blocked, or twisted, or deadened? See if you can release that block through further breathing, stretching, meditating, etc. *** When all seven Chakras feel open and unblocked, do you experience a circular flow that is exhilarating, perhaps even arousing?

ARENAS OF THE BODY

[Read from bottom to top.]

Arenas >> (Investigators) >>	<u>Nerve Plexes</u> [Spinal Regions] (Adams)	<u>Bodily Systems</u> [Organs & Glands] (Easley)	<u>Sensory Modes</u> (Judith)	<u>Typical Maladies</u> (Judith)
CHAKRA				
7. WISDOM (Understanding, consciousness, bliss. Crown of head.)	Cranial Plexus [Cranial joints, occiput]	Central Nervous System [Cerebral cortex, parietal lobe, spinal cord. Pineal.]	Clairvoyance ESP	Alienation, boredom, apathy, confusion, depression, migraines, nightmares, delusions.
6. VISIONARY THOUGHT (Imagination, intuition, clairvoyance. Brow, 3rd eye.)	Cervical Plexus [Upper neck: C1-3. Atlas, axis]	Nervous System [Frontal lobe, optic nerves, nerve network. Pituitary, hypothalamus.]	Visualization Higher Reasoning Sight	Vision problems, headaches.
5. EXPRESSION (Communication, creativity, symbolization. Throat.)	Brachial Plexus [Lower neck: C4-C7]	Respiratory System [Temporal lobe, auditory nerves. Lungs, vocal chords. Thyroid, parathyroid.]	Hearing	Throat, voice, hearing, lung problems. Shoulder, neck, thyroid, jaw problems. Colds, asthma.
4. LOVE (Compassion, peace. Heart.)	Sympathetic Ganglia [Upper thoracic: T1-4]	Circulatory System [Heart, coronary arteries, blood. Thymus.]	Touch	Blood pressure, anemia, coronary disease.
3. POWER (Will, assertiveness, self-esteem. Solar plexus.)	Celiac Plexus [Lower thoracic: T5-12]	Digestive System [Small intestine, stomach, liver, gall bladder, spleen. Pancreas.]	Smell	Digestive troubles, ulcers, eating disorders. Low resistance, chronic fatigue, hypoglycemia, diabetes. muscular disorders/spasms.
2. SEXUALITY (Emotions, pleasure, procreation. Genitals.)	Lumbar Plexus [Lower spine: L1-5]	Reproductive System [Genitals, kidney, bladder. Prostate.]	Taste	Sexual, urinary, menstrual, menopause problems. Deadened senses, loss of appetite (for food, sex, life).
1. SURVIVAL (Grounding, security, stability. Floor of pelvis.)	Sacral Plexus [Basie of spine: L5-S4. Coccyx, sacrum.]	Skeletal Support. Elimination System. [Occipital lobe, lymph glands, intestines, bowels, rectum. Adrenals.]	Body Sense	Elimination, weight, bone problems.

P3b. Enneagram Types

The **Enneagram** is a widely-recognized typing system that classifies human personalities into nine basic Types. As defined by Riso & Hudson (*The Wisdom of the Enneagram* (1999)), those nine **Enneagram Types** are outlined on the facing page.



Enneagram Dinner Party.

"When the nine of us get together for dinner, each Enneagram Type interacts in his/her own characteristic way."



Enneagram: Types & Styles . "I'm a Reformer (#1), and my wife is a Helper (#2). We are both going through Mid-Life Passage, but in different **Styles**. I am relinquishing practical concerns, and concentrating on my contribution to humanity. My wife is dropping her unneeded obligations to others, and attending to her own personal fulfillment."

Enneagram Type: Wilber *Same term*. By his lack of attention to the topic, Wilber suggests a skepticism regarding this typing system.

Enneagram Types (P3b) do not grow from one Type to the next. However, they do grow vertically from Stage to Stage (D1+2) in Styles that are Horizontally Equivalent (PPR6b). They can also Improve Within Type (PPR6a) by progressing from Fixated to Evolved Traits (P3b).

THE ENNEAGRAM TYPES

E#	Enneagram Type	Characteristics
1	<i>Reformer</i>	Principled, idealistic crusaders
2	<i>Helper</i>	Caring, self-sacrificing supporters
3	<i>Achiever</i>	Ambitious, adaptive competitors
4	<i>Individualist</i>	Romantic, introspective artists
5	<i>Investigator</i>	Intense, cerebral analysts
6	<i>Loyalist</i>	Committed, security-oriented team-players
7	<i>Enthusiast</i>	Busy, social bon-vivants
8	<i>Challenger</i>	Powerful, dominating leaders
9	<i>Peacemaker</i>	Good-natured, easy-going conciliators



Enneagram Star. The Enneagram is generally depicted as a nine-pointed star - a figure where the points represent the Enneagram Types, and the lines between points represent the relationships between Types.

Your Enneagram Types

Consider Riso & Hudson's table of Enneagram Types above. *** In one column, write down the names of people you know well -- yourself, your partner, your parents, your children, your close relatives, your significant friends, etc. In a second column, based on the characteristics listed in the table, write down to that person's predominant Enneagram Type. This is their Primary Enneagram Type. *** In a third column, write down that person's next most prominent Enneagram Type. That is their Contributing Enneagram Type. *** For both columns, just make your best guess. Although everyone has characteristics of several Types, one or two usually predominate. *** In your list, which people seem the most similar (or would get along best together)? Draw smooth arrows between these people. *** Which people are the most different (or would conflict the most)? Draw jagged arrows those people. *** Do people of similar Types seem to get along, or clash? Do people of very different Types conflict with one another, or complement each other's weaknesses and shortcomings? *** If the Enneagram begins to intrigue you, take the personality tests at Riso & Hudson's EnneagramInstitute.com.

IMPROVEMENT WITHIN ENNEAGRAM TYPE

Although we do not develop from one Enneagram Type to the next, we can progress and improve within a Type. Such progress is a form of **Horizontal Growth** (PPR6b).



Progression within Type. "As an Individualist (#4), I am progressing from withdrawn and self-absorbed to passionate and creative. As a Challenger (#8), my husband is improving from domineering and tactless to self-confident and decisive."



Fixated vs. Evolved Traits. "As a Moslem woman, I may express my modesty in ways that are either Fixated or Evolved."

Traits: Same term. Fixed and Evolved Traits: Not mentioned.

Your Enneagram Traits

Consider the table of Enneagram Traits on the facing page. Then return to your list from the previous Exploration on Enneagram Types (p. 207). *** For each person on your list, indicate whether they are Fixated or Evolved within their Type. Use the letters F and E to rate them: from 'FFF' (very Fixated) to 'EEE' (very Evolved). *** In your estimated, what characteristics make them Fixated or Evolved? *** For the Fixated people, what difficulties do their Fixations produce? In their relationships? In their work environments? In their interior comfort, satisfaction, peace of mind? *** For the Evolved people, in what ways does life flow more smoothly -- in their relationships, their work environments, their inner peace? *** What causes the Fixated people on your list to remain that way? How could they become more Evolved? *** In what ways are you yourself Fixated? How might you free yourself from those Fixations?

FIXATED VS. EVOLVED TRAITS

A person who is a particular Enneagram Type can improve from **Fixated Traits** to **Evolved Traits**, yet still remain within that Type:

ENNEAGRAM TRAITS			
E#	Enneagram Type	Fixated Traits	Evolved Traits
1	<i>Reformer</i>	Rigid, judgmental	Idealistic, visionary
2	<i>Helper</i>	Possessive, manipulative	Generous, compassionate
3	<i>Achiever</i>	Driven, boastful	Pragmatic, high-achieving
4	<i>Individualist</i>	Withdrawn, self-absorbed	Passionate, creative
5	<i>Investigator</i>	Isolated, preoccupied	Perceptive, innovative
6	<i>Loyalist</i>	Suspicious, conformist	Responsible, faithful
7	<i>Enthusiast</i>	Scattered, escapist	Gregarious, optimistic
8	<i>Challenger</i>	Domineering, tactless	Self-confident, decisive
9	<i>Peacemaker</i>	Passive, self-effacing	Inclusive, serene

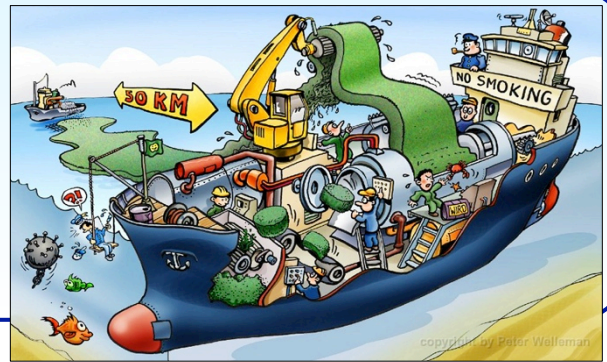
Progressing within Type...

P3g. ARCHETYPES

Archetypal Characters ('Arche-Types') are stock character Types that occur with regularity in most Life Journeys and other Archetypal stories. According to screenwriter Christopher Vogler, there are eight major Archetypes: Hero, Mentor, Threshold Guardian, Herald, Shapeshifter, Shadow, Ally, and Trickster. (These Archetypes are discussed at length in the context of Joseph Campbell's Hero's Journey, Appendix B1h.)

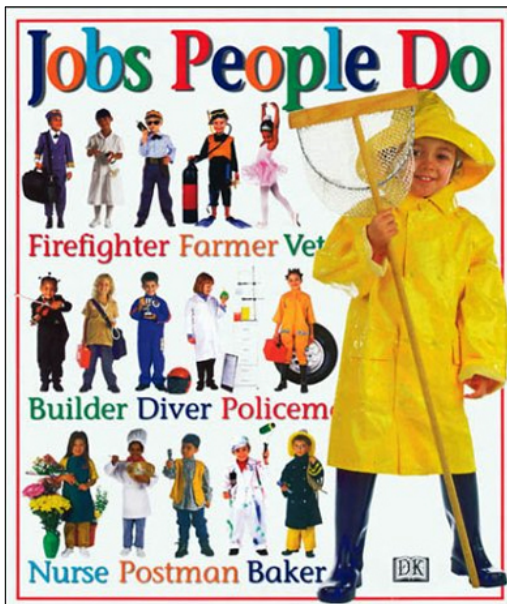


In our Life Journey, the **FUNCTIONAL CONSTITUENTS** are the various members of the ship's crew, as characterized by their **FUNCTION** aboard ship -- the Captain, the Navigator, the Helmsman, the Surgeon, the Cook, the Carpenter, the Midshipman, the Mate.



P5. THE FUNCTIONAL CONSTITUENTS OF SELF

The **Functional Constituents** are the fundamental attributes of human nature. They are the components from which the Self is built and the capabilities that enable the Self to grow. The Functional Constituents do not undergo Stage-like Development, but they do enable such Development to take place. Their functional efficacy can be strengthened and improved through proper use.



Functional Constituents

"I cope with different situations using my different capabilities. Sometimes I exercise my will, sometimes my emotions, sometimes my thinking brain. At other times, I'm just a programmed robot following conditioned routines. Sometimes I feel like the grand coordinator and orchestrator of all these abilities." The Functional Constituents are like different Occupations the Self can engage in.

Functional Constituents: Wilber's *Functional Invariants*.
 Wilber's list includes: *Identification, Will, Defense, Tension Regulation, Metabolism, Cognition, Aesthetics, Intersubjectivity, Navigation, and Integration.*

Your Functional Constituents

Consider the Functional Constituents listed on the facing page. When do you use each of these fundamental capabilities in your daily life? *** What daily activities utilize your Autonomic/Instinctive Function?: Digesting a meal, reacting to a hot stove, circulating your blood, breathing, etc. *** What activities use your Programmed function?: Brushing your teeth, opening a tin can, riding your bike, etc. *** What activities engage your Volition?: Deciding to go for a drive, choosing which cereal to eat, making a difficult phone call, etc. *** Go through each Functional Constituent, writing down ways you use it during the course of the day. *** Which of your Constituents are particularly strong – and which others are weak or underdeveloped? *** Are there Constituents you don't make use of as fully as you should? Do you rely on others in areas where you should be taking care of yourself? *** Are there times where you're just 'going through the motions' – when you could be using one of your higher functions to get more out of any given experience?

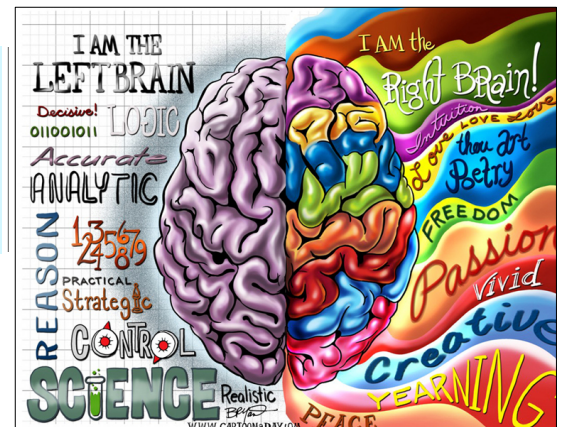
P5a. Eleven Major Functional Constituents

Functional Constituents are the fundamental components of human nature that enable us to function and grow as human beings. There are at least eleven Functional Constituents --ranked below from lowest to highest:

THE FUNCTIONAL CONSTITUENTS			
Increasingly Advanced Capacities	11	<i>Assimilation/ Integration</i>	The capacity to combine diverse experiences into an overall understanding or perspective.
	10	<i>Navigation</i>	The capacity to chart one's course of action and to move progressively through Stages of Development.
	9	<i>Rationality</i>	The capacity to use reason and logic to draw conclusions.
	8	<i>Creativity</i>	The capacity to express one's inward reality in outward form.
	7	<i>Intersubjectivity</i>	The capacity to interact constructively with others.
	6	<i>Emotion</i>	The capacity to respond with feeling to a given situation.
	5	<i>Defense</i>	The drive to protect oneself and stay alive.
	4	<i>Identity</i>	The capacity to structure and recognize the Self.
	3	<i>Volition</i>	Actions dictated by the will or conscious intention.
	2	<i>Programmed</i>	Responses that are ingrained by conditioning and habit.
	1	<i>Autonomic/ Instinctive</i>	Natural, involuntary functions of the body.

Left vs. Right Brain. "Many of my Functional Constituents are rational Left Brain activities. However, Emotion, Intersubjectivity, Creativity, and even Identity, are primarily subjective Right Brain activities."

The Functional Constituents (P5) are the building blocks from which each of the other Participants (P1-4, P6) is constructed. They are essential components that enable each of the Processes (PR, PPR) to operate effectively.



In our Life Journey, HORIZONTAL GROWTH consists of the PRODUCTIVE ACTIVITIES our Voyagers engage in at a particular Port of Call – taking on food and water, mending sails and rigging, getting to know the local inhabitants, sending letters home.



PPR6. HORIZONTAL GROWTH

The foregoing General Processes (PPR1-5) all pertain primarily to **Vertical Growth** – that is, Growth from one Stage to the next. However, there is also an important set of Processes that pertain to **Horizontal Growth** – that is, Growth that occurs within a Stage. There are three main forms of Horizontal Growth:

- ☸ **Improvement & Translation** (facing page)
- ☸ **Equivalence** (page 246)
- ☸ **Improvement Within Type** (discussed under Enneagram Types (P3b)).



Horizontal Growth

Like a great tree, much of our Growth occurs not by growing new twigs or extending our branches - but just by broadening and strengthening the trunk and limbs we already have.

Horizontal Growth, Improvement & Translation, Equivalence:
All Wilber's Horizontal Translation.

The Individual & Collective Self (P2) can grow both Vertically (PPR1-5) and Horizontally (PPR6). Horizontally, the Self grows by Improvement & Translation (PPR6a). *** Types & Personae (P3) can grow vertically from Stage to Stage (D1) – where each Type proceeds through the Stages in its own Equivalent Style (PPR6b). Types can also grow horizontally by Improvement Within Type (P3b).

PPR6a. Improvement & Translation

Improvement & Translation ('Stage Growth') occurs as we progress within each Stage of Human Development. Here, we meet and master the Challenges (D7a) presented by that particular Stage:

- ⊗ First, we **improve** on the abilities we have acquired at that Stage.
- ⊗ Second, we **translate** our competence to other related abilities.



Improvement. "Now that I've discovered books, I'm getting better and better at reading."

Translation



Translation. "Now that I can read, I'm excited to apply those skills to Vocabulary and Spelling."



Your Improvement & Translation

Refer back to the Stages of Life Passages Developmental Sequence (D1a). Review the various Stages, and choose one to concentrate on: Early Adolescence (High School), for example. *** Within the Stage, think of one mental, social, or emotional skill you developed during that period – speaking up and expressing your opinions in class, for example. *** Ask yourself questions like these: What class did you learn to speak up in -- English, History, Foreign Language? What motivated you to speak up? *** What kinds of things do you say? Did you recite an answer? Ask a question? Express an opinion? Make a joke? Did your teacher support and encourage your increasing boldness? How? *** As you spoke up in class more often, did your speaking skills Improve? Did you move from factual answers to opinions? Did your opinions progress to reasoned arguments? Were the positions you took increasingly controversial? In what other ways did your skill Improve? *** Once you became confident about speaking up in class, did that confidence Translate to other situations in your life? Did you begin speaking up in other classes -- and on other topics? Were you bolder in your opinions when chatting with friends? Did you run for class office, and deliver a compelling campaign speech? Did you feel bold enough to ask that cute girl out on a date? In what other ways did your original skill Translate to more general skills?

PPR6b. Equivalence

Two people with different Personality Types can proceed through the Stages in **Styles** that are **Horizontally Equivalent**. Equivalence can occur in various varieties of Types -- including Enneagram Types and Gender Types.

EQUIVALENCE BETWEEN ENNEAGRAM TYPES

People of different Enneagram Types will go through the same Stages, but in very different Styles.



Equivalence Between Enneagram Types. Bill & Hilary Clinton proceeded through the Young Adult Stage at the same time - but in very different ways. Bill (#7) played the field and learned to make deals. Hillary (#3) hit the books and prepared for a stellar career. [The Clintons are also Equivalent Gender Types. See Exploration below.]

Gender Equivalence in Celebrity Couples

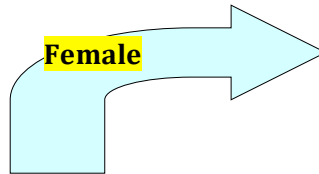
Refer back to your Exploration of Gender Types (P3a). Recall the ways your father and mother conformed to their Gender Type - and differed from it. Recall similar comparisons between yourself and your partner, as well as between other couples you know. *** Now list some well-known celebrity couples. Choose partners who are of roughly the same age, status, and ability; who have been together for a long time; and who have progressed through a significant Growth curve together. *** Examples might include: Bill & Hilary Clinton, Barack & Michelle Obama, Jack & Jackie Kennedy, Spencer Tracy & Kathryn Hepburn, Kurt Russell & Goldie Hawn, Brad Pitt & Angelina Jolie, etc. Select one such couple for further exploration -- The Clintons, for example. *** Ask yourself questions like these: In what ways are Bill & Hilary similar? In what ways are they fundamentally different? ** What Stages have Bill & Hilary gone through together? In what ways is their behavior at each Stage in some way Equivalent? *** Where have their activities and interests coincided -- and where have they diverged? Where do they agree with one another -- and where are they fundamentally in conflict? *** What holds them together? What sometimes threatens to tear them apart? What do you predict for their future together? (For all these questions, just make your best guess.)

EQUIVALENCE BETWEEN GENDER TYPES

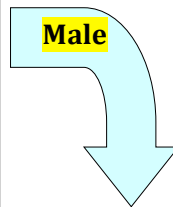
People of different Gender Types will go through the same Stages, but in very different Styles.



"As typical newlyweds, our daughter and her husband have both moved into Young Adulthood. Although the Stage is the same, their Styles are totally different."



"As a Traditional Female, our daughter became pregnant and is building a nest."



"As a Traditional Male, our son-in-law is ambitious and striving to make his mark at work."