

AQAL, THE NEXT GENERATION?
How ADAPT Points the Way Toward a Major Revision
Of Ken Wilber's Model of Human Development
PART 2: RE-EXAMINING KEN WILBER

Hugh & Amalia Kaye Martin
P.O. Box 1736
Sebastopol, CA 95473
(707) 874-9799/ -9699
MartinHughCo@Gmail.com
MartinAKaye@Gmail.com

Copyright Hugh Martin & Co. December 2007

PREFACE

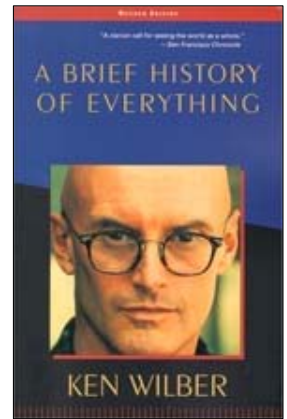
ADAPT – The Next Generation of AQAL and ILP?

Is AQAL the best foundation for an Integral program of personal growth? This article proposes an alternative model called ADAPT²T (All Dimensions, All Processes, All Participants, Together) that is more clear, more balanced, more differentiated, and more complete.

Are there four essential Dimensions, as in AQAL¹ – or really at least eight, as in ADAPT? Is there just one key Participant, as in AQAL – or at least seven, as in ADAPT? Are there nine basic Process categories, as in ILP² – or really at least 33, as in ADAPT? Is there just one form of Orchestration, or at least 12? Are both AQAL and ILP sufficiently complete and articulated to be of optimal use as tools for personal growth? And are they sufficiently integrated and coordinated to deserve the title Integral?

Ken Wilber is the Big Kahuna of Integral Theory. Everything Integral that we have today, we owe to him. However, as Ken once mused. . . When they lay me in the ground, the words I'd like engraved on my tombstone are, 'He was right, but partial.'³ As this article suggests, Ken may not have to wait for death to achieve his wish.⁴ Wilber, AQAL, and ILP are each right, but partial. Their positions in the field of personal growth are outstanding and impressive – but seriously limited, and significantly partial. Perhaps it's time to give Wilber's venerable and revered AQAL (and its ILP derivative) a new face-lift? Maybe we're ready for Integral Operating System, The Next Generation?

Our purpose here is to reconsider, elucidate, refine, revise, expand and update Wilber's admirable work – not to challenge, contest, bash, denigrate, debunk, replace, or supercede it.⁵ Wilber is a Titan on whose shoulders all our efforts stand.



¹ Ken Wilber's abbreviated acronym for All Quadrants, All Levels, All Lines, All States, All Types. In our model, the first four of these parameters are Dimensions; the last is a Participant.

² Wilber's Integral Life Practice growth Program.

³ "On my tombstone, I really hope that someday they will write: He was true but partial..." *Collected Works Of Ken Wilber*, vol. VIII, Introduction, p. 49.

⁴ Just kiddin', Ken! To stimulate interest and discussion, we sometimes use language that is intentionally provocative. This is a rhetorical device, and no offense is intended.

⁵ For illustrative and dramatic purposes, we have sometimes set ADAPT and AQAL (or ILP) against each other, as if in competition. In fact, the two models are valuable complementary endeavors striving toward a common goal of personal evolution. For further caveats and qualifications on our comparisons to Wilber's model, please see Constructive Comparisons section, p. 32.

HUGH & KAYE MARTIN

HUGH MARTIN. Hugh Martin is listed in Who's Who in the World. He has appeared on numerous talk shows, led seminars at many colleges and corporations, and spoken at numerous professional conferences and colloquia. Mr. Martin is president of the NASD-registered securities brokerage firm, Hugh Martin Securities, and of the SEC-registered investment advisory firm, Hugh Martin & Co.

AMALIA KAYE MARTIN. Amalia Kaye Martin ('Kaye') is a gifted natural medicine practitioner and instructor, and children's educator. Kaye is a dedicated homemaker, full-time mother, 'clairvoyant' life counselor, certified natural foods chef, and dynamic community organizer.



HUGH AND KAYE MARTIN. Hugh and Kaye are primarily qualified as Integral theorists and practitioners because they have led Integral lives. Both Hugh and Kaye have extensive experience in personal transformation, natural medicine and health, early and advanced education, societal change, natural and cultural environments, and high-level academics. (See the last section of the Appendix, Biographical Background, for details.)

Hugh and Kaye have been married for over 30 years. They have five highly-independent, multi-gifted children with close family ties.



WHOLE LIFE ADVISORY. Hugh and Kaye Martin are the founders and co-directors of the life planning and counseling firm Whole Life Advisory. Whole Life Advisory is a comprehensive program for personal and professional growth, which empowers clients to achieve success and fulfillment in 12 key arenas of life -- education, career, marriage, family, community, emotions, sexuality, finances, health, recreation, nature, and spirituality. For more information, please contact the authors at MartinHughCo@Gmail.com.

Permissions to Use

Permission is granted to quote from, revise, and improve this article for non-profit purposes -- provided proper attribution is given to Hugh & Kaye Martin and to Whole Life Advisory, and provided that a copy of modifications and intended use are sent to the address below and written confirmation from the authors is received.

(For greatest ease of navigation, stitch these two Parts back together after downloading.)⁶

Download this article as an MS Word document:

Download Part 1: The ADAPT Model (6.6 mb)

Download Part 2: Re-examining Ken Wilber (3.2 mb)

Permission to download this article is granted, but as a courtesy, please notify us by email when you have done so.

View our companion articles:

The Human Growth Continuum (the Dimensions of Growth),

The Processes of Human Development,

Arrays of Light (Wilber's Tables from *Integral Psychology*)

AQAL, The Next Generation?

Part 2: Re-examining Ken Wilber

TABLE OF CONTENTS

PREFACE 2

ADAPT – The Next Generation of AQAL and ILP?.....2

HUGH & KAYE MARTIN 3

Division 1: INTRODUCTION..... 6

OVERVIEW6

HOW TO READ THIS STUDY.....9

Division 3: TOWARD A REVISED MODEL OF HUMAN GROWTH..... 11

HOW JOURNEYS GO WRONG11

⁶ Instructions for stitching together Parts 1 & 2: Start with Part 1. From Part 2, paste in Division 3 (after Division 2) and Appendices A & B (before Appendix C). Refresh the Table of Contents and all other fields. Delete references to the two separate Parts.

WHY THE BEST MODEL IS ESSENTIAL	11
⊗ Inadequate map	11
⊗ Inadequate fleet.....	12
⊗ Inadequate voyagers.	12
⊗ Inadequate navigator.....	12
CONSTRUCTIVE COMPARISONS.....	14
RE-EXAMINING KEN WILBER.....	15
⊗ ADAPT vs. Wilber: Comparing Positions.....	15
BUILDING THE NEXT INTEGRAL OPERATING SYSTEM.....	18
<i>Division 4: APPENDICES</i>	<i>21</i>
Table A1: ADAPT AND WILBER COMPARED Organized by Domains.....	22
Table A2: ADAPT AND WILBER COMPARED Organized by Divergence.....	38
Table A3: ADAPT AND WILBER COMPARED Organized by Degree of Confidence	54
Table B1: INTEGRAL LIFE PRACTICE -- from <i>Integral Spirituality</i>	70
Table B2. INTEGRAL LIFE PRACTICE (precursor) – from <i>Integral Psychology & One Taste</i>.....	72
Table B3. PATHOLOGIES & TREATMENT MODALITIES – from <i>Integral Psychology</i>	74
HUGH AND KAYE MARTIN Biographical Information	78

Please review and rate this article.

Please send an Amazon-style Review and Rating of this article directly to the authors at MartinHughCo@gmail.com. Say what you found particularly valuable, what could be improved, and anything else you think pertinent. Please include a Rating from Five Stars (best) to Zero Stars (worst). Your feedback will help us to improve and extend our work. Thanks.

AQAL, THE NEXT GENERATION?

How ADAPT Points the Way Toward a Major Revision Of Ken Wilber's Model of Human Development

Division 1: INTRODUCTION

OVERVIEW

When sailing to some distant port, we need four things – a map, a ship, some voyagers, and a navigator. Likewise, for an effective program of personal growth that will carry us through the journey of life, we need four **Domains** -- Dimensions (of the Growth Continuum), Processes (of growth), Participants (in the growth process), and 'Together-ness' (Orchestration of all four Domains). When all four Domains are complete and combined, they form an Integral Program we call ADAP²T (pronounced A'-Dapt)⁷ – All Dimensions, All Processes, All Participants, Together.



In this study, we describe the major Features of ADAPT – giving examples showing how each Parameter manifests itself in real life. Then, we describe the potential Impediments that can disrupt each Parameter of growth – along with possible Resolutions. Detailed examples of each Impediment are shown in Appendix C.

Next, we show how ADAPT may be used to develop a revised model of human growth. After explaining why an accurate model is essential, and emphasizing our constructive intent, we show how comparisons between ADAPT and Wilber can highlight areas where AQAL may need re-examining, and perhaps revision. We conclude by outlining a series of steps for creating a revised and updated model of human development.

Parameter-by-Parameter comparisons between ADAPT and Wilber will be found in Appendix A. Of 140 different comparisons, we find that Wilber's position needs re-examination in at least 73 instances. Of those 73, at least 50 Wilber positions may particularly be in need of revision.

The article consists of four Divisions -- some divided into several sections:

🌀 **Division 1: INTRODUCTION**

⁷ For the sake of simplicity, we simplify this acronym to ADAPT throughout this article

- **Overview.** This Overview that you are now reading.
- **How to Read This Study.** Suggestions on how to get the most out of reading this article.
- ⊗ **Division 2. OUTLINE OF ADAPT.** A description and overview of our proposed model of human growth, ADAPT -- what it consists of, how it works, and how it is manifested in real life.
 - **Section D: The Dimensions of the Growth Continuum.** The eight Features, or Dimensions, that define human growth.
 - **Section PR: The Processes of Growth.** The 33 basic methodologies, or Processes of growth, and their seven Themes of emphasis.
 - **Section P: The Participants in Growth.** The seven aspects of identity, or Participants, that partake in the growth process.
 - **Section T: The Together-ness of Growth.** The 12 types of ‘Togetherness’ (Orchestration/ Guidance) – by which we weave together the diverse strands of life experience.
 - **Section A: ADAPT -- Navigating the Growth Continuum.** How Dimensions, Processes, Participants, and Together-ness can be combined to build a truly Integral growth program.
 - **Section I: Impediments and Resolutions.** All the Impediments that can cause the growth process can go wrong – and the Resolutions that can fix these Impediments. (Specific examples of each Impediment are found in Appendix C.)
- ⊗ **DIVISION 3. TOWARD A NEW MODEL OF HUMAN GROWTH.** Why Ken Wilber’s model of human development may be due for careful re-examination. How we can begin the revision process.
 - **Where Models Go Wrong.** How deficiencies or distortions in Dimensions, Processes, Participants, and Together-ness can limit the effectiveness of the growth process.
 - **Constructive Comparisons.** The constructive and cooperative intent of our critique of Wilber, AQAL, and ILP.
 - **Re-examining Ken Wilber** (‘Re-examining’). A comparison of ADAPT’s positions on human growth to those of Ken Wilber – intended to shed light on Wilber’s perspective and to highlight areas in which Wilber’s model may need re-examination, refinement, or revision. (Parameter-by-Parameter comparisons will be found in Tables A1-3 of the Appendix.)
 - **Creating a Revised Model of Human Growth.** A step-by-step program for creating a revised and updated model of human growth -- using AQAL and ADAPT as a foundation.
- ⊗ **Division 4. APPENDICES.** Important information you need to understand ADAPT, or any other model of human development. The Appendices (and footnotes) are intended not just as background material, but as important extensions of the main article – to be referred to and read as references occur in the text.
 - **Tables A1-3: ADAPT and Wilber Compared** (‘Comparisons Tables’).

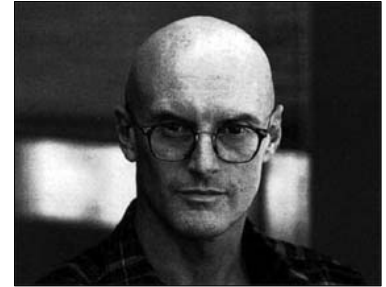
These three Tables are among the most important sections of this entire study. Here we show which Wilber positions may be in need of modification, and why. The three Tables that make point-by-point comparisons between ADAPT's position on each Parameter of human growth, and that of Ken Wilber. Each Table contains the same comparisons, but organized differently for ease of study. The first Table is organized by Domain, the second by Divergence between the two positions, the third by our degree of Confidence in the validity of ADAPT's position.

- **Tables B1-3: Wilber's Processes.** Three Tables that display the Processes as conceived by Wilber. The first two show, from a Actualization Growth perspective, how Wilber's ILP methodologies correspond to ADAPT's 33 Processes. The third shows, from a Restoration Growth perspective, how Wilber's Pathologies and Treatments correspond to his Fulcrums.
- **Appendix C: Impediments to the Growth Process.** A detailed listing of some typical potential Impediments that correspond to each Feature – with examples from real life.
- **Appendix D: Resources for Study** ('Resources'). Books and other resources useful for understanding and investigating ADAPT – as well as the comparable models of Ken Wilber, AQAL, ILP, and Integral Institute.
- **Appendix E: Glossary of Terms** ('Glossary'). Definitions of important terms, with the corresponding term from Wilber's system, where available. In the main text, the first major occurrence of each term is **Bolded**, and other occurrences are Capitalized.
- **Appendix F: Homer's *The Odyssey*.** A brief synopsis of Homer's classic work, to help the reader understand some of our illustrative examples.
- **Appendix G: Credits.** Acknowledgment of sources for quotes and graphics.
- **Biographical Background.** Background and qualifications of the authors, Hugh and Kaye Martin.



HOW TO READ THIS STUDY

This article will repay careful study. For it to be of most value to you, we suggest the following sequence of study:



- ✿ **Download the MS Word version.** To navigate easily around this study, download the MS Word version (see link before Table of Contents). In that version, you can hyperlink quickly between corresponding topics of each section -- and also notate your comments and emendations directly into the text. Stitch the two Parts together, using the instructions at the download link. *[Permission to download is granted, but please email us that you have done so.]*
- ✿ **Read the [ADAPT](#) section** (in Division 2). Here we give an overview of the entire ADAPT model. Read over this section fairly quickly to get the major points and the general thrust.
- ✿ **Read [Impediments and Resolutions](#) section** (end of Division 2). Here we explain how each Feature of growth has corresponding potential Impediments (ways the growth process can go wrong). We divide those Impediments between those that can be resolved by Guidance, and those that require Therapy.
- ✿ **Read [Impediments Appendix](#)** (Appendix C). In the Impediments Appendix, we give detailed examples of the many of the ways the growth process can go wrong. Read the ADAPT section again – this time pausing at each Feature to read examples of the corresponding Impediment/s in the Appendix. *[In the MS Word version, click the [letter/number](#) of the ADAPT Feature to jump to the corresponding Impediments section.]*
- ✿ **Read the [Constructive Comparisons](#) section** (in Division 3). Here, before beginning the comparisons between ADAPT and Wilber, we explain the limitations and qualifications on those comparisons.
- ✿ **Read the [Re-examining Ken Wilber](#) section** (in Division 3). Here, we show how the many Divergences between ADAPT and Wilber highlight places where Wilber's positions may need re-examination.
- ✿ **Read [ADAPT and Wilber Compared Table](#)** (Table A1). Read the ADAPT and Impediments sections again – this time pausing at each Feature and Impediment to read the corresponding comparisons between ADAPT and Wilber in Table A1. At each entry, ask yourself a set of questions: Does the comparison accurately characterize the two positions? Which position appears more valid? Is there a third position that is more plausible? *[In the MS Word version, click the [name](#) of the ADAPT or Impediments Parameter to jump to the corresponding comparison.]*
- ✿ **Read the [Building the Next Integral Operating System](#) section** (in Division 3). Here, we outline a series of steps you can take to participate in the creation of a revised model of human development. Follow those steps carefully to integrate everything you have read up until now.
- ✿ **Read the evidence.** When available, read our companion study, *The Fundamental Ken Wilber* [scheduled for publication January 2008]. Here, we quote passages from Wilber's writings to illustrate Wilber's position on each Parameter.

- ☼ **Draw your conclusions.** Summarize what you have discovered. From your own perspective, what model of human development makes the most sense? What model is the most usable? How might you apply these insights to your own profession – and to your own life? If you have downloaded the MS Word version, please send us the file with your comments and emendations.

Explanation of Our Number System, Hyperlinks, Terminology, and Graphics

Numbering. Parameters are designated with letters/numbers in the most intuitive manner. The four Domains of growth are designated with their first letters – Dimensions (D), Processes (PR), Participants (P), and Together-ness (T). The number after the letter/s indicates which Feature within a Domain (i.e. the Dimensions are D1 through D8). A lower-case letter after a number indicates a sub-parameter. Impediments are indicated with the letter I, followed by a letter indicating the type of Impediment -- either A (Actualization) or R (Restoration) -- hence, IA or IR.

Summing up, for example, the letter/number **IA-D6a** means: **Impediment/ Actualization – Dimension 6** [Vectors & Directions], **sub-parameter ‘a’** [Quadrants]. That is, an Actualization Impediment for the Vectors Dimension, Quadrants category.

The numbering system of this article will also be used in future studies on ADAPT, AQAL, and related topics.

Hyperlinks. In the MS Word version of this study, the letter/number of each parameter is hyperlinked to the corresponding Impediment in Appendix C. The name of each parameter is hyperlinked to the corresponding Wilber comparison in Appendix A1.

Terminology. The following terms of description and comparison occur throughout this study. Generally, a **Feature** represents any characteristic of ADAPT designated by a letter/number. An **Impediment** is any Feature of growth which is deficient or malfunctioning. A **Parameter** can be either a Feature or an Impediment. **Divergence** is the degree to which ADAPT’s position on a given Parameter differs from Ken Wilber’s (12 levels of Divergence, ranging from complete agreement to substantial difference of opinion). **Confidence** is the authors’ degree of certainty in the validity of the ADAPT position (7 levels of Confidence, ranging from 95% to 60%). All other terminology is defined in the Glossary section.

Graphics. Graphics are used throughout this article as identification and navigation tools. The same graphic will be used in multiple places for the same or similar Parameters or topics. For example, the Life Cycle of the Butterfly will be used to indicate all references to the Transition Cycle.

Division 3:

TOWARD A REVISED MODEL OF HUMAN GROWTH

In this Division, we outline the steps needed to create a revised model of human development. We begin by explaining why the right model is essential. Next, we state some important caveats regarding the comparisons that follow. Then, we make detailed comparisons between ADAPT and Wilber -- to highlight potential areas of revision. Finally, we suggest a series of steps for revising the current model – using AQAL and ADAPT as a foundation.

HOW JOURNEYS GO WRONG

A good masterplan is the most important prerequisite for a successful journey. That masterplan is built from four components – the map, the ship, the voyagers, and the navigator. A less-than-successful voyage will result if any of the four components is deficient.

If our map is not correct or complete, the voyage may take the wrong course, or may embark on too arduous or circuitous a route. The captain may not be prepared for what he finds when he arrives at his destination – sheer cliffs, or searing heat, or hostile natives. Likewise, if the ship is not well-chosen, or well-maintained, it may not take him where he needs to go – over rocky shoals, through narrow inlets, over heavy seas, or across the doldrums where sails hang limp. Additionally, if the crew is inexperienced or uncooperative, if the passengers are unruly or overly demanding, or if an on-board saboteur is disrupting the operation, the ship's progress will be impeded. Furthermore, if the navigator is misinformed, or confused, or incompetent, the ship's course may not be well-plotted or well-steered. The navigator may fail to take into account perilous hazards, or may allow the ship to wander off-course, or may miss the destined port altogether.



WHY THE BEST MODEL IS ESSENTIAL

Let's examine how 'map,' 'ship,' 'voyagers,' or 'navigator' can fall short in the field of human growth.

🌀 *Inadequate map*

An inadequate 'map' for the Growth Continuum may cause our growth to be limited or distorted. We may focus only on certain Stages of life, while neglecting others (D1). We might not understand how to get from one Stage to the next (D1/2a). We may mistake primitive or immature States for true enlightenment (D1/2e). We may emphasize breakthroughs and Peak Experiences at the expense of permanent transformation (D3). We may neglect the mundane but necessary reality of ordinary life activities (D4a). We might not recognize the commensurate physical transformations that must accompany all development at the psychological level (D4c). We may ignore certain key life Arenas – like career, or finances, or health (D5a). We might concentrate on contemplation and meditation, when we really just need to get a life (D5d). We might focus only on inter-

nal, personal issues – while disregarding the implications for the other three Quadrants (D6a). We may accentuate human potential, when we first need to resolve deep-seated personal problems (D7). We might not balance and integrate our various paths of growth, leaving ourselves lopsided and disjointed (D8).

☸ ***Inadequate fleet.***

An inadequate ‘fleet’ of Processes may limit our ability to address key issues of growth. Over the course of centuries, the 33 Processes have been developed to help people implement certain specific aspects of their growth. If a particular Process is missing, or deficient, or distorted during a person’s upbringing, that Process must be revisited (in some form) later in life and applied much as it should have been in the first place.

For instance, if we lacked adequate nursing and cuddling as an infant, we may need to fill that void with nurturing experiences later in life (PR1/3). If we were sheltered and over-protected as a child, we may need to summon up courage to face real-life challenges – like jobs and relationships (PR2/7). If we never learned appropriate habits of hygiene or school study, we may have to learn them properly by training ourselves all over again (PR3/10). If we never learned to plan and orchestrate, we may need to learn anew how to arrange our various life activities (PR4/19). If we grew up in a blighted environment with no opportunity of creative expression, we may need to rekindle the creative spark through art and music (PR5/25). If our home and community disparaged any conscious form of growth – like psychotherapy or spirituality – we may need to overcome our suspicions and seek appropriate assistance (PR6/29, 31). If our lives have always been filled with scattered activities and random experiences, we may need to knit them together through an Integral vision (PR7/33).

If our growth model lacks any of the 33 Processes, we may never be able to visit the deficient Processes, and the voids may never be filled.

☸ ***Inadequate voyagers.***

An inadequate ‘entourage’ of Participants may limit our growth to certain aspects of our Self, while ignoring or depreciating others. We may never recognize the characteristic Impasses – where the Experienced Self gets stuck at a particular phase of the Transition Cycle (P1). We may concentrate on our growth as individuals – but ignore the implications for our intimate relationship, or for the dynamics of our project team at work (P2). We might interpret certain behavior as inconsiderate or neurotic – when it is only typical of a certain Enneagram Role (P3). We might develop our creative Functions, while disregarding basic habit routines that simplify and streamline everyday life (P4). We might unrealistically expect the rebellious firebrands of the Prophetic Generation to behave like docile, compliant Civics (P5). We may never learn to cope with irrational outbursts and hidden insecurities caused by our inner ‘Gremlins’ (P6). We might never recognize any personal identity higher than the ego – and therefore remain bound to the material plane (P7).

☸ ***Inadequate navigator.***

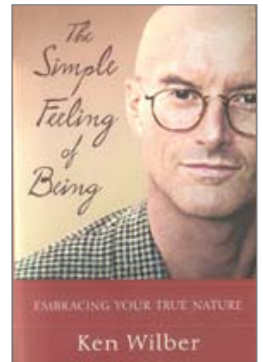
Without an adequate set of ‘navigators’ guiding our life journey, our efforts may take the wrong course, or be directed toward the wrong objectives. We may never recognize how

crucial our role as Parents is, in the development of our children (T1). We may never situate ourselves in a community that shares our values and offers sound values for our family (T2). We may not make the effort to place our children (or ourselves) in the most ideal Holistic Growth Situations – especially in schools that endeavor to grow the whole person (T3, 4). We may live only in the moment – never availing ourselves of the wisdom provided by great Authorities of the past (T5). Likewise, we may never recognize how crucial it is to choose the right lifetime partner (T6). We may not know when we should avail ourselves of a good therapist or spiritual guide (T7, 8). We may never become aware that Guides exist who can help us integrate and orchestrate every strand of our growth (T10). And finally, we may not recognize when to relinquish external guidance, and begin to stand on our own two feet (T11, 12).

We are by no means suggesting that Wilber's model lacks all the components described here -- or that AQAL or ILP would cause these particular distortions or deficiencies. However, we are saying this: Any model that is incorrect or incomplete is likely to produce gaps and misconceptions that can limit and distort the growth process. It is therefore crucial that we choose a very well-conceived model, and follow it diligently.

CONSTRUCTIVE COMPARISONS

In the next section and in Appendices A1-3, we offer some potentially controversial comparisons between our ADAPT model and Ken Wilber's AQAL (and its derivative ILP). Before proceeding, please note some important caveats and qualifications:



- ⊗ **Refinement, not replacement.** Our purpose here is to reconsider, elucidate, refine, revise, expand, and update Wilber's admirable work – not to challenge, contest, bash, denigrate, debunk, replace, or supersede it.
- ⊗ **Personal growth only.** ADAPT is a model of personal growth, while AQAL is a much more general model of the structure of reality. Our comparisons pertain only to Wilber's application of the AQAL model to human growth.
- ⊗ **Incomplete information.** Comparisons are tentative, subject to more detailed information, especially regarding the Processes offered through Integral Life Practice and Integral Institute.^{8 9}
- ⊗ **Complementary, not competitive.** For illustrative and dramatic purposes, we have sometimes set ADAPT and AQAL (or ILP) against each other, as if in competition. In fact, the two models are valuable complementary endeavors striving toward a common goal of personal evolution.
- ⊗ **Provocative, not confrontive.** To stimulate interest and discussion, we sometimes use language that is intentionally provocative. This is a rhetorical device, and no offense is intended.
- ⊗ **Simplified and abbreviated.** For the sake of brevity and clarity, many points of comparison are simplified and schematized. For more detailed treatments of various topics, please refer to our publications in the Resources section.
- ⊗ **Collaborative effort.** The ADAPT model presented here, along with the comparisons to the AQAL model, represent a working hypothesis intended to initiate dialog, not to proclaim a definitive conclusion. Any valid revision of Wilber's model will ultimately require the collaborative efforts of many authorities on the Integral worldview.

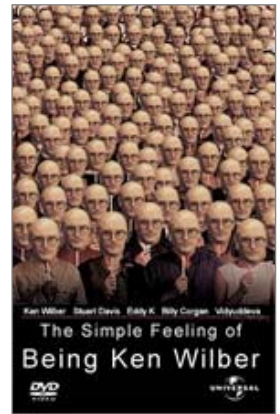
⁸ xxx

⁹ Wilber's conception of the Processes has evolved over the years. His first extensive recommendations of growth techniques occurs at ends of each chapter in *No Boundary* (1979). In *Integral Psychology* (2000) he divides his recommendations between Restoration Processes, for people with serious pathologies – and Actualization Processes [our terms], for basically healthy people seeking to evolve. In *Integral Spirituality* (2006) he advocates an expanded array of Processes under the title Integral Life Practice (ILP). ILP seminars were first offered by Integral Institute in 2003, and are currently evolving into a complete program. The *Integral Life Practice Starter Kit*, an introductory self-help ILP program, came out in 2006. Integral Institute's scholarly *AQAL Journal*, also launched 2006, includes several articles describing and extolling certain aspects of ILP. We will probably not know the full scope of ILP until Wilber's book on the topic is released (current estimate, September 2008). Because of this limited and somewhat diffuse information, assessments of Wilber's Processes are necessarily tentative and uncertain.

RE-EXAMINING KEN WILBER

In this section, we venture into some very deep water. We suggest that many of Wilber's basic concepts regarding human growth are due for serious reconsideration, and perhaps revision.

In our view, Ken Wilber's AQAL model (and its ILP derivative) is highly impressive and extremely valuable – but not sufficiently inclusive, balanced, differentiated, clear, consistent, unambiguous, explicit, and correct for optimal usefulness in implementing a program for personal growth.^{10 11} The four sions in the AQAL model lack significant elements we consider essential in our own nine Dimensions. Likewise, the one Participant named in the AQAL model does not highlight the most important entities discussed in Wilber's own writings. Additionally, the nine Process categories ('Modules') of Wilber's Integral Life Practice and their underlying Methodologies are somewhat sparse in comparison to our own comprehensive list of seven Process Themes and 33 Processes. Furthermore, Wilber offers only limited mechanisms for coordinating and orchestrating these diverse elements. We are no match for Wilber and his stellar array of colleagues – but we respectfully submit that the venerable AQAL Model (and its ILP derivative) is showing signs of age and is due for a face-lift – maybe even some reconstructive surgery.



🌀 *ADAPT vs. Wilber: Comparing Positions*

To substantiate these contentions, we make Parameter-by-Parameter comparisons of the correspondences and Divergences between Wilber's position¹² and the ADAPT model. (These comparisons will be found in Tables A1-3, ADAPT and Wilber Compared.) The comparisons are offered – not as a way to 'prove Wilber wrong,' or to tout the advantages of ADAPT – but as a way to highlight areas where Wilber's positions might deserve further examination.

As you read through the comparisons, note the high number of Parameters on which ADAPT and Wilber diverge – and the degree of that Divergence (most easily seen in Table A2). Of the total 140 comparisons, our analysis indicates at least 73 comparisons where the two models have differing positions -- as against only 67 (categories 1 +2) in which they are in total or substantial agreement. In our view, all 73 divergent positions are especially deserving of further examination.

Note also the large number of comparisons in which the authors have a very high Confidence in the ADAPT position (most easily seen in Table A3). Of the 140 comparisons, the authors have a Confidence level of 90% or better on 107 of ADAPT's positions. Of those, 57 are positions on which ADAPT and Wilber agree either explicitly or implicitly -

¹⁰ xxx

¹¹ This is not surprising. Any theory that is broad enough to encompass all of reality is unlikely to be specific enough for the subtle application to real lives. Almost inevitably, it will require refinement and fine-tuning when applied to actual human beings.

¹² We define Wilber's positions primarily by his statements in *Integral Psychology*. For a detailed study of those positions, see our forthcoming study, *The Fundamental Ken Wilber (Integral Psychology edition)*. For Wilber's Processes, See Table B1, *Integral Life Practice*, as well as *IS*, pp. 201-10.

- while 50 are positions where ADAPT and Wilber diverge. Therefore, there are (in the authors' opinion) at least 50 positions where Wilber's position is most in doubt.

Among all the comparisons, our investigation suggests at least 12 degrees of potential modification – ranging from total agreement with Wilber's existing position to significantly differing conceptions. The degrees of Divergence are listed below, along with the number of instances of each:

1. **Substantial agreement** (55 instances). Wilber positions with which ADAPT is in total or substantial agreement. May include re-labeling or re-naming.
2. **Rendering explicit** (12 instances). Positions implicit in Wilber's work, that are rendered explicit by ADAPT.
3. **Consolidation of concepts/versions** (2 instances). Concepts or versions scattered about in Wilber's work – that are collected or consolidated by ADAPT.
4. **Increased or broadened emphasis** (4 instances). Wilber positions that receive significantly greater emphasis in ADAPT.
5. **Restatement, reorganization, or simplification of concept** (6 instances). Concepts that are restated or reorganized by ADAPT for greater completeness or clarity.
6. **Differentiation** (10 instances). Concepts that are differentiated into multiple levels or structures by ADAPT.
7. **Expanded, extended, reinterpreted, or broadened conception, scope, role, array, or applicability** (21 instances). Features whose scope or function is significantly expanded or extended by ADAPT.
8. **Broadened or alternative methodology** (3 instances). Occasions where ADAPT uses a significantly different or modified methodology for deriving and interpreting concepts.
9. **Shift in emphasis or conception** (4 instances). Occasions where ADAPT substantially shifts the emphasis from one concept or theme to another.
10. **Elevation of role, status, importance, or validity** (4 instances). Concepts whose significance, role or status in the development process is significantly elevated by ADAPT.
11. **Added concept, Parameter, characteristic, or proposed Feature** (17 instances). Concepts and Parameters introduced by ADAPT which have no parallel in Wilber.
12. **Differing conception** (2 instances). Substantially different or conflicting positions between Wilber and ADAPT.

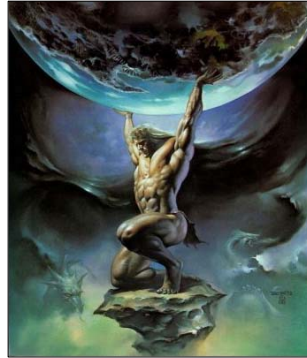
Tables A1-3 compare ADAPT's position and that of Ken Wilber on each Parameter of human growth. After each Parameter, we state the type of modification ADAPT proposes for Wilber's system, then the nature of that modification. To help the reader weigh the alternatives, we indicate our percentage 'degree of Confidence' in the validity of ADAPT's position.¹³ For simplicity, we merely describe the differences between the two

¹³ This percentage helps the reader assess how much weight or credibility to give to any proposed modification. For example, if ADAPT proposes a substantial modification in Parameter A (say, Divergence #7), and at the same time

positions, without any attempt to defend or justify either one. Comments are necessarily abbreviated and simplified. For details, see our articles listed in the Resources section.

These Tables are important, not just for its specific comparisons, but for their general implications. The existence of so many Parameters that offer differing interpretations suggests strongly that the model is ready for serious reconsideration and reexamination. This study will have accomplished a major objective if the reader's eyes are opened to serious possibility of an alternative model.

To reiterate, we are not proposing ADAPT as a definitive replacement for Wilber's model. We are merely using ADAPT to reveal instances where Wilber's model may need further examination. Furthermore, as stated at the beginning, our intention here is to reconsider, elucidate, refine, revise, reorganize, expand, and consolidate Ken Wilber's admirable work – not to challenge, contest, bash, denigrate, debunk, replace, or supercede it. Ken Wilber is a Titan on whose shoulders all our efforts stand.



indicates a high level of confidence in the ADAPT position (say, 90%), that potential modification may deserve especially high attention. The highest confidence level we assign to any position is 95%, since one can rarely be 'sure' of anything.

BUILDING THE NEXT INTEGRAL OPERATING SYSTEM

According to the diligent researcher Brad Reynolds,¹⁴ Ken Wilber's **Integral Operating System** has evolved through five phases. As they apply human development and much simplified, the phases are as follows:



Phase 1. The Spectrum of Consciousness (1973-77).

Outlined Stages and States of development from conception to enlightenment.

Phase 2. Transition (1978-83).

Discovered the Pre-Trans- Fallacy: Overthrew the 'recaptured goodness' or 'return to Eden' model of the Romantics.

Phase 3. The Integral Vision (1983-94).

Created the first Integral model – consisting of three Dimensions (Levels, Lines, States) and one Participant (Self).

Phase 4. The Four Quadrants & the Post-Modern Critique (1995-2000).

Added the Dimension of Quadrants, and applied the Quadrants to the misconceptions of Post-Modernism.

Phase 5. Public Outreach (2000-on).

Began promoting the Integral revolution through education and training.

The foregoing phases represent a series of upgrades to the basic software – where, for the most part, the fundamental components remain intact, and new features, emphases, applications, and forms of validation have been added. It appears that Ken Wilber's Integral Operating System, Version One, is now essentially complete.

As this study has demonstrated, however, Wilber's venerable system has begin to show numerous problems – everything from annoying glitches to fundamental design flaws. Maybe we're beyond just a fine-tune: Maybe the operating system now needs a major overhaul from the ground up? Maybe we should start building Integral Operating System, Version Two? Maybe its time for AQAL, The Next Generation?

To participate in this endeavor, there are several steps that you can take.

- ⊗ **Download the Word Version.** If you have not already done so, download the MS Word version of this study – so you can add your comments and emendations directly to the document.
- ⊗ **Embrace change.** Recognize that any Operating System – even Wilber's – is subject to revision, and eventually to major overhaul. During the period of 30-plus years while Wilber developed his IOS, Microsoft morphed through a whole series of platforms – first DOS, then Windows, then XP, and now Vista. It's reasonable to assume that Wilber's system will undergo similar radical revisions. As we indicated in our facetious quote about Wilber's 'tombstone,'¹⁵ Wilber welcomes these revisions, and assumes they are inevitable.

¹⁴ Brad Reynolds, *Embracing Reality*, pp. 16-62 and *Where's Wilber At?*, pp. 3-11 and throughout. See Resources section.

¹⁵ See the Preface of this study.

- ✿ **Acknowledge the importance of the right model.** Recognize that the right model is the essential foundation for any effective program of growth. If you doubt this, revisit the section, Why the Best Model is Essential, page 11.
- ✿ **Acknowledge the limitations of the Wilber model.** Revisit the section Re-examining Ken Wilber, page 15. Note the number of instances where ADAPT diverges from Wilber. Recognize that these are ‘open issues’ that cast doubt on the adequacy of the Wilber model.
- ✿ **Compare alternatives.** Revisit Table A1, ADAPT and Wilber Compared, page 22. Go through the comparisons of the ADAPT and Wilber models. Ask yourself a series of questions for each Parameter: Are the two positions characterized accurately? Which position appears more valid? Is there a third position that is superior to both of them?
- ✿ **Begin with the easiest resolutions.** Visit Table A2, the ‘Compared’ table reorganized by Divergence, page 38. Presumably, the easiest ‘open issues’ to resolve will be those with the least discrepancy. Beginning with Divergence #1, go through all the comparisons again – to reconsider which position is more valid, or what third position might be preferable.

For Divergence #1, the positions on which ADAPT and Wilber are in ‘substantial agreement,’ ask yourself: Do the two positions in fact agree? Do you the reader also agree with their position? Now go on to Divergence #2, Making Explicit. Do you agree that ADAPT and Wilber are essentially saying the same thing -- the first explicitly, the second implicitly? Do you the reader agree with their position? Continue examining the comparisons and drawing your own conclusions, proceeding from least to greatest Divergence.
- ✿ **Assess by certainty.** Visit Table A3, the ‘Compared’ table reorganized by degree of Confidence, page 54. The alternative ADAPT interpretations most worthy of consideration will be those where ADAPT is the most certain of its position. Beginning with 95% Confidence, go through all the comparisons again – to reconsider which position is more valid, or what third position might be preferable. If ADAPT assigns a high degree of Confidence to a given Parameter, and if you had previously come to a different conclusion, ADAPT’s position might be worth considering all over again.
- ✿ **Evaluate the structure.** Now that you have compared interpretations, go back and examine the structure itself. Examine the system of organization we have used to categorize and compare the various positions on human growth -- its Parameters and sub-Parameters, its Domains, Features, and Impediments. From your perspective, is the structure itself valid? Does it include all the essential Parameters? Are the Parameters organized in the proper order and relationship? Has the structure left out any important elements? Are there any Parameters that are unnecessary, or mis-categorized, or mis-conceived? Does the structure, in short, offer a comprehensive framework for the investigation of human development? Where might it be improved?
- ✿ **Draw conclusions.** From the above investigations, draw your own conclusions – regarding each Parameter and the system as a whole. If you have downloaded the MS Word version of this study, make your comments and emendations directly on the document file, using the Insert/Comment and Markup functions. Please email us a copy of

your modified file, so we can incorporate your suggestions. If your modifications are substantial, feel free to publish an article on Integral World.net.

- ✿ **Celebrate.** We live at the dawn of the Integral Age – a time when humankind is taking a quantum leap toward understanding the meaning of life and the purpose of existence. This study of human development is our way of mapping out this miraculous journey. Exult in your good fortune at being born to such an auspicious time, and plunge with us into the Growth Continuum.



Division 4: APPENDICES

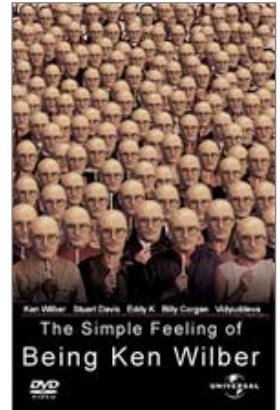
This Division consists of the following eight Appendices:

- * Appendix A
 - Table A1: ADAPT and Wilber Compared
– categorized by Domains page 22
 - Table A2: ADAPT and Wilber Compared
– categorized by Divergences page 38
 - Table A3: ADAPT and Wilber Compared
– categorized by degree of Confidence page 54
- * Appendix B
 - Table B1: Integral Life Practice
– from Integral Spirituality page 70
 - Table B2: Integral Life Practice (precursor)
– from Integral Psychology page 72
 - Table B3: Pathologies & Resolution Modalities
-- Ken Wilber page 74
- * Appendix C: Impediments to the Growth Process
Bookmark not defined. page **Error!**
- * Appendix D: Resources for study page 77
- * Appendix E: Glossary of terms
Bookmark not defined. page **Error!**
- * Appendix F: Homer's *The Odyssey*
Bookmark not defined. page **Error!**
- * Appendix G: Credits
Bookmark not defined. page **Error!**
- * Biographical background page 78

Table A1: ADAPT AND WILBER COMPARED Organized by Domains

This Table is designed to help the reader recognize the fine points of Ken Wilber's positions on human growth – and to reveal instances where they may due for reexamination. The Table shows a point-by-point comparison of the correspondences and Divergences between Wilber's position (as defined primarily by his statements in *Integral Psychology*) and the ADAPT model – organized by Domain and Feature. The number of comparisons for each Domain and Impediment are as follows:

1. **ADAPT.** 6 instances.
2. **Dimensions.** 58 instances.
3. **Processes.** 18 instances.
4. **Participants.** 23 instances.
5. **Together-ness.** 18 instances.
6. **Impediments.** 17 instances.



We observe 12 degrees of Divergence between the two models – ranging from total agreement with Wilber's existing position to significantly differing conceptions. The number of instances of each is as follows:

13. **Substantial agreement.** 55 instances.
14. **Rendering explicit.** 12 instances.
15. **Consolidation of concepts/versions.** 2 instances.
16. **Increased or broadened emphasis.** 4 instances.
17. **Restatement, reorganization, or simplification of concept.** 6 instances.
18. **Differentiation.** 10 instances.
19. **Expanded, extended, reinterpreted, or broadened conception, scope, role, array, or applicability.** 21 instances.
20. **Broadened or alternative methodology.** 3 instances.
21. **Shift in emphasis or conception.** 4 instances.
22. **Elevation of role, status, importance, or validity.** 4 instances.
23. **Added concept, Parameter, characteristic, proposed Feature.** 17 instances.
24. **Differing conception.** 2 instances.

Note the high number of Parameters on which ADAPT and Wilber diverge – and the degree of that Divergence. Of the total 140 comparisons, our analysis indicates at least 73 comparisons where the two models have differing positions -- as against only 67 comparisons (categories 1 + 2) in which they are in total or substantial agreement. These Divergences indicate areas in which the Wilber model may need re-examination, and perhaps revision.

The Table contains six columns:

- ⊗ **Col. 1, Parameter number.** The letter/number of the Parameter from the ADAPT model of human growth.

- ☼ **Col. 2, Parameter name.** The name of the Parameter from the ADAPT model of human growth.
- ☼ **Col. 3, Type of ADAPT modification.** The Type of modification made by ADAPT in Wilber’s position.
- ☼ **Col. 4, Divergence number.** A number indicating the degree of Divergence between ADAPT and Wilber.
- ☼ **Col. 5, Nature of ADAPT modification.** How ADAPT’s position on this Parameter differs from Wilber’s.¹⁶
- ☼ **Col. 6, Confidence in ADAPT position.** Our degree of Confidence in the validity of ADAPT’s position – expressed as a percentage.¹⁷

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
A	ADAPT			NUMBER OF INSTANCES: 6	
A	ADAPT	Expanded structure	7	ADAPT provides a substantially expanded structure for organizing and categorizing the Parameters of the Growth Dynamic.	90%
A	ADAPT	Reorganization, revision, & expansion of conception	7	ADAPT substantially revises and expands the number and character of Features that define human growth.	95%
A	ADAPT	Differentiation	6	ADAPT differentiates the Features of the growth model into four major Domains – Dimensions, Participants, Processes, and Orchestrators (‘To-getherness’). (In our terminology, Wilber’s AQAL model consists of four Dimensions and one Participant.)	95%
Aa	ADAPT: Growth Continuum	Substantial agreement	1	ADAPT agrees that the Growth Continuum is the manifestation of a great morphogenetic field of development, and that mankind’s greatest drive is to actualize that Continuum through one’s own personal growth. ADAPT names that field the Growth Continuum to emphasize its function in human development.	80%

¹⁶ For simplicity, we merely describe the differences between the two positions, without any attempt to defend or justify either one. Comments are necessarily abbreviated and simplified. For details, see our articles listed in the Resources section.

¹⁷ This percentage helps the reader assess how much weight or credibility to give to any proposed modification. For example, if we propose a substantial revision in Feature A, and at the same time have substantial Confidence in ADAPT’s position on that Feature, that revision may deserve especially high attention. The highest Confidence level we assign to any position is 95%, since one can rarely be ‘sure’ of anything.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
Ac	ADAPT: Methodology	Broadened methodology	8	Wilber's positions appear largely derived from the psychological literature, the perennial traditions, and descriptions of therapeutic practice. ADAPT adds to these, further derivations from professional and personal experience -- including counseling clients, teaching school, studying imaginative literature, extensive personal growth experience, and raising children. ¹⁸	90%
Ac	ADAPT: Methodology	Methodology – extended metaphor	8	ADAPT adds the journey (esp. Odysseus) as a consistent, overarching metaphorical parallel to the growth process – both to illustrate important points and as an analytical source for further insights.	80%
D	DIMENSIONS			NUMBER OF INSTANCES: 58	
D	Dimensions	Expanded conception	7	ADAPT expands the total Dimensions to eight – and adds several sub-Dimensions. (see D-sections below) (In our terminology, AQAL contains four of these Dimensions.)	90%
D1	Stage Growth	Substantial agreement	1	Both agree that Stages are periods of horizontal Translation and Assimilation – times when we are becoming better at activities we already know how to do.	95%
D1	Stage Growth	Differentiation	6	ADAPT differentiates Wilber's Stages into two phases of the growth sequence – Stages and Transitions. (see D2 and D1/2)	95%
D1a	Stages/Individual	Agreement	1	Both agree that individual growth occurs by progression through a series of Stages.	95%
D2	Transition Growth	Substantial agreement	1	Both agree that Transitions are periods of vertical Transformation and Discovery – times when we are becoming something we've never been before.	95%
D1/2	Developmental Sequence	Rendering explicit	2	ADAPT makes explicit what is implicit in Wilber's work (especially in his Tables): Growth occurs through a series of alternating Stages and Transitions. (see D1)	95%
D1/2a	Dev Sequence: Transition Cycle	Restatement of concept	5	For clarity, ADAPT restates Wilber's three-phase Fulcrum ¹⁹ as a four-phase Transition Cycle. Since Wilber's term 'fulcrum' can be ambiguous (both a 'milestone' and a pivot point), ADAPT renames the process the Transition Cycle.	90%

¹⁸ For details, see Biographical Background in Appendix.

¹⁹ Wilber's 'fulcrum' consists of three phases: differentiation, identification, and integration (*IP*, p. 93. See also *IP*, pp. 35-36, 92-108, and *BHE*, p. 131.).

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D1/2b	Fundamental Developmental Sequence	Rendering explicit	2	ADAPT renders explicit a growth sequence that is implicit in Wilber's Tables (especially the vertical coordinate displayed on each page). ²⁰	85%
D1/2b	Fundamental Developmental Sequence	Extension of concept	7	For completeness, ADAPT adds to the FDS a step before birth (Heritage) and after death (Legacy).	90%
D1/2b	FDS: Clusters	Substantial agreement	1	Both agree that the FDS can be condensed into 12 developmental groupings. Since Wilber's term 'fulcrum' can be ambiguous, ADAPT renames the groupings as Clusters.	90%
D1/2c	The Chakras	Expanded conception	7	ADAPT re-conceives Wilber's 'fulcrums' as Chakras -- to encompass not just the Western concept of a consolidated FDS, but the Eastern concept of energy phenomena manifested simultaneously in the three internal Realms of Body, Psyche, and Spirit. (See also D3b)	70%
D1/2d	Generation Cycle	Added Dimension	11	ADAPT proposes an additional Dimension, the Generation Cycle -- as the cultural equivalent of the Transition Cycle for individuals.	60%
D1/2e	Dev Sequence/ Collective	Expanded concept	7	ADAPT expands Collective growth beyond just Cultural -- to include all groups from couples, to families, to workgroups, to teams, to communities, to cultures. (see P2)	90%
D1/2e	Dev Sequence/ Cultural	Substantial agreement	1	Both agree that Cultures follow a Stage-related path of development similar to individuals, but spread over eons of time. (see P2)	80%
D1/2e	Dev Sequence/ Cultural	Substantial agreement	1	Both agree that Spiral Dynamics is a prime example of Culture Passages.	80%
D3	State Growth	Substantial agreement	1	ADAPT agrees that there are four higher States of consciousness – Psychic, Subtle, Causal, and Non-dual.	90%
D3	State Growth [under development]	Expansion of concept	7	In addition to Wilber's five possible conceptions of Spirit, ²¹ ADAPT suggests two others – that Spirit may be a distinct Realm (D4), or a distinct Dimension (D3).	70%

²⁰ Note the left-hand column of all Wilber's Tables in our *Arrays*. Note in particular Table 1A, the Fundamental Developmental Sequence – which we have transcribed directly from the left-hand reference column of Wilber's Tables, adding a definition of each Step that corresponds (to the best of our understanding) to Wilber's intent. See also the Fundamental Developmental Sequence section, page 5, of the Introduction to those Tables.

²¹ According to Wilber, there are five common definitions of 'spirituality': "(1) Spirituality involves the highest levels of any of the developmental lines. (2) Spirituality is the sum total of the highest levels of the developmental lines. (3) Spirituality is itself a separate developmental line. (4) Spirituality is an attitude (such as openness or love) that you can have at whatever stage you are at. (5) Spirituality basically involves peak experiences, not stages." (IP, p. 129-35) We substitute the word States for Wilber's 'spirituality.'

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D3	State Growth	Differing conception	12	ADAPT views Spirit, not only as an Upper-Left internal experience, but as an Upper-Right objective reality.	80%
D3a	Natural States	Agreement	1	Both agree that Natural States are the four normal or basic States of consciousness – waking/gross, dreaming/subtle, deep sleep/causal, and nondual.	90%
D3b	Altered States	Agreement	1	Both agree that Altered States are non-normal, sometimes-induced States – such as meditative States, mystical experiences, Peak Experiences, drug-induced States, and near-death experiences.	90%
D3c	Peak Experiences	Agreement	1	Both agree that Peak Experiences are temporary Altered States, which must be converted to Permanent States (Traits) to have a lasting effect on growth. (see D3d)	95%
D4	Realms	Substantial agreement	1	ADAPT agrees that consciousness can be divided into three ‘realms,’ ‘spheres,’ or ‘domains’ – equivalent to Wilber’s ‘sensibilia’/ ‘physio-biosphere’, ‘intelligibilia’/ ‘noosphere’, and ‘transcendentalia’/ ‘theosphere’.	90%
D4	Realms	Restatement and Simplification	5	ADAPT restates and simplifies the three Realms into Body, Psyche, and Spirit. ²²	80%
D4	Realms: Passages	Making explicit	2	ADAPT names and makes explicit that Passages are the process of moving through the Stages of the Growth Continuum in each Realm.	95%
D4	Realms: Architecture of Self	Differing conception	12	ADAPT’s conception of the Architecture of Self differs significantly from that of Wilber. Wilber employs an ‘archeological’ Stacked Model, ²³ while ADAPT uses a ‘retro-fitted’ Multi-Functionality Model. (see D1/2c)	70%
D4	Realm Growth	Expanded application	7	ADAPT emphasizes the potential for growth in all four Realms. Wilber focuses almost exclusively on two of these – what we call Psyche and Spirit. ²⁴	90%

²² ADAPT may not incorporate in Realms all implications of Wilber’s three ‘spheres.’

²³ Wilber portrays our interior architecture as an ‘**Archeology**’ -- where the Realms of Body, Psyche, and Spirit are stacked on one another, like layers of an archeological dig. (See for example: *IP, The Archeology of Spirit*, pp. 89-114.) This distinction alters the whole strategy of personal growth or therapeutic treatment. With a layered or **Stacked Model** (Wilber’s) the Realms of Body, Mind, and Spirit are dealt with *sequentially* – because they succeed one another on the developmental ladder. With a **Multiple-Functionality Model** (ADAPT), all three Realms are addressed *simultaneously* at every Stage of development -- because they are structurally inseparable.

²⁴ The huge assemblage of Wilber’s Tables in our study *Arrays of Light* contains only two sparsely-populated Tables for Life Passages and Body Passages. All the remaining Tables focus on psychological, spiritual, and socio-cultural development. In *Arrays*, compare

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D4a	Realms: Life Passages	Added Realm	11	ADAPT adds Life Passages as the external manifestation of Wilber's 'gross' realm.	95%
D4a	Realms: Life Passages	Elevation of role or status	10	ADAPT elevates Life Passages to the status of true growth – i.e. an alternating sequence of Translations and Transformations – rather than Translation alone. ²⁵	95%
D4b	Realms: Psyche Passages	Explicit categorization	2	ADAPT makes explicit what is implicit in Wilber's Tables – that the psychological 'Lines' may be conveniently collected into a distinct Realm we call Psyche Passages.	95%
D4c	Realms: Body Passages (experienced)	Substantial agreement	1	Both agree that the body can be viewed from two perspectives -- the internal, Upper-Left, Experienced Body, and the external, Upper-Right Observed Body. ²⁶	95%
D4c	Realms: Body Passages (experienced) [under development]	Added Realm	11	In consonance with the Eastern conception of the Chakras (D1/2c), ADAPT proposes to add Body Passages as a separate Realm of growth. (See also PR 6/27)	75%
D4d	Realms: Spirit Passages [under development]	Making explicit	2	A substantial proportion of Wilber's Tables outline 'spiritual' development sequences. ADAPT makes explicit that these may be collected into a distinct Realm. (but see D3)	80%
D5	Arenas	Differentiation	6	ADAPT differentiates Wilber's 'Lines' into the nested categories of Arenas, Lines, Studies, and Issues.	90%
D5	Arena Growth	Substantial agreement	1	Both agree on Differential Growth -- that growth may take place at different rates in different Arenas, and that one may therefore be at different Stages in each.	95%
D5a	Life Arenas	Added set of Arenas	11	Corresponding to the added Realm of Life Passages, ADAPT outlines a set of Life Arenas – using categories familiar to the counseling and coaching professions.	95%
D5b	Psyche Arenas	Substantial agreement	1	All the Psyche Arenas listed by ADAPT, except D5b Leadership, are specific 'Lines' discussed by Wilber.	90%

the number of Studies in Tables 3 (Life Development) and 5 (Physical Development) with the great collection of investigations in Table groups 4 (Psychological Development), 6 (Spiritual Stages and States), and 2 (Spectrum of Consciousness).

²⁵ Wilber largely ignores external Life Passages, relegating that Realm to the status of 'horizontal translation.' Regarding Yale professor Daniel Levinson's influential *The Seasons of a Man's Life*, for example, he comments, "Several stage conceptions, such as Levinson's, deal with the 'seasons' of horizontal translation, not stages of vertical transformation" (IP 227). Neither Levinson nor his prolific popularizer, Gail Sheehy, rate even an index reference in *Integral Psychology*.

²⁶ Wilber tends to assign the body to the Upper-Right Quadrant. See for instance Wilber's comments on Michael Murphy's *The Future of the Body* (SES, p. 579): "Murphy almost single-handedly has been representing the great importance of the Upper-Right quadrant in human transformation..." [underline ours] We would characterize Esalen's attitude toward the body (not necessarily Murphy's) as predominantly Upper-Left.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D5b	Psyche Arenas	Substantial agreement	1	Wilber and ADAPT substantially agree as to the content of each Psyche Arena.	90%
D5c	Body Arenas (experienced) [under development]	Added set of Arenas	11	Corresponding to the proposed Realm of Body Passages, ADAPT proposes a set of Body Arenas – to be drawn from the fields of alternative medicine, body-oriented therapies, and body-oriented spiritual practices.	75%
D5d	Spirit Arenas [under development]	Substantial agreement	1	ADAPT agrees there may be several Spiritual Arenas in which such growth takes place. (see also D4d)	80%
D5d1	Spirit Arenas: Archetypes and myths	Agreement	1	ADAPT agrees that Archetypes and Myths are the product of an archaic Stage of cultural development – and that much so-called ‘archetypal’ thinking may be infected by the Pre-/Trans- Fallacy. (see also IA-D1/2e)	90%
D5d1	Spirit Arenas: Archetypes and myths [under development]	Elevation of concept	10	In addition to the above, ADAPT views Archetypes and Myths as a subtle language that is potentially useful for describing, apprehending, accessing, and evoking many States of consciousness – including the higher States (cf. Process 5/26).	80%
D6a	Quadrants of Growth	Agreement	1	Both agree that any growth experience may be viewed from four different perspectives, or Quadrants – inner/individual, outer/individual, inner/collective, and outer/collective.	95%
D6a	Quadrants of Growth	Agreement	1	Both agree that a complete and Integral development program must approach growth from all four perspectives.	95%
D6b	Vectors of Growth	Extended concept	7	In addition to Wilber’s four <u>perspectives</u> of the Quadrants, ADAPT proposes four <u>paths</u> of growth – inner and outer Realms, combined with Individual and Collective Participants.	90%
D6b	Vectors of Growth	Shift in emphasis	9	ADAPT emphasizes all four Realms of growth in any truly Integral growth program.	90%
D6c	Ascending/Descending & Polarities	Substantial agreement	1	Both agree that growth can be experienced as movement upward and outward, but also downward and inward.	95%
D6d	Cyclic flow	Shift in conception and emphasis	9	ADAPT conceives of growth as a tree-like oscillation or cyclic movement between Polarities -- not as a ladder-like upward spiral or trajectory.	80%

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D6e	Evolution/Involution	Substantial agreement	7	Both agree that growth cycles through twin Polarities -- an ascending arc of Evolution, then a descending arc of Involution. ²⁷	80%
D6e	Evolution/Involution	Extended concept	7	While Wilber focuses on the spiritual aspect of Evolution/Involution, ADAPT applies this concept to all four Realms.	80%
D7	Actualization & Restoration Growth	Rendering explicit	2	ADAPT renders explicit that growth is Actualization of one's Human Potential.	95%
D7	Actualization & Restoration Growth	Rendering explicit	2	ADAPT makes explicit that there are two distinct approaches to the growth process – Actualization for basically healthy people, and Restoration for those with 'problems.' ²⁸ (see Impediments section)	90%
D7	Actualization & Restoration Growth	Substantial agreement	1	Both agree that Actualization is 'growing forward,' while Restoration is 'growing backward.'	95%
D7	Actualization & Restoration Growth	Making explicit	2	ADAPT distinguishes explicitly between the Medical Model and the Wellness Model.	95%
D7a	Actualization Growth	Restatement of concept	5	ADAPT restates the Transition Cycle as the Actualization Cycle – to highlight phases critical to the growth process.	90%
D7a	Actualization Growth	Differentiation	6	ADAPT differentiates between two modes of implementing Actualization – Guidance and Orchestration.	90%
D7a	Actualization Growth	Added conception	11	ADAPT identifies parenting/ Child Rearing as the original application of the Actualization Cycle.	90%
D7b	Restoration Growth	Restatement of concept	5	ADAPT restates the Transition Cycle as the Restoration Cycle – to highlight phases critical to the treatment process.	90%
D8	Coordination Growth	Substantial agreement	1	Both agree that the Dimensions must be integrated and coordinated for effective growth to take place	95%

²⁷ ADAPT may not incorporate in this all the implications of Wilber's formulation. The cycle of Evolution and Involution is a highly-complex and esoteric subject covered at length in Wilber's earlier works – especially *The Atman Project* (185-203), *Up From Eden* (299-313), and *Eye of the Spirit* (55-6, 62-3).

²⁸ Wilber differentiates between the two forms of growth, not by explicitly naming them, but by assigning them to different sections of his studies. In *Integral Psychology*, for example, Restoration Growth is addressed on pp. 91-110 and Table 1A – while a Program for Actualization growth (primarily) is outlined on pp. 113-14 (although at this point still called 'integral therapy'). For examples of Wilber's two approaches, see Appendix B3 (Restoration) and Appendix B1-2 (Actualization) in this study.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR	PROCESSES²⁹			NUMBER OF INSTANCES: 18	
PR	Processes: Actualization	Expanded array of Processes	7	ADAPT posits 33 Processes of growth divided among seven Themes. For Actualization Growth, Wilber names about 12 Processes among his 17 categories. (for all Actualization Processes below, see Appendix B1)	90%
PR	Processes: Restoration	Expanded array of Processes	7	ADAPT posits 33 Processes of growth divided among seven Themes. For Restoration Growth, Wilber concentrates on four Processes (see PR 6-7 below) from two of ADAPT's Themes. (for all Restoration Processes below, see Appendix B3)	90%
PR	Processes	Methodology/ Derivation	8	Wilber derives his Processes primarily from the psychological and spiritual literature and prevailing therapeutic practice. ADAPT derives its Processes primarily from their original source, Parenting/ Child Rearing.	90%
PR1/ 1-4	Processes: Foundational	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Natural Nutrition (#1) is represented only in diet programs listed under the Body Module. Natural Medicine (#2) is not represented. Certain aspects of Nurturing & Bonding (#3) are covered under the Sex, Shadow, Emotions, and Relationships Modules. Family Dynamics (#4) receives some coverage under the Shadow and Relationships (Integral Parenting) Modules.	90%
PR2/ 5-8	Processes: Physical World	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Sensory Awareness (#5) and Physical Activity (#6) are somewhat represented in the Body and Sex Modules. Some aspects of Life Experience (#7) are covered under the Work module. Natural Environment (#8) not represented.	90%
PR3/ 9-14	Processes: Socio-Cultural	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Skills, Habits, Responsibility, Enterprise, and Service (#s 9-13) are somewhat represented under the Work, Relationships, and Ethics Modules. Acculturation (#14) receives some representation through practices from diverse cultures in all Modules.	90%

²⁹ See Constructive Comparisons section for caveats regarding the incompleteness of our information on ILP and Wilber's Processes.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR4/15-20	Processes: Formal Investigation	Making explicit	2	ADAPT makes explicit what is implicit in all Wilber's work – that well-conceived thought (esp. an adequate conceptual model) is essential for effective growth. In ILP, Cognitive Processes (#s 15-20) are well-represented under the Mind and Ethics Modules, and in the systematic logic and structure underlying all the Modules.	90%
PR5/21-26	Processes: Self-Expression	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, there is some representation for all Self-Expression Processes (#s 21-26) under the Emotions (Creative Expression & Art) and Shadow (Art & Music Therapy) Modules. Archetype & Myth (#26) receive some coverage under the Shadow (Dreamwork) and Spirit Modules.	90%
PR6/27-31	Processes: Conscious Development	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, there is limited representation for Body Therapies (#27) under Body and Sex Modules. Introspection and Psychotherapies (#28-29) well-covered under the Shadow, Emotions, Relationships, and Sex Modules. Psycho-Biologic Techniques (#30) not represented. Spiritual Practices (#31) well-covered under the Spirit, Body, and Sex Modules.	90%
PR6/27	Processes: Body Therapies	Broadened applicability	7	In Wilber's Archeological Model of the Realms, Body Therapies are applicable only during the early Stages of development, or for people revisiting those Stages in therapy. In ADAPT's Multi-Functional Model, bodywork is applicable to the entire span of the developmental sequence – both for healthy people and those with 'problems.'	80%
PR6/29	Processes: Psychotherapies	Substantial agreement	1	Both agree that therapy is often the process of revisiting past moments when malfunctions in the Transition Cycle occurred.	90%
PR6/29	Processes: Psychotherapies	Shift in emphasis	9	At each Stage, ADAPT emphasizes Restoration growth techniques for relatively normal people, not those with clinical pathologies.	95%
PR6/30	Processes: Psycho-biologic techniques	Added Process	11	ADAPT introduces a non-psychologic mode of resolving Restoration Impediments.	85%
PR6/31	Processes: Spiritual Practices	Agreement	1	Both agree that diligent and consistent Spiritual Practice is essential for growth.	95%

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR7/32-33	Processes: Conscious Development	Expanded conception	7	ADAPT expands and extends the definition of Integral. The ILP program as a whole is an excellent Holistic Experience (#32). By our definition, ILP is not truly Integral (#33) until woven together at a level deeper than conceptual by various modes of Orchestration.	90%
PR7/32-33	Comprehensive Processes	Substantial agreement	1	Both agree in distinguishing between a truly Integral program, and programs that are merely collections of growth experiences.	95%
PR7/33	Processes: Integral Programs	Substantial agreement	1	Both agree that the highest form of Growth Program is Integral – combining all Dimensions, Processes, Participants, and Modes of Together-ness.	95%
PR7/33	Processes: Integral Programs	Broadened scope	7	If ADAPT covers (as we believe) a broader, more nuanced range of Parameters, an Integral ADAPT program may offer a more diverse array of strategies and a more subtle interweaving of those approaches.	90%
P	PARTICIPANTS			NUMBER OF INSTANCES: 23	
P	Participants	Collection and consolidation of concepts	3	ADAPT collects and consolidates into Participants (varieties of 'self') all the entities described by Wilber that partake in the growth process (and adds P6). ³⁰	90%
P1	Experienced/Observed Self	Substantial agreement	1	Both agree that the Experienced/Observed Self is the central figure in our life journey. ADAPT renames Wilber's original terms, 'proximate' and 'distal,' to make them more descriptive of their functions in the growth process.	90%
P1	Experienced/Observed Self	Substantial agreement	1	Both agree that growth occurs primarily through the dialectical interplay between the Experienced and Observed Self – by the mechanism of the Transition Cycle (D1/2a).	90%
P2	Individual/Collective Self	Agreement	1	Both agree that we can participate in the growth process both individually and collectively.	95%
P2a	Collective Self	Expanded concept	7	ADAPT expands the Collective Self from Culture alone ³¹ to include all groups from couples, the families, to work-groups, to teams, to communities, to cultures. (see D1b)	90%
P2b	Cultural Self	Substantial agreement	1	Both agree that there is a Cultural identity that goes through Stages of growth very similar to Individuals.	80%

³⁰ References to each of the entities of identity can be found, for example, in *IP: Proximate/Distal*, pp. 333-36; *Witness*, pp. 126-27; *Personae, Enneagram Roles, and other Types*, pp. 53-54; *Gender*, pp. 120-21; *Functional Self*, pp. 37-7, 226; *Sub-Personalities*, pp. 100-02. Generational identity is not covered by Wilber, but is to be found in Strauss & Howe, *Generations* (see Resources).

³¹ In discussing Collective Participants, Wilber's emphasis is almost exclusively on Cultures. See *IP* 145-49, 154-55.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
P3	Personae & Types	Differentiation	6	ADAPT differentiates between Types (simple categorizations of personalities) and Personae (identities constructed to engage in the drama of life).	80%
P3	Personae & Types	Substantial agreement	1	Both agree that Personae and Types are true examples of horizontal equivalence. That is, one does not generally grow from one Type to the next. ³²	95%
P3	Personae & Types	Enlarged role and increased emphasis	4	ADAPT assigns Personae & Types a more significant role in the growth process. ³³ ADAPT emphasizes that each may undergo their own versions of Stage-like development.	80%
P3a	Gender Types	Substantial agreement	1	Both agree that the genders go through comparable Stages of growth, but in the two 'different voices.'	90%
P3a	Gender Types	Substantial agreement	1	Both agree that Translation primarily occurs in men through Agency, in women through Communion.	90%
P3a	Gender Types	Substantial agreement	1	Both agree that Transformation primarily occurs in men through Eros, in women through Agape.	90%
P3b	Birth Order Types	Added concept	11	ADAPT adds Birth-Order as an important class of Types.	80%
P3c	Enneagram Roles	Increased validity and status	10	ADAPT views as credible the evidence that Enneagram Roles represent distinct and fundamental Personae – not just arbitrary personality categories.	80%
P3c	Enneagram Roles	Differentiation	6	ADAPT distinguishes between Enneagram Roles that are Dominant and others that are Contributing.	90%
P3d	Inter-Passage Growth	Substantial agreement	1	Both agree that growth over a lifetime often proceeds from internal to external to internal.	90%
P3d	Inter-Passage Growth	Expanded conception	7	ADAPT expands Wilber's 'U-shaped' growth pattern ³⁴ into a more detailed conception of Inter-Passage growth -- encompassing all four Realms.	90%
P3d	Inter-Passage Growth	Substantial agreement	1	Both agree that Inter-Passage growth is not the 'return to innocence' of the Romantic Fallacy.	90%

³² As Wilber points out (*IP* 53-4), the Enneagram Roles are examples of true horizontal equivalence – since each of the nine Roles exist on the same hierarchical level.

³³ From our perspective, a Persona is not Stage-specific, but can be manifested at any Stage of development to deal with real-life circumstances. Wilber uses Persona in a more restricted sense, to refer specifically to the Membership-Self (conformist Role-Self) or to the Rule/Role region of his 'correlative structures' (steps 12-18 in the FDS). (see *IP* 91, 126, 240-41, and 198 self-sense column)

³⁴ Wilber particularly notes this phenomenon as it pertains to the spiritual Realm (*IP* 126, 141-42, 266) – but it also pertains to the other two internal Passages as well.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
P4	Functional Self	Collection and consolidation of versions	3	ADAPT collects and consolidates the many versions of Wilber's 'functional invariants' into a single list of the ten most plausible candidates ³⁵ – and then renames the concept as Functional Self to emphasize its role as a Participant in the growth process.	85%
P4	Functional Self	Substantial agreement	1	Both agree that the Functional Self does not undergo Stage-like development – but may in some cases be a Stage with which we identify.	85%
P5	Impediment Self	Broadened category	7	ADAPT creates a broader category of pathological entities, the Impediment Self, which includes the Subpersonalities but is not limited to them. (see Impediments section)	90%
P6	Generational Self	Added Participant	11	ADAPT adds to Participants the Generational Self -- a type of Collective Self that identifies with a particular Generation in the Generation Cycle. (See D1/2d.)	60%
P7	Witness	Agreement	1	Both agree that the Witness is the all-pervasive Seer behind all consciousness – the Transcendent Self, the True Self, our Essence.	90%
T	TOGETHER-NESS			NUMBER OF INSTANCES: 18	
T	Together-ness	Substantial agreement	1	Both agree on the key importance of integrating all the various strands of the growth process – the Dimensions, the Participants, the Processes, and the Modes of Together-ness themselves.	95%
T	Together-ness	Differentiation	6	ADAPT differentiates Wilber's 'integration' into Guidance and Orchestration – to indicate distinct functions of Together-ness.	90%
T	Together-ness	Substantial agreement	1	Both agree on the importance of a counselor, Coordinator, Orchestrator, or Guide for implementing and facilitating the growth process.	95%
T	Together-ness	Broadened emphasis	7	ADAPT increases the emphasis on the experiential aspect of Orchestration, as well as the cognitive. ³⁶	95%

³⁵ Wilber's 'functional invariants' of the Self comprises a similar list of up to seven entities: metabolism, tension regulation, defenses, will, intersubjectivity, identity, cognition, navigation, and integration (*IP* 36-37, 226).

³⁶ Wilber's model integrates human experience beautifully at a conceptual level. However, at a deep experiential level, Wilber gives little indication how disparate growth experiences will be integrated into a balanced, harmonious whole. His outline of ILP suggests that the exercises themselves may provide some degree of unification. Beyond this, three articles in Wilber's AQAL Journal suggest that therapists from Integral Psychology Center and Integral Psychiatry Centers (both divisions of Integral Institute), and perhaps spiritual teachers from Integral Spiritual Center, might serve this function. Both Short (pp. 110 and 125) and Ingersoll (pp. 132, 133, 142) specifically extol the services of these II organizations. Ingersoll and Parlee are co-directors of II's Integral Psychology Center. See Resources section, Articles.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
T	Together-ness	Added and differentiated categorization	6	ADAPT differentiates between three types of Guidance & Orchestration – Collective, Individual, and Internal.	90%
T1	Together-ness: Parent/s	Elevation in importance	10	ADAPT emphasizes the key role of Parenting in the growth process – both Parenting as the central Process of child-raising, and Parenting as the primary prototype for adult growth Processes. Wilber makes little mention of Parenting – except implicitly as a source of certain pathologies.	95%
T2	Together-ness: Society & Culture	Substantial agreement	1	Both agree that the society and culture provides a broad introduction to a particular worldview.	95%
T3	Together-ness: Holistic Growth Situations	Added Mode of Together-ness	11	ADAPT adds Holistic Growth Situations as an important contributor to Together-ness.	95%
T4	Together-ness: Growth Center	Broadened emphasis	4	In <i>Integral Spirituality</i> especially, Wilber extols the offerings of his new Growth Center, Integral Institute. ³⁷ ADAPT emphasizes the unique features and benefits of many established Growth Centers.	90%
T5	Together-ness: Authorities	Rendering explicit	2	ADAPT agrees with Wilber’s strong implied emphasis on the guidance of Authorities. Wilber’s entire body of work is evidence of the Guidance he has received from Authorities. Ken Wilber himself is a major Authority ADAPT advocates as a guide.	95%
T6	Together-ness: Partner/ Spouse	Substantial agreement	1	Wilber’s <i>Grace and Grit</i> is an eloquent testament to the crucial importance of sharing important growth Transitions with a partner.	90%
T7	Together-ness: Therapist	Shift in emphasis	9	ADAPT often favors non-traditional, humanistic growth professionals who combine intuitive, experiential, body-aware therapies with traditional verbal exploration. AQAL Journal articles often appear to favor traditional clinical psychology and psychiatry, broadened to include the AQAL Parameters.	90%

³⁷ *Integral Spirituality* sometimes reads almost like marketing brochure for Integral Institute (II). The services of II and its divisions are extolled at least 18 times in the text, and web addresses are offered at least 9 times. Likewise, some AQAL Journal articles read like pitches for II’s therapy and counseling services. II and its divisions do have some great offerings, and they deserve to be promoted vigorously. However, the reader of any book or scholarly journal that purports objectivity should at least be offered some alternative venues.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
T8	Together-ness: Spiritual Master	Substantial agreement	1	Both agree that a trustworthy Spiritual guide, with no pretensions to infallibility or godhood, is essential for spiritual growth.	90%
T9	Together-ness: Other Growth Professionals	Substantial agreement	1	Wilber's attention to Alex Grey in art and Stuart Davis in music (among others) indicates the important role in the growth process Wilber gives to 'other growth professionals.'	90%
T10	Together-ness: Integral Life Guide	Substantial agreement	1	Both agree that the highest form of external Guidance is Integral – combining all Dimensions, Processes, Participants, and Modes of Together-ness.	95%
T10	Together-ness: Integral Life Guide	Broader emphasis	4	If (as we believe) ADAPT offers a broader and more nuanced set of growth Parameters, then an ADAPT-based Guide can provide a comparably-broader therapy.	90%
T11	Together-ness: Internal Navigator	Increased emphasis	4	ADAPT places greater emphasis on the internalization of various modes of Orchestration -- to free one from dependence on any outside Guidance.	95%
T12	Together-ness: Witness	Agreement	1	Both agree that the Witness is our ultimate source of internal Orchestration.	80%
I	IMPEDIMENTS ³⁸			NUMBER OF INSTANCES: 17	
I	Impediments	Substantial agreement	1	Both agree that Impediments can cause the growth process to be diverted, distorted, neglected, split off, repressed, denied, ignored, avoided, etc.	95%
I	Impediments: Actualization/Restoration	Differentiation	6	Corresponding to the two modes of growth, ADAPT identifies two types of Impediment – Limitations and Impasses.	90%
I	Impediments: Actualization/Restoration	Differentiation	6	Corresponding to the two types of Impediment, ADAPT identifies two types of Resolution – Actualization and Restoration.	90%
I	Impediments: Actualization/Restoration	Rendering explicit	2	Corresponding to the two Modes of Resolution, ADAPT makes explicit the two types of professional assistance – Counseling and Therapy.	95%

³⁸ Comparing Impediments between ADAPT and Wilber. Comparisons between ADAPT and Wilber generally carry over from the Features (in the ADAPT section of main text) to the Impediments (in the Impediments appendix). That is, where ADAPT and Wilber agree regarding a particular Feature, they also agree on the corresponding Impediment. Likewise, where a particular ADAPT Feature is not mentioned in Wilber, the Impediment to that Feature is not mentioned either. In the same manner, where ADAPT and Wilber diverge in their interpretation of a given Feature, they diverge in the same way regarding the corresponding Impediment. To avoid unnecessary repetition, we list in this section only Impediments where comparisons between ADAPT and Wilber differ from the normal correspondence in some notable way.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
I	Impediments: Actualization	Expanded concept	7	ADAPT observes that there are corresponding Actualization Impediments for virtually every ADAPT Feature.	95%
IA	Impediments: Actualization	Added concept	11	ADAPT identifies the source of Actualization Impediments as disruptions in the Actualization Cycle.	90%
IA	Impediments: Actualization	Added concept	11	ADAPT identifies the condition of Blighting -- for Limitations left too long without attention.	85%
IR	Impediments: Restoration	Restatement of concept	5	ADAPT restates Wilber's concept of 'pathology' as an Impasse in the Actualization Cycle.	85%
IR	Impediments: Restoration	Substantial agreement	1	Both agree that Impasses can result from pernicious Sub-Personalities that can disrupt growth.	90%
IR	Impediments: Restoration	Restatement of process	5	ADAPT restates Wilber's therapeutic 'uncovering' process as the four-phase Restoration Cycle.	90%
I-D	Dimensions Impediments	Rendering explicit	2	ADAPT makes explicit that the first and most fundamental Impediment to growth is failure to acknowledge and embrace the Growth Continuum.	95%
IA-D2	Transition Impediments	Substantial agreement	1	Both agree that Transitions bring forth some particularly difficult Impediments – because they are experienced as a form of death.	90%
IA-D1/2e	Pre-/Trans-Fallacy Impediments	Substantial agreement	1	Both agree that the Pre-/Trans- Fallacy is an especially pervasive and pernicious Impediment. (see D5d1) ADAPT renames Wilber's concept as the Romantic/ Inverse Romantic Fallacy to make the concept more intuitive.	80%
IA-D3	States Impediments: Peak Experiences	Substantial agreement	1	Both agree that seeking Peak Experiences without converting them to Permanent Traits is a serious Impediment.	90%
IR-D1/2a	Transition Cycle Impediments	Substantial agreement	1	Both agree that the major Restoration Impediment is a malfunction of the Transition Cycle.	90%
IR-D1/2a	Transition Cycle Impediments	Substantial agreement	1	Both agree that the Transition Cycle may malfunction at any of the four phases.	90%
IR-P1	Subpersonalities	Agreement	1	Both agree that Subpersonalities are non-integrated scraps of buried identity – which must be converted from Experienced to Observed Self for unobstructed growth to take place.	90%

Table A2: ADAPT AND WILBER COMPARED Organized by Divergence

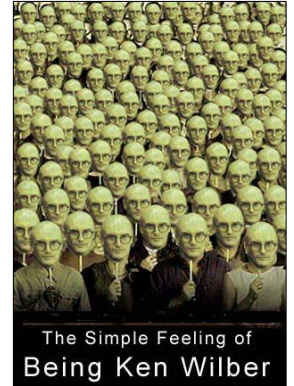
This Table contains the same comparisons as Table A1, ADAPT and Wilber Compared. Here, the comparisons are categorized by the type of Divergence between the positions of ADAPT and Ken Wilber (cols. 3 and 4). Within each category, the entries are presented in order of our Confidence³⁹ in their validity (col. 6).

We observe 12 degrees of Divergence between the two models – ranging from total agreement with Wilber’s existing position to significantly differing conceptions. The numbers of instances of each are as follows:

25. **Substantial agreement.** 55 instances.
26. **Rendering explicit.** 12 instances.
27. **Consolidation of concepts/versions.** 2 instances.
28. **Increased or broadened emphasis.** 4 instances.
29. **Restatement, reorganization, or simplification of concept.** 6 instances.
30. **Differentiation.** 10 instances.
31. **Expanded, extended, reinterpreted, or broadened conception, scope, role, array, or applicability.** 21 instances.
32. **Broadened or alternative methodology.** 3 instances.
33. **Shift in emphasis or conception.** 4 instances.
34. **Elevation of role, status, importance, or validity.** 4 instances.
35. **Added concept, Parameter, characteristic, proposed Feature.** 17 instances.
36. **Differing conception.** 2 instances.

Note the high number of Parameters on which ADAPT and Wilber diverge – and the degree of that Divergence. Of the total 140 comparisons, our analysis indicates at least 73 comparisons where the two models have differing positions -- as against only 67 (categories 1 +2) in which they are in total or substantial agreement. These Divergences indicate areas in which the Wilber model may need re-examination, and perhaps revision.

This rearrangement is designed as a tool for constructing a revised model of human development. It allows the reader to readily see which Parameters ADAPT and Wilber are most in agreement. Presumably, those will be the easiest issues to resolve. Move progressively through the comparisons from least to greatest Divergence – asking yourself a set of questions at each entry: Does the comparison accurately characterize the two positions? Which position appears more valid? Is there a third position that is more plausible? From this, you will begin to derive your own model of human development.



³⁹ This percentage helps the reader assess how much weight or credibility to give to any proposed modification. For example, if we propose a substantial revision in Parameter A, and at the same time have substantial Confidence in ADAPT’s position on that Parameter, that revision may deserve especially high attention. The highest Confidence level we assign to any position is 95%, since one can rarely be ‘sure’ of anything.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
	AGREEMENT		1	Number of Instances: 55	
D1	Stage Growth	Substantial agreement	1	Both agree that Stages are periods of horizontal Translation and Assimilation – times when we are becoming better at activities we already know how to do.	95%
D1a	Stages/Individual	Agreement	1	Both agree that individual growth occurs by progression through a series of Stages.	95%
D2	Transition Growth	Substantial agreement	1	Both agree that Transitions are periods of vertical Transformation and Discovery – times when we are becoming something we've never been before.	95%
D3c	Peak Experiences	Agreement	1	Both agree that Peak Experiences are temporary Altered States, which must be converted to Permanent States (Traits) to have a lasting effect on growth. (see D3d)	95%
D4c	Realms: Body Passages (experienced)	Substantial agreement	1	Both agree that the body can be viewed from two perspectives -- the internal, Upper-Left, Experienced Body, and the external, Upper-Right Observed Body. ⁴⁰	95%
D5	Arena Growth	Substantial agreement	1	Both agree on Differential Growth -- that growth may take place at different rates in different Arenas, and that one may therefore be at different Stages in each.	95%
D6a	Quadrants of Growth	Agreement	1	Both agree that any growth experience may be viewed from four different perspectives, or Quadrants – inner/individual, outer/individual, inner/collective, and outer/collective.	95%
D6a	Quadrants of Growth	Agreement	1	Both agree that a complete and Integral development program must approach growth from all four perspectives.	95%
D6c	Ascending/Descending & Polarities	Substantial agreement	1	Both agree that growth can be experienced as movement upward and outward, but also downward and inward.	95%
D7	Actualization & Restoration Growth	Substantial agreement	1	Both agree that Actualization is 'growing forward,' while Restoration is 'growing backward.'	95%
D8	Coordination Growth	Substantial agreement	1	Both agree that the Dimensions must be integrated and coordinated for effective growth to take place	95%

⁴⁰ Wilber tends to assign the body to the Upper-Right Quadrant. See for instance Wilber's comments on Michael Murphy's *The Future of the Body* (SES, p. 579): "Murphy almost single-handedly has been representing the great importance of the Upper-Right quadrant in human transformation..." [underline ours] We would characterize Esalen's attitude toward the body (not necessarily Murphy's) as predominantly Upper-Left.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR6/31	Processes: Spiritual Practices	Agreement	1	Both agree that diligent and consistent Spiritual Practice is essential for growth.	95%
PR7/32-33	Comprehensive Processes	Substantial agreement	1	Both agree in distinguishing between a truly Integral program, and programs that are merely collections of growth experiences.	95%
PR7/33	Processes: Integral Programs	Substantial agreement	1	Both agree that the highest form of Growth Program is Integral – combining all Dimensions, Processes, Participants, and Modes of Together-ness.	95%
P2	Individual/Collective Self	Agreement	1	Both agree that we can participate in the growth process both individually and collectively.	95%
P3	Personae & Types	Substantial agreement	1	Both agree that Personae and Types are true examples of horizontal equivalence. That is, one does not generally grow from one Type to the next. ⁴¹	95%
T	Together-ness	Substantial agreement	1	Both agree on the key importance of integrating all the various strands of the growth process – the Dimensions, the Participants, the Processes, and the Modes of Together-ness themselves.	95%
T	Together-ness	Substantial agreement	1	Both agree on the importance of a counselor, Coordinator, Orchestrator, or Guide for implementing and facilitating the growth process.	95%
T2	Together-ness: Society & Culture	Substantial agreement	1	Both agree that the society and culture provides a broad introduction to a particular worldview.	95%
T10	Together-ness: Integral Life Guide	Substantial agreement	1	Both agree that the highest form of external Guidance is Integral – combining all Dimensions, Processes, Participants, and Modes of Together-ness.	95%
I	Impediments	Substantial agreement	1	Both agree that Impediments can cause the growth process to be diverted, distorted, neglected, split off, repressed, denied, ignored, avoided, etc.	95%
D1/2b	FDS: Clusters	Substantial agreement	1	Both agree that the FDS can be condensed into 12 developmental groupings. Since Wilber's term 'fulcrum' can be ambiguous, ADAPT renames the groupings as Clusters.	90%
D3	State Growth	Substantial agreement	1	ADAPT agrees that there are four higher States of consciousness – Psychic, Subtle, Causal, and Non-dual.	90%

⁴¹ As Wilber points out (*IP* 53-4), the Enneagram Roles are examples of true horizontal equivalence – since each of the nine Roles exist on the same hierarchical level.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D3a	Natural States	Agreement	1	Both agree that Natural States are the four normal or basic States of consciousness – waking/gross, dreaming/subtle, deep sleep/causal, and nondual.	90%
D3b	Altered States	Agreement	1	Both agree that Altered States are non-normal, sometimes-induced States – such as meditative States, mystical experiences, Peak Experiences, drug-induced States, and near-death experiences.	90%
D4	Realms	Substantial agreement	1	ADAPT agrees that consciousness can be divided into three 'realms,' 'spheres,' or 'domains' – equivalent to Wilber's 'sensibilia/' 'physio-biosphere', 'intelligibilia/' 'noosphere', and 'transcendentalia/' 'theosphere'.	90%
D5b	Psyche Arenas	Substantial agreement	1	All the Psyche Arenas listed by ADAPT, except D5b Leadership, are specific 'Lines' discussed by Wilber.	90%
D5b	Psyche Arenas	Substantial agreement	1	Wilber and ADAPT substantially agree as to the content of each Psyche Arena.	90%
D5d1	Spirit Arenas: Archetypes and myths	Agreement	1	ADAPT agrees that Archetypes and Myths are the product of an archaic Stage of cultural development – and that much so-called 'archetypal' thinking may be infected by the Pre-/Trans- Fallacy. (see also IA-D1/2e)	90%
PR6/29	Processes: Psychotherapies	Substantial agreement	1	Both agree that therapy is often the process of revisiting past moments when malfunctions in the Transition Cycle occurred.	90%
P1	Experienced/Observed Self	Substantial agreement	1	Both agree that the Experienced/Observed Self is the central figure in our life journey. ADAPT renames Wilber's original terms, 'proximate' and 'distal,' to make them more descriptive of their functions in the growth process.	90%
P1	Experienced/Observed Self	Substantial agreement	1	Both agree that growth occurs primarily through the dialectical interplay between the Experienced and Observed Self – by the mechanism of the Transition Cycle (D1/2a).	90%
P3a	Gender Types	Substantial agreement	1	Both agree that the genders go through comparable Stages of growth, but in the two 'different voices.'	90%
P3a	Gender Types	Substantial agreement	1	Both agree that Translation primarily occurs in men through Agency, in women through Communion.	90%
P3a	Gender Types	Substantial agreement	1	Both agree that Transformation primarily occurs in men through Eros, in women through Agape.	90%
P3d	Inter-Passage Growth	Substantial agreement	1	Both agree that growth over a lifetime often proceeds from internal to external to internal.	90%

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
P3d	Inter-Passage Growth	Substantial agreement	1	Both agree that Inter-Passage growth is not the 'return to innocence' of the Romantic Fallacy.	90%
P7	Witness	Agreement	1	Both agree that the Witness is the all-pervasive Seer behind all consciousness – the Transcendent Self, the True Self, our Essence.	90%
T6	Together-ness: Partner/ Spouse	Substantial agreement	1	Wilber's <i>Grace and Grit</i> is an eloquent testament to the crucial importance of sharing important growth Transitions with a partner.	90%
T8	Together-ness: Spiritual Master	Substantial agreement	1	Both agree that a trustworthy Spiritual guide, with no pretensions to infallibility or godhood, is essential for spiritual growth.	90%
T9	Together-ness: Other Growth Professionals	Substantial agreement	1	Wilber's attention to Alex Grey in art and Stuart Davis in music (among others) indicates the important role in the growth process Wilber gives to 'other growth professionals.'	90%
IR	Impediments: Restoration	Substantial agreement	1	Both agree that Impasses can result from pernicious Sub-Personalities that can disrupt growth.	90%
IA-D2	Transition Impediments	Substantial agreement	1	Both agree that Transitions bring forth some particularly difficult Impediments – because they are experienced as a form of death.	90%
IA-D3	States Impediments: Peak Experiences	Substantial agreement	1	Both agree that seeking Peak Experiences without converting them to Permanent Traits is a serious Impediment.	90%
IR-D1/2a	Transition Cycle Impediments	Substantial agreement	1	Both agree that the major Restoration Impediment is a malfunction of the Transition Cycle.	90%
IR-D1/2a	Transition Cycle Impediments	Substantial agreement	1	Both agree that the Transition Cycle may malfunction at any of the four phases.	90%
IR-P1	Subpersonalities	Agreement	1	Both agree that Subpersonalities are non-integrated scraps of buried identity – which must be converted from Experienced to Observed Self for unobstructed growth to take place.	90%
P4	Functional Self	Substantial agreement	1	Both agree that the Functional Self does not undergo Stage-like development – but may in some cases be a Stage with which we identify.	85%

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
Aa	ADAPT: Growth Continuum	Substantial agreement	1	ADAPT agrees that the Growth Continuum is the manifestation of a great morphogenetic field of development, and that mankind's greatest drive is to actualize that Continuum through one's own personal growth. ADAPT names that field the Growth Continuum to emphasize its function in human development.	80%
D1/2e	Dev Sequence/ Cultural	Substantial agreement	1	Both agree that Cultures follow a Stage-related path of development similar to individuals, but spread over eons of time. (see P2)	80%
D1/2e	Dev Sequence/ Cultural	Substantial agreement	1	Both agree that Spiral Dynamics is a prime example of Culture Passages.	80%
D5d	Spirit Arenas [under development]	Substantial agreement	1	ADAPT agrees there may be several Spiritual Arenas in which such growth takes place. (see also D4d)	80%
P2b	Cultural Self	Substantial agreement	1	Both agree that there is a Cultural identity that goes through Stages of growth very similar to Individuals.	80%
T12	Together-ness: Witness	Agreement	1	Both agree that the Witness is our ultimate source of internal Orchestration.	80%
IA- D1/2e	Pre-/Trans- Fallacy Impediments	Substantial agreement	1	Both agree that the Pre-/Trans- Fallacy is an especially pervasive and pernicious Impediment. (see D5d1) ADAPT renames Wilber's concept as the Romantic/ Inverse Romantic Fallacy to make the concept more intuitive.	80%
EXPLICIT			2	Number of Instances: 12	
D1/2	Developmental Sequence	Rendering explicit	2	ADAPT makes explicit what is implicit in Wilber's work (especially in his Tables): Growth occurs through a series of alternating Stages and Transitions. (see D1)	95%
D4	Realms: Passages	Making explicit	2	ADAPT names and makes explicit that Passages are the process of moving through the Stages of the Growth Continuum in each Realm.	95%
D4b	Realms: Psyche Passages	Explicit categorization	2	ADAPT makes explicit what is implicit in Wilber's Tables – that the psychological 'Lines' may be conveniently collected into a distinct Realm we call Psyche Passages.	95%
D7	Actualization & Restoration Growth	Rendering explicit	2	ADAPT renders explicit that growth is Actualization of one's Human Potential.	95%
D7	Actualization & Restoration Growth	Making explicit	2	ADAPT distinguishes explicitly between the Medical Model and the Wellness Model.	95%

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
T5	Together-ness: Authorities	Rendering explicit	2	ADAPT agrees with Wilber's strong implied emphasis on the guidance of Authorities. Wilber's entire body of work is evidence of the Guidance he has received from Authorities. Ken Wilber himself is a major Authority ADAPT advocates as a guide.	95%
I	Impediments: Actualization/ Restoration	Rendering explicit	2	Corresponding to the two Modes of Resolution, ADAPT makes explicit the two types of professional assistance – Counseling and Therapy.	95%
I-D	Dimensions Impediments	Rendering explicit	2	ADAPT makes explicit that the first and most fundamental Impediment to growth is failure to acknowledge and embrace the Growth Continuum.	95%
D7	Actualization & Restoration Growth	Rendering explicit	2	ADAPT makes explicit that there are two distinct approaches to the growth process – Actualization for basically healthy people, and Restoration for those with 'problems.' ⁴² (see Impediments section)	90%
PR4/ 15-20	Processes: Formal Investigation	Making explicit	2	ADAPT makes explicit what is implicit in all Wilber's work – that well-conceived thought (esp. an adequate conceptual model) is essential for effective growth. In ILP, Cognitive Processes (#s 15-20) are well-represented under the Mind and Ethics Modules, and in the systematic logic and structure underlying all the Modules.	90%
D1/2b	Fundamental Developmental Sequence	Rendering explicit	2	ADAPT renders explicit a growth sequence that is implicit in Wilber's Tables (especially the vertical coordinate displayed on each page). ⁴³	85%
D4d	Realms: Spirit Passages [under development]	Making explicit	2	A substantial proportion of Wilber's Tables outline 'spiritual' development sequences. ADAPT makes explicit that these may be collected into a distinct Realm. (but see D3)	80%
CONSOLIDATION			3	Number of Instances: 2	
P	Participants	Collection and consolidation of concepts	3	ADAPT collects and consolidates into Participants (varieties of 'self') all the entities described by Wilber that partake in the growth process (and adds P6). ⁴⁴	90%

⁴² Wilber differentiates between the two forms of growth, not by explicitly naming them, but by assigning them to different sections of his studies. In *Integral Psychology*, for example, Restoration Growth is addressed on pp. 91-110 and Table 1A – while a Program for Actualization growth (primarily) is outlined on pp. 113-14 (although at this point still called 'integral therapy'). For examples of Wilber's two approaches, see Appendix B3 (Restoration) and Appendix B1-2 (Actualization) in this study.

⁴³ Note the left-hand column of all Wilber's Tables in our *Arrays*. Note in particular Table 1A, the Fundamental Developmental Sequence – which we have transcribed directly from the left-hand reference column of Wilber's Tables, adding a definition of each Step that corresponds (to the best of our understanding) to Wilber's intent. See also the Fundamental Developmental Sequence section, page 5, of the Introduction to those Tables.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
P4	Functional Self	Collection and consolidation of versions	3	ADAPT collects and consolidates the many versions of Wilber's 'functional invariants' into a single list of the ten most plausible candidates ⁴⁵ – and then renames the concept as Functional Self to emphasize its role as a Participant in the growth process.	85%
	EMPHASIS		4	Number of Instances: 4	
T11	Together-ness: Internal Navigator	Increased emphasis	4	ADAPT places greater emphasis on the internalization of various modes of Orchestration -- to free one from dependence on any outside Guidance.	95%
T4	Together-ness: Growth Center	Broadened emphasis	4	In <i>Integral Spirituality</i> especially, Wilber extols the offerings of his new Growth Center, Integral Institute. ⁴⁶ ADAPT emphasizes the unique features and benefits of many established Growth Centers.	90%
T10	Together-ness: Integral Life Guide	Broader emphasis	4	If (as we believe) ADAPT offers a broader and more nuanced set of growth Parameters, then an ADAPT-based Guide can provide a comparably-broader therapy.	90%
P3	Personae & Types	Enlarged role and increased emphasis	4	ADAPT assigns Personae & Types a more significant role in the growth process. ⁴⁷ ADAPT emphasizes that each may undergo their own versions of Stage-like development.	80%
	RESTATEMENT		5	Number of Instances: 6	
D1/2a	Dev Sequence: Transition Cycle	Restatement of concept	5	For clarity, ADAPT restates Wilber's three-phase Fulcrum ⁴⁸ as a four-phase Transition Cycle. Since Wilber's term 'fulcrum' can be ambiguous (both a 'milestone' and a pivot point), ADAPT renames the process the Transition Cycle.	90%

⁴⁴ References to each of the entities of identity can be found, for example, in *IP: Proximate/Distal*, pp. 333-36; *Witness*, pp. 126-27; *Personae, Enneagram Roles, and other Types*, pp. 53-54; *Gender*, pp. 120-21; *Functional Self*, pp. 37-7, 226; *Sub-Personalities*, pp. 100-02. Generational identity is not covered by Wilber, but is to be found in Strauss & Howe, *Generations* (see Resources).

⁴⁵ Wilber's 'functional invariants' of the Self comprises a similar list of up to seven entities: metabolism, tension regulation, defenses, will, intersubjectivity, identity, cognition, navigation, and integration (*IP* 36-37, 226).

⁴⁶ *Integral Spirituality* sometimes reads almost like marketing brochure for Integral Institute (II). The services of II and its divisions are extolled at least 18 times in the text, and web addresses are offered at least 9 times. Likewise, some AQAL Journal articles read like pitches for II's therapy and counseling services. II and its divisions do have some great offerings, and they deserve to be promoted vigorously. However, the reader of any book or scholarly journal that purports objectivity should at least be offered some alternative venues.

⁴⁷ From our perspective, a Persona is not Stage-specific, but can be manifested at any Stage of development to deal with real-life circumstances. Wilber uses Persona in a more restricted sense, to refer specifically to the Membership-Self (conformist Role-Self) or to the Rule/Role region of his 'correlative structures' (steps 12-18 in the FDS). (see *IP* 91, 126, 240-41, and 198 self-sense column)

⁴⁸ Wilber's 'fulcrum' consists of three phases: differentiation, identification, and integration (*IP*, p. 93. See also *IP*, pp. 35-36, 92-108, and BHE, p. 131.).

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D7a	Actualization Growth	Restatement of concept	5	ADAPT restates the Transition Cycle as the Actualization Cycle – to highlight phases critical to the growth process.	90%
D7b	Restoration Growth	Restatement of concept	5	ADAPT restates the Transition Cycle as the Restoration Cycle – to highlight phases critical to the treatment process.	90%
IR	Impediments: Restoration	Restatement of process	5	ADAPT restates Wilber's therapeutic 'uncovering' process as the four-phase Restoration Cycle.	90%
IR	Impediments: Restoration	Restatement of concept	5	ADAPT restates Wilber's concept of 'pathology' as an Impasse in the Actualization Cycle.	85%
D4	Realms	Restatement and Simplification	5	ADAPT restates and simplifies the three Realms into Body, Psyche, and Spirit. ⁴⁹	80%
DIFFERENTIATION			6	Number of Instances: 10	
A	ADAPT	Differentiation	6	ADAPT differentiates the Features of the growth model into four major Domains – Dimensions, Participants, Processes, and Orchestrators ('To-gether-ness'). (In our terminology, Wilber's AQAL model consists of four Dimensions and one Participant.)	95%
D1	Stage Growth	Differentiation	6	ADAPT differentiates Wilber's Stages into two phases of the growth sequence – Stages and Transitions. (see D2 and D1/2)	95%
D5	Arenas	Differentiation	6	ADAPT differentiates Wilber's 'Lines' into the nested categories of Arenas, Lines, Studies, and Issues.	90%
D7a	Actualization Growth	Differentiation	6	ADAPT differentiates between two modes of implementing Actualization – Guidance and Orchestration.	90%
P3c	Enneagram Roles	Differentiation	6	ADAPT distinguishes between Enneagram Roles that are Dominant and others that are Contributing.	90%
T	Together-ness	Differentiation	6	ADAPT differentiates Wilber's 'integration' into Guidance and Orchestration – to indicate distinct functions of Together-ness.	90%
T	Together-ness	Added and differentiated categorization	6	ADAPT differentiates between three types of Guidance & Orchestration – Collective, Individual, and Internal.	90%
I	Impediments: Actualization/ Restoration	Differentiation	6	Corresponding to the two modes of growth, ADAPT identifies two types of Impediment – Limitations and Impasses.	90%

⁴⁹ ADAPT may not incorporate in Realms all implications of Wilber's three 'spheres.'

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
I	Impediments: Actualization/ Restoration	Differentiation	6	Corresponding to the two types of Impediment, ADAPT identifies two types of Resolution – Actualization and Restoration.	90%
P3	Personae & Types	Differentiation	6	ADAPT differentiates between Types (simple categorizations of personalities) and Personae (identities constructed to engage in the drama of life).	80%
EXPANDED			7	Number of Instances: 21	
A	ADAPT	Reorganization, revision, & expansion of conception	7	ADAPT substantially revises and expands the number and character of Features that define human growth.	95%
T	Together-ness	Broadened emphasis	7	ADAPT increases the emphasis on the experiential aspect of Orchestration, as well as the cognitive. ⁵⁰	95%
I	Impediments: Actualization	Expanded concept	7	ADAPT observes that there are corresponding Actualization Impediments for virtually every ADAPT Feature.	95%
A	ADAPT	Expanded structure	7	ADAPT provides a substantially expanded structure for organizing and categorizing the Parameters of the Growth Dynamic.	90%
D	Dimensions	Expanded conception	7	ADAPT expands the total Dimensions to eight – and adds several sub-Dimensions. (see D-sections below) (In our terminology, AQAL contains four of these Dimensions.)	90%
D1/2b	Fundamental Developmental Sequence	Extension of concept	7	For completeness, ADAPT adds to the FDS a step before birth (Heritage) and after death (Legacy).	90%
D1/2e	Dev Sequence/ Collective	Expanded concept	7	ADAPT expands Collective growth beyond just Cultural -- to include all groups from couples, to families, to workgroups, to teams, to communities, to cultures. (see P2)	90%
D4	Realm Growth	Expanded application	7	ADAPT emphasizes the potential for growth in all four Realms. Wilber focuses almost exclusively on two of these – what we call Psyche and Spirit. ⁵¹	90%

⁵⁰ Wilber’s model integrates human experience beautifully at a conceptual level. However, at a deep experiential level, Wilber gives little indication how disparate growth experiences will be integrated into a balanced, harmonious whole. His outline of ILP suggests that the exercises themselves may provide some degree of unification. Beyond this, three articles in Wilber’s AQAL Journal suggest that therapists from Integral Psychology Center and Integral Psychiatry Centers (both divisions of Integral Institute), and perhaps spiritual teachers from Integral Spiritual Center, might serve this function. Both Short (pp. 110 and 125) and Ingersoll (pp. 132, 133, 142) specifically extol the services of these II organizations. Ingersoll and Parlee are co-directors of II’s Integral Psychology Center. See Resources section, Articles.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D6b	Vectors of Growth	Extended concept	7	In addition to Wilber's four <u>perspectives</u> of the Quadrants, ADAPT proposes four <u>paths</u> of growth – inner and outer Realms, combined with Individual and Collective Participants.	90%
PR	Processes: Actualization	Expanded array of Processes	7	ADAPT posits 33 Processes of growth divided among seven Themes. For Actualization Growth, Wilber names about 12 Processes among his 17 categories. (for all Actualization Processes below, see Appendix B1)	90%
PR	Processes: Restoration	Expanded array of Processes	7	ADAPT posits 33 Processes of growth divided among seven Themes. For Restoration Growth, Wilber concentrates on four Processes (see PR 6-7 below) from two of ADAPT's Themes. (for all Restoration Processes below, see Appendix B3)	90%
PR7/32-33	Processes: Conscious Development	Expanded conception	7	ADAPT expands and extends the definition of Integral. The ILP program as a whole is an excellent Holistic Experience (#32). By our definition, ILP is not truly Integral (#33) until woven together at a level deeper than conceptual by various modes of Orchestration.	90%
PR7/33	Processes: Integral Programs	Broadened scope	7	If ADAPT covers (as we believe) a broader, more nuanced range of Parameters, an Integral ADAPT program may offer a more diverse array of strategies and a more subtle interweaving of those approaches.	90%
P2a	Collective Self	Expanded concept	7	ADAPT expands the Collective Self from Culture alone ⁵² to include all groups from couples, the families, to work-groups, to teams, to communities, to cultures. (see D1b)	90%
P3d	Inter-Passage Growth	Expanded conception	7	ADAPT expands Wilber's 'U-shaped' growth pattern ⁵³ into a more detailed conception of Inter-Passage growth -- encompassing all four Realms.	90%
P5	Impediment Self	Broadened category	7	ADAPT creates a broader category of pathological entities, the Impediment Self, which includes the Subpersonalities but is not limited to them. (see Impediments section)	90%

⁵¹ The huge assemblage of Wilber's Tables in our study *Arrays of Light* contains only two sparsely-populated Tables for Life Passages and Body Passages. All the remaining Tables focus on psychological, spiritual, and socio-cultural development. In *Arrays*, compare the number of Studies in Tables 3 (Life Development) and 5 (Physical Development) with the great collection of investigations in Table groups 4 (Psychological Development), 6 (Spiritual Stages and States), and 2 (Spectrum of Consciousness).

⁵² In discussing Collective Participants, Wilber's emphasis is almost exclusively on Cultures. See *IP* 145-49, 154-55.

⁵³ Wilber particularly notes this phenomenon as it pertains to the spiritual Realm (*IP* 126, 141-42, 266) – but it also pertains to the other two internal Passages as well.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D6e	Evolution/Involution	Substantial agreement	7	Both agree that growth cycles through twin Polarities -- an ascending arc of Evolution, then a descending arc of Involution. ⁵⁴	80%
D6e	Evolution/Involution	Extended concept	7	While Wilber focuses on the spiritual aspect of Evolution/Involution, ADAPT applies this concept to all four Realms.	80%
PR6/27	Processes: Body Therapies	Broadened applicability	7	In Wilber's Archeological Model of the Realms, Body Therapies are applicable only during the early Stages of development, or for people revisiting those Stages in therapy. In ADAPT's Multi-Functional Model, bodywork is applicable to the entire span of the developmental sequence -- both for healthy people and those with 'problems.'	80%
D1/2c	The Chakras	Expanded conception	7	ADAPT re-conceives Wilber's 'fulcrums' as Chakras -- to encompass not just the Western concept of a consolidated FDS, but the Eastern concept of energy phenomena manifested simultaneously in the three internal Realms of Body, Psyche, and Spirit. (See also D3b)	70%
D3	State Growth [under development]	Expansion of concept	7	In addition to Wilber's five possible conceptions of Spirit, ⁵⁵ ADAPT suggests two others -- that Spirit may be a distinct Realm (D4), or a distinct Dimension (D3).	70%
METHODOLOGY			8	Number of Instances: 3	
Ac	ADAPT: Methodology	Broadened methodology	8	Wilber's positions appear largely derived from the psychological literature, the perennial traditions, and descriptions of therapeutic practice. ADAPT adds to these, further derivations from professional and personal experience -- including counseling clients, teaching school, studying imaginative literature, extensive personal growth experience, and raising children. ⁵⁶	90%
PR	Processes	Methodology/ Derivation	8	Wilber derives his Processes primarily from the psychological and spiritual literature and prevailing therapeutic practice. ADAPT derives its Processes primarily from their original source, Parenting/ Child Rearing.	90%

⁵⁴ ADAPT may not incorporate in this all the implications of Wilber's formulation. The cycle of Evolution and Involution is a highly-complex and esoteric subject covered at length in Wilber's earlier works -- especially *The Atman Project* (185-203), *Up From Eden* (299-313), and *Eye of the Spirit* (55-6, 62-3).

⁵⁵ According to Wilber, there are five common definitions of 'spirituality': "(1) Spirituality involves the highest levels of any of the developmental lines. (2) Spirituality is the sum total of the highest levels of the developmental lines. (3) Spirituality is itself a separate developmental line. (4) Spirituality is an attitude (such as openness or love) that you can have at whatever stage you are at. (5) Spirituality basically involves peak experiences, not stages." (IP, p. 129-35) We substitute the word States for Wilber's 'spirituality.'

⁵⁶ For details, see Biographical Background in Appendix.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
Ac	ADAPT: Methodology	Methodology – extended metaphor	8	ADAPT adds the journey (esp. Odysseus) as a consistent, overarching metaphorical parallel to the growth process – both to illustrate important points and as an analytical source for further insights.	80%
	SHIFT		9	Number of Instances: 4	
PR6/29	Processes: Psychotherapies	Shift in emphasis	9	At each Stage, ADAPT emphasizes Restoration growth techniques for relatively normal people, not those with clinical pathologies.	95%
D6b	Vectors of Growth	Shift in emphasis	9	ADAPT emphasizes all four Realms of growth in any truly Integral growth program.	90%
T7	Together-ness: Therapist	Shift in emphasis	9	ADAPT often favors non-traditional, humanistic growth professionals who combine intuitive, experiential, body-aware therapies with traditional verbal exploration. AQAL Journal articles often appear to favor traditional clinical psychology and psychiatry, broadened to include the AQAL Parameters.	90%
D6d	Cyclic flow	Shift in conception and emphasis	9	ADAPT conceives of growth as a tree-like oscillation or cyclic movement between Polarities -- not as a ladder-like upward spiral or trajectory.	80%
	ELEVATION		10	Number of Instances: 4	
D4a	Realms: Life Passages	Elevation of role or status	10	ADAPT elevates Life Passages to the status of true growth – i.e. an alternating sequence of Translations and Transformations – rather than Translation alone. ⁵⁷	95%
T1	Together-ness: Parent/s	Elevation in importance	10	ADAPT emphasizes the key role of Parenting in the growth process – both Parenting as the central Process of child-raising, and Parenting as the primary prototype for adult growth Processes. Wilber makes little mention of Parenting – except implicitly as a source of certain pathologies.	95%
D5d1	Spirit Arenas: Archetypes and myths [under development]	Elevation of concept	10	In addition to the above, ADAPT views Archetypes and Myths as a subtle language that is potentially useful for describing, apprehending, accessing, and evoking many States of consciousness – including the higher States (cf. Process 5/26).	80%

⁵⁷ Wilber largely ignores external Life Passages, relegating that Realm to the status of ‘horizontal translation.’ Regarding Yale professor Daniel Levinson’s influential *The Seasons of a Man’s Life*, for example, he comments, “Several stage conceptions, such as Levinson’s, deal with the ‘seasons’ of horizontal translation, not stages of vertical transformation” (*IP* 227). Neither Levinson nor his prolific popularizer, Gail Sheehy, rate even an index reference in *Integral Psychology*.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
P3c	Enneagram Roles	Increased validity and status	10	ADAPT views as credible the evidence that Enneagram Roles represent distinct and fundamental Personae – not just arbitrary personality categories.	80%
	ADDED		11	Number of Instances: 17	
D4a	Realms: Life Passages	Added Realm	11	ADAPT adds Life Passages as the external manifestation of Wilber's 'gross' realm.	95%
D5a	Life Arenas	Added set of Arenas	11	Corresponding to the added Realm of Life Passages, ADAPT outlines a set of Life Arenas – using categories familiar to the counseling and coaching professions.	95%
T3	Together-ness: Holistic Growth Situations	Added Mode of Together-ness	11	ADAPT adds Holistic Growth Situations as an important contributor to Together-ness.	95%
D7a	Actualization Growth	Added conception	11	ADAPT identifies parenting/ Child Rearing as the original application of the Actualization Cycle.	90%
PR1/1-4	Processes: Foundational	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Natural Nutrition (#1) is represented only in diet programs listed under the Body Module. Natural Medicine (#2) is not represented. Certain aspects of Nurturing & Bonding (#3) are covered under the Sex, Shadow, Emotions, and Relationships Modules. Family Dynamics (#4) receives some coverage under the Shadow and Relationships (Integral Parenting) Modules.	90%
PR2/5-8	Processes: Physical World	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Sensory Awareness (#5) and Physical Activity (#6) are somewhat represented in the Body and Sex Modules. Some aspects of Life Experience (#7) are covered under the Work module. Natural Environment (#8) not represented.	90%
PR3/9-14	Processes: Socio-Cultural	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Skills, Habits, Responsibility, Enterprise, and Service (#s 9-13) are somewhat represented under the Work, Relationships, and Ethics Modules. Acculturation (#14) receives some representation through practices from diverse cultures in all Modules.	90%

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR5/21-26	Processes: Self-Expression	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, there is some representation for all Self-Expression Processes (#s 21-26) under the Emotions (Creative Expression & Art) and Shadow (Art & Music Therapy) Modules. Archetype & Myth (#26) receive some coverage under the Shadow (Dreamwork) and Spirit Modules.	90%
PR6/27-31	Processes: Conscious Development	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, there is limited representation for Body Therapies (#27) under Body and Sex Modules. Introspection and Psychotherapies (#28-29) well-covered under the Shadow, Emotions, Relationships, and Sex Modules. Psychobiologic Techniques (#30) not represented. Spiritual Practices (#31) well-covered under the Spirit, Body, and Sex Modules.	90%
IA	Impediments: Actualization	Added concept	11	ADAPT identifies the source of Actualization Impediments as disruptions in the Actualization Cycle.	90%
PR6/30	Processes: Psycho-biologic techniques	Added Process	11	ADAPT introduces a non-psychologic mode of resolving Restoration Impediments.	85%
IA	Impediments: Actualization	Added concept	11	ADAPT identifies the condition of Blighting -- for Limitations left too long without attention.	85%
P3b	Birth Order Types	Added concept	11	ADAPT adds Birth-Order as an important class of Types.	80%
D4c	Realms: Body Passages (experienced) [under development]	Added Realm	11	In consonance with the Eastern conception of the Chakras (D1/2c), ADAPT proposes to add Body Passages as a separate Realm of growth. (See also PR 6/27)	75%
D5c	Body Arenas (experienced) [under development]	Added set of Arenas	11	Corresponding to the proposed Realm of Body Passages, ADAPT proposes a set of Body Arenas -- to be drawn from the fields of alternative medicine, body-oriented therapies, and body-oriented spiritual practices.	75%
D1/2d	Generation Cycle	Added Dimension	11	ADAPT proposes an additional Dimension, the Generation Cycle -- as the cultural equivalent of the Transition Cycle for individuals.	60%
P6	Generational Self	Added Participant	11	ADAPT adds to Participants the Generational Self -- a type of Collective Self that identifies with a particular Generation in the Generation Cycle. (See D1/2d.)	60%

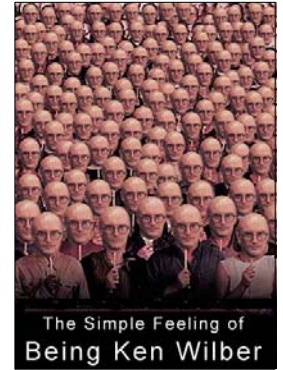
<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
	DIFFERING		12	Number of Instances: 2	
D3	State Growth	Differing conception	12	ADAPT views Spirit, not only as an Upper-Left internal experience, but as an Upper-Right objective reality.	80%
D4	Realms: Architecture of Self	Differing conception	12	ADAPT's conception of the Architecture of Self differs significantly from that of Wilber. Wilber employs an 'archeological' Stacked Model, ⁵⁸ while ADAPT uses a 'retro-fitted' Multi-Functionality Model. (see D1/2c)	70%

⁵⁸ Wilber portrays our interior architecture as an 'Archeology' -- where the Realms of Body, Psyche, and Spirit are stacked on one another, like layers of an archeological dig. (See for example: *IP*, The Archeology of Spirit, pp. 89-114.) This distinction alters the whole strategy of personal growth or therapeutic treatment. With a layered or **Stacked Model** (Wilber's) the Realms of Body, Mind, and Spirit are dealt with *sequentially* -- because they succeed one another on the developmental ladder. With a **Multiple-Functionality Model** (ADAPT), all three Realms are addressed *simultaneously* at every Stage of development -- because they are structurally inseparable.

Table A3: ADAPT AND WILBER COMPARED Organized by Degree of Confidence

This Table contains the same comparisons as Table A1, ADAPT and Wilber Compared. Here, the comparisons are categorized by the authors' Confidence in the validity of the ADAPT position⁵⁹ (col. 6). Within each category, the entries are presented in order of the type of Divergence between the positions of ADAPT and Ken Wilber (cols. 3 and 4). The number of instances of each level of Confidence are as follows:

7. **95%**. 41 instances.
8. **90%**. 66 instances.
9. **85%**. 6 instances.
10. **80%**. 20 instances.
11. **75%**. 2 instances.
12. **70%**. 3 instances.
13. **60%**. 2 instances.



Note that for the large majority of comparisons, the authors have a very high Confidence in the ADAPT position. Of the total 140 comparisons, the authors have a Confidence level of 90% or better on 107 of ADAPT's positions. Of those, 57 are positions on which ADAPT and Wilber agree either explicitly or implicitly -- while 50 are positions where ADAPT and Wilber diverge. Therefore, there are (in the authors' opinion) at least 50 positions where Wilber's position may be most in need of revision.

This rearrangement is designed as a tool for constructing a revised model of human development. It allows the reader to readily see which Parameters of ADAPT have the authors' greatest Confidence. Presumably, those will be the issues where ADAPT's position is most likely to prevail. Move progressively through the comparisons from greatest to least degree of Confidence – asking yourself a set of questions at each entry: Does the comparison accurately characterize the two positions? Which position appears more valid? Is there a third position that is more plausible? From this, you will begin to derive your own model of human development.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
95% Confidence				Number of Instances: 41	95%
D1	Stage Growth	Substantial agreement	1	Both agree that Stages are periods of horizontal Translation and Assimilation – times when we are becoming better at activities we already know how to do.	95%

⁵⁹ This percentage helps the reader assess how much weight or credibility to give to any proposed modification. For example, if we propose a substantial revision in Parameter A, and at the same time have substantial Confidence in ADAPT's position on that Parameter, that revision may deserve especially high attention. The highest Confidence level we assign to any position is 95%, since one can rarely be 'sure' of anything.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D1a	Stages/Individual	Agreement	1	Both agree that individual growth occurs by progression through a series of Stages.	95%
D2	Transition Growth	Substantial agreement	1	Both agree that Transitions are periods of vertical Transformation and Discovery – times when we are becoming something we've never been before.	95%
D3c	Peak Experiences	Agreement	1	Both agree that Peak Experiences are temporary Altered States, which must be converted to Permanent States (Traits) to have a lasting effect on growth. (see D3d)	95%
D4c	Realms: Body Passages (experienced)	Substantial agreement	1	Both agree that the body can be viewed from two perspectives -- the internal, Upper-Left, Experienced Body, and the external, Upper-Right Observed Body. ⁶⁰	95%
D5	Arena Growth	Substantial agreement	1	Both agree on Differential Growth -- that growth may take place at different rates in different Arenas, and that one may therefore be at different Stages in each.	95%
D6a	Quadrants of Growth	Agreement	1	Both agree that any growth experience may be viewed from four different perspectives, or Quadrants – inner/individual, outer/individual, inner/collective, and outer/collective.	95%
D6a	Quadrants of Growth	Agreement	1	Both agree that a complete and Integral development program must approach growth from all four perspectives.	95%
D6c	Ascending/Descending & Polarities	Substantial agreement	1	Both agree that growth can be experienced as movement upward and outward, but also downward and inward.	95%
D7	Actualization & Restoration Growth	Substantial agreement	1	Both agree that Actualization is 'growing forward,' while Restoration is 'growing backward.'	95%
D8	Coordination Growth	Substantial agreement	1	Both agree that the Dimensions must be integrated and coordinated for effective growth to take place	95%
PR6/31	Processes: Spiritual Practices	Agreement	1	Both agree that diligent and consistent Spiritual Practice is essential for growth.	95%
PR7/32-33	Comprehensive Processes	Substantial agreement	1	Both agree in distinguishing between a truly Integral program, and programs that are merely collections of growth experiences.	95%

⁶⁰ Wilber tends to assign the body to the Upper-Right Quadrant. See for instance Wilber's comments on Michael Murphy's *The Future of the Body* (SES, p. 579): "Murphy almost single-handedly has been representing the great importance of the Upper-Right quadrant in human transformation..." [underline ours] We would characterize Esalen's attitude toward the body (not necessarily Murphy's) as predominantly Upper-Left.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR7/33	Processes: Integral Programs	Substantial agreement	1	Both agree that the highest form of Growth Program is Integral – combining all Dimensions, Processes, Participants, and Modes of Together-ness.	95%
P2	Individual/Collective Self	Agreement	1	Both agree that we can participate in the growth process both individually and collectively.	95%
P3	Personae & Types	Substantial agreement	1	Both agree that Personae and Types are true examples of horizontal equivalence. That is, one does not generally grow from one Type to the next. ⁶¹	95%
T	Together-ness	Substantial agreement	1	Both agree on the key importance of integrating all the various strands of the growth process – the Dimensions, the Participants, the Processes, and the Modes of Together-ness themselves.	95%
T	Together-ness	Substantial agreement	1	Both agree on the importance of a counselor, Coordinator, Orchestrator, or Guide for implementing and facilitating the growth process.	95%
T2	Together-ness: Society & Culture	Substantial agreement	1	Both agree that the society and culture provides a broad introduction to a particular worldview.	95%
T10	Together-ness: Integral Life Guide	Substantial agreement	1	Both agree that the highest form of external Guidance is Integral – combining all Dimensions, Processes, Participants, and Modes of Together-ness.	95%
I	Impediments	Substantial agreement	1	Both agree that Impediments can cause the growth process to be diverted, distorted, neglected, split off, repressed, denied, ignored, avoided, etc.	95%
D1/2	Developmental Sequence	Rendering explicit	2	ADAPT makes explicit what is implicit in Wilber's work (especially in his Tables): Growth occurs through a series of alternating Stages and Transitions. (see D1)	95%
D4	Realms: Passages	Making explicit	2	ADAPT names and makes explicit that Passages are the process of moving through the Stages of the Growth Continuum in each Realm.	95%
D4b	Realms: Psyche Passages	Explicit categorization	2	ADAPT makes explicit what is implicit in Wilber's Tables – that the psychological 'Lines' may be conveniently collected into a distinct Realm we call Psyche Passages.	95%

⁶¹ As Wilber points out (*IP* 53-4), the Enneagram Roles are examples of true horizontal equivalence – since each of the nine Roles exist on the same hierarchical level.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D7	Actualization & Restoration Growth	Rendering explicit	2	ADAPT renders explicit that growth is Actualization of one's Human Potential.	95%
D7	Actualization & Restoration Growth	Making explicit	2	ADAPT distinguishes explicitly between the Medical Model and the Wellness Model.	95%
T5	Together-ness: Authorities	Rendering explicit	2	ADAPT agrees with Wilber's strong implied emphasis on the guidance of Authorities. Wilber's entire body of work is evidence of the valuable Guidance he has received from Authorities. Ken Wilber himself is a major Authority ADAPT advocates as a guide.	95%
I	Impediments: Actualization/ Restoration	Rendering explicit	2	Corresponding to the two Modes of Resolution, ADAPT makes explicit the two types of professional assistance – Counseling and Therapy.	95%
I-D	Dimensions Impediments	Rendering explicit	2	ADAPT makes explicit that the first and most fundamental Impediment to growth is failure to acknowledge and embrace the Growth Continuum.	95%
T11	Together-ness: Internal Navigator	Increased emphasis	4	ADAPT places greater emphasis on the internalization of various modes of Orchestration -- to free one from dependence on any outside Guidance.	95%
A	ADAPT	Differentiation	6	ADAPT differentiates the Features of the growth model into four major Domains – Dimensions, Participants, Processes, and Orchestrators ('To-getherness'). (In our terminology, Wilber's AQAL model consists of four Dimensions and one Participant.)	95%
D1	Stage Growth	Differentiation	6	ADAPT differentiates Wilber's Stages into two phases of the growth sequence – Stages and Transitions. (see D2 and D1/2)	95%
A	ADAPT	Revised and expanded interpretation	7	ADAPT substantially revises and expands the interpretation of Features that define human growth.	95%
T	Together-ness	Broadened emphasis	7	ADAPT increases the emphasis on the experiential aspect of Orchestration, as well as the cognitive. ⁶²	95%

⁶² Wilber's model integrates human experience beautifully at a conceptual level. However, at a deep experiential level, Wilber gives little indication how disparate growth experiences will be integrated into a balanced, harmonious whole. His outline of ILP suggests that the exercises themselves may provide some degree of unification. Beyond this, three articles in Wilber's AQAL Journal suggest that therapists from Integral Psychology Center and Integral Psychiatry Centers (both divisions of Integral Institute), and perhaps spiritual teachers from Integral Spiritual Center, might serve this function. Both Short (pp. 110 and 125) and Ingersoll (pp. 132, 133, 142)

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
I	Impediments: Actualization	Expanded concept	7	ADAPT observes that there are corresponding Actualization Impediments for virtually every ADAPT Feature.	95%
PR6/29	Processes: Psychotherapies	Shift in emphasis	9	At each Stage, ADAPT emphasizes Restoration growth techniques for relatively normal people, not those with clinical pathologies.	95%
D4a	Realms: Life Passages	Elevation of role or status	10	ADAPT elevates Life Passages to the status of true growth – i.e. an alternating sequence of Translations and Transformations – rather than Translation alone. ⁶³	95%
T1	Together-ness: Parent/s	Elevation in importance	10	ADAPT emphasizes the key role of Parenting in the growth process – both Parenting as the central Process of child-raising, and Parenting as the primary prototype for adult growth Processes. Wilber makes little mention of Parenting – except implicitly as a source of certain pathologies.	95%
D4a	Realms: Life Passages	Added Realm	11	ADAPT adds Life Passages as the external manifestation of Wilber's 'gross' realm.	95%
D5a	Life Arenas	Added set of Arenas	11	Corresponding to the added Realm of Life Passages, ADAPT outlines a set of Life Arenas – using categories familiar to the counseling and coaching professions.	95%
T3	Together-ness: Holistic Growth Situations	Added Mode of Together-ness	11	ADAPT adds Holistic Growth Situations as an important contributor to Together-ness.	95%
90% Confidence				Number of Instances: 66	90%
D1/2b	FDS: Clusters	Substantial agreement	1	Both agree that the FDS can be condensed into 12 developmental groupings. Since Wilber's term 'fulcrum' can be ambiguous, ADAPT renames the groupings as Clusters.	90%
D3	State Growth	Substantial agreement	1	ADAPT agrees that there are four higher States of consciousness – Psychic, Subtle, Causal, and Non-dual.	90%
D3a	Natural States	Agreement	1	Both agree that Natural States are the four normal or basic States of consciousness – waking/gross, dreaming/subtle, deep sleep/causal, and nondual.	90%

specifically extol the services of these II organizations. Ingersoll and Parlee are co-directors of II's Integral Psychology Center. See Resources section, Articles.

⁶³ Wilber largely ignores external Life Passages, relegating that Realm to the status of 'horizontal translation.' Regarding Yale professor Daniel Levinson's influential *The Seasons of a Man's Life*, for example, he comments, "Several stage conceptions, such as Levinson's, deal with the 'seasons' of horizontal translation, not stages of vertical transformation" (*IP* 227). Neither Levinson nor his prolific popularizer, Gail Sheehy, rate even an index reference in *Integral Psychology*.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D3b	Altered States	Agreement	1	Both agree that Altered States are non-normal, sometimes-induced States – such as meditative States, mystical experiences, Peak Experiences, drug-induced States, and near-death experiences.	90%
D4	Realms	Substantial agreement	1	ADAPT agrees that consciousness can be divided into three 'realms' or 'spheres' – equivalent to Wilber's 'sensibilia'/ 'physio-biosphere', 'intelligibilia'/ 'noosphere', and 'transcendentalia'/ 'theosphere'.	90%
D5b	Psyche Arenas	Substantial agreement	1	All the Psyche Arenas listed by ADAPT, except D5b Leadership, are specific 'Lines' discussed by Wilber.	90%
D5b	Psyche Arenas	Substantial agreement	1	Wilber and ADAPT substantially agree as to the content of each Psyche Arena.	90%
D5d1	Spirit Arenas: Archetypes and myths	Agreement	1	Both agree that Archetypes and Myths are the product of an archaic Stage of cultural development – and that much so-called 'archetypal' thinking may be infected by the Pre-/Trans- Fallacy. (see also IA-D1/2e)	90%
PR6/29	Processes: Psychotherapies	Substantial agreement	1	Both agree that therapy is often the process of revisiting past moments when malfunctions in the Transition Cycle occurred.	90%
P1	Experienced/Observed Self	Substantial agreement	1	Both agree that the Experienced/Observed Self is the central figure in our life journey. ADAPT renames Wilber's original terms, 'proximate' and 'distal,' to make them more descriptive of their functions in the growth process.	90%
P1	Experienced/Observed Self	Substantial agreement	1	Both agree that growth occurs primarily through the dialectical interplay between the Experienced and Observed Self – by the mechanism of the Transition Cycle (D1/2a).	90%
P3a	Gender Types	Substantial agreement	1	Both agree that the genders go through comparable Stages of growth, but in the two 'different voices.'	90%
P3a	Gender Types	Substantial agreement	1	Both agree that Translation primarily occurs in men through Agency, in women through Communion.	90%
P3a	Gender Types	Substantial agreement	1	Both agree that Transformation primarily occurs in men through Eros, in women through Agape.	90%
P3d	Inter-Passage Growth	Substantial agreement	1	Both agree that growth over a lifetime often proceeds from internal to external to internal.	90%
P3d	Inter-Passage Growth	Substantial agreement	1	Both agree that Inter-Passage growth is not the 'return to innocence' of the Romantic Fallacy.	90%

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
P7	Witness	Agreement	1	Both agree that the Witness is the all-pervasive Seer behind all consciousness – the Transcendent Self, the True Self, our Essence.	90%
T6	Together-ness: Partner/ Spouse	Substantial agreement	1	Wilber's <i>Grace and Grit</i> is an eloquent testament to the crucial importance of sharing important growth Transitions with a partner.	90%
T8	Together-ness: Spiritual Master	Substantial agreement	1	Both agree that a trustworthy Spiritual guide, with no pretensions to infallibility or godhood, is essential for spiritual growth.	90%
T9	Together-ness: Other Growth Professionals	Substantial agreement	1	Wilber's attention to Alex Grey in art and Stuart Davis in music (among others) indicates the important role in the growth process Wilber gives to 'other growth professionals.'	90%
IR	Impediments: Restoration	Substantial agreement	1	Both agree that Impasses can result from pernicious Sub-Personalities that can disrupt growth.	90%
IA-D2	Transition Impediments	Substantial agreement	1	Both agree that Transitions bring forth some particularly difficult Impediments – because they are experienced as a form of death.	90%
IA-D3	States Impediments: Peak Experiences	Substantial agreement	1	Both agree that seeking Peak Experiences without converting them to Permanent Traits is a serious Impediment.	90%
IR-D1/2a	Transition Cycle Impediments	Substantial agreement	1	Both agree that the major Restoration Impediment is a malfunction of the Transition Cycle.	90%
IR-D1/2a	Transition Cycle Impediments	Substantial agreement	1	Both agree that the Transition Cycle may malfunction at any of the four phases.	90%
IR-P1	Subpersonalities	Agreement	1	Both agree that Subpersonalities are non-integrated scraps of buried identity – which must be converted from Experienced to Observed Self for unobstructed growth to take place.	90%
D7	Actualization & Restoration Growth	Rendering explicit	2	ADAPT makes explicit that there are two distinct approaches to the growth process – Actualization for basically healthy people, and Restoration for those with 'problems.' ⁶⁴ (see Impediments section)	90%

⁶⁴ Wilber differentiates between the two forms of growth, not by explicitly naming them, but by assigning them to different sections of his studies. In *Integral Psychology*, for example, Restoration Growth is addressed on pp. 91-110 and Table 1A – while a Program for Actualization growth (primarily) is outlined on pp. 113-14 (although at this point still called 'integral therapy'). For examples of Wilber's two approaches, see Appendix B3 (Restoration) and Appendix B1-2 (Actualization) in this study.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR4/15-20	Processes: Formal Investigation	Making explicit	2	ADAPT makes explicit what is implicit in all Wilber's work – that well-conceived thought (esp. an adequate conceptual model) is essential for effective growth. In ILP, Cognitive Processes (#s 15-20) are well-represented under the Mind and Ethics Modules, and in the systematic logic and structure underlying all the Modules.	90%
P	Participants	Collection and consolidation of concepts	3	ADAPT collects and consolidates into Participants (varieties of 'self') all the entities described by Wilber that partake in the growth process (and adds P6). ⁶⁵	90%
T4	Together-ness: Growth Center	Broadened emphasis	4	In <i>Integral Spirituality</i> especially, Wilber extols the offerings of his new Growth Center, Integral Institute. ⁶⁶ ADAPT emphasizes the unique features and benefits of many established Growth Centers.	90%
T10	Together-ness: Integral Life Guide	Broader emphasis	4	If (as we believe) ADAPT offers a broader and more nuanced set of growth Parameters, then an ADAPT-based Guide can provide a comparably-broader growth experience.	90%
D1/2a	Dev Sequence: Transition Cycle	Restatement of concept	5	For clarity, ADAPT restates Wilber's three-phase Fulcrum ⁶⁷ as a four-phase Transition Cycle. Since Wilber's term 'fulcrum' can be ambiguous (both a 'milestone' and a pivot point), ADAPT renames the process the Transition Cycle.	90%
D7a	Actualization Growth	Restatement of concept	5	ADAPT restates the Transition Cycle as the Actualization Cycle – to highlight phases critical to the growth process.	90%
D7b	Restoration Growth	Restatement of concept	5	ADAPT restates the Transition Cycle as the Restoration Cycle – to highlight phases critical to the treatment process.	90%
IR	Impediments: Restoration	Restatement of process	5	ADAPT restates Wilber's therapeutic 'uncovering' process as the four-phase Restoration Cycle.	90%

⁶⁵ References to each of the entities of identity can be found, for example, in *IP*: Proximate/Distal, pp. 333-36; Witness, pp. 126-27; Personae, Enneagram Roles, and other Types, pp. 53-54; Gender, pp. 120-21; Functional Self, pp. 37-7, 226; Sub-Personalities, pp. 100-02. Generational identity is not covered by Wilber, but is to be found in Strauss & Howe, *Generations* (see Resources).

⁶⁶ *Integral Spirituality* sometimes reads almost like marketing brochure for Integral Institute (II). The services of II and its divisions are extolled at least 18 times in the text, and web addresses are offered at least 9 times. Likewise, some AQAL Journal articles read like pitches for II's therapy and counseling services. II and its divisions do have some great offerings, and they deserve to be promoted vigorously. However, the reader of any book or scholarly journal that purports objectivity should at least be offered some alternative venues.

⁶⁷ Wilber's 'fulcrum' consists of three phases: differentiation, identification, and integration (*IP*, p. 93. See also *IP*, pp. 35-36, 92-108, and BHE, p. 131.).

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D5	Arenas	Differentiation	6	ADAPT differentiates Wilber's 'Lines' into the nested categories of Arenas, Lines, Studies, and Issues.	90%
D7a	Actualization Growth	Differentiation	6	ADAPT differentiates between two modes of implementing Actualization – Guidance and Orchestration.	90%
P3c	Enneagram Roles	Differentiation	6	ADAPT distinguishes between Enneagram Roles that are Dominant and others that are Contributing.	90%
T	Together-ness	Differentiation	6	ADAPT differentiates Wilber's 'integration' into Guidance and Orchestration – to indicate distinct functions of Together-ness.	90%
T	Together-ness	Added and differentiated categorization	6	ADAPT differentiates between three types of Guidance & Orchestration – Collective, Individual, and Internal.	90%
I	Impediments: Actualization/ Restoration	Differentiation	6	Corresponding to the two modes of growth, ADAPT identifies two types of Impediment – Limitations and Impasses.	90%
I	Impediments: Actualization/ Restoration	Differentiation	6	Corresponding to the two types of Impediment, ADAPT identifies two types of Resolution – Actualization and Restoration.	90%
A	ADAPT	Reorganization, revision, & expansion of conception	7	ADAPT provides a substantially expanded structure for organizing and categorizing the Parameters of the Growth Dynamic.	90%
D	Dimensions	Expanded conception	7	ADAPT expands the total Dimensions to eight – and adds several sub-Dimensions. (see D-sections below) (In our terminology, AQAL contains four of these Dimensions.)	90%
D1/2b	Fundamental Developmental Sequence	Extension of concept	7	For completeness, ADAPT adds to the FDS a step before birth (Heritage) and after death (Legacy).	90%
D1/2e	Dev Sequence/ Collective	Expanded concept	7	ADAPT expands Collective growth beyond just Cultural -- to include all groups from couples, to families, to workgroups, to teams, to communities, to cultures. (see P2)	90%
D4	Realm Growth	Expanded application	7	ADAPT emphasizes the potential for growth in all four Realms. Wilber focuses almost exclusively on two of these – what we call Psyche and Spirit. ⁶⁸	90%

⁶⁸ The huge assemblage of Wilber's Tables in our study *Arrays of Light* contains only two sparsely-populated Tables for Life Passages and Body Passages. All the remaining Tables focus on psychological, spiritual, and socio-cultural development. In *Arrays*, compare

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D6b	Vectors of Growth	Extended concept	7	In addition to Wilber's four <u>perspectives</u> of the Quadrants, ADAPT proposes four <u>paths</u> of growth – inner and outer Realms, combined with Individual and Collective Participants.	90%
PR	Processes: Actualization	Expanded array of Processes	7	ADAPT posits 33 Processes of growth, divided among seven Themes. For Actualization Growth, Wilber names about 12 Processes among his 17 categories. (for all Actualization Processes below, see Appendix B1)	90%
PR	Processes: Restoration	Expanded array of Processes	7	ADAPT posits 33 Processes of growth divided among seven Themes. For Restoration Growth, Wilber concentrates on four Processes (see PR 6-7 below) from two of ADAPT's Themes. (for all Restoration Processes below, see Appendix B3)	90%
PR7/32-33	Processes: Conscious Development	Expanded conception	7	ADAPT expands and extends the definition of Integral. The ILP program as a whole is an excellent Holistic Experience (#32). By our definition, ILP is not truly Integral (#33) until woven together at a level deeper than conceptual by various modes of Orchestration.	90%
PR7/33	Processes: Integral Programs	Broadened scope	7	If ADAPT covers (as we believe) a broader, more nuanced range of Parameters, an Integral ADAPT program may offer a more diverse array of strategies and a more subtle interweaving of those approaches.	90%
P2a	Collective Self	Expanded concept	7	ADAPT expands the Collective Self from Culture alone ⁶⁹ to include all groups from couples, the families, to work-groups, to teams, to communities, to cultures. (see D1b)	90%
P3d	Inter-Passage Growth	Expanded conception	7	ADAPT expands Wilber's 'U-shaped' growth pattern ⁷⁰ into a more extended conception of Inter-Passage growth -- encompassing all four Realms.	90%
P5	Impediment Self	Broadened category	7	ADAPT creates a broader category of pathological entities, the Impediment Self, which includes the Subpersonalities but is not limited to them. (see Impediments section)	90%

the number of Studies in Tables 3 (Life Development) and 5 (Physical Development) with the great collection of investigations in Table groups 4 (Psychological Development), 6 (Spiritual Stages and States), and 2 (Spectrum of Consciousness).

⁶⁹ In discussing Collective Participants, Wilber's emphasis is almost exclusively on Cultures. See *IP* 145-49, 154-55.

⁷⁰ Wilber particularly notes this phenomenon as it pertains to the spiritual Realm (*IP* 126, 141-42, 266) – but it also pertains to the other two internal Passages as well.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
Ac	ADAPT: Methodology	Broadened methodology	8	Wilber's positions appear largely derived from the psychological literature, the perennial traditions, and descriptions of therapeutic practice. ADAPT adds to these, further derivations from professional and personal experience -- including counseling clients, teaching school, studying imaginative literature, extensive personal growth experience, and raising children. ⁷¹	90%
PR	Processes	Methodology/ Derivation	8	Wilber derives his Processes primarily from the psychological and spiritual literature and prevailing therapeutic practice. ADAPT derives its Processes primarily from their original source, Parenting/ Child Rearing.	90%
D6b	Vectors of Growth	Shift in emphasis	9	ADAPT emphasizes all four Realms of growth in any truly Integral growth program.	90%
T7	Together-ness: Therapist	Shift in emphasis	9	ADAPT often favors non-traditional, humanistic growth professionals who combine intuitive, experiential, body-aware therapies with traditional verbal exploration. AQAL Journal articles often appear to favor traditional clinical psychology and psychiatry, broadened to include the AQAL Parameters.	90%
D7a	Actualization Growth	Added conception	11	ADAPT identifies parenting/ Child Rearing as the original application of the Actualization Cycle.	90%
PR1/1-4	Processes: Foundational	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Natural Nutrition (#1) is represented only in diet programs listed under the Body Module. Natural Medicine (#2) is not represented. Certain aspects of Nurturing & Bonding (#3) are covered under the Sex, Shadow, Emotions, and Relationships Modules. Family Dynamics (#4) receives some coverage under the Shadow and Relationships (Integral Parenting) Modules.	90%
PR2/5-8	Processes: Physical World	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Sensory Awareness (#5) and Physical Activity (#6) are somewhat represented in the Body and Sex Modules. Some aspects of Life Experience (#7) are covered under the Work module. Natural Environment (#8) not represented.	90%

⁷¹ For details, see Biographical Background in Appendix.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
PR3/9-14	Processes: Socio-Cultural	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, Skills, Habits, Responsibility, Enterprise, and Service (#s 9-13) are somewhat represented under the Work, Relationships, and Ethics Modules. Acculturation (#14) receives some representation through practices from diverse cultures in all Modules.	90%
PR5/21-26	Processes: Self-Expression	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, there is some representation for all Self-Expression Processes (#s 21-26) under the Emotions (Creative Expression & Art) and Shadow (Art & Music Therapy) Modules. Archetype & Myth (#26) receive some coverage under the Shadow (Dreamwork) and Spirit Modules.	90%
PR6/27-31	Processes: Conscious Development	Added Processes	11	ADAPT adds numerous Processes and Modalities. In ILP, there is limited representation for Body Therapies (#27) under Body and Sex Modules. Introspection and Psychotherapies (#28-29) are well-covered under the Shadow, Emotions, Relationships, and Sex Modules. Psychobiologic Techniques (#30) are not represented. Spiritual Practices (#31) are well-covered under the Spirit, Body, and Sex Modules.	90%
IA	Impediments: Actualization	Added concept	11	ADAPT identifies the source of Actualization Impediments as disruptions in the Actualization Cycle.	90%
85% Confidence				Number of Instances: 6	85%
P4	Functional Self	Substantial agreement	1	Both agree that the Functional Self does not undergo Stage-like development – but may in some cases be a Stage with which we identify.	85%
D1/2b	Fundamental Developmental Sequence	Rendering explicit	2	ADAPT renders explicit a growth sequence that is implicit in Wilber's Tables (especially the vertical coordinate displayed on each page). ⁷²	85%

⁷² Note the left-hand column of all Wilber's Tables in our *Arrays*. Note in particular Table 1A, the Fundamental Developmental Sequence – which we have transcribed directly from the left-hand reference column of Wilber's Tables, adding a definition of each Step that corresponds (to the best of our understanding) to Wilber's intent. See also the Fundamental Developmental Sequence section, page 5, of the Introduction to those Tables.

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
P4	Functional Self	Collection and consolidation of versions	3	ADAPT collects and consolidates the many versions of Wilber's 'functional invariants' into a single list of the ten most plausible candidates ⁷³ – and then renames the concept as Functional Self to emphasize its role as a Participant in the growth process.	85%
IR	Impediments: Restoration	Restatement of concept	5	ADAPT restates Wilber's concept of 'pathology' as an Impasse in the Actualization Cycle.	85%
PR6/30	Processes: Psycho-biologic techniques	Added Process	11	ADAPT introduces a non-psychologic mode of resolving Restoration Impediments.	85%
IA	Impediments: Actualization	Added concept	11	ADAPT identifies the condition of Blighting -- for Limitations left too long without attention.	85%
80% Confidence				Number of Instances: 20	80%
Aa	ADAPT: Growth Continuum	Substantial agreement	1	ADAPT agrees that the Growth Continuum is the manifestation of a great morphogenetic field of development, and that mankind's greatest drive is to actualize that Continuum through one's own personal growth. ADAPT names that field the Growth Continuum to emphasize its function in human development.	80%
D1/2e	Dev Sequence/ Cultural	Substantial agreement	1	Both agree that Cultures follow a Stage-related path of development similar to individuals, but spread over eons of time. (see P2)	80%
D1/2e	Dev Sequence/ Cultural	Substantial agreement	1	Both agree that Spiral Dynamics is a prime example of Culture Passages.	80%
D5d	Spirit Arenas [under development]	Substantial agreement	1	ADAPT agrees there may be several Spiritual Arenas in which such growth takes place. Both agree that the character of such Arenas is yet to be determined. (see also D4d)	80%
P2b	Cultural Self	Substantial agreement	1	Both agree that there is a Cultural identity that goes through Stages of growth very similar to Individuals.	80%
T12	Together-ness: Witness	Agreement	1	Both agree that the Witness is our ultimate source of internal Orchestration.	80%

⁷³ Wilber's 'functional invariants' of the Self comprises a similar list of up to seven entities: metabolism, tension regulation, defenses, will, intersubjectivity, identity, cognition, navigation, and integration (IP 36-37, 226).

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
IA-D1/2e	Pre-/Trans-Fallacy Impediments	Substantial agreement	1	Both agree that the Pre-/Trans- Fallacy is an especially pervasive and pernicious Impediment. (see D5d1) ADAPT renames Wilber's concept as the Romantic/ Inverse Romantic Fallacy to make the term more intuitive.	80%
D4d	Realms: Spirit Passages [under development]	Making explicit	2	A substantial proportion of Wilber's Tables outline 'spiritual' development sequences. ADAPT makes explicit that these may be collected into a distinct Realm. (but see D3)	80%
P3	Personae & Types	Enlarged role and increased emphasis	4	ADAPT assigns Personae & Types a more significant role in the growth process. ⁷⁴ ADAPT emphasizes that each may undergo their own versions of Stage-like development.	80%
D4	Realms	Restatement and Simplification	5	ADAPT restates and simplifies the three Realms into Body, Psyche, and Spirit. ⁷⁵	80%
P3	Personae & Types	Differentiation	6	ADAPT differentiates between Types (simple categorizations of personalities) and Personae (identities constructed to engage in the drama of life).	80%
D6e	Evolution/Involution	Substantial agreement	7	Both agree that growth cycles through twin Polarities -- an ascending arc of Evolution, then a descending arc of Involution. ⁷⁶	80%
D6e	Evolution/Involution	Extended concept	7	While Wilber focuses on the spiritual aspect of Evolution/Involution, ADAPT applies this concept to all four Realms.	80%
PR6/27	Processes: Body Therapies	Broadened applicability	7	In Wilber's Archeological Model of the Realms, Body Therapies are applicable only during the early Stages of development, or for people revisiting those Stages in therapy. In ADAPT's Multi-Functional Model, bodywork is applicable to the entire span of the developmental sequence -- both for healthy people and those with 'problems.'	80%
Ac	ADAPT: Methodology	Methodology -- extended metaphor	8	ADAPT adds the journey (esp. Homer's <i>The Odyssey</i>) as a consistent, overarching metaphorical parallel to the growth process -- both to illustrate important points and as an analytical source for further insights.	80%

⁷⁴ From our perspective, a Persona is not Stage-specific, but can be manifested at any Stage of development to deal with real-life circumstances. Wilber uses Persona in a more restricted sense, to refer specifically to the Membership-Self (conformist Role-Self) or to the Rule/Role region of his 'correlative structures' (steps 12-18 in the FDS). (see IP 91, 126, 240-41, and 198 self-sense column)

⁷⁵ ADAPT may not incorporate into Realms all implications of Wilber's three 'spheres.'

⁷⁶ ADAPT may not incorporate into this all the implications of Wilber's formulation. The cycle of Evolution and Involution is a highly-complex and esoteric subject covered at length in Wilber's earlier works -- especially *The Atman Project* (185-203), *Up From Eden* (299-313), and *Eye of the Spirit* (55-6, 62-3).

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D6d	Cyclic flow	Shift in conception and emphasis	9	ADAPT conceives of growth as a tree-like oscillation or cyclic movement between Polarities -- not as a ladder-like upward spiral, trajectory, or ascent.	80%
D5d1	Spirit Arenas: Archetypes and myths [under development]	Elevation of concept	10	In addition to the above, ADAPT views Archetypes and Myths as a subtle language that is potentially useful for describing, apprehending, accessing, and evoking many States of consciousness – including the higher States (cf. Process 5/26).	80%
P3c	Enneagram Roles	Increased validity and status	10	ADAPT views as credible the evidence that Enneagram Roles represent distinct and fundamental Personae – not just arbitrary personality categories.	80%
P3b	Birth Order Types	Added concept	11	ADAPT adds Birth-Order as an important class of Types.	80%
D3	State Growth	Differing conception	12	ADAPT views Spirit, not only as an Upper-Left internal experience, but as an Upper-Right objective reality.	80%
75% Confidence				Number of Instances: 2	75%
D4c	Realms: Body Passages (experienced) [under development]	Added Realm	11	In consonance with the Eastern conception of the Chakras (D1/2c), ADAPT proposes to add Body Passages as a separate Realm of growth. (See also PR 6/27)	75%
D5c	Body Arenas (experienced) [under development]	Added set of Arenas	11	Corresponding to the proposed Realm of Body Passages, ADAPT proposes a set of Body Arenas – to be drawn from the fields of alternative medicine, body-oriented therapies, and body-oriented spiritual practices.	75%
70% Confidence				Number of Instances: 3	70%
D1/2c	The Chakras	Expanded conception	7	ADAPT re-conceives Wilber's 'fulcrums' as Chakras -- to encompass not just the Western concept of a consolidated FDS, but the Eastern concept of energy phenomena manifested simultaneously in the three internal Realms of Body, Psyche, and Spirit. (See also D3b)	70%
D3	State Growth [under development]	Expansion of concept	7	In addition to Wilber's five possible conceptions of Spirit, ⁷⁷ ADAPT suggests two others – that Spirit may be a distinct Realm (D4), or a distinct Dimension (D3).	70%

⁷⁷ According to Wilber, there are five common definitions of 'spirituality': "(1) Spirituality involves the highest levels of any of the developmental lines. (2) Spirituality is the sum total of the highest levels of the developmental lines. (3) Spirituality is itself a separate developmental line. (4) Spirituality is an attitude (such as openness or love) that you can have at whatever stage you are at. (5) Spirituality basically involves peak experiences, not stages." (IP, p. 129-35) We substitute the word States for Wilber's 'spirituality.'

<u>Number</u>	<u>Parameter</u>	<u>Type of ADAPT modification</u>	<u>Divergence number</u>	<u>Nature of ADAPT modification</u>	<u>Confidence in ADAPT position</u>
D4	Realms: Architecture of Self	Differing conception	12	ADAPT's conception of the Architecture of Self differs significantly from that of Wilber. Wilber employs an 'archeological' Stacked Model, ⁷⁸ while ADAPT uses a 'retro-fitted' Multi-Functionality Model. (see D1/2c)	70%
60% Confidence				Number of Instances: 2	60%
D1/2d	Generation Cycle	Added Dimension	11	ADAPT proposes an additional Dimension, the Generation Cycle -- as the cultural equivalent of the Transition Cycle for individuals.	60%
P6	Generational Self	Added Participant	11	ADAPT adds to Participants the Generational Self -- a type of Collective Self that identifies with a particular Generation in the Generation Cycle. (See D1/2d.)	60%

⁷⁸ Wilber portrays our interior architecture as an 'Archeology' -- where the Realms of Body, Psyche, and Spirit are stacked on one another, like layers of an archeological dig. (See for example: *IP*, The Archeology of Spirit, pp. 89-114.) This distinction alters the whole strategy of personal growth or therapeutic treatment. With a layered or **Stacked Model** (Wilber's) the Realms of Body, Mind, and Spirit are dealt with *sequentially* -- because they succeed one another on the developmental ladder. With a **Multiple-Functionality Model** (ADAPT), all three Realms are addressed *simultaneously* at every Stage of development -- because they are structurally inseparable.

Table B1: INTEGRAL LIFE PRACTICE -- from *Integral Spirituality*

This Table shows correspondences between Ken Wilber's ILP Processes and those of ADAPT. It is intended to demonstrate which ADAPT Processes are well-covered by ILP, and which not. As you will note, the ILP Methodologies recommended by Wilber cover less than half of the 33 Processes in the ADAPT model.



This Table displays the nine Modules of Ken Wilber's Integral Life Practice, with their attendant Methodologies -- as presented in *Integral Spirituality* (2006), page 203. According to Wilber, a Module is 'any aspect of human capacity that can be trained' (p. 202). The four Core (foundational) Modules are shown on the first page, with five Auxiliary Modules shown on the second page. An Asterisk (*) indicates methodologies Wilber designates as 'Gold Star.' In [#brackets], we indicate which of ADAPT's 33 Processes correspond most closely to a particular ILP Methodology.

CORE MODULES [* = Gold Star practices]				
	Body Physical, Subtle, Causal	Mind Framework, View	Spirit Meditation, Prayer	Shadow Therapia
Sample Practices	Weight-lifting (P) [#6]	Reading & study [# 16, 18]	Zen [#31]	Gestalt therapy [#29]
	Aerobics (P, S) [#6]	Belief system [#s 33, 16]	Centering prayer [#31]	Cognitive therapy [#29, 18]
	F.I.T. (P, S) * [#?]	Integral (AQAL) framework [#s 33, 17]	Big Mind meditation * [#31]	3-2-1 Process [#29]
	Diet – Atkins [#1] Ornish, The Zone (P)	Mental training [#18]	Kabbalah [#31]	Dreamwork [#29, 28, 26]
	ILP Diet (P) * [#1]	Taking multiple perspectives [#s 16, 18]	Compassionate exchange * [#31, 8]	Interpersonal [#29, 3, 4]
	T'ai Chi Ch'uan (S) [#s 31, 6]	Any worldview of meaning system that works for you [#s 33, 16]	Transcendental meditation [#31]	Psychoanalysis [#29, 28]
	Qi Gong (S) [#s 31, 6]		Integral inquiry * [#s 33, 31, 16, 18]	Art & music therapy [#29, 25]
	Yoga (P, S) [#s 31, 6]		The 1-2-3 of God * [#31]	
	3-Body Workout (P, S, C) [#s, 31, 29, 6]			

Table B1. INTEGRAL LIFE PRACTICE -- from *Integral Spirituality* (cont.)

						AUXILIARY MODULES				
						<u>Ethics</u>	<u>Sex</u>	<u>Work</u>	<u>Emotions</u>	<u>Relationships</u>
Sample Practices		Codes of conduct [#s 11, 13, 18, 31]	Tantra [#s 31, 5, 3, 6]	Right livelihood [#s 11, 12, 13, 7, 31]	Transforming emotions * [#s 29, 31, 28]	Integral relationships * [#3, 4, 29]				
		Professional ethics [#s 11, 13, 18, 31]	Integral sexual yoga * [#s 31, 5, 3, 6]	Professional training [#9, 7, 10, 19]	Emotional intelligence training [#29, 28]	Integral parenting * [#3, 4, 11, 13]				
		Social & ecological activism [#11, 12, 13, 14, 8]	Kama Sutra [#s 31, 5, 3, 6]	Money management [#s 11, 19]	Bhakti yoga (devotional practices) [#31, 29]	Communication skills [#s 29, 21, 3]				
		Self-discipline [#10, 9, 11]	Kundalini yoga [#s 31, 5, 3, 6]	Work as a mode of ILP * [#s 7, 11, 13, 31]	Emotional mindfulness practice [#31, 29, 28, 5]	Couples therapy [#s 29, 21, 3, 11]				
		Integral ethics * [#s 11, 13, 18, 31]	Sexual transformative practice [#s 31, 5, 3, 6]	Kama yoga [#s 11, 13, 19, 31]	Tonglen (compassio- nate exchange medita- tion) [#31, 3]	Relational spiritual practice [#s 31, 3]				
		Sportsmanship [#11, 13, 31, 6, 9]		Community service & volunteering [#9, 11, 13]	Creative expression & art [#25, 21]	Right association (Sangha) [#s 31, 3, 11]				
		Vows & oaths [#11, 16, 31]		Work as transformation [#s 7, 11, 13]		Conscious marriage [#s 3, 4, 29, 28, 11]				

* = ILP Gold Star practices.

Table B2. INTEGRAL LIFE PRACTICE (precursor) – from *Integral Psychology & One Taste*

This Table displays correspondences between Ken Wilber’s ILP Processes and those of ADAPT. It is intended to demonstrate which ADAPT Processes are well-covered by ILP, and which not. As you will note, the ILP methodologies recommended by Wilber in this older version ILP cover less than half of the 33 Processes in the ADAPT model. This Table displays the four Quadrants of Ken Wilber’s Integral Life Practice, as presented in *One Taste*, 1999 (pp. 140-41) and *Integral Psychology*, 2000 (pp. 113-14). The Upper Quadrants are shown on the first page, with the Lower Quadrants shown on the second. In [#brackets], we indicate which of our 33 Processes correspond most closely to a particular ILP Module.



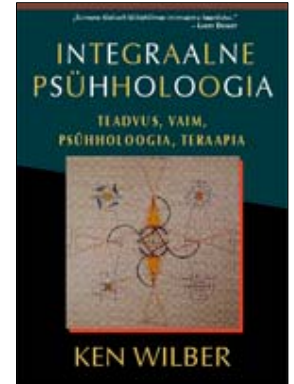
<u>Upper Left Quadrant</u> Individual, Subjective, Intentional	<u>Upper Right Quadrant</u> Individual, Objective, Behavioral
Emotional: Breath [#s 31, 27, 6] T'ai chi, yoga, bioenergetics, circulation of prana or feeling energy, qi gong	Physical: Diet [#s 1, 2] Pritikin, Ornish, Atkins, Eades; vitamins; hormones
Emotional: Sex [#s 31, 3, 6, 27] Tantric sexual communion, self-transcending whole-bodied sexuality	Physical: Structural [#6, 27] Weight-lifting, aerobics, hiking, Rolfing
Mental: Therapy [#29, 28] Psychotherapy, cognitive therapy, shadow work	Neurological: Pharmacological [#2, 30] Various medications/ drugs, where appropriate
Mental: Vision [#33, 16] Adopting a conscious philosophy of life, visualization, affirmations	Neurological: Brain/Mind Machines [#31] To help induce theta and delta states of consciousness
Spiritual: Psychic (shaman, yogi) [#31, 26] Shamanic, nature mysticism, beginning tantric	
Spiritual: Subtle (saint) [#31] Deity yoga/ mysticism, yidam, contemplative prayer, advanced tantric	
Spiritual: Causal (sage) [#31] Vipassana, self-inquiry, bare attention, centering prayer, Witnessing, formless mysticism	
Spiritual: Non-dual (siddha) [#31] Dzogchen, Mahamudra, Shaivism, Zen, Eckhart, non-dual mysticism	

**Table B2: INTEGRAL LIFE PRACTICE –
– from *Integral Psychology & One Taste* (cont.)**

<p align="center"><u>Lower Left Quadrant</u> Cultural, Intersubjective</p>	<p align="center"><u>Lower Right Quadrant</u> Social, Interobjective</p>
<p align="center">Relationships [#3, 4, 11, 13, 29] With family, friends, sentient beings in general; making relationships part of one's growth, decentering the self</p>	<p align="center">Systems [#33, 11, 13, 16, 15] Exercising responsibilities to Gaia, nature, biosphere, and geopolitical infrastructures at all levels</p>
<p align="center">Community service [#13, 11] Volunteer work, homeless centers, hospice, etc.</p>	<p align="center">Institutional [#11, 13, 14, 19] Exercising educational, political, and civic duties to family, town, state, nation, world</p>
<p align="center">Morals [#11, 13, 16] Engaging the intersubjective world of the Good, practicing compassion in relation to all sentient beings</p>	

Table B3. PATHOLOGIES & TREATMENT MODALITIES – from *Integral Psychology*

This Table summarizes Wilber's approach to Restoration Processes – resolution methodologies for people who have 'problems.' These Studies⁷⁹ by Ken Wilber trace the tentorial Pathologies and corresponding Treatments for each Fulcrum of development. Pathologies (our 'Restoration Impediments') are the mental disorders that can cause the growth process to go wrong. Treatments (our 'Resolutions,' 'Processes,' and 'ties') are the techniques or therapies designed to overcome those Pathologies. A Fulcrum is one entire Transition Cycle of Stage and Transition. *Columns 1 & 2* give the number and name of each Step of Wilber's Fundamental Developmental Sequence (FDS). *Column 3* gives the name of each Fulcrum in the FDS {with the range of Steps covered}. *Column 4* gives the definition for that Fulcrum. *Columns 5 & 6* shows typical Pathologies and Mental Disorders that occur at a given Fulcrum. *Column 7* describes Wilber's recommended Treatment for each such Pathology.



To derive the most from this Table, read it from Bottom to Top – in order of increasing development.

[Read Table from bottom to top – in order of increasing development.]						
PATHOLOGIES & TREATMENT MODALITIES – Ken Wilber						
	TOPIC	Fulcrums	Fulcrum Definitions	Fulcrum pathologies	Name of Mental disorder	Recommended Treatment
	WILBER SOURCE: Study Category	IP 92-100,102-8, 197,205	IP 93, 96-97	IP 93, 96-97	IP 92-98, 197	IP 98-100, 197
		IP 92-100, 102-08				
	<u>FUNDAMENTAL DEVELOPMENTAL SEQUENCE</u> (Wilber)	<u>DEVELOPMENTAL SEQUENCES</u>				
38	[Beyond consciousness/ Divine]	[00. AFTER DEATH] {37-38}				
37	- transition -					
36	Non-dual: Late					
35	Non-dual: Middle					
34	Non-dual: Early	[10. NON-DUAL] {34-36}				Path of siddhas. Always/ already accomplished in present moment. Nondual mysticism.
33	- transition -					

⁷⁹ Table condensed from *Arrays of Light*, Table 8: Processes of Growth and Transformation.

[Read Table from bottom to top – in order of increasing development.]						
PATHOLOGIES & TREATMENT MODALITIES – Ken Wilber						
	TOPIC	Fulcrums	Fulcrum Definitions	Fulcrum pathologies	Name of Mental disorder	Recommended Treatment
32	Causal: Late				Arhat's disease	
31	Causal (formless): Early	9. CAUSAL (spirit) {31-33}	Soul grows quiet, rests. Witness releases hold, dissolves.		Failed differentiation Causal	Path of sages. Pure emptiness, dissolve subject-object dualism. Formless mysticism.
30	- transition -					
29	Subtle: Late				Archetypal fragmentation	
28	Subtle (archetype): Early	8. SUBTLE {26.5-30}	Soul emerges permanently into csness. Intermediary between self & spirit		Failed integration Subtle	Path of saints. Deep psychic & subtle. Audible illuminations, haloes of light & sound. Deity mysticism.
27	- transition -					
26	Psychic: Late				Yogic illness Pranic disorder	
25	Psychic (vision): Early	7. PSYCHIC (soul) {23.5-26.5}	Transpersonal domain comes into focus		Split-life goals Psychic inflation Psychic	Path of shamans/ yogis. Energy currents in gross realm & gross bodymind. Nature mysticism. Sahasrara.
24	- transition -					
23	Vision/ logic: Late				Bad faith	
22	Vi- sion/logic: Middle				Aborted self- actualization	
21	Vision/ logic: Early	6. INTEGRATED (centaur) {21-23.5}	Shift to universal existential principles: life/death, authenticity, self-actualization, global awareness, body- mind integration		Inauthenticity Deadening Existential	Existential therapy
20	- transition -					
19	Formal: Late				Sublimation Anticipation	
18	Formal: Early	5. MATURE EGO (rational reflexive) {16.5-20}	Self-reflexive ego emerges, shift from conformist to individualist	Identity crisis. Role confusion. Shift to self-derived universal principles	Suppression Ego	Introspection

[Read Table from bottom to top – in order of increasing development.]						
PATHOLOGIES & TREATMENT MODALITIES – Ken Wilber						
	TOPIC	Fulcrums	Fulcrum Definitions	Fulcrum pathologies	Name of Mental disorder	Recommended Treatment
17	- transition -					
16	Rule/role: Late				Covert intentions	
15	Rule/role: Early	4. ROLE SELF (persona) {13.5-16.5}	Shift to roles and rules of society. Prescriptive morality. Often displayed in traits of mythic gods	Script pathology: False, misleading scripts, stories, myths	Duplicitous transaction Script	Script analysis
14	- transition -				Displacement	
13	Concept				Reaction formation	
12	Endoconcept	3. MENTAL SELF (self-concept) {10.5-13.5}	Conceptual mind emerges, differentiates from emotional body	Differentiation: Fusion with emotional self. Integration: Repressions of emotional self (classic neurosis)	Isolation Repression Neurosis	Uncovering: Relax repression barrier, uncover & recontact shadow self, reintegrate into psyche
11	Symbol - transition -					
10	Image				Splitting	
9	Impulse/ emotion	2. EMOTIONAL SELF {8-10.5}	Identity switches from fusion with material body to identity with emotional-feeling body	Narcissism (others as extensions of self) Boundary disorders (invasion, disruption of boundaries)	Projection	Structure-building: Build self's boundaries, strengthen ego.
8	- transition -				Self/object fusion Borderline psychosis	
7	Exoconcept					
6	Perception				Wish fulfillment	
5	Sensation				Hallucination Delusional projection	
4	Matter: Molecular, polymer				Distortion Psychosis	Medication/ pacification
3	Matter: Atomic	1. PHYSICAL SELF {3-7}	Differentiates body from environment	Can't tell where body ends, world begins. Can't tell fantasy from reality.		
2	Matter: Subatomic - transition -					Intensive regressive therapies
1	[Before matter/ Void]	0. BEFORE CONCEPTION {1-2}				

HUGH AND KAYE MARTIN Biographical Information

HUGH MARTIN is listed in Who's Who in the World. He has appeared on numerous talk shows, led seminars at many colleges and corporations, and spoken at numerous professional conferences and colloquia. Mr. Martin is president of the NASD-registered securities brokerage firm, Hugh Martin Securities, and of the SEC-registered investment advisory firm, Hugh Martin & Co. Hugh is also president and co-founder of the life planning and counseling firm, Whole Life Advisory.



AMALIA KAYE MARTIN ('Kaye') is a gifted natural medicine practitioner and an instructor in nutrition and natural medicine at Baumann College, and a creative elementary school teacher. Kaye is a dedicated homemaker, a devoted mother, perceptive life coach, certified natural foods chef, and dynamic community organizer.

HUGH AND KAYE. Hugh and Kaye are best qualified as integral practitioners and theorists because they have lead integral lives. Both have richly diverse backgrounds in a multitude of fields:

- **Personal transformation:** Esalen, Group Process, Gestalt, Reichian, Bioenergetics, Rolfing, yoga, various religious and spiritual traditions.
- **Natural medicine and health:** Homeopathy, chiropractic, acupuncture, organic nutrition, vibrational medicine. Terminal cancer survivor (Hugh). Expert practitioner in nutrition and natural medicine (Kaye)
- **Artistic and creative expression:** Nature photographer, documentary videographer, poet, painter/sculptor (Hugh). Batik artist, home decorator (Kaye).
- **Education:** Ghetto school teacher, college literature instructor, financial seminar leader, early-reading curriculum developer (Hugh). Nutrition/natural medicine instructor, home-school network developer and coordinator (Kaye).
- **Societal change:** Civil rights, environmental issues, sustainability/permaculture.
- **Natural and cultural environments:** Backpacking, mountain biking, exotic travel, home exchanging.
- **Academics:** Hugh -- Swarthmore College (B.A.), University of Pennsylvania (M.A.), Indiana University (doctoral), UC Berkeley (credential), Coaches Training Institute (CTI), member of Mensa. Kaye -- Cal State Northridge (B.A.), Baumann College (natural medicine), Coaches Training Institute (CTI).
- **Marriage and family.** Thirty years of happy, occasionally turbulent, marriage. Five highly-independent, multi-gifted kids with close family ties.



WHOLE LIFE ADVISORY. Hugh and Kaye are the founders and co-directors of the life planning and counseling firm, Whole Life Advisory. Whole Life Advisory is a comprehensive program for personal and professional growth, which empowers clients to achieve success and fulfillment in 12 key arenas of life -- education, career, marriage, family, community, emotions, sexuality, finances, health, recreation, nature, and spirituality. For more information, please contact the authors at MartinHughCo@gmail.com.