

Reflections

Intro

A little about the Kosmic Karma of this paper:

I read *A Theory of Everything* about 3 years ago, and it was a big eye-opener for me. Lots of things started falling in to place. I then read *Spiral Dynamics* and went on all of Don Beck's trainings (SDi 1-3). Since then, I've read *A Brief History of Everything*, *One Taste, Grace and Grit*, and *Integral Psychology*, as well as extracts A, B, C and G of *Kosmic Karma and Creativity*. I'm currently on *Up from Eden*. Other recent influences have been the teachings of Andrew Cohen and Lynne McTaggart's book *The Field*.

I have more consciously developed an integral practice, with daily meditation, T'ai Chi (of the grounded not airy variety...), Chi Qong, veggie / organic diet and generally sustainable lifestyle, a blossoming relationship and strong communities of practice, and my work in the world on organisational / community transformation and global governance. Things have really started to shift in me the last couple of years, and recently connecting up with Andrew Cohen's friends here in the Netherlands has been a booster as well. Maybe the biggest booster has been the fact that I am about to become a father - since the evening we knew, all sorts of stuff has released itself, been working its way through, and providing massive learning. I am currently continually reminding myself of the impersonal nature of this experience.

So that's part of the recent story. I also owe a huge amount to an Iranian theatre director who I worked with intensely in Paris in 1992/3 - I'm only now beginning to appreciate what we were actually learning with him.

Ken Wilber's writing, Don Beck's trainings, Andrew Cohen's teaching and Stuart Davis' music have all helped to polish my mirror over the last few years. This paper is a reflection of what I now see. Feedback is always welcome.

Peter

The Hague, June 2003

Spirit, Energy and Potential

Spirit is the energy of potential that transcends Kosmic Karma in Creativity. Spirit exists in between each moment, each level, each stage, each Family, Genus and Species. It has a different pattern depending on what level of potential it is. It can never be known by a holon, because it is the Proximate Self. It is the Now.

Spirit is the relationship of potential that we have with what is around us in the present, and with what we are becoming. It is between the holons at the same level or moment, holons which have the potential to transcend and include each other to become a more complex and compassionate holon. We can feel it as insight and excitement in the UL. It can be measured as energy waves in the UR. It's a sense of collective anticipation in LL. It can be measured as energetic (morphic) resonance in LR.

Potential is created when something is changing. That happens moment-to-moment, vMeme to vMeme, Tier-to-Tier, era to era etc. As clearly laid out in the tables at the back of *Integral Psychology*, the stages can be divided into any number, but there seem to be a number of more clearly demarcated patterns that make it easier for us to get a handle on development. This suggests that at these stages, energy takes a more ordered form that makes it clearer to see a pattern.

The key to whether there is more order or more chaos is to do with how well a holon is able to make sense of the world around it, and is able to adapt itself to be able to cope. Good adaptation, more order. Less of a handle on things, more chaos. This ultimately results in the survival of, literally, the "fittest", i.e. those who best manage to fit with the world around them - those who best manage to tetra-mesh.

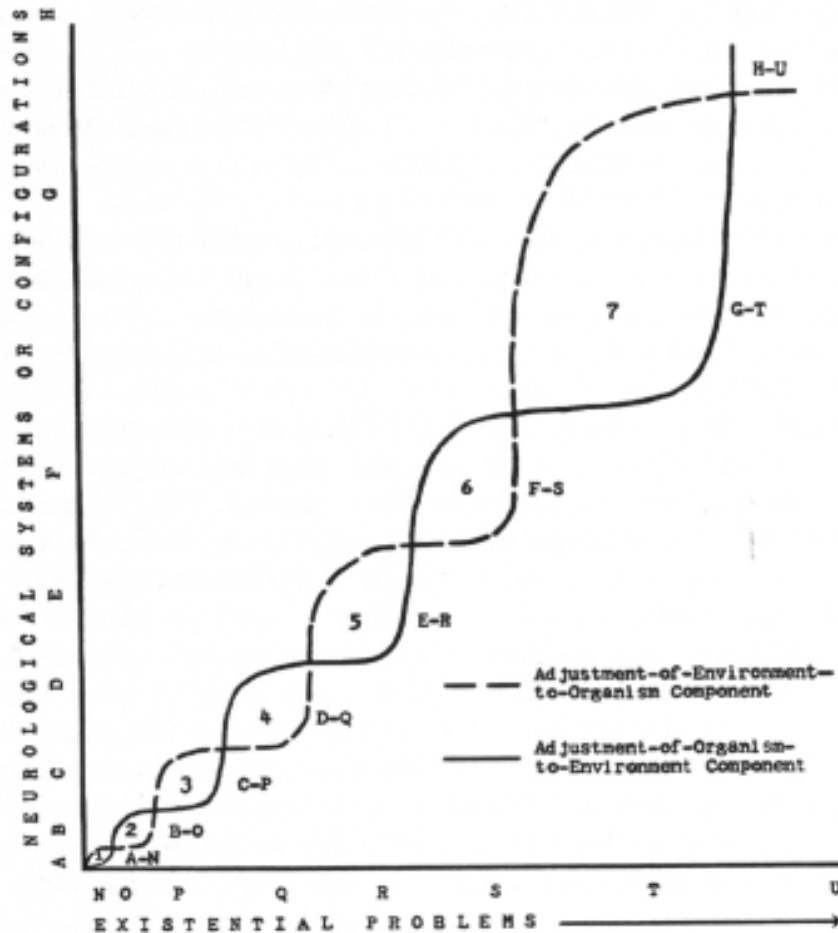
Energy is therefore more ordered - fixed, dense, structured - at moments of fit, and less ordered - more chaotic, subtle, flexible - at moments of change. A "quantum" leap is a new order emerging from the quantum potential / chaos of the space between the old order and new order. Once the new order emerges, the potential energy stabilises into patterns to hold the parts together and make them more than their own sum. So everything is energy, just more or less dense or ordered forms of it.

So "more" energy can be found and accessed in the Potential state - in the space between more fixed and ordered forms. This was brought very much down to earth in some research on people changing in organisations. The research showed how people's energy levels were higher when they were in states of transition - they achieved a lot more - than when they had settled down into a new way of being.

Clare Graves illustrated the relationship between a holon's capacity for fit and the existential problems it is facing, for his Levels of Human Existence theory, with Graphic 1 below. The points where the lines cross are where the holon's capacity for fit perfectly matches the existential problems it perceives. This is where there is a pattern in the energy (which is why Graves' was able to identify these levels - he looked for patterns). It feels great! It generally doesn't last long however - unfortunately for a holon which is not into change, but fortunately for evolution. For no sooner have we solved our current set of problems than the next set emerges. And on we go. (It is possible to remain in one of the vMeme systems for the rest of one's

life, but within that system more small scale evolution is still going on - it only stops when you die - at the Gross level, anyway).

The spaces where the lines diverge, are where the patterns become less fixed, the energy becomes more wave-like, and Spirit has more play-space.



Graphic 1 - Clare Graves' model of the emergence of levels of existence.

Here are some examples of the implications of this.

Basic Structure	Spirit Form / Potential Energy
Unborn	Gross Potential
Gross	Subtle Potential
Subtle	Causal Potential
Causal	Turiya Potential
Turiya	Turiyatita Potential

Table 1

So, for example, take the Gross Basic Structure level. It forms, let's say, at the point on Graves' graphic where the 2 lines cross above the figure 2 (in the space before that cross, it was only Gross potential). When the Basic Structure is Gross, the Spirit

Form is Subtle Potential energy. The Gross Basic Structure has been transcended, and is in the process of being included - it is now part of the Distal self. The space between the diverging lines beyond the crossed lines point where the Gross Basic Structure formed, is now a space of a more subtle and causal form of energy, as certainty and fit disintegrate, to open up to new and more encompassing relationship. It is the energy of potential of the next Basic Structure - in this case what we call "Subtle". The Subtle energy is what manifests in the relationships between the Gross parts - it is what stitches the Gross parts together. A condition for the emergence of the Subtle Basic Structure, is to have woven a dense enough pattern of Subtle energy between the Gross parts, for quantum emergence to happen. That moment can happen in us when all Chakras are open and spinning at the appropriate speed - when we have developed the capacity.

Subtle energy is now present as the Proximate self. With the centre of gravity in Subtle energy, one can look with the mind at the Distal Gross self - but cannot "see" the Subtle self (like a fish in water).

As soon as something passes into a new stage, it becomes Distal, and can then be observed - hence the Quantum physics thing about waves becoming particles when observed. Potential energy patterns (more subtle and wave-like) in the Proximate now become Form (or Basic Structure) energy (more dense and particle-like) in the Distal past. This process fractals at all levels - from moment-to-moment to era-to-era. The longer the period of time, the more ordered the pattern, the higher the probability of finding that pattern at that place in the AQAL matrix, and the more quickly holons will move through it.

We observe in the Distal level increasing complexity, as it gets subtler. This is Positive Entropy. The pull from the Proximate level is for greater order - Negative Entropy. As stress emerges in the Gross world, for example, the Subtle world responds by trying to create greater order. So the Gross becomes less Gross and more Subtle. This is the basis of some of the inventions currently around which claim to be tapping into the Zero Point Field. They use stress on a material level (either with magnets, or through disturbing well-ordered crystals) to stimulate Subtle energy - which is of course far more plentiful than Gross forms of energy.

There is then another layer to add. The Proximate Self is itself located in a context, which if it quiets itself for a moment, it becomes aware of. That context is, by its nature, more complex and embracing than the Proximate Self itself, as the Proximate Self is a part of that bigger whole. That is the next level up the chain - in this case Causal.

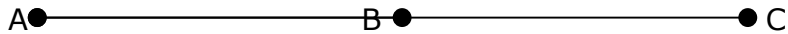
So we could add a column to the table above:

Basic Structure (Distal)	Spirit Form / Potential Energy (Proximate)	Context (Emerging)
Unborn	Gross Potential	Subtle
Gross	Subtle Potential	Causal
Subtle	Causal Potential	Turiya
Causal	Turiya Potential	Turiyatita
Turiya	Turiyatita Potential	

Table 2

Transcending and Including

There is interesting learning from the world of mathematics and geometry to inform us more about what is actually going on at an energetic level during transcendence and inclusion. Phi is a mathematical relational number (it's sister is Pi) - 1.6180339 and many more decimal places if you want. It is also continually developing and refining itself. Phi is about the relationship of parts to a whole.



$$BC/AB :: AC/BC = \text{Phi}$$

According to research, when people had to identify other people they thought were beautiful, the ones with relationships between the parts of their body which were closer to Phi scored significantly higher.

I'm not going to go into details here, but what this suggests to me is something about the level of order in a holon and its subholons, and that as a holon continues to transcend and include, it is creating more order in the lower holons, and is bringing the relationships closer to Phi.

Depth and Span

There seems to be an interesting phenomenon relating to depth and span. As the Tenet says, as depth increases, span at that level decreases. However, as depth increases, we also become aware of greater span - that is to say, increasing depth is about increasing consciousness and awareness, and it seems that with more depth, we see more of the parts that make up the whole that we are. For example, the discoveries of atoms, quantum and nuclear particles etc, have come with greater depth of consciousness.

It makes perfect sense of course, because as we discover more parts, we see more relationships. Energy is in the relationships between the parts, so our understanding of energy becomes more subtle. The lower structures / patterns take on more clarity. We perceive more wholeness and connection. I don't think we ever get to the point where all we perceive is relationship, although it may look like that from here. My sense is that it is more like one of those curves that gets increasingly closer to the axis, but never actually reaches it. From here the gap and the gradient are so small that we can't perceive them.

So more depth less span *at the same level*. And more depth more span in the whole.

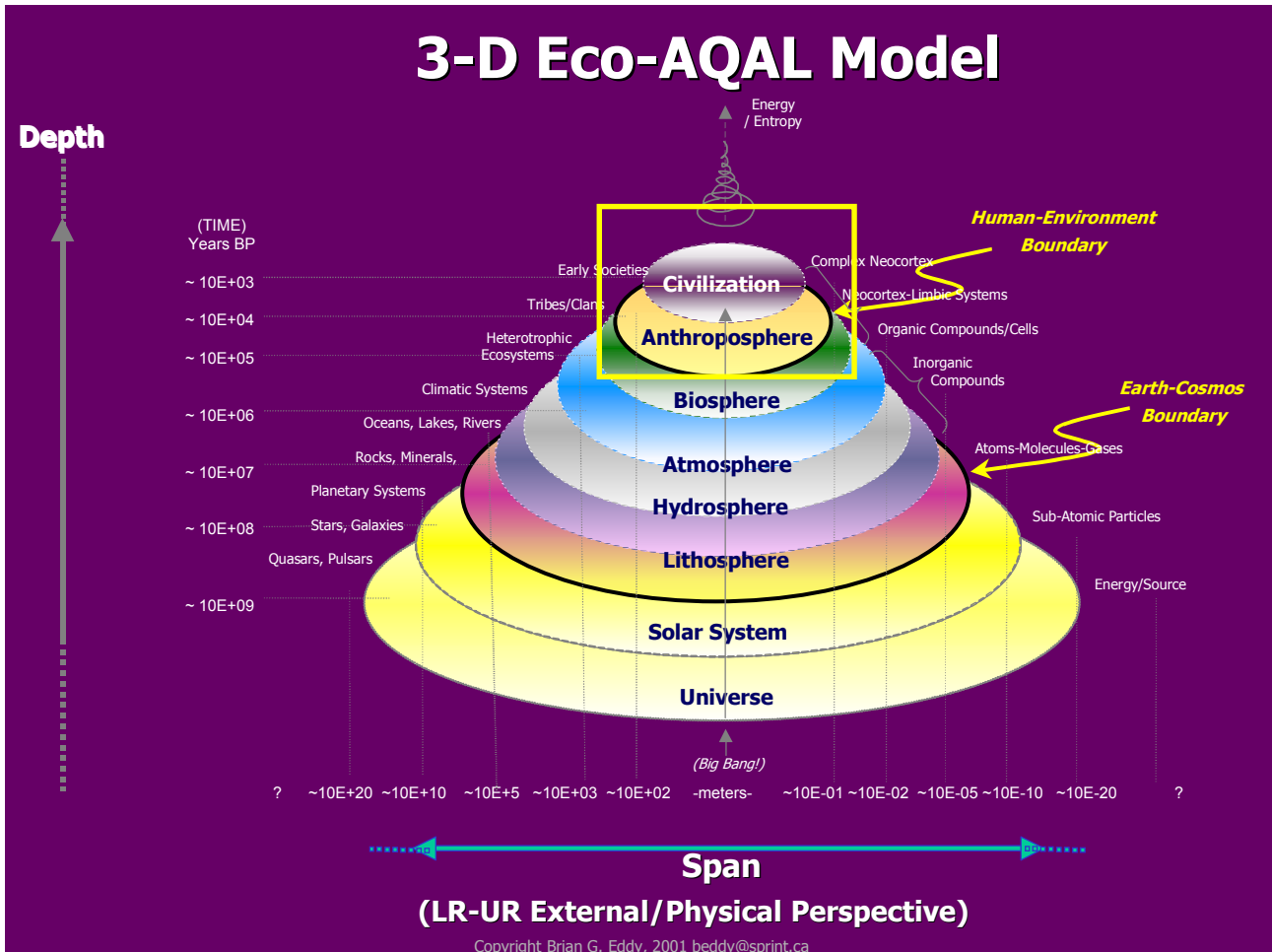
Involution / Evolution

Before the Big Bang was the Unborn. At the Big Bang, Potential Gross Body energy emerged - these are the "virtual particles" of the so-called Zero Point Field (ZPF) (see Table 2). Because they are potential / virtual, they create wave-like energy. This is the smallest level of Potential Energy we have discovered yet (as far as I know). Because we are talking about particles, it is of course present everywhere in our known universe. The cognitive awareness it takes to read this has great depth (to match the great span it reveals). The consciousness that feels this universal interconnection and potential also has great depth. The ZPF itself never had a spiritual nature - it was pre-Gross! The reason it is called Zero Point is that it is still readable in temperatures of absolute zero, the lowest known energy state, where all matter has been removed. It is the conscious felt experience of it that we could call spiritual. The UL senses it as universal potential (Spirit), and the UR reads it as the Zero Point Field. The ZPF never knew, as it was pre-Gross and therefore pre-consciousness, so there has been no forgetting. There has only been evolutionary enlightenment.

ZPF was the first manifestation of Spirit energy at the pre-Gross level (so far). I have not yet found a use for the involution story. As I sense it, Gross energy arises out of pre-Gross ZPF energy (not out of etheric-astral energy). This does not claim that evolution takes us further from God. God only emerges when we perceive God - in tetra-evolution. The greater depth gives us greater total span, and therefore greater compassion. We sense more parts being inter-connected, and so widen our compassionate embrace. Our compassion deepens from the members of our nation to the members of the whole planet, because they are all human beings. Our compassion deepens to the far reaches of our universe with a sense of the ZPF, as all known parts of it are connected by it. Our own energy vibrations when we sense the presence of the ZPF, are not at all "Zero Point", but right the other end of the spectrum / of the holon's depth.

As evolution unfolds, the complexity of the patterns in the Potential Energy fields increases in tetra-evolution. ZPF was a very basic form at pre-Gross. With the emergence of Subtle energy, and the human mind, we influence the patterns in the energy fields through our thoughts and intents. It is only with the emergence of Causal as our Proximate self with the Subtle Basic Structure in place, that we begin to work consciously with the energy patterns in the fields. The energy patterns themselves are at the level of Subtle energies. The force which can create patterns - cause them to arise - is at the level of Causal energy. One creates patterns by capturing the potential that arises in the present moment - in the flow of Spirit.

As scientists now suspect, the expansion of the universe is actually speeding up, not slowing down - which makes more sense. For as speed increases, things becomes less dense and more subtle - less "matter" and more "energy". So more particles / potential is being captured as the universe evolves. This would also explain why change seems to be happening at an exponentially increasing rate (see Brian Eddy's wonderful Graphic 2)



Graphic 2

As our thinking and consciousness transcend and include in the UL, so do the patterns of morphic resonance in the UR. The ZPF was created by a potential particle. As the RH field holon transcends and includes, so it transcends and includes more particles, and thus more of the universe's potential is captured. The more RH field depth, the more efficiently and beautifully it orders the lower holons (closer to Phi), the greater the probability of the lower holons become, the smoother the path / the clearer the groove / the less resistance to movement there is, and the stronger the morphogenetic pull. So the more development at the top end of holon, the quicker the whole holon with all its multi-level sub-holons will develop. To summarise: greater consciousness = greater embrace of field potential => greater realisation and manifestation of Kosmic / Universal potential. The more whole we are, the freer we are, the more present we are, the more open we stand for the potential of the Universe to flow through us.

Enlightenment and Nonduality

This occurs at the second stage of each major system / Tier. So in Spiral Dynamics terms that is at Purple, at Turquoise and at 3rd Tier second stage. This is the point where one first becomes aware of the new Body (Gross, Subtle, Causal etc). It is enlightening because it is a completely new mindset and wiring of the brain, and it shifts our levels of perception of energy up a major step (e.g. things in the Gross realm can be described as sub-luminal (below the speed of light), as we can see and sense them with our primary senses. Things in the Subtle realm and above are described as superluminal as they move faster than the speed of light (e.g. our thoughts). These stages are experienced as nonduality due to the fact that they are the last moment in our old Basic Structure before the new one is fully born - we can no longer see the divisions between the old parts as they are all connected up in preparation for the new birth.

The practice of becoming still and connecting to our own "unborn", is about becoming more aware of the bigger realm that we are currently arising in (the context). If all goes well, that realm will eventually become our Proximate self, and then part of our Distal self. So Enlightenment is the result of being connected to that context. If we are always connected to that context, it means that we are continually open to that which is arising right now. The Emptiness is what then lies in the space between our Self and the arising Universe - literally nothing separates us.

The Driving Force of Evolution

As mentioned above, the force which drives evolution is the continual dance between wholeness and partness, between a holon developing its own capacity to survive and its need for fit to other holons around, below and above it. This is the dance of Agency and Communion, Yang and Yin, I and We, Diversity Generation and Conformity Enforcement. Too much Agency and you don't fit any more, and fail to survive. Too much Communion and you lose your wholeness, your identity, your creative edge, and your ability to contribute to evolution - and nature, in its efficiency, winds you down (Howard Bloom's Resource Shifters and Inner Judges).

Reincarnation

There are 3 major Tiers for human development (corresponding to Graves' Tiers, involving 5 major Families (Gross, Subtle, Causal, Turija, Turijatita). The Unborn precedes everything - it is that which they all came from. At each Tier, there are three energies active:

- transcended but not fully included yet
- the current Centre of Gravity, the Proximate Self, which is in the process of being transcended
- the emerging energy, which is currently the background we sense beyond us.

	Included (Distal)	Transcended (Distal)	Transcending (Proximate)	Emerging (Background)	Future
<i>1st Tier</i>	Unborn	Gross	Subtle	Causal	Turija, Turijatita
<i>2nd Tier</i>	Unborn, Gross	Subtle	Causal	Turija	Turijatita
<i>3rd Tier</i>	Unborn, Gross, Subtle	Causal	Turija	Turijatita	

Each Tier has 6 levels (like Graves' Levels of Existence, and the 1st six Chakras). When the third level of each Tier lights up, we are "reborn" into another of the major Families. Our Centre of Gravity and Basic Structure shifts in a major way.

Reincarnation usually refers to the presence of Gross energy. If the Gross Body breaks down, there will still be a Subtle and Causal Body, just no longer manifest in the world of Gross matter. So what happens to them?

The Subtle and Causal Bodies will look for a Gross Body that is resonating as close as possible to the level that relates to their level of development, and then join it. This would be related to the state of the Phi relationships - at what level of density / subtlety / causality is the Gross body resonating at.

The implications of thinking like this are that reincarnation does not only happen at the time a baby is born into this world, but is going on all the time. Gross Bodies are continually dematerialising, releasing Subtle / Causal bodies which need a wide variety of Gross Body resonances to continue their evolution. So right now you might provide the perfect match for a Subtle / Causal Energy Body (pattern) that will be drawn to your resonance, and add itself to your current Subtle / Causal Body.

So what about Transcend and Include, and the Tenet that if you destroy a lower level holon, all holons above disappear and all below remain? How can you have a Subtle / Causal Body separate from a Gross Body? Well, the Tenet still holds. In order for Subtle and Causal to continue developing, there needs to be a continual emergence of more Subtle and Causal energy patterns. This can only happen via Gross Bodies - Subtle and Causal transcending and including Gross energy, but not dependent on one Gross Body.

With the transcendence and inclusion of the Gross Body, it does not disappear, but takes on a resonance which is totally in tune with Subtle Body needs - so it is not hindering the Subtle Body's development anymore. The Gross Body's resonance continues to fine-tune itself as the Subtle and Causal unfold. This is in line with the Tenets - "the higher sets the probability of the lower", "the micro is in relational exchange with the macro at all levels of its depth", and "evolution brings increasing organisation and structuration".

If all Gross organisms were destroyed, Subtle and Causal Bodies would also cease to exist - well-ordered Gross energy resonance is what they "stand" on. However, one Gross Body disappearing (e.g. someone dying) is not the same as all Gross Bodies, so as long as there are other Gross Bodies around, Subtle and Causal Bodies will continue to be able to evolve.

Chakras

Chakras both mediate between Gross, Subtle and Causal Body energies, and also act as stages of development. These can be seen as micro-stages between the emergence of consciousness of the 3 Body energies, and also as macro-stages on the path towards the Non-dual. They fractal.

Chakras plug us into the Universe. They are our keys to survival and evolution:

- Chakra 1 connects us to where we're at, and the Kosmic Karma of the moment.
- Chakra 2 awakens us to the Other, and unbounded creative, erotic, transcendental potential.
- Chakra 3 focuses our intent at that moment, creates our signature, forms our Agency.
- Chakra 4 opens us up to those around us, creates potential for Communion.
- Chakra 5 communicates our intent, our Agency, to those around us.
- Chakra 6 provides us with insight to the next step of greater order and complexity
- Chakra 7 connects us to our more general direction.

These are also conditions for change. When they are all active, evolutionary change happens - at various levels of intensity (e.g. a change to new family, or genus, or species). They are plugging us into and mediating therefore not only the Gross, Subtle and Causal energies, but also all the levels of vibration in between.

Learning in We's

In the UL, our Proximate self manages our Distal self. In the LL, when we have vertical and horizontal solidarity, our Proximate self is faced with itself in the mirror. In the We relationships lie the potential for learning and transcendence, as the energy of the relationship is greater (more complex, compassionate) than the energy of any one of the partners. Hence the importance of communities of practice.