

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

HOW TWO GREAT MEN COLLABORATE TO GIVE US  
THE ULTIMATE HERO'S JOURNEY OF PERSONAL GROWTH & HUMAN DEVELOPMENT  
(aka 'The Human Odyssey')

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

Hugh & Kaye Martin's new book *The Human Odyssey* is a unique, new way of viewing personal growth and human development. Extensive excerpts from the Introductory Version of this book will be presented on Integral World in nine installments:

## ☼ **Installation #1: Preliminaries and Introduction.**

PRELIMINARIES. What you need to know to make sense of this book: What the book contains, how it's put together, how you should read it. INTRODUCTION. The field of human development: Its immense breadth, depth, and meaning. The Growth Mentality: How we can avail ourselves of all the growth that we have the potential for.

## ☼ **Installation #2: Overview of the ADAPT/Life Journey Model.**

The whole model in a nutshell. A comparative overview of the two components: The ADAPT Model (from Ken Wilber) and the Life Journey Archetype (from Joseph Campbell). Thumbnail descriptions of each Domain and Sector of the model from both perspectives.

## ☼ **Installation #3: Dimensions of the Growth Continuum.**

The various areas of our life where growth takes place. The various features of that growth. The Stages, Transitions, Developmental Sequences, Realms, Arenas, Impediments, etc. These comprise Domain #1 -- the Map of our Life Journey.

## ☼ **Installation #4: Participants.**

The various aspects of Identity or Self that partake in the growth process. The Self System, Individual & Collective Selves, Types & Personae, Shadow Self, etc. These comprise Domain #2 -- the Voyagers of our Life Journey.

## ☼ **Installation #5: Processes.**

All the methods, techniques, and focused experiences we use to grow and develop. Either **General Processes** (available to everyone in any situation). Or **Specific Processes** (available only to certain people at certain Stages, Realms, or Arenas). These comprise Domain #3 -- the Sailing Ships of our Life Journey.

## ☼ **Installation #6: Pathfinders.**

The people and other resources that help us move along our path of growth. These comprise Domain #4 -- the Navigator & Captain of our Life Journey.

## ☼ **Installation #7: Systems.**

The mechanisms by which all the Dimensions, Participants, Processes, and Pathfinders work together to produce Growth. These comprise Domain #5 -- the Shipping Systems of our Life Journey.

## ☼ **Installation #8. Conclusion.**

Follow the Thread: Ways to get the essence of this book by following just one component. The ADAPT Gallery: Cartoons and illustrations that shed further light on key concepts from the book.

## ☼ **Installation #9. Resources for Personal Evolution.**

Annotated outline of books, research studies, and other resources you can use to implement your own personal evolution.

**This issue of Integral World contains Installation #5A, General Processes.**

## REQUEST A FREE COPY OF *THE HUMAN ODYSSEY*

If you would like a free, full-color, digital copy of the entire Introductory Version of *The Human Odyssey*, just send your request to Hugh Martin at [MartinHughCo@Gmail.com](mailto:MartinHughCo@Gmail.com).

If you then post a review and rating of the book on Amazon, Hugh will send you a printed B&W copy of the book. If your review is fairly extensive, Hugh will send you a printed color copy. The most extensive reviews will receive copies of the Advanced Version.

Your review can be as short as a few lines, or as long as a whole essay, as you choose. All opinions are welcome, no matter how candid. You need not have read the entire book to post a review -- just browsing through the book is sufficient.

Each Amazon review and star rating will contribute to the book's momentum and popularity. Even more important, this exchange of reviews will stimulate dialog on the major themes of the book, and thus increase its impact. Your support for this project is encouraged and appreciated!

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

# KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

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



HUGH MARTIN  
AMALIA KAYE MARTIN

FRONT COVER...

# OUR HERO'S JOURNEY

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

### The Meaning of Life

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

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

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

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

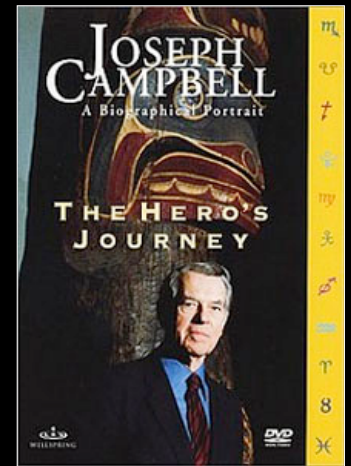
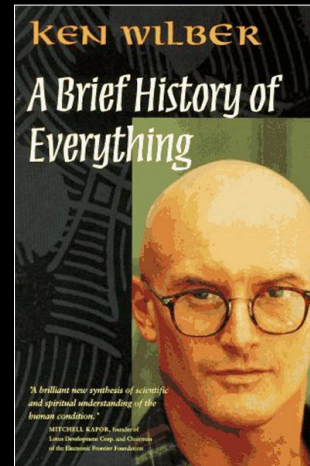
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*,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

### Ken Wilber & Joseph Campbell

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

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

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



### ADAPT & The Life Journey

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

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

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



BACK COVER...



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

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

## **Installment #5A: The General Processes of Growth**

### **Proof & Review Copy**

This is a pre-publication proof and review copy of this book, and is not intended for general sale. Please send your comments, suggestions, corrections, and reviews to [MartinHughCo@Gmail.com](mailto:MartinHughCo@Gmail.com).  
Permissions for some illustrations are pending.

# Domain PR: PROCESSES



**Processes:** The **Sailing Ships**, powered by supernatural forces, that carry us to the Enchanted Islands and Exotic Shores of our Life Journey.



In our Life Journey, the PROCESSES are the SAILING SHIPS, and other MODES OF CONVEYANCE, that carry us along the channels, coastlines, trade routes, and open seas of our Growth.

## DOMAINS PR/PPR.

0

# PROCESSES: OF GROWTH

The **Processes** of Growth are all the means by which we move along the **Growth Continuum** (D1-8). Processes are of two types – **General** and **Specific**:

### PPR1-9. General Processes (this section).

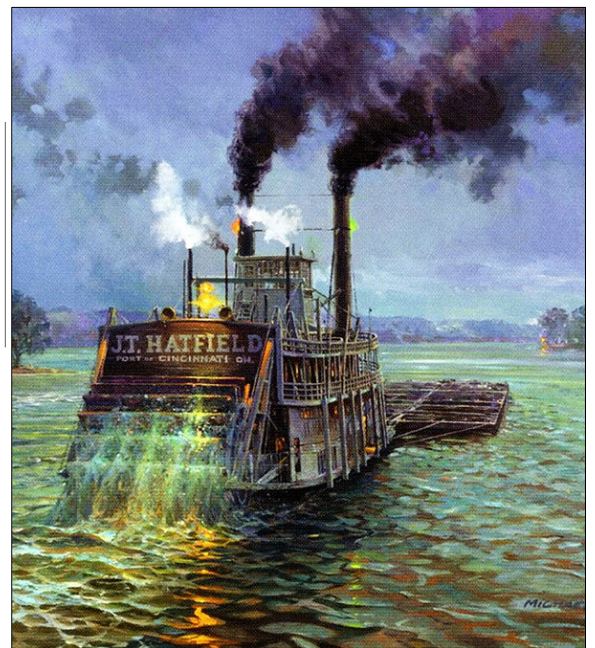
The Fundamental Mechanisms that are available to implement Growth at any Stage, Realm, or Arena. There are relatively few General Processes (9), because they are primarily innate.

### PR1-35. Specific Processes (page 174).

The Methods and Techniques that implement specific kinds of Growth at specific Stages, Realms, or Arenas. There are relatively many Specific Processes (35), because they are primarily invented.

#### The General Processes

In our Life Journey, the *General Processes* are the means of Propulsion that could apply to any Ship: Sails, oars, animal power, steam, diesel, paddlewheel, etc.



#### The Specific Processes

In our Life Journey, the *Specific Processes* are the many kinds of ships and boats that can carry us to our destination: Battleships, frigates, sloops, cutters, dinghies, etc.

In our Life Journey, GENERAL PROCESSES are the MEANS OF PROPULSION that can power any Ship – Sails, Oars, Animal Power, Steam Engine, Diesel.

0

## DOMAIN PPR. GENERAL PROCESSES

The **General Processes** are **Fundamental Mechanisms** that are available to implement Growth at any Stage, Realm, or Arena. The nine General Processes are shown on the facing page.





## 0

**THE GENERAL PROCESSES OF GROWTH**

The fundamental mechanisms that are available to implement Growth at any Stage, Realm, or Arena. The Sailing Ships of our Life Journey – their modes of propulsion.

## 1

**PPR1. The Transition Cycle** (page 156).

The four-phase process of Metamorphosis, whereby healthy people Transition from one Stage to the next.

## 4

**PPR2. The Shadow Cycle** (page 158).

The five-phase distortion of the Transition Cycle (PPR1), which can produce a pernicious Shadow Self that is the source of neuroses.

## 1

**PPR3. Actualization Growth** (page 160).

The normal progression of Growth from Stage to Stage by means of the four-phase Actualization Cycle. Actualizing our Human Potential, or 'Growing Forward.'

## 4

**PPR4. Restoration Growth** (page 162).

Revisiting past Stages through the six-phase Restoration Cycle to resolve Impasses -- so that normal, forward-directed Actualization Growth (PPR3) can resume. 'Growing Backward.'

## 2

**PPR5. Collective Growth** (page 166).

Growth that occurs among Groups of people – ranging from Couples to Cultures. In Cultures, such Growth can be facilitated through a four-phase Generation Cycle.

## 5

**PPR6. Horizontal Growth** (page 172).

Growth that occurs within a Stage. Includes three types: Improvement & Translation, Equivalence, and Improvement Within Type.

**PPR7. Perspective Growth** (page ##).

Growth that occurs as we broaden the Perspectives from which we view and orchestrate our lives. Includes two types. Fundamental Perspectives and Inclusiveness.

**PPR8. Evolution & Involution** (page ##).

The twin processes of Directional Growth – Ascending and Descending. Includes three types: Transcend & Include, Life Trajectories, and Gender-Type Growth.

**PPR9. Awakening** (page ##).

Waking Up to the Realm of the Spirit. Becoming aware of universal spiritual truths that are unchanging and eternal.

In our Life Journey, the **TRANSITION CYCLE** is the Process by which we **TRAVEL** from one Island or Port of Call to another – embarking from the first Island, then braving the open seas, then sighting the next Island, finally putting in to port.

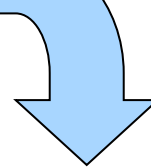


## 1 PPR1. THE TRANSITION CYCLE

The **Transition Cycle** is the four-phase Process of **Metamorphosis** whereby healthy people Transition from one Stage to the next. That Cycle is outlined on the facing page.



Transition Cycle



"I am a toddler with good feelings about the baby I used to be."

Transition Cycle: Wilber's *Fulcrum, Milestone, Round*. Cycle derived from Wilber's Embedding Cycle – which originates with Kegan, *The Evolving Self* (1982), and other works.

The Transition Cycle (PPR1) facilitates a Transition (D2) from one Stage (D1) to the next, by means of a dialog between the Experienced and the Observed Selves (P1a-b). The progression through a series of normal Transition Cycles results in Actualization Growth (PPR3).

## 1

**PPR1a. The Four-Phase Transition Cycle**

In its basic form, the Transition Cycle proceeds through a four-phase Sequence:

- ☼ **Identification with the Experienced Self** (P1a)  
Initially, the Self identifies with a particular Stage of Development.  
**"I am a baby."**
- ☼ **Differentiation from the Observed Self** (P1b).  
The Self transcends that Stage by dis-identifying with it.  
**"I am no longer the baby I was."**
- ☼ **Re-identification with the new Experienced Self**  
The Self begins to identify with the subsequent Stage of Development.  
**"I am now a toddler."**
- ☼ **Integration of the new Experienced Self with the old Observed Self**  
Finally, the Self consolidates the new identification with the prior identification.  
**"I'm a toddler with good feelings about the baby I used to be."**

**Metamorphosis.** The butterfly passes through its own type of Transition Cycle, as it evolves from caterpillar to cocoon to butterfly.

**Your Transition Cycle**

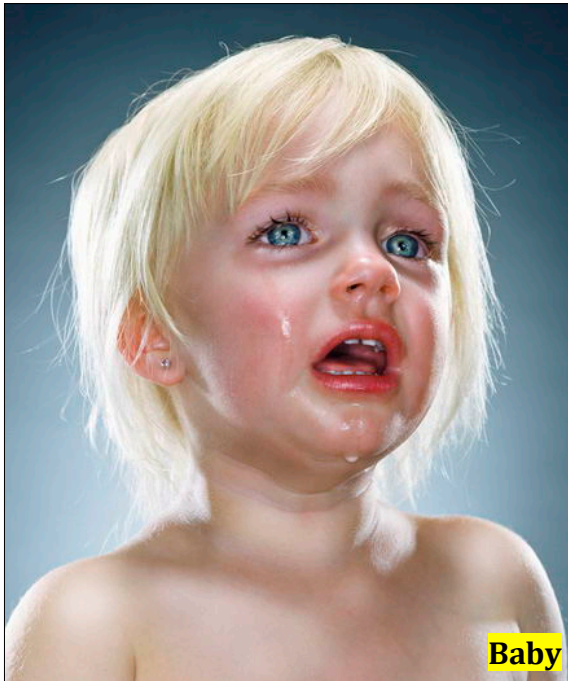
Refer back to the Dimension of Transitions (D2). Recall again some key Transitions that have had a big impact on your life. \*\*\* Recall Transitions that went well: The first day you went to school, your first date, leaving home for college, reporting for your first job, etc. Now select one of these to explore in detail – your first date, for example. \*\*\* Ask yourself questions like these: If you are a male, how did the girl first begin to interest you? How did you summon up courage to ask her out? Where did you take her? What parts of the date went well – and what not so well? Did you continue to see that person? \*\*\* Recall how you felt about yourself before the Transition. Then recall how you felt once you had overcome the Challenge. \*\*\* Did you become in some sense a different person? Did you feel more self-confident? More empowered? More mature? \*\*\* Once that Transition took place, what was your impression of the person you used to be?

In our Life Journey, the SHADOW CYCLE is any MIS-HAP OR DISASTER by which our normal passage from one port to the next GOES AWRY ~ Adverse Winds, Stormy Seas, a Broken Mast, a Rotting Hull, a Miscalculated Bearing, a Pirate Attack, a Mutiny.



## 4 PPR2. THE SHADOW CYCLE

Unfortunately, the Transition Cycle (PPR1) can sometimes malfunction, due to a traumatic phase or episode. The result is a **Shadow Cycle**, that can produce a pernicious **Shadow Self**, that becomes the source of a **Neurosis**. This five- phase Shadow Cycle is outlined on the facing page.



Baby

Shadow Cycle



Toddler

"I am a toddler with bad feelings about the baby I used to be."

Shadow Cycle: Implicit in Wilber. The Process by which the *Shadow Self* or *Subpersonality* is formed.

The Shadow Cycle (PPR2) results from a distortion of the normal Transition Cycle (PPR1). It often produces a Shadow Self (P4) -- which can cause an Impasse (D7b) that blocks or distorts the process of Actualization Growth (PPR4). Such Impasses can sometimes be resolved by Restoration Growth (PPR4) -- with the help of a Therapist (PF6d), a Spiritual Guide (PF7), a Integral Life Guide (PF10), or the intervention of Providence (PF12).

## 4

**PPR2a. The Five-Phase Shadow Cycle**

The Shadow Cycle is a five-phase distortion of the Transition Cycle. The Shadow Cycle can produce a pernicious Shadow Self, which in turn creates the Impasse that blocks or distorts the Growth process.

☼ **Identification with the Experienced Self**

Initially, the Self experiences a very uncomfortable Stage of Development.

**"I'm having bad experiences as a baby."**

☼ **Detachment from the Experienced Self**

Next, the Self distances itself from that Stage.

**"I am escaping the baby I was."**

☼ **Re-identification with the new Experienced Self**

Then, the Self begins to identify with the next, more comfortable Stage of Development.

**"I'm relieved to become a toddler."**

☼ **Disassociation from the old Observed Self**

After that, the Self severs the association between the two Stages, by using any of several Defense Mechanisms to minimize the memory of the earlier Stage.

**"I'm a toddler who's repressing bad feelings about the baby I used to be."**

☼ **Detached Shadow Self**

Since the unpleasant memory remains buried but not erased, a Shadow Self lurks in the subconscious -- twisting and distorting present attitudes and behaviors.

**"Even when I'm an adult, the unhappy baby within me distorts my perceptions of present situations."**



**The Estranged Self.** "My whole quest in Therapy is to invite my wandering and wounded Shadow Self back into my Personality."

### Your Shadow Cycle

Refer back again to the Dimension of Transitions (D2). Recall again some key Transitions that had a big impact on your life. This time, recall some Transitions that went awry: A new school that was a disaster, a first date that was a flop, flunking a major course in college, bombing in your first job interview, etc. Now select one of these to explore in detail – your bad job interview, for example. \*\*\* Ask yourself questions like these: How did you first become interested in the job? What position was it? How did you prepare? Who conducted the interview? When did you first sense the interview wasn't going well? How did things come unraveled as the interview progressed? What impression was the interviewer left with, etc.? \*\*\* Recall your hopes just before the Transition. Then recall your disappointment, embarrassment, or confusion just after. \*\*\* How did you cope with the failure or disappointment? Did you avoid similar situations thereafter? Or, did you learn from your mistakes and do better on your next attempt? \*\*\* Does the lingering memory still embarrass or hurt? When does it come to mind? Where in your body do you feel it? \*\*\* How has that experience affected your attitudes and behaviors in similar situations? \*\*\* What painful memories have you tried to bury -- or just blot out? When you do bury them, do they come back to haunt you? Do they sometimes cause you to act irrationally or impulsively? \*\*\* How can you resurrect unpleasant memories in order to objectify and neutralize them?

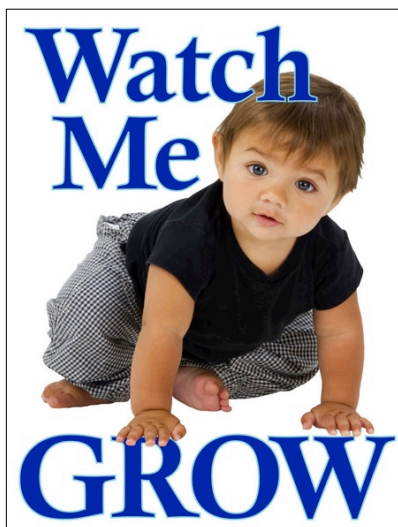
In our Life Journey, ACTUALIZATION GROWTH is the NORMAL PROGRESS of our Voyage – from one Island or Port of Call to the next, then the next, until we reach our final DESTINATION.



## 1 PPR3. ACTUALIZATION GROWTH

**Actualization Growth** is the Growth that takes place in basically healthy people. It is the Process of 'growing forward' – meeting the normal Challenges (D7a) of life through a series of healthy Transition Cycles (PPR1). The four-phase **Actualization Cycle** that produces such Growth is outlined on the facing page.

Actualization Growth is the Growth Abraham Maslow called 'Actualizing our **Human Potential**' – actualizing qualities for which we have an innate potential, by moving progressively to higher and higher Stages of Development (Maslow, *Toward a Psychology of Being* (1968) and other works).



### My Human Potential

"As a baby, I have the innate potential to become a Young Adult. To get there, I must progress through the Stages of Toddler, Young Childhood, Older Childhood, and Adolescence."

Actualization Growth: Wilber's *Evolution, Actualizing the Great Nest*.

### Your Actualization Growth

Refer back to your Explorations in the Transition Cycle (PPR1). Recall again some key positive Transitions that had a big impact on your life. \*\*\* Recall especially times in your life when you were 'on a roll' – times when it seemed you could do not wrong, when a whole series of successes came naturally and spontaneously without undue effort. That series of Transitions was probably your purest form of Actualization Growth. \*\*\* Now recall times when you stumbled but caught yourself – when you alternated between glowing successes and abject failures, when you flopped but then got up and tried again, when you faced new Challenges bravely and eventually succeeded. That series of Transitions was probably your most prevalent form of Actualization Growth. \*\*\* As you look back on your life, has it consisted primarily of easy strings of success, or of a mixture of successes and failures – or of doubtful or minimal success at all? \*\*\* Where in your life have you experienced the most consistent success? In your health? In your relationships? In your career? \*\*\* Where has success been the most difficult to come by? \*\*\*\* In your current or most recent Transition, what difficulties are you facing? What can you do to make your Transition easier and more successful? \*\*\* What circumstances and conditions help you put together a string of good Transitions? How can even the attempt to face difficult Transitions strengthen and empower you?

1

## PPR3a. The Four-Phase Actualization Cycle

Actualization Growth typically occurs through a four-phase process we call the Actualization Cycle (really, a cousin to the Transition Cycle (PPR1).

### 🌀 Recognition

We become aware of a significant Growth opportunity – and of the Challenge we must face to achieve that opportunity.

**“If I can land this job, it will raise me from flunky to manager. To be chosen, I must do well in the job interview.”**

### 🌀 Engagement

We face the Challenge directly, and prepare to overcome it.

**“Even though I’m scared stiff, and the competition is huge, I’ll go all out to land this job. I’ll prepare well to maximize my chances.”**

### 🌀 Breakthrough

We master, surmount, or otherwise resolve the Challenge favorably.

**“During the interview, I won him over with my enthusiasm, my responsible demeanor, and my well-rehearsed knowledge of his industry.”**

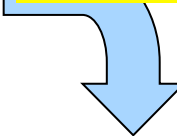
### 🌀 Integration

Finally, we assimilate the Breakthrough into our personality and self-image.

**“Now that I’ve succeeded in landing the job, I already feel like a manager. My self-confidence has increased. I find it easier to assert myself and to speak up when I have an opinion.”**



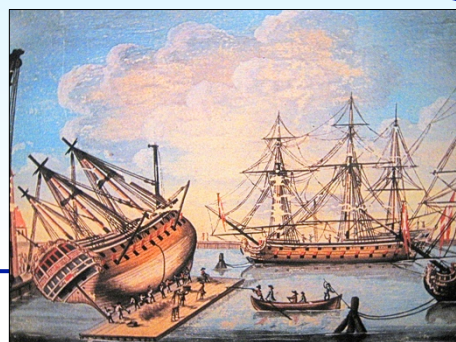
Actualization



**Actualization Growth**  
 “I took on a series of tough Challenges to rise from office flunky to chief executive.”

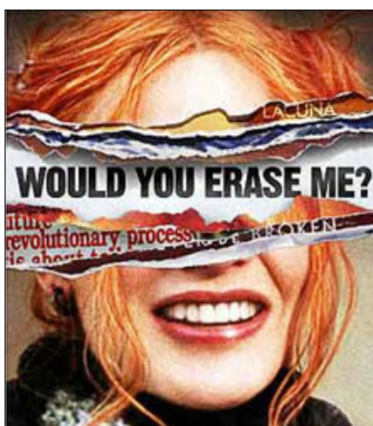
Actualization Growth (PPR3) occurs as the Individual or Collective Self (P1-2) progresses through a series of normal Stages (D1) and Transitions (D2), through the mechanism of the Transition Cycle (PPR1). It can be facilitated by a Counselor or Coach (PF6a-b), or any of the other Pathfinders (PF) -- using any of the 35 Specific Processes (PR1-35). Although Actualization Growth refers primarily to Individual Vertical Growth (PPR1, 3), it can also include any of the other General Processes (PPR) as well.

In our Life Journey, RESTORATION GROWTH is PUTTING IN FOR REPAIRS when our Ship has been Damaged by Battles or Storms. Or, GETTING BACK ON COURSE after our Ship has been blown off course. Or, APPREHENDING THE MUTINEERS and casting them from the Ship.



## 4 PPR4. RESTORATION GROWTH

**Restoration Growth** is the basic Growth Process for people with entrenched 'problems.' In its most common manifestation, Restoration Growth is 'growing backward' – revisiting past Stages to resolve Impasses (D7b), so that normal, forward-directed Actualization Growth (PPR3) can resume. The six-phase **Restoration Cycle** that produces such Growth is outlined on the facing page.



Restoration



### Restoration Growth

"Before I can have a successful marriage, I need to revisit and resolve an early childhood trauma that makes me suspicious of others and afraid of intimacy."

Restoration Growth: Wilber's *Therapies and Treatments for Pathologies*. Restoration Cycle: Wilber's *Uncovering, Archeology of the Self*.

### Your Restoration Growth

Refer back to the difficult Transitions you described in the Shadow Cycle section (PPR2). Select another Transition to explore in detail – preferably an early experience that was especially painful, uncomfortable, or embarrassing. \*\*\* Ask yourself probing questions until you bring it back fully to memory: What actually took place? Who was involved? Where did it begin to go awry? \*\*\* Now shift from what happened to how you felt inside. Relive the pain and discomfort, as if you were still in the midst of the experience. \*\*\* Relive your embarrassment, your confusion, your anger, your resentment, etc. Breathe those feelings in, and allow them to flood your entire body. \*\*\* You are re-experiencing your painful past in the context of a much more comfortable present. Does that help the pain to diminish? Do your emotions begin to feel soothed, reassured, even healed? \*\*\* On the other hand, is the experience so painful that you need a Strong Person to help you face it? Is that experience so buried that you need the Strong Person to even help you uncover and relive it? \*\*\* Aside from conscious memories, do you have puzzling physical symptoms? Severe headaches, recurrent nausea, unexplained nervous tension? Might these have a psychological origins? \*\*\* Do you sometimes engage in self-destructive behaviors? Overeating, smoking, drugs, alcohol abuse, etc.? Could any of these arise from a difficult past? \*\*\* What Strong Person would offer you the most support in these explorations? A Parent, your Long-term Partner, a close friend? \*\*\* Are your painful situations relatively mild and commonplace -- so that a Life Counselor might help? Or are those situations agonizing or overwhelming – so that a trusted Therapist might be needed?



## 4

**PPR4a. The Six-Phase Restoration Cycle**

Restoration Growth typically occurs through a six-phase process we call the Restoration Cycle (another cousin to the Transition Cycle (PPR1)).

✿ **Recognition**

Initially, we recognize that we are unhappy and need help. We seek the assistance of a Therapist, or some other Growth Professional.

**“I’m having bouts of depression and anxiety, so I’ve decided to see a good psychologist.”**

✿ **Resurrecting**

In the course of Therapy, we become aware of a past situation that has created an Impasse. We resurrect it, uncover it, recollect it, bring it to the surface.

**“Through dreamwork, bodywork, and talk therapy, I’ve gradually become aware of a brief but traumatic abandonment episode in my early childhood.”**

✿ **Confronting**

We own up to our deep-seated problems, and make a conscious decision to confront them.

**“With the support of my Partner and my Therapist, I’ve summoned up the courage to go back and face my painful early experiences.”**

✿ **Re-Experiencing**

We re-experience the original traumatic phase or episode through memory and recollection. We revisit and re-live it, until we defuse its explosive and destructive power.

**“In a series of therapy sessions, I’m re-experiencing that painful trauma – reliving it again and again, and releasing my anguish through anger and tears, until the sting finally begins to subside.”**

✿ **Re-integrating**

We come to view that troubling past situation from a more mature perspective – unhook from it, reinterpret it, place it in context. Often, we replace the original memory with a healthier, more objective version of the same recollection.

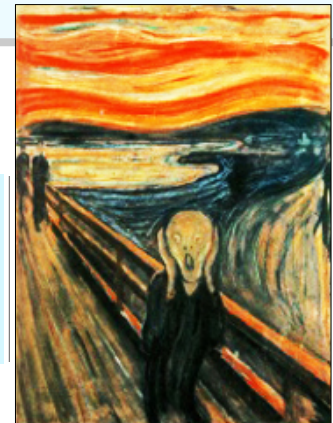
**“I now recognize that what I felt as abandonment was merely a temporary and inadvertent period of neglect.”**

✿ **Re-Structuring**

Once our past issues are resolved, we resume forward-directed Actualization Growth (PPR3). Often, we may need to reconsider and revise previous life decisions made under the influence of the Shadow Self.

**“Now that I’ve resolved the Impasse that caused me to be distant and aloof, I’m ready to get serious about my long-term relationship. I’ve also decided to change careers, so I can have more contact with people.”**

**My Primal Scream.** “In therapy, some people resurrect truly horrifying experiences of deprivation or abuse. However, for myself, the initial trauma was comparatively benign, even trivial. Once the incident was brought to light, my recovery was dramatic and triumphant.”

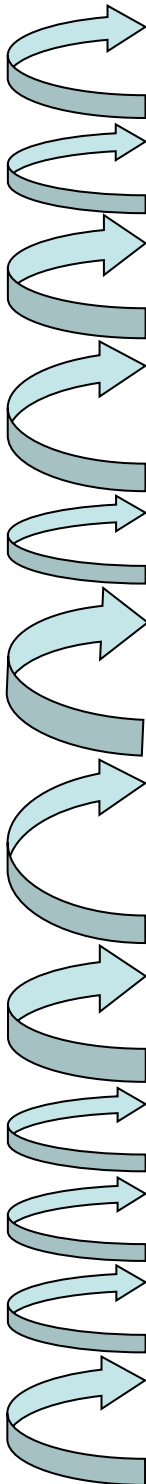


# 1 ACTUALIZATION GROWTH

In Actualization Growth (PPR3), we proceed up the developmental ladder from one Stage to the next.

LIFE PASSAGES DEVELOPMENTAL SEQUENCE [Read from bottom to top.]			
Step	Stages/ Transitions	Age of Ascendance	Characteristics
27	<b>Legacy</b>	<b>After death</b>	<b>Genetic, cultural, psychological, and material endowments passed to succeeding generations.</b>
26	<i>Death</i>		<i>Physical functioning stops.</i>
25	<b>Senescence</b>	<b>90-100+</b>	<b>Diminished capacities of body and mind.</b>
24	<i>Debility/ Illness</i>		<i>Significant physical or mental setback.</i>
23	<b>Elderhood</b>	<b>75-90</b>	<b>Communicating experience and wisdom to next generation.</b>
22	<i>Passing-the-Baton</i>		<i>Recognition of mortality. Shift of attention to next generation.</i>
21	<b>Mature Adulthood</b>	<b>60-75</b>	<b>Endeavors based on significance, internal identity.</b>
20	<i>Mid-Life Passage</i>		<i>Breakdown of externally-validated identity. Shift to internally-validated identity. From success to significance.</i>
19	<b>Middle Adulthood</b>	<b>40-60</b>	<b>Expanding upon life achievements to their maximum potential. Stability of stature and position.</b>
18	<i>Making-the-Grade</i>		<i>Peak of external life achievements, success.</i>
17	<b>Young Adulthood</b>	<b>21-40</b>	<b>Striving for external life achievements: Relationship, family, home, career.</b>
16	<i>Nudged-from-the-Nest</i>		<i>Completing school. Finding long-term career, long-term partner.</i>
15	<b>Adolescence [college]</b>	<b>18-22</b>	<b>Established independent identity, while supported by home.</b>
14	<b>Adolescence [high school]</b>	<b>13-18</b>	<b>Formation of independent identity, while living at home.</b>
13	<i>Coming-of-Age</i>		<i>First adolescent traits – physical, psychological.</i>
12	<b>Middle Childhood [upper grades]</b>	<b>9-12</b>	<b>Later grade schooling. Established in society outside of home.</b>
11	<b>Middle Childhood [primary grades]</b>	<b>6-8</b>	<b>Early schooling. First enrollment in society outside the home.</b>
10	<i>Entering School</i>		<i>First days at school.</i>
9	<b>Young Childhood</b>	<b>3-6</b>	<b>Partial independence within home environment.</b>
8	<i>Onset of Terrible 2s</i>		<i>First actions independent of (or contrary to) mother.</i>
7	<b>Toddler/ Walker</b>	<b>1.5-3</b>	<b>Early efforts at self-sufficiency and self-support.</b>
6	<i>Toddling/ Talking</i>		<i>First mobility and self-sufficiency.</i>
5	<b>Infancy</b>	<b>0-1.5</b>	<b>Total sustenance and bonding outside the womb.</b>
4	<i>Birth</i>		<i>Emergence from the womb.</i>
3	<b>Gestation</b>	<b>Before birth</b>	<b>Total sustenance and support within the womb.</b>
2	<i>Conception</i>		<i>Sperm meets egg.</i>
1	<b>Heritage</b>	<b>Before conception</b>	<b>The genetic, cultural, psychological, and material endowments we inherit.</b>

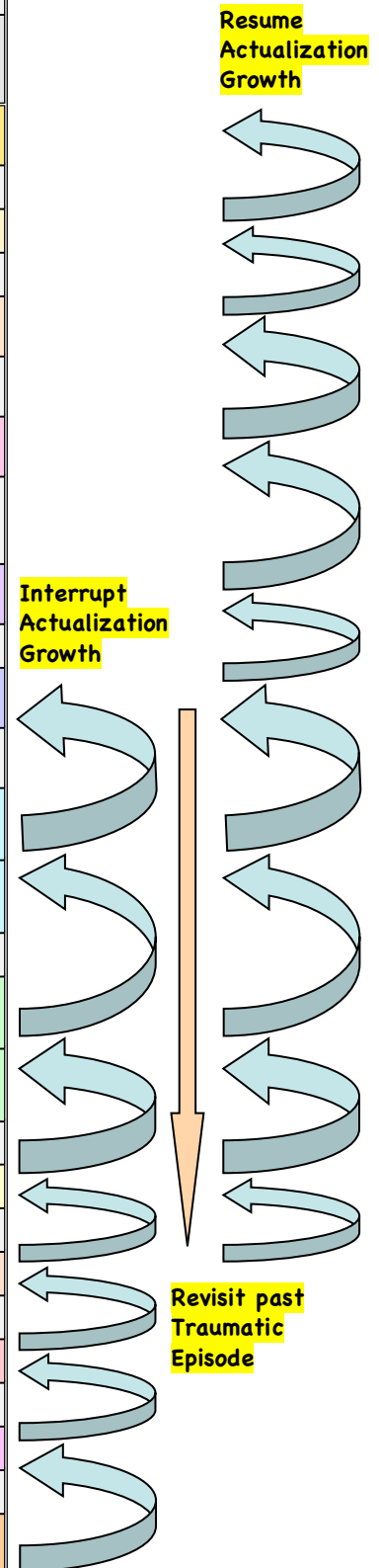
Continuous Actualization Growth



## 4 RESTORATION GROWTH

In **Restoration Growth** (PPR4), we interrupt our upward Growth, and backtrack to an earlier Stage. There, we must resolve some Impasse that prevents us from developing. After that, we can resume normal Actualization Growth (PPR3).

LIFE PASSAGES DEVELOPMENTAL SEQUENCE			
Step	Stages/ Transitions	Age of Ascendance	Characteristics
27	Legacy	After death	Genetic, cultural, psychological, and material endowments passed to succeeding generations.
26	Death		Physical functioning stops.
25	Senescence	90-100+	Diminished capacities of body & mind.
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10	Entering School		First days at school.
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2	Conception		Sperm meets egg.
1	Heritage	Before conception	The genetic, cultural, psychological, and material endowments we inherit.



In our Life Journey, COLLECTIVE GROWTH is the Journey that all the Voyagers TAKE TOGETHER – the challenges and adventures that captain, crew, and passengers all share.



## 2 PPR5. COLLECTIVE GROWTH

Vertical Growth (PPR1-4), Horizontal Growth (PPR6), and Awakening (PPR8) can occur not only individually, but also **collectively** -- with **Groups** of people ranging from couples to whole Cultures (P2b).



**Collective Growth.** "Our Performing Group grows in synergy and cohesion, as we prepare ourselves for a successful show."

### The Groups in Your Life: Static or Evolving?

Consider the Groups that are part of your life. \*\*\* Refer back to section P2, your Collective Self. Which Groups do you have a strong Identification or affiliation with? \*\* Begin your primary Relationship: Is it Static or Evolving? In what ways are the two of you stuck in old patterns? In what ways is your relationship evolving over time? \*\*\* Where you are stuck, what prevents the two of you from growing? Where you evolve, what conditions help to make Growth possible? What can you each do to support more Growth in your Relationship? \*\*\* Move on to other Groups in your life, asking similar questions. Begin with simpler Groups like your Family, the Team you play on, the Workgroup you participate in. \*\*\* Which of your Groups have been the most Static? Which have been the most Dynamic? What tells you so? \*\*\* As you compare your various Group affiliations, does a pattern emerge? Do you tend to prefer Groups that are Static, or Evolving? Do your Groups begin with strong Growth, and then lose momentum? Are you an agent for change in the Groups you participate in? Are you a voice for the status quo? \*\*\* What groups are you now most invested in? What Groups should you invest more attention in?

## 2 PPR5a. Groups: Static vs. Evolving

Evolving Groups grow over time from one Stage to the next. **Static Groups** tend to remain the same.



**Families: Static vs. Evolving.** The Simpsons are funny because they never change. The girls of the March Family in *Little Women* are poignant because they do.



**Workgroups: Static vs. Evolving.** The staff of *The Office* is funny because they never change. The staff of *The West Wing* is inspiring because they do.



**Cultures: Static vs. Evolving.** The China of Chairman Mao offered few opportunities for Growth. The Italy of the Renaissance encouraged a flourishing of the arts and sciences.

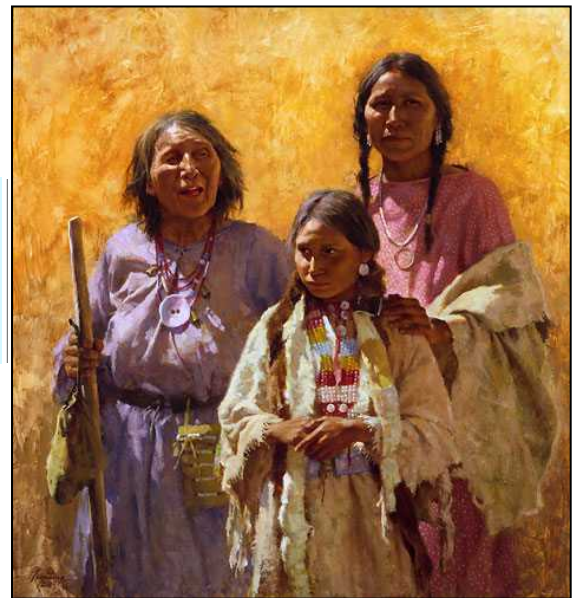


## 2 PPR5b. Generations

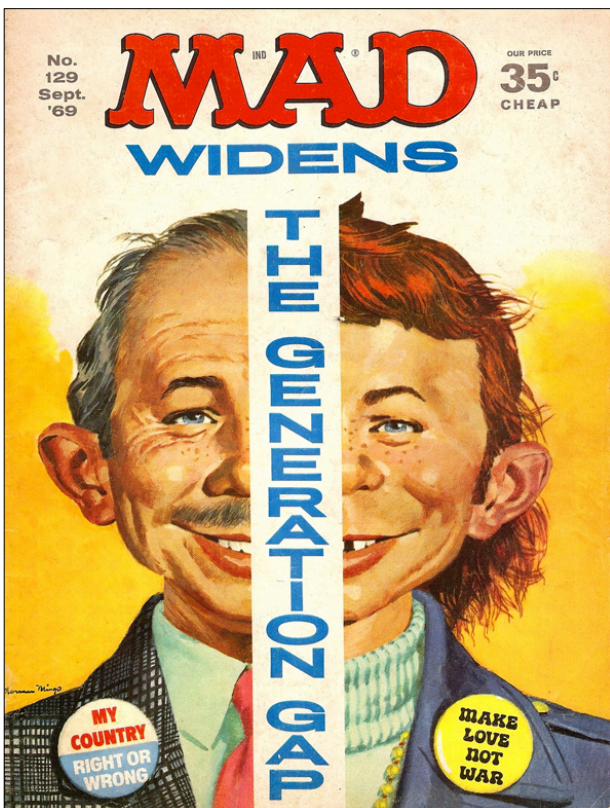
Collective Growth can take place through the same mechanisms as Individual Growth (PPR1-4, 6, 9). However, Groups can also have their own special mechanisms for Growth. Once such Group is known as a **Generation**. Biologically, a Generation is the period of life, normally about 20-25 years, between the time one is born and the time one first procreates. Culturally, a Generation is the Group of all those born within a particular Generation-long historic period – plus any others who feel an affiliation to that Group.



Four Generations of a traditional American family.



Three Generations of a Native American family.



Baby Boomers vs. the GI Generation. The revolutionary, new **Prophetics** are often in conflict with the old **Civics**.

Collective Growth: Wilber Not mentioned, except as *Socio-Cultural Evolution*. Cultural Evolution: Same term. Generation Cycle: Not mentioned.

Collective Growth (PPR5) occurs as Groups (P2b) proceed through the Stages (D1) and Transitions (D2) of the Collective Developmental Sequence (DD1+2) – often with the assistance of Collective & Societal Pathfinders (PF1-4). \*\*\* The Generation Cycle (PPR5b) describes a five-phase Growth Cycle that takes place over perhaps 80-100 years. Cultural Evolution (DD1+2b) is a far longer process, where development takes place over eons of time.

## 2 PPR5b-1. THE FOUR-PHASE GENERATION CYCLE

Cultures may evolve over decades of time through a four-phase mechanism we call the **Generation Cycle** (another cousin to the Transition Cycle).\* According to Strauss & Howe (*Generations*, (1991) and sequels), dynamic Cultures repeatedly pass through a Cycle consisting of four characteristic Generations. [\*The Generation Cycle by itself is not enough to account for very long-term Cultural Evolution, such as Spiral Dynamics (DD1+2b), which takes place over eons of time.]

### PPR5B1. THE GENERATION CYCLE

#### ✿ Prophetic Generation

Conceives a new cultural vision and a new impetus for change.

**“After the American Civil War, an inspired and dedicated Prophetic Generation was born [Franklin Roosevelt, Henry Ford]. . .”**

#### ✿ Reactive Generation

Reacts against or detaches from the dominance of the Prophetics

**“... which was followed by a rebellious, non-conformist Reactive Generation [Ernest Hemingway, Humphrey Bogart] . . .”**

#### ✿ Civic Generation

Fills out and implements the vision of the Prophetics

**“... which was followed by an idealistic, dedicated Civic Generation [John Wayne, Walt Disney] . . .”**

#### ✿ Bureaucratic Generation

Institutionalizes and standardizes what once was the Prophetic Vision.

**“... which was followed by a cooperative, conformist Bureaucratic Generation [Four Freshmen, Walter Mondale].”**

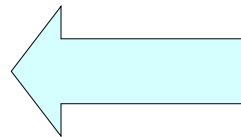
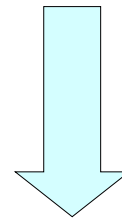
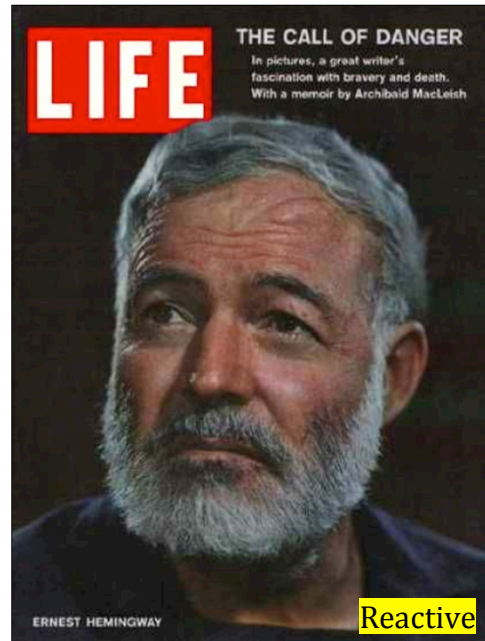
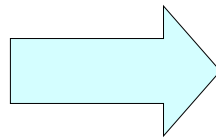
After the four Generations are complete, the cycle repeats itself – but at a higher level of Development, with a new Prophetic Vision.

### The Generations of Your Life

Consider the Generations table above. Based upon your birthdate (or your natural affinity), which Generation do you belong to? \*\*\* What about your Partner? Your Parents? Your Grandparents? Your Children? (Careful! Sometimes we skip a phase between Generations. Sometimes two members of a Couple are from different Generations.) \*\*\* Can you trace a four-phase cycle from your great grandparents (or even earlier) to the present? What do you carry from each prior Generation in your own personality? \*\*\* In what ways do the Generations in your own family correspond to the table? In what ways do they differ? \*\*\* What Generations do your closest friends belong to? How about your work associates? What about the trade or professional people you deal with on a regular basis? Do their characteristics correspond to the table? \*\*\* What is the most recent Generation of young people in your life (your children, grandchildren, friends' children, etc.)? As they grow up, what are their characteristics likely to be? Based upon their Generation, what special opportunities and challenges may they face?

## 2 PPR5b-2. GENERATION CYCLES IN AMERICAN HISTORY

America's most recent complete Generation Cycle began with the Prophetics born just after the Civil War (Roosevelt, Ford); continued with the Reactives born in the late 19<sup>th</sup> Century (Hemingway, Bogart); moved on to the Civics born in the early 20<sup>th</sup> Century (Wayne, Disney); and concluded with the Bureaucratics born between the World Wars (Four Freshmen, Mondale). With the Baby Boomer Prophetics born just after World War II (Gates, Jobs, Lucas, Spielberg), the Cycle has begun all over again.





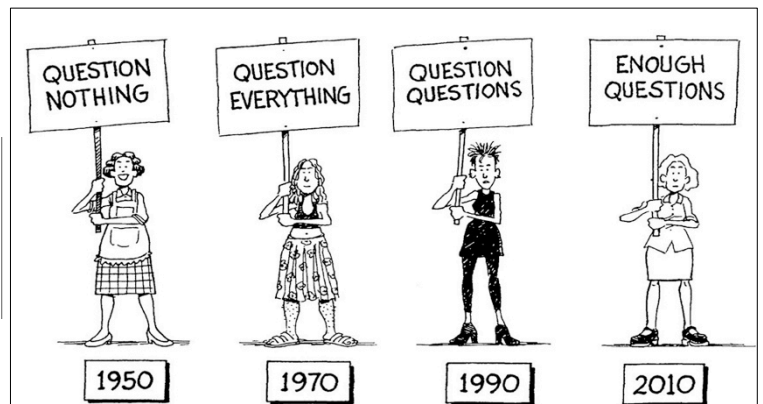
## 2 PPR5b-2. GENERATION CYCLES IN AMERICAN HISTORY (cont.)

According to Strauss & Howe, there have been four complete Generation Cycles in American History – coinciding roughly with the Colonial Period, the Revolutionary War, the Civil War, and the two World Wars. In the present Millennial Cycle, we are currently birthing a new Generation of Bureaucrats – a group of docile, compliant conformists (Tony Randall types) – interspersed with a few isolated, disruptive rebels (James Dean types). The world-changing Prophetics of our next Cycle will not even be born until around 2020.

GENERATIONAL CYCLES IN AMERICAN HISTORY					
Gen #	Generation Cycle	Prophetic	Reactive	Civic	Bureaucratic
7	TRANSLUCENT?				
6	VISION-LOGIC?				
5	MILLENNIAL	<b>Boomer</b> (1943-1960) Steve Jobs, George Lucas	<b>X-Gen</b> (1961-1981) Tom Cruise, Curt Cobain	<b>Millennial</b> (1981-2001?) Dakota Fanning, Frodo Baggins	<b>Protected?</b> (2001-?)
4	GREAT POWERS	<b>Missionary</b> (1860-1882) Franklin Roosevelt, Henry Ford	<b>Lost</b> (1883-1900) Ernest Hemingway, Humphrey Bogart	<b>G. I.</b> (1901-1924) Walt Disney, John Wayne	<b>Silent</b> (1925-1942) Walter Mondale, Four Freshmen
3	CIVIL WAR	<b>Transcendental</b> (1792-1821) Abe Lincoln, Robert E. Lee	<b>Gilded</b> (1822-1842) Mark Twain, John D. Rockefeller	[Aborted by mass slaughter]	<b>Progressive</b> (1843-1859) Teddy Roosevelt, Booker T. Washington
2	REVOLUTIONARY	<b>Awakening</b> (1701-1723) Ben Franklin, Jonathan Edwards	<b>Liberty</b> (1724-1741) Patrick Henry, Daniel Boone	<b>Republican</b> (1742-1766) Thomas Jefferson, John Paul Jones	<b>Compromise</b> (1767-1791) Andrew Jackson, Washington Irving
1	COLONIAL	<b>Puritan</b> (1584-1616) John Winthrop, Miles Standish	<b>Cavalier</b> (1615-1647) Increase Mather, William Kidd	<b>Glorious</b> (1648-1673) Cotton Mather, Hannah Dustin	<b>Enlightenment</b> (1674-1700) Samuel Johnson, William Shirley

Earliest to most recent

**What Do You Question?** Dynamic Cultures grow by progressing through four characteristic **Generations**. Each Generation is defined by what it believes in – and what it questions.



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



## 5 PPR6. HORIZONTAL GROWTH

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

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



### Horizontal Growth

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

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

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

## 5 PPR6a. Improvement & Translation

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

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



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

**Translation**



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



### Your Improvement & Translation

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