

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

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

Hugh & Kaye Martin's new book *Ken Wilber, Joseph Campbell, & the Meaning of Life* presents a unique, new way of viewing personal growth and human development. In this series, Integral World presents excerpts from the Advanced Version, Volume 1 -- sections of the book that were omitted from IW's previously-published Introductory Version. In general, these sections are more abstruse, speculative, or controversial than the rest of the book. Readers are encouraged to read these advanced sections only after they have assimilated the Introductory Version of this book. **This issue of Integral World contains Installment #3.**

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

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

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

# KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

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



HUGH MARTIN  
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?

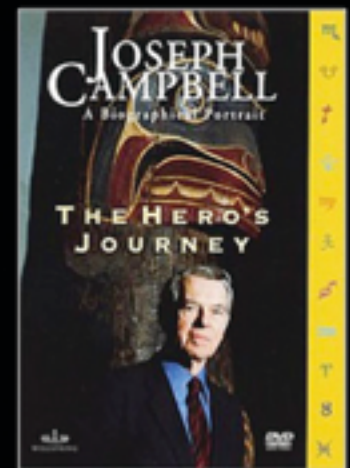
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*, 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  
(Advanced Version, Volume 1: The Human Odyssey Series)

## **Installment #3. SYSTEM #7: EVOLUTION & INVOLUTION**

Where do Ken Wilber's 'Evolution & Involution,' 'Height & Depth,' and 'U-Shaped Pattern' fit into this new ADAPT Model? They are consolidated into a major form of growth likewise called 'Evolution & Involution.'

**Evolution & Involution are the twin processes by which Directional Growth takes place: The Ascending Direction of Evolution, and the Descending Direction of Involution.** \*\*\* The Ascending and Descending Directions that Growth may take -- along with the Life Trajectories, where these twin Directions are played out over the course of a lifetime. \*\*\* The Transcend & Include Cycle: Through a process of Involution, the Shadow Self is incorporated back into our personality, so that normal Evolution Growth may resume. \*\*\* Case studies of Evolution & Involution: Ransome, the cut-throat businessman who suffers from migraines and depression. The prophet Moses, whose midlife crisis leads him to defy the Pharaoh and lead his people out of Egypt.

### **Proof & Review Copy**

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In our Life Journey, the DIRECTIONS are the two vertical paths our Journey can take – UPWARD to the HEAVENS, or DOWNWARD into the UNDERWORLD.



## D6. DIRECTIONS & TRAJECTORIES

The Dimensions we have discussed thus far (D1-4) all assume that Growth is directed from lower Stages to higher Stages – that is, Upwards and Outwards ('**Ascending**'). However, there is a corresponding form of Growth that takes place Downwards and Inwards ('**Descending**'). This Dimension encompasses those two major forms of Growth:

- ☸ **Directions.** In each of the four Realms, we can orient our life activities in two major Directions – Ascending (or, Outward) and Descending (or, Inward). (p. 179)
- ☸ **Life Trajectories.** When the two Directions are played out over the full course of a lifetime, they become **Trajectories** – an Outward Trajectory in earlier life, followed by an Inward Trajectory in later life. (p. 180)

**Jacob and His Ladder.** "When I became a fugitive after cheating my brother Esau out of his birthright, I **descended** down to Hell. When, during my escape, I envisioned angels climbing to the clouds, I **ascended** up to Heaven. Through this whole agonizing ordeal, I was purified and redeemed." [Genesis 28]



**The Poles of Human Existence.** From a spiritual and philosophical perspective, the Ascending and Descending represent the twin poles of human existence – male/female, yang/yin, spirit/flesh, mind/body, symbol/meaning.

Ascending & Descending. Wilber's *Height & Depth, Evolution & Involution*. Directions: *No Term*. Life Trajectory: Wilber's *U-shaped Pattern*.

The Ascending & Descending Directions (D6) are generally characteristic of Male & Female Gender Types, respectively (P3a). The Directions can be implemented by the Process of Evolution & Involution (PPR8). They are also a form of Horizontal Growth (PPR6b).

Dimension D6 is somewhat abstruse and esoteric. Comments and suggestions from readers are welcome.

## D6a. The Directions of Growth

We can orient our life activities in either of two major Directions – Ascending or Descending. Such orientation can occur in each of the four Realms (D4a-d). In the **Ascending** or Outward Direction, we can ‘evolve’ toward Achievement, Psychological Maturity, Aliveness, and Enlightenment. In the **Descending** or Inward Direction, we can ‘involve’ toward Fulfillment, Authenticity, Grounding, and Compassion. The orientation we choose is often determined by our Gender.

<u>Passage</u>	<u>Ascending</u> (Upward & Outward)	<u>Descending</u> (Downward & Inward)
<b>Life Passages</b>	Achievement	Fulfillment
<b>Psyche Passages</b>	Psychological Maturity	Authenticity
<b>Body Passages</b>	Aliveness	Grounding
<b>Spirit Passages</b>	Enlightenment	Compassion

**Ascending.** “As a Traditional Male, I emphasize the Ascending Direction of Growth - individual advancement, material success, and spiritual enlightenment.”



**Descending.** “As a Traditional Female, I emphasize the Descending Direction -- authentic relationships, fulfilling activities, and spiritual compassion.”

### The Directions of Your Growth

Consider the table above. What are the major emphases of your life? Is your nature basically Ascending, or Descending? \*\*\* For the Life Passages row: Are you more interested in outward achievements, or inner satisfaction? For the Psyche Passages row: Are you more focused on growing in maturity, or just becoming more real? For the Body Passages row: Do you like to feel energized and excited, or more grounded and connected? For the Spirit Passages row: Does your path of Spiritual Growth take you toward personal enlightenment, or toward serving the needs of others? \*\*\* Give specific examples on both sides of each issue. Which side tends to predominate?

In our Life Journey, the **TRAJECTORIES** represent the total course of our adventure – first the **OUTWARD JOURNEY** to challenge and adventure, then the **INWARD JOURNEY** toward the comforts and satisfactions of home.

## D6b. The Trajectories of Growth

When the Directions of Growth are played out over the full course of a lifetime, they become **Life Trajectories**. In earlier life, we trace an Ascending arc of **Evolution** – where we ‘evolve’ toward Achievement, Psychological Maturity, Aliveness, and Enlightenment. In later life, we follow a Descending arc of **Involution** – where we ‘involve’ toward Fulfillment, Authenticity, Grounding, and Compassion. Between the two is an often difficult Transition (D2ad) called **Mid-Life**.



### When Aliens Have a Mid-Life Crisis.

“During Mid-Life, I’m clinging desperately to my vanishing youth.”



### Pleasures Too Long Denied.

“I never really let myself enjoy life. Now at Mid-Life, I find myself succumbing to irresistible urges and cravings.”

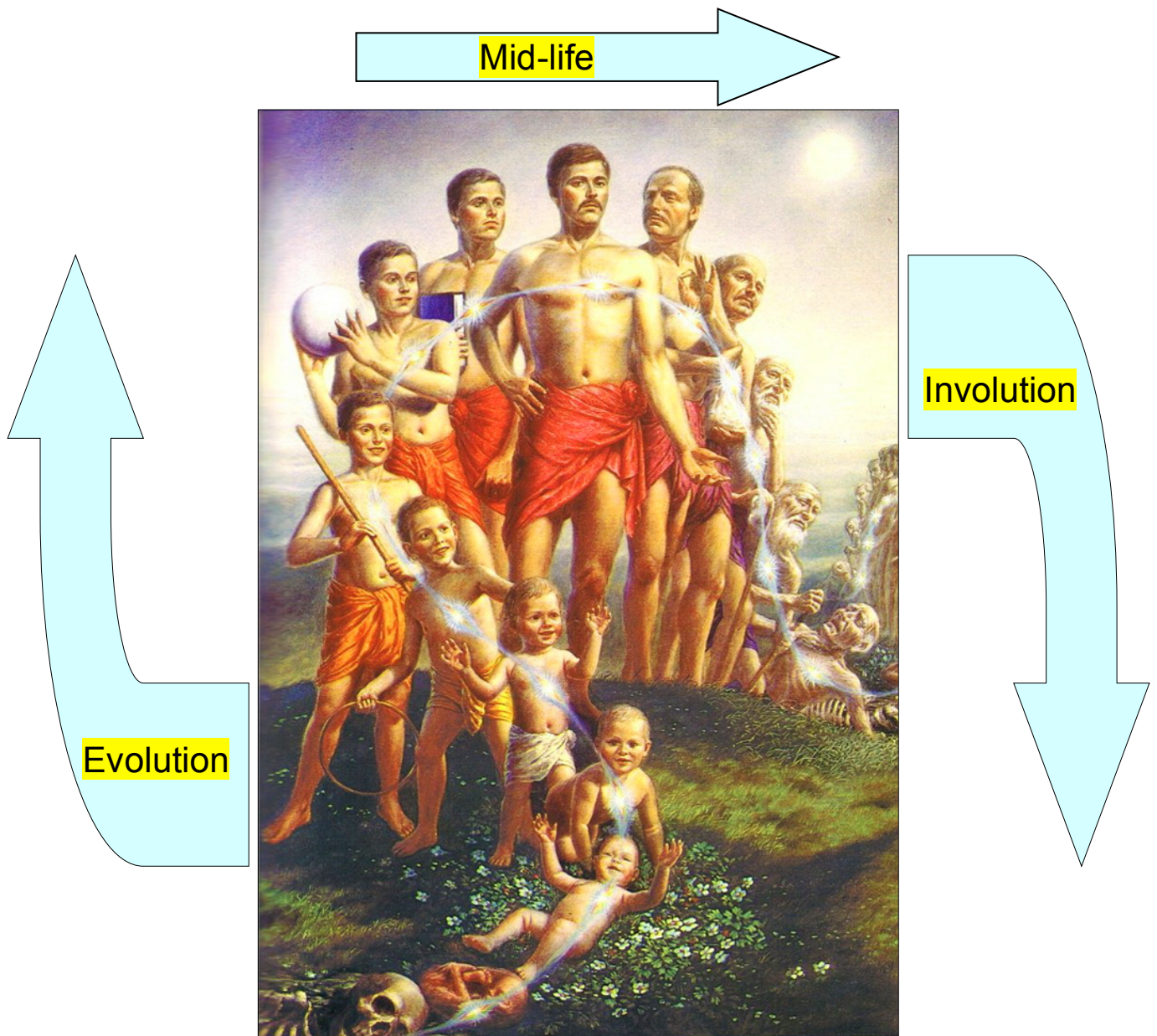


**Ascending.** “In my earlier life, I felt driven toward career success and social prominence.”

**Descending.** “Now, in my later life, I seek deep relationships and meaningful accomplishments.”

**Mid-Life.** “In transitioning from one to the other, I’m experiencing a very turbulent Mid-Life Crisis.”





### The Trajectories of Your Life

Revisit the Directions of Your Growth from the previous Exploration (p. 179). Is your current Direction primarily Ascending or Descending? \*\*\* Are you still in the Evolution phase of your Growth curve? \*\*\* Are the interests and incentives of the Ascending phase losing their luster? Are you in the midst of a turbulent and ambivalent Stage called Mid-Life? \*\*\* Have you moved on to the internal preoccupations and satisfactions of Involution? \*\*\* The first time around, answer those questions factually -- based upon your current Life Trajectory. \*\*\* Next, answer these same questions imaginatively -- assuming the answer to each question is 'yes.' Expatriate on what it would feel like to be in each of those Stages. \*\*\* Now turn your attention to others you know well: Your Partner, your Parents, your Children, your best friends. What Stage are they at in their Life Trajectory? Aside from age, what symptoms indicate the Stage they're in? How are they coping with the Challenges that Stage presents? What new opportunities are opening for them? \*\*\* Does your participation with loved ones in a common path bind you to those people? Does the whole span of your shared Life Journey become more precious, more cherished?

On our Life Journey, the SHADOW SELF is the TROUBLEMAKER, the MISFIT who disrupts our Voyage and causes things to go wrong -- the Grumbler, the Slacker, the Rebel, the Plotter, the Saboteur, the Mutineer, the Stowaway.



## 4 P4. THE SHADOW SELF

The **Shadow Self** -- also called the **Inner Saboteur** or **Gremlin** -- is any dis-attached scrap of identity that impedes or distorts our Growth process. The Shadow Self can be created at any Stage of Development. The earlier the Stage, the more difficult the healing process.



### The Beast Within

"Usually, I'm calm and placid. But when an unpleasant situation arises, my Shadow Self rages inside me like a wild beast."

Shadow Self: Wilber's *Subpersonality, Shadow Self*. See also Wilber's table of Pathologies & Treatments at various Stages of Development, see Appx 9b.

The Shadow Self is the source of deep-seated Impasses (D7b) that can block or distort our Growth. The Shadow Self is typically produced by a Shadow Cycle (PPR2), and can sometimes be resolved through Restoration Growth (PPR4) -- with the help of a Therapist (PF6d), Spiritual Guide (PF7), Integral Life Guide (PF10), or the intervention of Providence (PF12).

### Your Shadow Self

Are there times when you feel excessively or inexplicably anguished, troubled, stressed, hung-up? What kinds of behavior do you exhibit? Tension, anxiety, mood swings, depression, etc.? \*\*\* When do such symptoms show up? After a hard day at work? When you encounter an unpleasant person? When you're hungry or short of sleep? \*\*\* Is the onset of such feelings difficult to anticipate, or control? \*\*\* In what ways did your Parents show irrational, inconsistent, or inexplicable behavior? Does your own behavior in some ways replicate theirs? \*\*\* Does your behavior sometimes seem like a contrary reaction to your Parents? How well can you separate your own identity from theirs? \*\*\* Who else do you know who is chronically anxious, disturbed, or distressed? In what ways does their condition show itself? How do they endeavor to cope with it or resolve it? \*\*\* Imagine that there is a separate 'person' inside you -- a Shadow Self or 'Gremlin' who is the source of your irrational thoughts or inexplicable feelings. In literal detail, what might that Gremlin look like? What are the prominent characteristics of your Gremlin's personality? With colored markers, draw a picture of your Gremlin. \*\*\* With the assistance of someone skilled in such work, have a conversation or dialog with your Shadow Self or Gremlin. Can you and your Shadow Self come to some sort of understanding?

## YOUR INNER SHADOW

**Lonely Shadow.** "Sometimes my Shadow is a lonely, neglected, little person just longing to be embraced."



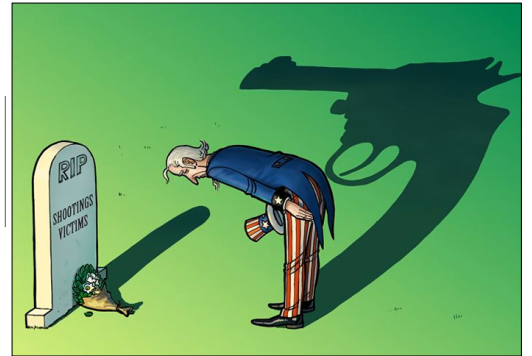
**Vandal Shadow.** "Sometimes my Shadow is a spray can of graffiti that spoils the beautiful lines of my face."



**Destructive Shadow.** "Sometimes my Shadow is a sick society that destroys its own young."



**Messy Shadow.** "Sometimes my Shadow is the clutter I use to distract myself from the mess that's inside."



**Creative Shadow.** "Sometimes my Shadow is the creative little girl inside me, just waiting in the wings for some long-overdue applause."

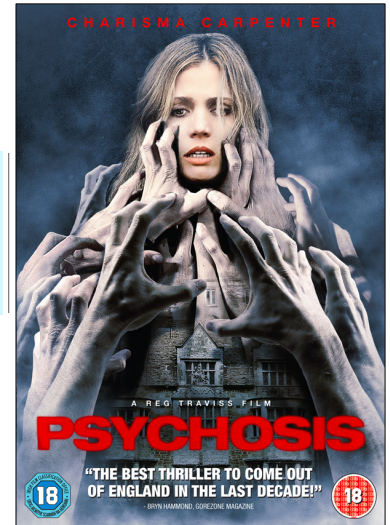


## SHADOW SELF: YOUR INNER GREMLIN OR SABOTEUR



**Demon Gremlin.** "Sometimes my Gremlin is the diabolical demon inside that haunts my dark interior."

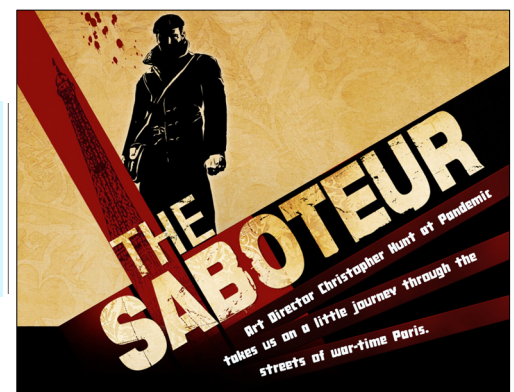
**Dreadful Gremlin.** "Sometimes my Gremlin is a dreadful force that clenches me like a death grip."



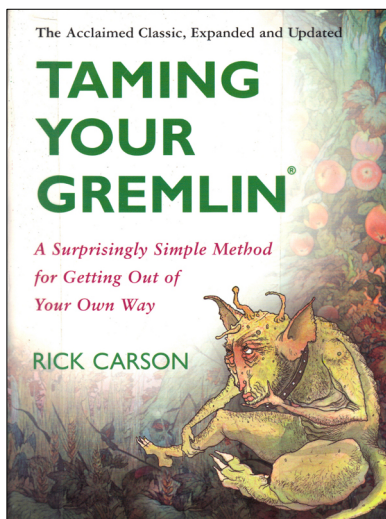
**Saboteur Gremlin.** "Sometimes my Gremlin is the crafty villain inside who sabotages my best-laid plans."

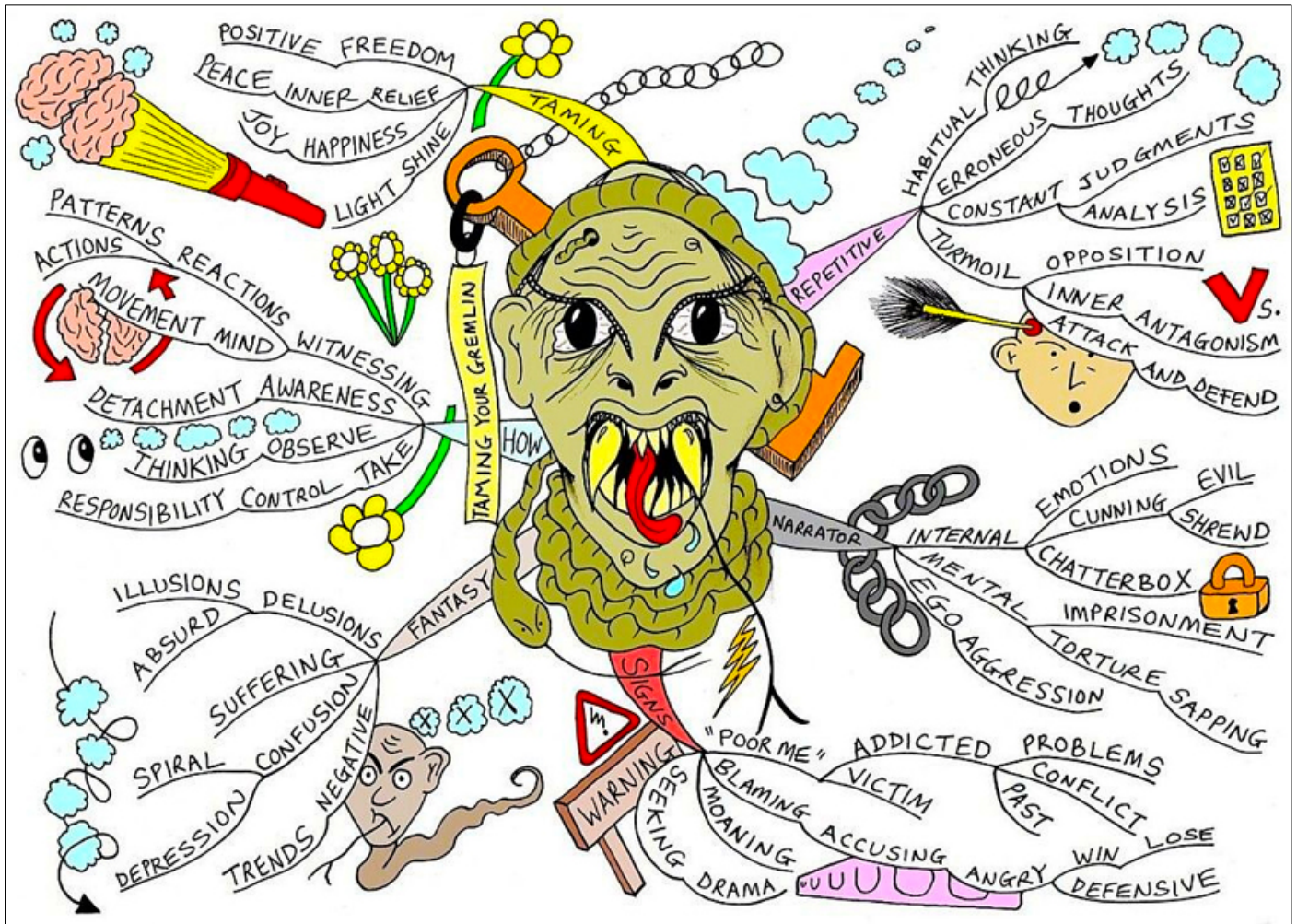


**Hero Saboteur.** "Sometimes my Inner Saboteur is a rebellious hero who liberates me from the oppression of my rigid upbringing."



**Tame Gremlin.** "Sometimes my Gremlin can become a docile and lovable pet I use to laugh at my foibles and eccentricities."





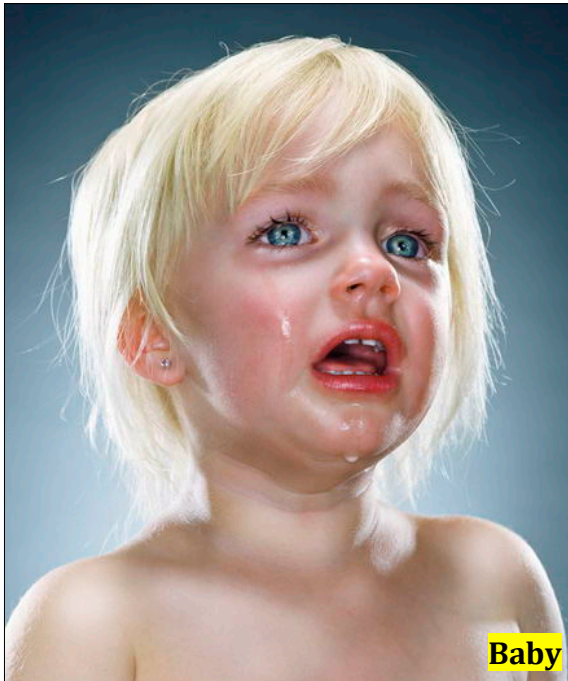
**Taming Your Own Gremlin.** Consider the Mind Map diagram above. It shows one person's conception of how their Gremlin can affect their life. \*\*\* Take a close look at all the 'tentacles' radiating from this sinister beast. Notice in 'Fantasy', 'Signs', 'Narrator', and 'Repetitive' how one symptom leads to another. Notice in 'Taming' and 'How' how one solution leads to another. \*\*\* Now make a Mind Map of your own Shadow Self or Gremlin. Begin with the picture of your Gremlin you drew in the previous Exploration (or make another one). \*\*\* Add whatever 'tentacles' seem right for your particular Gremlin. Fill in all the symptoms and solutions you can think of. \*\*\* Is your Gremlin starting to feel a little tame? \*\*\* Now draw another picture of your new, tamer Gremlin.

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.



## 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).

## **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.

### **1. Identification with the Experienced Self**

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

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

### **2. Detachment from the Experienced Self**

Next, the Self distances itself from that Stage.

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

### **3. 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."**

### **4. 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."**

### **5. 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."**

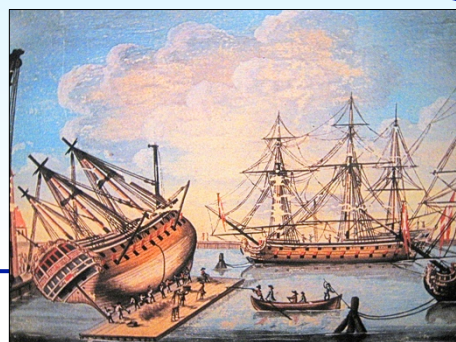


**The Estranged Self.** "My whole quest in Therapy is to invite my wandering and wounded Shadow Self back into my Personality."

### **Your Shadow Cycle**

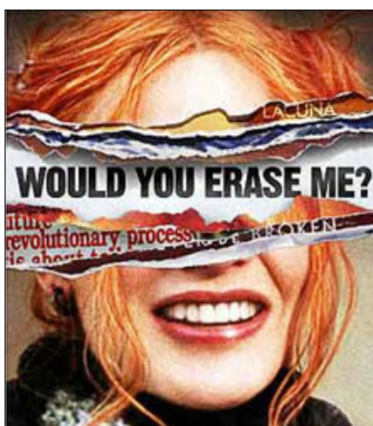
Refer back again to the Dimension of Transitions (D2). Recall again some key Transitions that had a big impact on your life. This time, recall some Transitions that went awry: A new school that was a disaster, a first date that was a flop, flunking a major course in college, bombing in your first job 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, 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.



## PR4. 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?



## **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)).

### **1. 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."**

### **2. 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."**

### **3. 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."**

### **4. 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."**

### **5. 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.

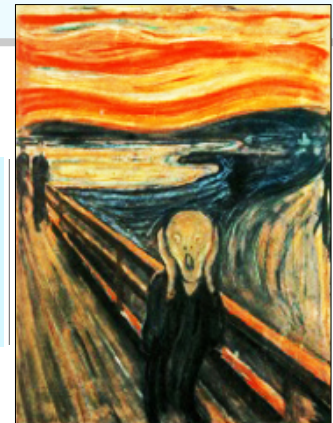
**"I now recognize that what I felt as abandonment was merely a temporary and inadvertent period of neglect."**

### **6. Re-Structuring**

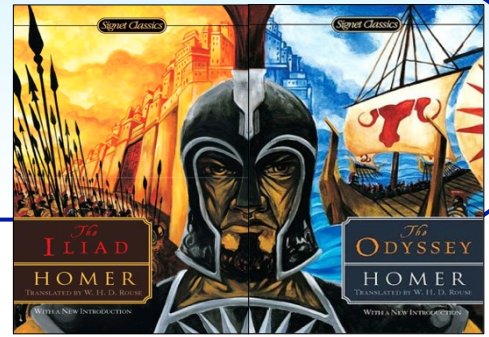
Once our past issues are resolved, we resume forward-directed Actualization Growth (PPR3). Often, we may need to reconsider and revise previous life decisions made under the influence of the Shadow Self.

**"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."



In our Life Journey, Evolution is our *ILIAD* -- our OUTWARD JOURNEY to challenge and adventure. Involution is our *ODYSSEY* -- our INWARD JOURNEY toward the comforts and satisfactions of home.



## PPR8. EVOLUTION & INVOLUTION



**Evolution & Involution** are the twin Processes by which **Directional Growth** takes place. The Ascending Direction of Growth (D6a) occurs through the Process of Evolution. The Descending Direction of Growth (D6a also) occurs through the Process of Involution. Evolution & Involution manifests itself in three forms -- **Transcend & Include, Life Trajectories, and Gender Types**. Transcend & Include will be discussed on the facing page. Life Trajectories and Gender Types will be addressed on the two following pages.

**Evolution & Involution.** "Like a tree, we grow **Upwards & Outwards** toward the heavens - but also **Downwards & Inwards** into the earth."

### Your Transcend & Include

Refer back to the major Transitions of your life (D2): From Toddler to Grade Schooler, from Grade-schooler to Teenager, from Adolescent to Young Adult, etc. \*\*\* Choose one such Transition that had a particular impact on you: The Transition to Teenager, for example. Within that Transition, choose an aspect to explore in depth: Your Circle of Friends, for example. \*\*\* Ask yourself questions like these: In Grade Schooler years, who were your main Friends? What kinds of activities did you do together? What were those Friends like? \*\*\* Once you fully established yourself as a Teenager, who became your main Friends? How did your activities differ with these new Friends? In what characteristics were your new Friends different from your old ones? \*\*\* As a Teenager looking back on your Grade School years, were you eager to distance yourself from your previous Identity? Did you feel embarrassed about your old Friends? Did you jettison them, because they reminded you of who you'd been? Or, did you retain warm feelings and friendly contact? \*\*\* Imagine you are at a school reunion (or join an actual reunion!) attended your two groups of Friends -- Grade School and Teenage. Circulate among the groups, and get to know these Friends all over again. \*\*\* What special qualities did your Grade School Friends have that you lost when you displaced them? What qualities of your Teenager Friends are not so impressive, when viewed from the perspective of later years? \*\*\* Do you have other Groups or other Stages you've tried to banish from memory? Does a sense of emptiness or rootlessness arise from those disowned periods? \*\*\* Can you, with humor and compassion, readmit those past Selves back into your present Identity? As you reclaim those banished Identities, do you feel yourself become more settled, more connected, more whole?

Symbolically, EVOLUTION & INVOLUTION is like a GREAT TREE – a Tree that grows Upward & Outwards, but also Downward & Inwards. TRANSCEND & INCLUDE is that same Tree, where new RINGS OF GROWTH are added to the ORIGINAL TREE at its core.

## PPR8a. Transcend & Include

### THE THREE-PHASE TRANSCEND & INCLUDE CYCLE

This form of Evolution & Involution typically occurs through a three-phase process we call Transcend & Include (really, a cousin to the Transition and Shadow Cycles (PPR1-2)).

#### 1. **Evolution**

We evolve by ‘transcending’ a prior Stage, but also ‘including’ that Stage in our next Stage.

**“I make a living devising complex computer algorithms. But I still love slapstick humor and mud-wrestling with my kids.”**

#### 2. **Disconnection**

However, if we Transcend without Including, we ‘split off.’ That is, we detach our ‘higher’ capacities from our ‘lower’ ones. The result is a debilitating Impediment we call Disconnection.

**“Now that I’ve become a serious computer professional, I’ve put aside childish activities – like dumb jokes and undignified horseplay.”**

#### 3. **Involution**

To re-connect, we ‘Include’ Stages that we have previously ‘Transcended.’ In other words, we ‘return to our Roots.’ Through the Process of Involution, we re-visit and re-integrate lower Stages of consciousness that may have become neglected or discarded as we evolved.

**“As a detached and disconnected Adult, I am using Gestalt Therapy and Bodywork to reconnect with my Inner Child.”**



#### **Transcend & Include.**

“Through intensive therapy, I’m coming to love parts of my Inner Child I had previously rejected or ignored.”

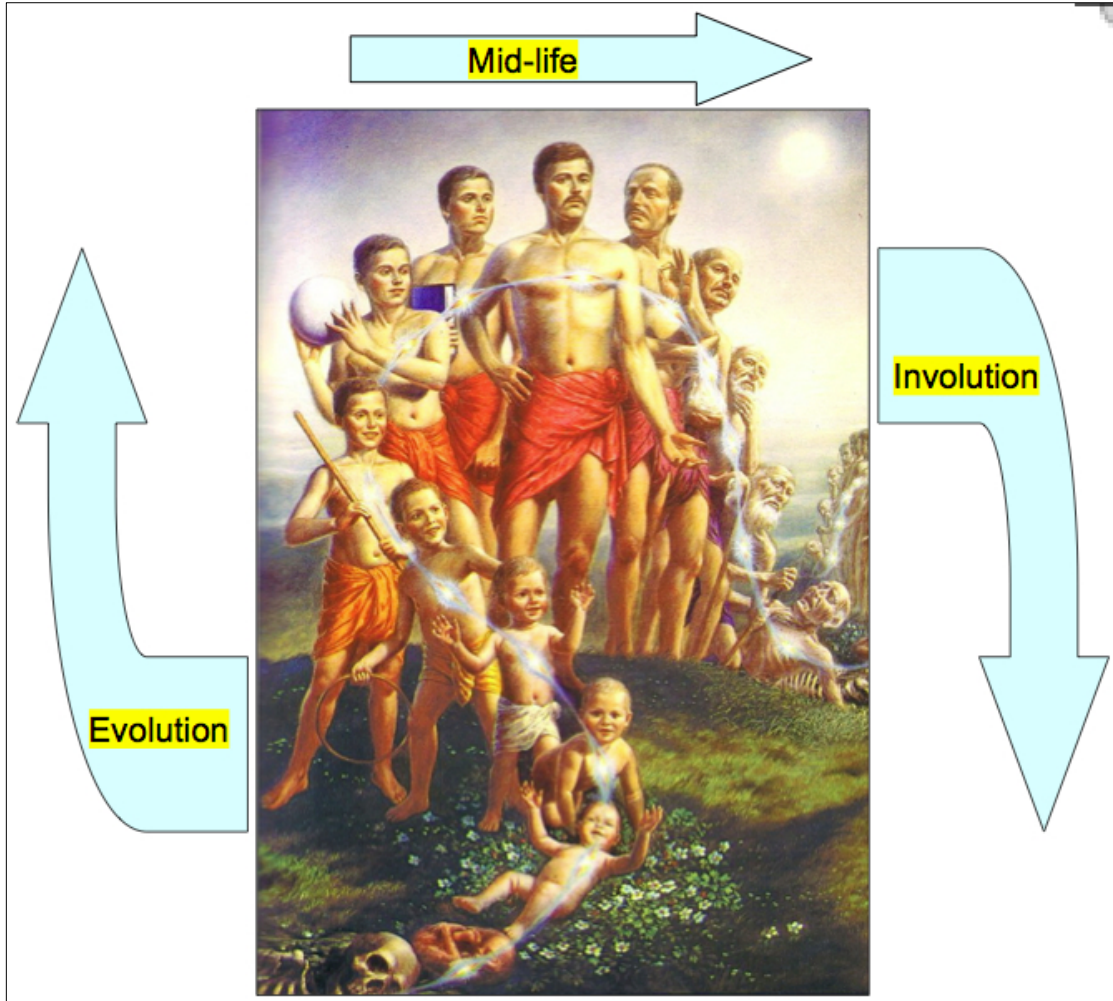
Evolution & Involution, Transcend & Include, Gender Types: *Same terms.* Life Trajectories: Wilber’s U-Shaped Pattern.

Evolution & Involution (PPR8) occurs as the Self (P1) proceeds in Ascending & Descending Directions (D6a). Transcend & Include (PPR8a) involves the revisiting and assimilating of past Stages, so it can be considered a form of Restoration Growth (PPR4) for relatively healthy people. Life Trajectories (PPR8b) is the Trajectory of Growth (D6b) played out over the course of a lifetime.

Process PPR8 is somewhat abstruse and esoteric. Comments and suggestions from readers are welcome.

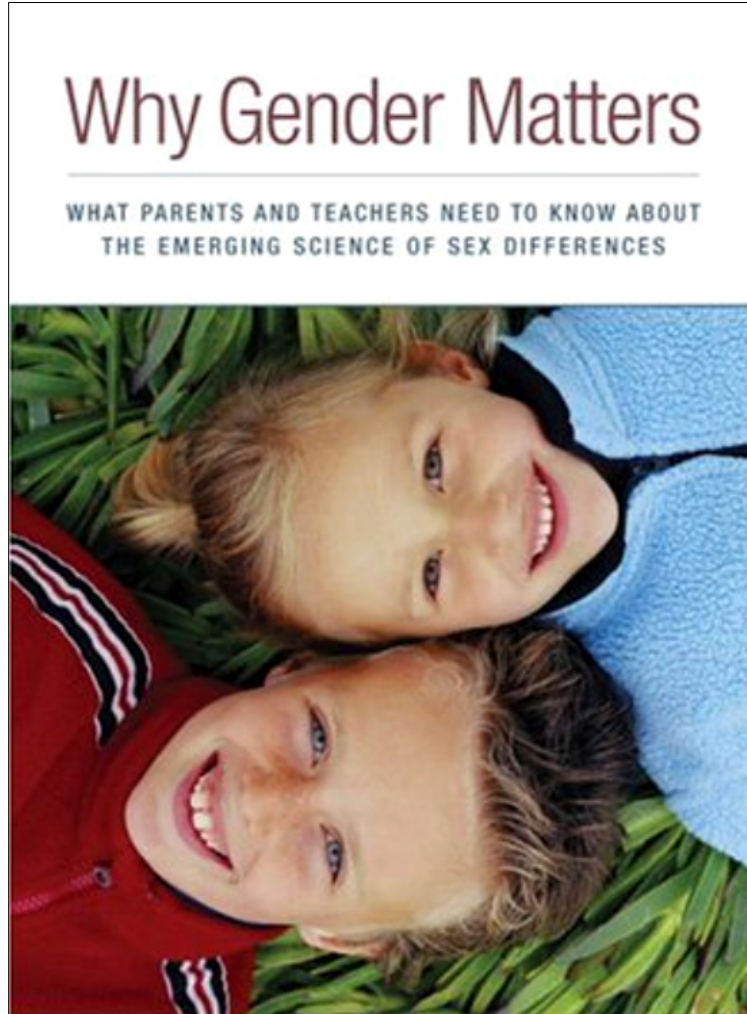
### **PPR8b. Evolution & Involution: Life Trajectories**

The twin arcs of **Evolution & Involution** can be played out over the course of a lifetime in the form of **Life Trajectories**. [For clarity, this topic has been discussed under Life Trajectories (D6b).]



### **PPR8c. Evolution & Involution: Gender Types**

The tendency toward **Evolution** is especially characteristic of the traditional **Male Gender Type**. The tendency toward **Involution** is more typical of the traditional **Female** [For clarity, this topic has been discussed under Gender Types (P3a) and Horizontal Growth/ Equivalence (PPR6b).]



## S7. EVOLUTION & INVOLUTION

**Evolution & Involution** is Growth in two Directions – both Upward and Downward (or Outward and Inward). There are three modes of Evolution & Involution – **Transcend & Include** (S7a, this page), **Trajectories** (S7b, page 338), and **Gender-Type Growth** (Discussed under P3a, Gender Types; PR6b, Equivalence; and S5b, Horizontal Equivalence.).

### SYSTEM 7a. TRANSCEND & INCLUDE

#### ☼ Dimensions

- ❖ Transcend & Include directs us Upward & Outward in an **Ascending Direction** (D6a),
- ❖ But also Downward & Inward in a **Descending Direction** (D6a).
- ❖ Such Growth pertains to any **Stage** (D1) of Development, In any **Realm** (D3) or **Arena** (D4).

#### ☼ Participants

- ❖ Transcend & Include occurs primarily in **Individuals** (P2a), But may also occur in **Groups** (P2b).
- ❖ Along the way, we may need to face our **Shadow Self** (P4).

#### ☼ Processes

- ❖ In the Ascending Direction of **Evolution** (PPR8), We **Transcend** from a prior Stage to a subsequent Stage (PPR8a).
- ❖ When we fail to Include that prior Stage in our subsequent Stage (PPR8a), We split off or **Disconnect** from the prior Stage (PPR2).
- ❖ In that case, the Descending Direction of **Involution** is needed, To **Reconnect** us with our **Roots** (PPR4).
- ❖ Along the way, we may encounter at **Shadow Cycle** (PPR2), And may need to engage in **Restoration Growth** (PPR4).
- ❖ Transcend & Include can employ any of the 35 **Specific Processes** (PR-35),
- ❖ Especially **Conscious Development** (PR29-33) – Since much of this Growth must be done with conscious intention.

#### ☼ Pathfinders

- ❖ Transcend & Include can be **Guided** and **Orchestrated** by any of the 12 **Pathfinders** (PF1-12),
- ❖ Especially **Counselor or Therapist** (PF6a-b) or **Integral Life Guide** (PF10).

Evolution & Involution Growth System. Implicit in Wilber's *Evolution & Involution*, or *Height & Depth*.

System 7 is somewhat abstruse and esoteric. Comments and suggestions from readers are welcome.

**My Transcend & Include.** "I'm far more comfortable with myself - now that I'm reconnecting with the Inner Child I had formerly disowned."



## RANSOME'S TRANSCEND & INCLUDE



"As a Young Boy (D1a),  
Ransome was a spunky, fun-loving Kid (P2a),  
Who enjoyed Getting in Trouble (D7a),  
In the Classroom or on the Playground (D3a-b)."

**Evolution: Disconnection**



"When Ransome Ascended into Adulthood (PPR8a),  
He thrived in the cut-throat world of Business (PR11-15),  
Where he kept his Feelings (D3b)  
And his Vulnerabilities (D7b) to himself.  
Although highly successful (PR14),  
He suffered from Migraines (PR32),  
And bouts of Deep Depression (PPR2)."

**Involution: Reconnection**



"Ransome finally Broke Out of his Mental Prison (PPR4),  
When he Descended into the Depths of his Soul (PPR8b),  
And rediscovered his feisty, loveable Inner Child (P4) --  
With the support of his Long-Term Partner (PF5),  
His Therapist (PF6d), his Spiritual Guide (PF7),  
And the improved Emotional Compass (PR30)  
of his Internal Navigator (PF11).

## SYSTEM 7b. LIFE TRAJECTORIES

### ✿ Dimensions

- ❖ A Life Trajectory is the full **Developmental Sequence** (D1+2) That takes place over the course of a Lifetime.
- ❖ In our **Earlier Life** (D1a-c), Our Trajectory carries us Upward & Outward in an **Ascending Direction** (D6b, PPR8b) – Often encountering **Challenges** (D7a) along the way.
- ❖ In our **Later Life** (D1d), Our Trajectory directs us Downward & Inward in a **Descending Direction** (D6b, PPR8b).
- ❖ Between the two, there is a difficult **Transition** (D2c-d) called **Mid-Life** (D7b), Which often involves **Confronting** (PPR4) a major impasse (D7b).
- ❖ Such Growth can pertain to any **Realm** (D3) or **Arena** (D4).

### ✿ Participants

- ❖ Transcend & Include occurs primarily in **Individuals** (P2a), But may also occur in **Organizations** and other types of **Groups** (P2b).
- ❖ Along the way, we may need to face our **Shadow Self** (P4).

### ✿ Processes

- ❖ In our earlier Direction of **Evolution** (PPR8b), We trace an Ascending arc of toward Physical Maturity, Achievement, Psychological Maturity, Aliveness, and Enlightenment (D6b).
- ❖ In our later Direction of **Involution** (PPR8b), We follow a Descending arc toward Physical Stability, Fulfillment, Grounding, Authenticity, and Compassion (D6b).
- ❖ Along the way, we may encounter an **Impasse** (D7b), And need to engage in **Restoration Growth** (PPR4).
- ❖ Life Trajectories can employ any of the 35 **Specific Processes** (P1-35),
- ❖ Especially **Conscious Development** (PR29-33) – Since much of this Growth must be done with conscious intention.

### ✿ Pathfinders

- ❖ Transcend & Include can be **Guided** and **Orchestrated** by any of the 12 **Pathfinders** (PF1-12),
- ❖ Especially **Counselor or Therapist** (PF6a-b) or **Integral Life Guide** (PF10).
- ❖ The wisdom and experience we have gained over the course of our lifetime builds our **Internal Navigator** (PR11).



## MOSES'S LIFE TRAJECTORY



"As a Young Boy (D1a-b),  
Moses leads a privileged life (D3a),  
As a Prince (P2a) in the court of the Pharaoh (PF8).  
Moses's Evolution continues in an Ascending Direction (D6b),  
Until he kills a Guard (P4) in defense of the Hebrews (P2b) --  
Which forces him to flee from Egypt (D2c)."

**Evolution: Prince becomes outlaw.**



**Transition: Confrontation with Pharaoh.**

"As a Mature Adult (D1c),  
Moses's Mid-Life Crisis (D2c-d) begins  
When God orders him to return to Egypt (P2b)  
to confront Pharaoh (PPR4a).  
After punishing Pharaoh with ten Plagues (PR32),  
the confrontation culminates  
in the parting of the Red Sea (D2),  
And the destruction of Pharaoh's army (PPR4)."

**Involution: Brings Hebrews home.**



"After the Exodus from Egypt (D2),  
Moses's Involution begins in a Descending Direction (D6b).  
The Hebrews wander forty years in the Wilderness (PPR2),  
Until a new Generation (P2b) of young people grows up (PPR5a),  
Who never knew the subjugation of slavery (D7b).  
Moses's Journey ends (D1d)  
With his arrival on the brink of the Promised Land (PPR3).