

**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 #6.**

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

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THE HUMAN ODYSSEY: THREE VERSIONS

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

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

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

KEN WILBER, JOSEPH CAMPBELL & THE MEANING OF LIFE

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



HUGH MARTIN
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?

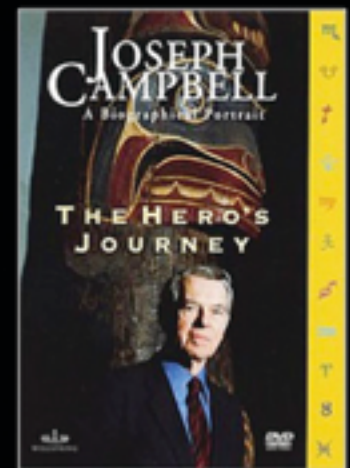
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like *Forrest Gump*, just a feather floating through a vast field of purposeless change? Or are we, like *Odysseus* from Homer's *The Odyssey*, 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 #6. CONCLUSION: OMITTED SECTIONS

Advanced sections omitted from the Conclusion of the Introductory Version of this book.

*** Follow the Thread: To explore this book more deeply, select just one of 15 aspects of this book, and follow that Thread through the entire book. *** The ADAPT Gallery: The full set of cartoons and illustrations that illuminate many of the major concepts of this book.

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. Permissions for some illustrations are pending.

CL. CONCLUSION: WHERE HAVE WE BEEN? WHERE DO WE GO FROM HERE?

Near the beginning of this book, we described the six factors that enable people to grow (*How People Grow*, p. 51). The first and perhaps foremost of these factors is Awareness – the Awareness that the various types of Growth exist, and that they are attainable in your own life. Now that you have become familiar with the features of the ADAPT Model and the Life Journey Archetype, this section offers two ways to further enhance your Awareness:

- ☼ **Follow the Thread.** Follow just one aspect of this book from beginning to end. A way to review the Concepts, to see them in a new light, to show how they all fit together, and to apply them to your own life situation. (beginning this page)
- ☼ **The ADAPT Gallery.** A selection of the best ADAPT cartoons and illustrations. An entertaining way to explain, elucidate, and expand upon the various ideas and insights of this book. (p. 352)

FOLLOW THE THREAD

To make the most of this book, you can employ a technique we call ‘Follow the Thread.’ With this method, you select one aspect of this book – the illustrations, the archetypes, the tables, etc. – and follow that Thread alone through the entire book. This technique requires but a small fraction of the time it took to read the book itself – yet it provides a comprehensive overview that enables you to see each feature of the program afresh.

Just choose any of the 16 Threads below that appeals to you, and follow it through to the end. Then, as you prefer, move on to another Thread that catches your attention, and go through the same process. And so forth. *Follow a particular Thread only so long as it continues to appeal to you. No need force it. Just move about among the Threads as your interests and inclinations lead you.* From time to time, pause to reflect on what you’ve learned. Then add your comments to the appropriate section of your Journal. You will be amazed how effectively this method brings the book into focus.

CL1. Revisit the Concepts

Go back to the ADAPT Overview (p. 56). Scan through the **Domains** and **Sectors** – looking for Concepts you feel hazy on, unsure of, or ambivalent about. Revisit those sections, review the material, and try to make better sense of them. On this round, just read over the **conceptual sections** (middle-left), and be sure you’re clear on what’s being said.

CL2. Deepen Your Explorations

Each **Exploration** opens up far more than you could ever have covered the first time around. Besides, having gone through the entire Model, you now have the benefit of hindsight. You now know how each episode fits into the entire plot.

Choose any Concept that attracts your attention, revisit that section of your Journey, and add to your previous Exploration. If you feel ambitious, go back through the entire set of Explorations – adding new and original material to what you have already written. Do the sections System-by-System (p. 24) -- or follow your interests in any order that appeals to you. Do not force it, or turn it into a chore. Pause whenever you feel like it, and resume when you’re ready for more. **Your Explorations are probably the most important of all this book’s Threads, so attend to them carefully.**

CL3. Integrate the Life Journey

As you have studied the individual sections of the book, you have discovered the parallels between each Concept and its corresponding **Life Journey Archetype**. Now let's review and integrate the various features of that Life Journey.

Flip through the Domains and Sectors of the Main Text – focusing only on the Life Journey text-boxes (upper-left corner of each section). Before you look at a given textbox, ask yourself, 'What is the parallel between this Concept and the Life Journey Archetype?': 'What part do Dimensions play in the Life Journey? What part do Stages play? What part do Transitions play?' And so forth.

Now look at the Life Journey textbox. How does the book's interpretation compare with your own? What does your interpretation leave out? What does your interpretation add that we hadn't thought of? Continue through the entire set of Domains and Sectors, until you have a complete picture of the Life Journey Archetype – and a complete set of parallels to the ADAPT Model.



Are You a Creative?

Are you a Cultural Creative, or a Droid? *** If you consider yourself a Creative, how does this manifest itself? In your devotion to the arts? In your passion for world-transforming causes? In your dedication to maximizing your potential as a human being? *** In what circumstances of your life are you most a Creative? When you are sculpting or painting in your studio? When you join a protest march? When you escape to a heartfelt workshop at Esalen? Or even, when you are concentrating on some intensive Exploration in this book? *** At those times when you are a Droid (yes, we all have them!), where does this manifest itself? When you zone out in front of the TV? When you commute to work through rush hour traffic? When you slog through all your bills? When you quarrel with your partner? *** Which books or movies bring out the Creative in you? Which ones bring out the Droid? Which such books or movies leave a permanent imprint on your soul? *** How can you go about encouraging your Inner Creative? What enlivening activities can you engage in? What enhancements can you add to your daily surroundings? What friendships can you cultivate that will raise your consciousness, or make life more fun?

Deepen Your Explorations (CL2)

Now, with the benefit of hindsight, go back to previous Explorations. In section IN2, for example, ask yourself questions like these: In what ways am I becoming Creative? In what ways am I still a Droid? How has this book helped me become more of a Creative? What more can I do to bring out my Inner Creative?

CL4. Integrate the Cartoons

As you have studied the individual sections of the book, you have explored a whole series of **Cartoons** and their **Captions** – many with funny pictures that elucidate a particular Concept in ways that cannot be conveyed by words alone. Now let's integrate and coordinate those Cartoons.

Flip through the Domains and Sectors of the Main Text – focusing your attention only on the Cartoons. How much of the Concept can you understand merely by perusing the Cartoon? What does the Cartoon add that is not conveyed by the verbal explanation? What does the Cartoon lack that is added by the verbal explanation? How do these Cartoons make the Concept more interesting, more fun, more experiential, more accessible to your understanding, more applicable to your life?

CL5. Integrate the Graphics

As you have studied the individual sections of the book, you have explored a whole series of **Graphics, Photographs, and Illustrations** -- combined with their **Captions** and **Sidebar**s. Many contain images that elucidate a particular Concept in ways that cannot be conveyed by words alone. Now let's integrate and coordinate those Graphics.

Flip through the Domains and Sectors of the Main Text – focusing your attention only on the Graphics. How much of the Concept can you understand merely by perusing these images? What do the images add that is not conveyed by the verbal explanation? What do the images lack that is added by the verbal explanation? How do these images make the Concept more tangible, more experiential, more accessible to your understanding, more applicable to your life?

CL6. Integrate the Tables: Developmental Sequences

As you have studied the individual sections of the book, you have explored a whole series of **Tables** – many of which track the flow of a particular **Developmental Sequence**. Now let's review and integrate these various Sequences.

Flip through the Domains and Sectors of the Main Text and Appendices – focusing your attention only on the tables that show a particular Developmental Sequence (middle-right). Without going into details, scan through each Sequence to sense the general flow of Development. How does the Developmental Sequence help you understand the underlying Concept? Does it explain how that Concept works in real life? As you scan through many Sequences, what similarities do you see? Do very similar patterns of Development show up in many diverse areas of life?

[See especially: D1-4, D1+2, D7, P3-4, PPR1-5, PP8, S1-8, Appx 7-9, Appx B1-2.]

CL7. Integrate the Tables: Distinctives

As you have studied the individual sections of the book, you have explored a whole series of **Other Tables and Diagrams**. Each of these illustrates a particular set of **Distinctives** -- Concepts that are differentiated into two or more categories or types. Now let's review and integrate these Distinctives.

Flip through the Domains and Sectors of the Main Text and Appendices – focusing your attention only on the Tables of Distinctives. In the Domain of Dimensions, for example, you have explored Distinctives like these: The Arenas of Life Passages, Psyche, Body, and Spirit (D4); the Wheel of Life (D4a); the four Perspectives and Paths of Growth (D5). In the Domain of Participants, you have explored Tables like these: The nine types of Collective Participants (P2b); the seven varieties of Personality Types (P3); the nine Enneagram Types and their respective Traits (P3b); the nine Functional Constituents of Self (P5). And so forth.

Without going into details, scan through each Table to get a general sense of its content. How do

the Distinctives illuminate the particular Concept? How do the Distinctives differentiate between different variations on that Concept? What characteristics do many of these Tables have in common?

[See especially: D4-8. P2-3, P5, PF3-4, PF6, PF8-9, Appx A6, Appx A9, Appx B1-2.]

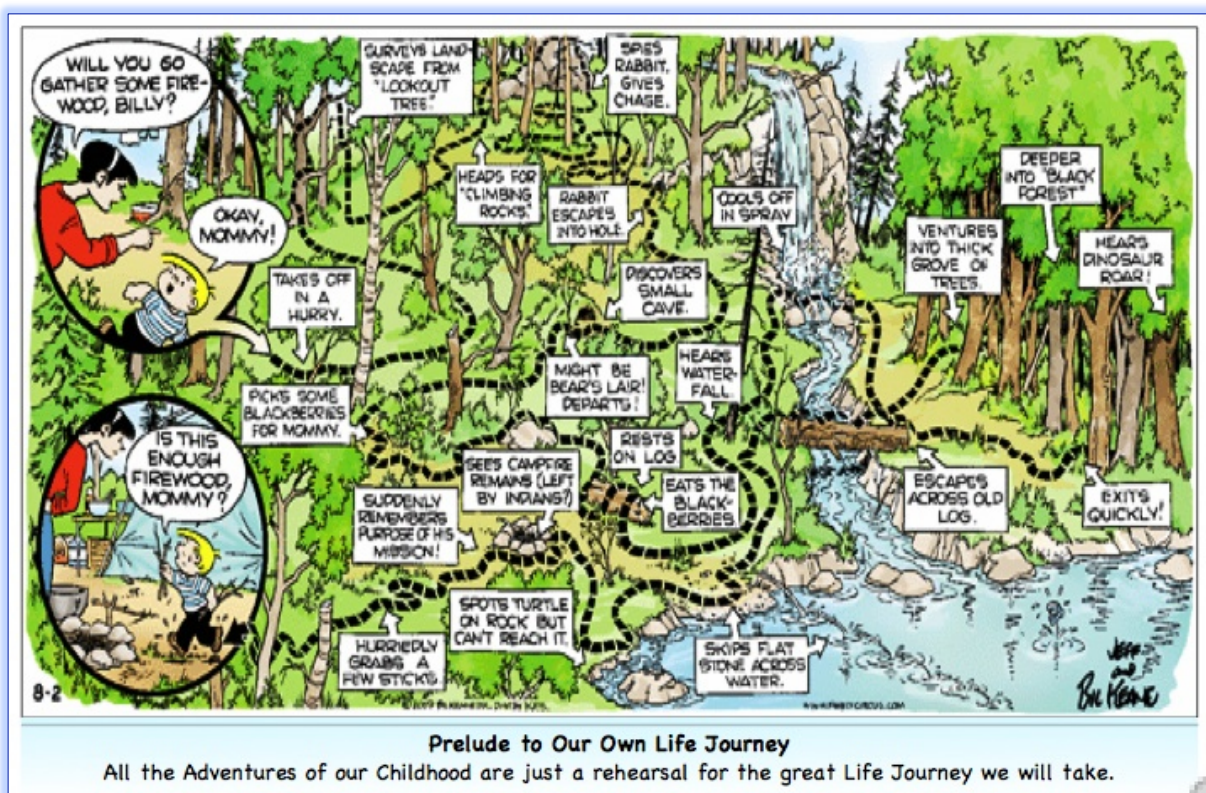
CL8. Integrate the Other Distinctives

As you have studied the individual sections of the book, you have explored a whole series of **Distinctives other than Tables**. Now let's review and integrate these various Distinctives.

Flip through the Domains and Sectors of the Main Text and Appendices – focusing your attention only on the Distinctives other than those found in a Table. In the Domain of Dimensions, for example, you have explored Distinctives like these: The two types of Developmental Sequences – Individual and Collective; the four Realms; the four sets of Arenas within those Realms; the two types of Realm – Internal and External; the two Vertical Directions of Growth – Ascending and Descending; the two varieties of Impediment – Challenges and Impasses; the four levels of Transcendent States. And so forth.

Without going into details, revisit each Distinctive to get a general sense of the variations within a Concept. How do the Distinctives illuminate and refine the particular Concept? How do they differentiate among varieties of a Concept? What characteristics do many of the Distinctives have in common?

[See especially: PY1, PY3, I1-3, D1-8. D1+2, P1-4, P6-7, PR/PPR, PPR5-8, PF, PF1-3, PF6, S5-7, Appx A2, A7, A9, Appx B1-2.]



Integrate the Cartoons (CL4). Go back to the cartoons that particularly attract your interest. For instance, take a few minutes to accompany little Billy on his explorations in the forest (section PL). What does he discover? What adventures does he concoct for himself? How does he follow his curiosity and creativity?

*** What similar adventures did you have as a child? How have these adventures prepared you to embrace and enjoy the challenges of adult life?

CL9. Integrate the Signposts

As you have studied the individual sections of the book, you have explored each particular Concept as if in isolation. Now let's **coordinate and integrate** these various Concepts.

Go back to the ADAPT Overview (p. 56). Scan through the Domains and Sectors, and choose one whose **Signposts** you would like to explore further: The Shadow Self (P4), for example. In that section, direct your attention to the violet textbox – the textbox that indicates what other Concepts this Concept is related to. Ask yourself questions like these: How is the Shadow Self connected to Impasses (D7b), to the Shadow Cycle (PPR2), to the Process of Restoration Growth (PPR4), to the Therapist (PF6d)? What does each such Concept add to the others it is related to? What other connections could be added? How do all these Concepts function together in the System of Restoration Growth (S4)? Now move on to another section, and explore its Signpost. (As you continue to explore the Signposts, you will discover that each Signpost is actually a little System (S) – a mechanism that shows how certain Sectors in each of the Domains function together to produce Growth. Therefore, Signposts are very central to an understanding of this book.)

[The purple textboxes showing the connections among various Concepts will be found in virtually every section of this book.]

CL10. Integrate the Warnings

As you have proceeded through the various sections of this book, you have encountered occasional Warnings – pink textboxes that alert you to sections that are particularly esoteric or abstruse – or in some other way presents unusual difficulties. If you have not yet done so, go back and explore those sections. Now that you are familiar with the whole book, do these Concepts seem clearer, less esoteric, less controversial? Are the issues that prompted the pink textbox still a concern for you? Are there any other sections that could use a warning box?

[See especially: PL2-3, IN1c, OV2a, OV3, D1-2, D1+2, DD1+2b, D3c-d, D4a, D4c-d), D5-6, D8, P6-7, PPR7-9, PF4, PF8, PF12, S, S6-7, Appx A2, A6, A8a-c.]

CL11. Integrate the Wilber Appendices

If you haven't already done so, study over the various **Wilber Appendices** (Appx A1-9). Pay particular attention to *Beyond Ken Wilber* (Appx A2), *The Internal Developmental Sequence* (Appx A7), *Arenas: Life Passages, Psyche, Spirit* (Appx A8), and *The Processes of Ken Wilber* (Appx A9a-b) – all of which add much to the explanations in the Main Text. How does the supplementary material illuminate the Main Text? What do you now understand about the Concept that you missed without this background information? What other background information would aid you in understanding the Main Text?

If the Appendix contains an Exploration, use that Exploration to focus and clarify your inquiry. [See especially Appx A7 (seven Explorations) and Appx A8a.]

If the Appendix pertains to a particular section of the Main Text, review that underlying Concept as well. [See especially these Appendices and related sections: Appx A2 > Overview (OV). Appx A6 > *Beyond Ken Wilber* (Appx A2). Appx A7 > Realms (D3b-d). Appx A8 > Arenas (D4a, b, d). Appx A9 > Specific Processes (PR).]

CL12. Integrate the Wilber References

As you have proceeded through the various sections of this book, you have encountered many references to Ken Wilber's work – tan textboxes that relate a particular Concept to the equivalent Concept in Ken Wilber's IOS. If you are familiar with Ken Wilber's writings, go back through the book

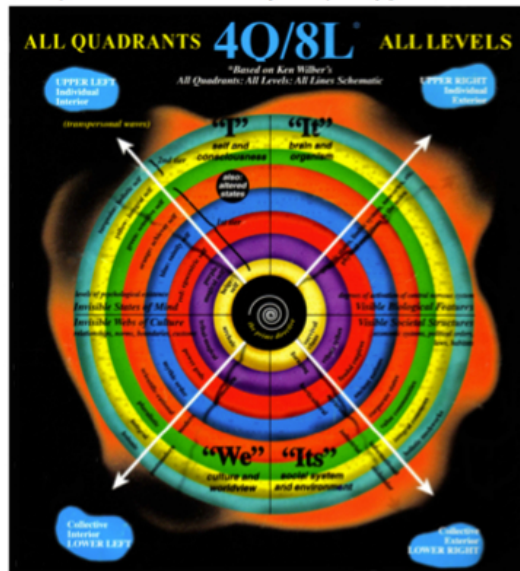
-- reviewing the various Concepts and their Wilber equivalent. For a given Concept, is the comparison an accurate one? Are there important ways the two conceptions differ? Are there other Wilber equivalents that could be added to these comparisons?

[The tan textboxes comparing ADAPT to Wilber will be found in virtually every section of this book.]

A2a. From AQAL to IOS

WILBER'S AQAL

Ken Wilber's famous **AQAL Model** has been the source of much confusion. The AQAL acronym is not (nor was it intended to be) an adequate summary of Wilber's Model of Human Development. It is merely a convenient and catchy enumeration of two of its more prominent features – *Quadrants* and *Levels* (with *Lines*, *States*, *Self*, and/or *Types* often added in).

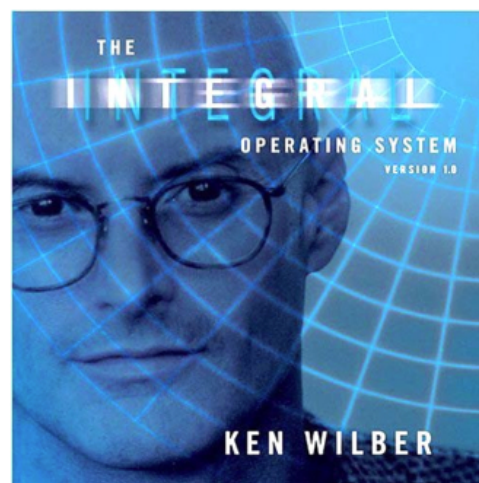


Ken Wilber's AQAL. Ken Wilber's basic AQAL Model ('All Quadrants, All Levels') is often depicted as a circle diagram – where the circles are the Levels (our 'Stages') and the four sections are the Quadrants (our 'Perspectives')

WILBER'S IOS

Behind Wilber's AQAL is a far broader, more comprehensive Growth Model. That Model is never explicitly defined in Wilber's work, yet serves as the basis for many of his pronouncements. We refer to that Model as Wilber's **Integral Operating System** (or IOS).

So, what is Ken Wilber's Integral Operating System? What is Wilber's fundamental, all-inclusive conceptual platform for the study of Human Development? To answer these questions, we combed Wilber's *Integral Psychology* and other seminal works – finding over 50 distinct concepts Wilber considers essential for explaining Human Growth. Then, much like Wilber himself, we wrote these concepts on yellow pads, laid them out on the living room floor, and rearranged them in various combinations until they formed meaningful patterns.



Integrate the Wilber Appendices (CL11)

In the Wilber Appendices (Appx A), go back to sections that were particularly puzzling, or particularly significant. For instance, many people are familiar with Ken Wilber's famous AQAL Model. But what about Wilber's much more extended model, his Integral Operating System (IOS)? What are the 50+ concepts that make up Wilber's IOS? What do they add to our understanding of Human Development that is not conveyed by AQAL itself? How could even this IOS be improved and extended? What does ADAPT add that Wilber's IOS lacks?

CL13. Integrate the Campbell Appendices

If you haven't already done so, study over the various **Campbell Appendices** (Appx B1-3). Pay particular attention to *The Hero's Journey* (Appx B1), *Beyond Joseph Campbell* (Appx B2), and *Parallels to Homer's The Odyssey* (Appx B3b) – each of which adds much to the explanations in the Main Text. How does the supplementary material illuminate the Main Text? What do you now understand about the Concept that you missed without this background information? What other background information would aid you in understanding the Main Text?

If the Appendix contains an Exploration, use that Exploration to focus and concentrate your inquiry. [See especially Appx B1b-e and B1g-h (six Explorations), Appx B2c (two Explorations), and Appx 3a-b (two Explorations).]

If the Appendix pertains to a particular section of the Main Text, review the underlying Concept as well. [See especially these Appendices and related sections: Appx B1c > Overview (OV). Appx Bf-g > *How Growth Takes Place* (IN3). Appx B2 > *Overview* (OV). Appx B3 > All Life Journey parallels.]

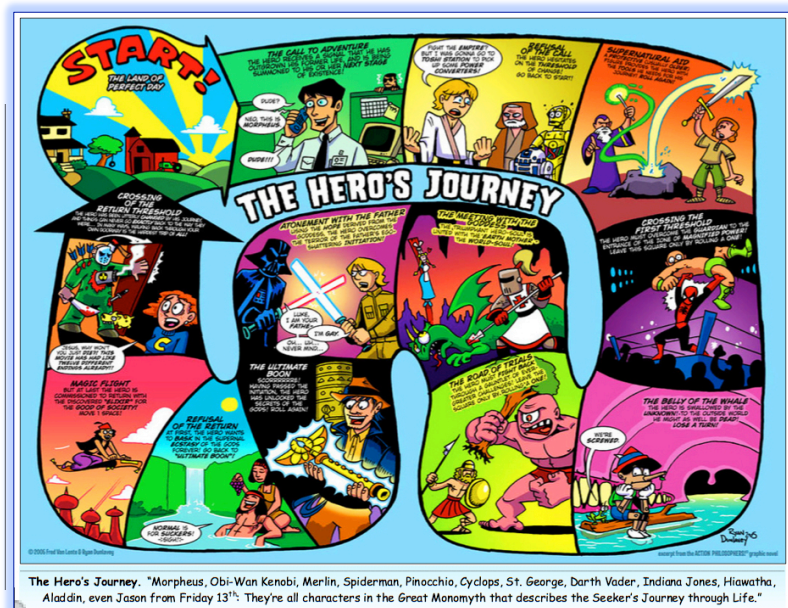
CL14. Explore the Glossary

The **Glossary** of Terms and Concepts (Appx C2) is more than an ordinary glossary. It is a way of reviewing, understanding, expanding, and integrating the key Concepts of this book. To get the most out of this section, do the Exploration at the beginning – using them clarify and assimilate essential Concepts. As you do so, ask yourself questions like these: How does my increased clarity regarding these Concepts translate to greater clarity regarding my own life situation? How am I changed through this process of delving deeper? What topics does this exercise lead me to explore further?

CL15. Explore the Resources

The Resources section (Appx C4) is more than a bibliography. It is a way to expand and extend your investigation of key Concepts. Treat these Resources as just one more focus for exploration. Before you attempt to read any given book, use the Exploration at the beginning of the Resource Section to become acquainted it, and to get a general idea of its content. After you've gotten to know the book in advance, acquire that book and dive into it. As you do so, ask yourself questions like these: How does this book flesh out my understanding of the ADAPT Model and the Life Journey Archetype? How does it enable me to apply these ADAPT Concepts in a practical and potentially life-changing way? How does each new level of understanding enlarge and enrich my Identity as a person?

Integrate the Campbell Appendices (CL13). In the Campbell Appendices (Appx B), go back to sections that particularly interest you. For instance, in this Hero's Journey cartoon (Appx B1b), who are the characters? What movies (or myths) are they in? How does their story trace a Hero's Journey? Where does their path ultimately lead? How does their Journey compare to your own Hero's Journey?"



The Hero's Journey. "Morpheus, Obi-Wan Kenobi, Merlin, Spiderman, Pinocchio, Cyclops, St. George, Darth Vader, Indiana Jones, Hiawatha, Aladdin, even Jason from Friday 13th. They're all characters in the Great Monomyth that describes the Seeker's Journey through Life."

CL16. Forget Everything You've Learned

As you review this book, don't make a chore of it. Rather, allow your explorations to be guided by your interests, intuitions, and inclinations. Nibble and savor these Concepts, as if you're browsing the banquet table of a tempting and delicious meal.

Once you have absorbed, digested, understood, and internalized the important ideas, **forget everything you've learned**. Allow any abstraction or 'book learning' to fade from your conscious mind. Then notice the occasions when the insights of this book arise spontaneously and intuitively in your mind: When you are soaked in suds and giving your baby a bath. When you are consumed in the heat of a fiercely-contested pickup basketball game. When you and your Partner are making up after a contentious spat. As you turn the soil in your backyard garden. While you are preparing for a crucial job interview. When you pause to reflect on the successes and satisfactions of the day.

With the ADAPT Model subconsciously processing, coordinating, and integrating your moment-by-moment experience, are you viewing situations like those above from a higher perspective? Are you handling life situations more confidently and effectively? Are you experiencing greater clarity and peace of mind – the sureness that comes when you operate from your heart's core? If your answer is 'Yes' to any such questions, you are now living your Life Journey. You are immersing yourself in the relentless, rushing current of the Life Force. You are sailing to shores unknown -- borne ever onward by the pulsing waves of the Growth Continuum.



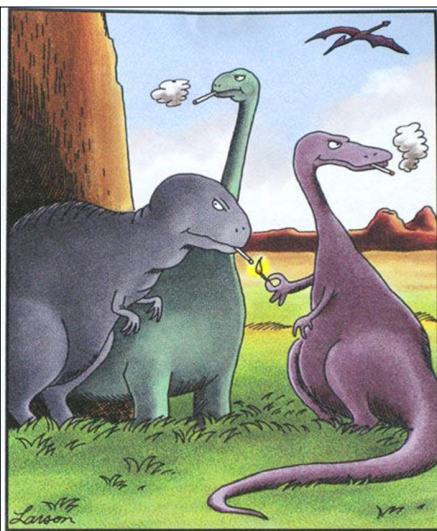
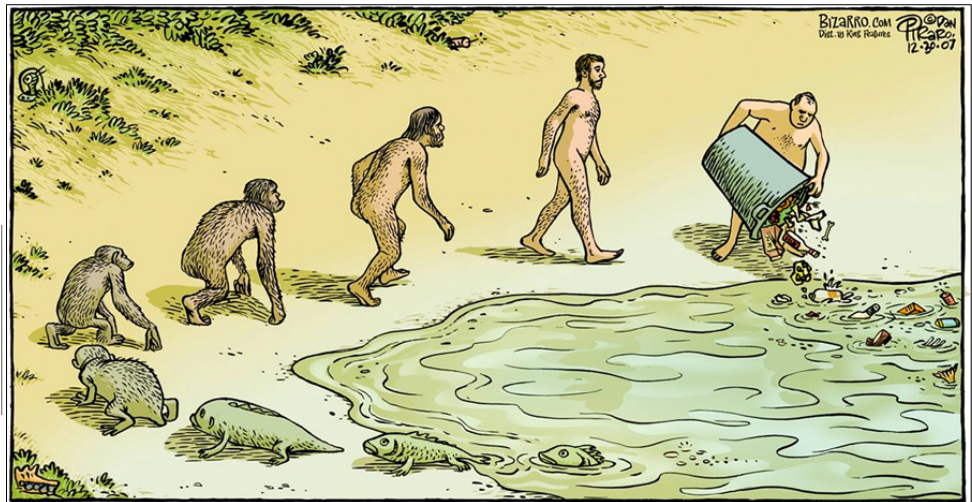
Your Golden Compass. This book is designed to help you construct, refine, and calibrate your Golden Compass – your own Internal Navigator (PR11) that will spontaneously and intuitively orient you in the direction your life should go. The Concepts of this book are the tools we use to build your Golden Compass. Once that Compass is in hand, you can put aside the tools you used to make it. In other words, you can 'Forget Everything You've Learned.'

THE ADAPT GALLERY: Cartoons and Illustrations

In this final section, we summarize and review some of the major Concepts of this book with a selection of the best ADAPT cartoons and illustrations – arranged by Domain, Sector, & topic.

IN. INTRODUCTION

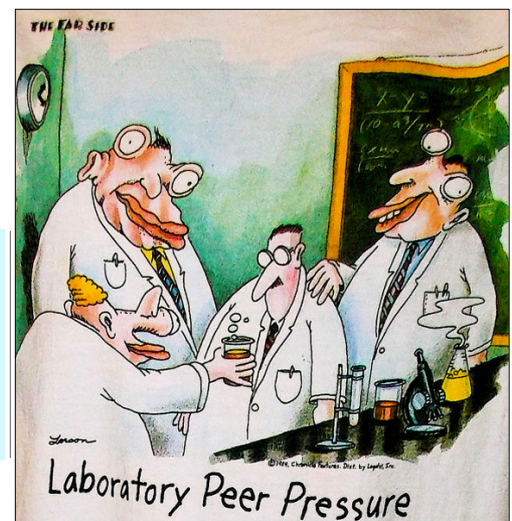
Human Development. “As we develop and evolve, our civilization may be planting the seeds of its own destruction.” (IN1)



The real reason the dinosaurs became extinct.

ADAPT-ation. “The Dinosaurs died out because they were unable to adapt to drastically changed conditions (OV1). (Or maybe they just got into some very bad habits! (PR12))”

The Growth Mentality (IN2). “When I decide to grow, I must resist the pressure to conform (PF2). Because the person I will become may very well be unacceptable to the family, friends, and associates who knew me before.”



OV. OVERVIEW



The Life Journey Archetype. The explorations of Captain James Cook required a Map (which they themselves were creating), a set of Voyagers (the crew and passengers), a Ship (the trusty HMS Endeavor), a Navigator/Captain (Cook himself), and an overarching System (the British Admiralty, who supported and financed the adventure).

"OPERATION KAPOW!" (CALVIN: GENIUS + MASTERMIND; HOBBS: CREATIVE CONSULTANT + CARX OSGROOPER)

TOP SECRET !! DO NOT READ THIS!! THIS MEANS YOU!

#1: TAKE SLED TO TOP OF MT. VERTIGO
 #2: GET UP SPEED
 #3: NAVIGATE THROUGH WOODS (IN CASE ENEMIES ARE FOLLOWING)
 #4: GO TO SECRET PINE TREE
 #5: GRAB HIDDEN BUCKET OF SNOWBALLS!
 #6: BLAST SUSIE! HA HA!
 #7: MAKE GET AWAY (GO FAST HERE)
 #8: HIT RAMP
 #9: HIDE IN IMPENETRABLE FORTRESS. PLOT NEXT ATTACK!

KAPOW!
 (THIS SHOULD LOOK STEEP)
 FASTER FASTER!
 (TREES)
 (I HATE YOU CALVIN OW OW OW OW OW!)

MEAL OF SUCCESS RECIPIENTS
 (5000 EXTRA SNOWBALLS)
 DEEP TRENCH
 (THIS FORT WILL BE REALLY REALLY BIG)

DESTROY THIS MAP! CALVIN AND HOBBS = GREAT!!

calvin and hobbes
 BY WILSON

NOW IF IT WOULD ONLY SNOW!
 WHILE WE'RE WAITING, I'LL DRAW MORE SPIRALS ABOVE SUSIE'S HEAD.

Journey to Infamy: Calvin's Snowball Massacre. Calvin's Journey needs a Map (showing where the dire deed will take place), Voyagers (the two gleeful conspirators), a Ship (the sled that will carry them to the fatal rendezvous), Pathfinders (the inset showing the two conspirators hatching their plan), and a System (the secret plan itself). If the plan works, there will be many more spinning spirals above Susie's head!

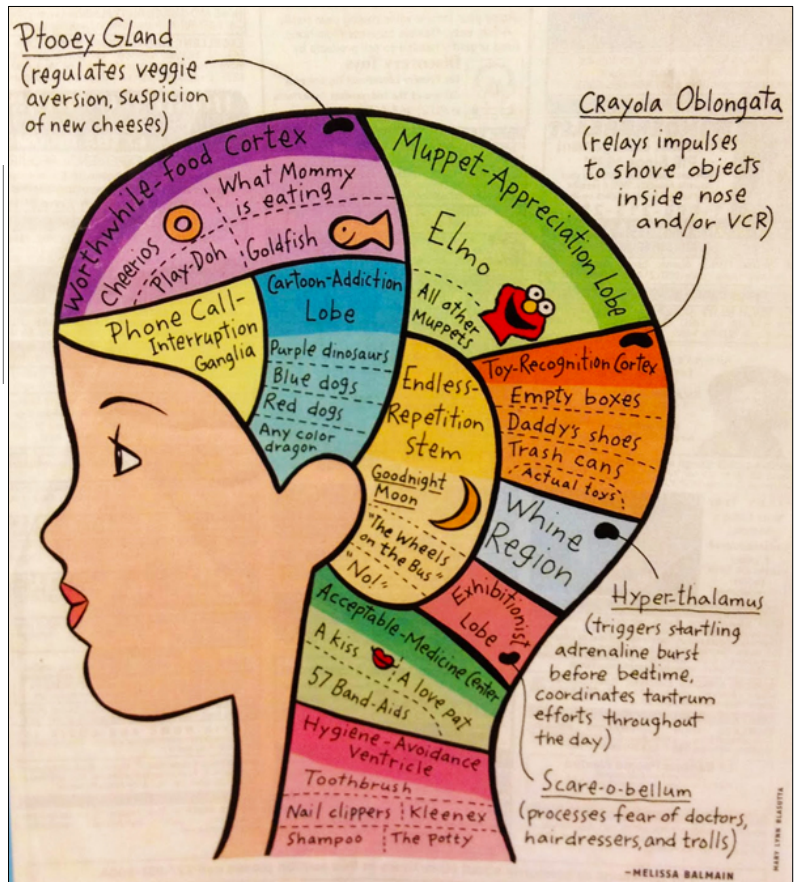
D1. STAGES

My Own Identity. "Now that I'm a Toddler (D1aa), I'm forming my own Identity independent of Mom (PF1). Some things are real important to me, and I always want my own way."

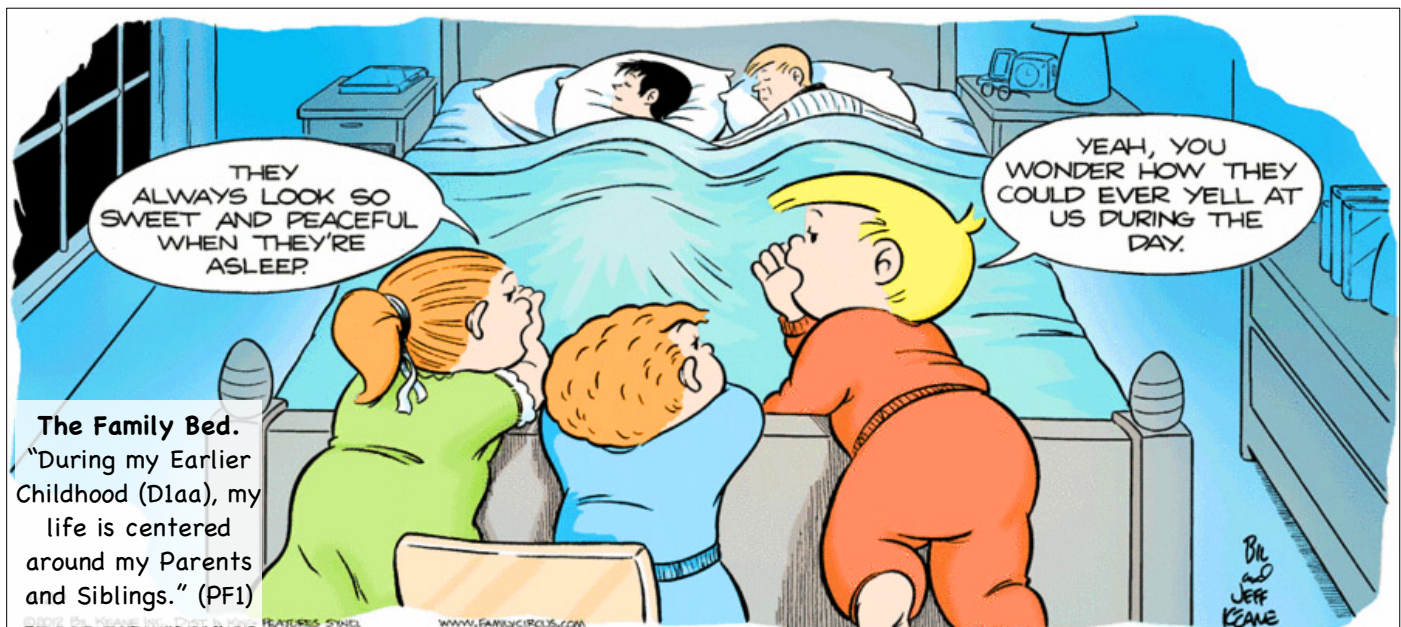


"It's broccoli, dear."

"I say it's spinach, and I say the hell with it."



Clean Plate Club? "In my Later Childhood (D1ab), I an beginning to differentiate myself from my Parents' wishes and expectations (PF1)."



The Family Bed.

"During my Earlier Childhood (D1aa), my life is centered around my Parents and Siblings." (PF1)

D2. TRANSITIONS



Sailing the Spiral Shell. "Transitions (D2) are the Turbulent Seas between one Enchanted Island and the next (D1)."

Bridges to the Next Stage. "Because Transitions (D2) involve change, they're riskier. But that's what also makes them more fun! (PR26)"



Mid-Life Madness. "My Mid-Life Transition (D2ad) looks a lot like an adult replay of the Terrible Two's! (D2aa)"



Tying the Knot. "When Toula and I finally get married (PF5), we've made the full Transition to Young Adulthood." (D2ac)



D1+2. DEVELOPMENTAL SEQUENCE



Our World-Spanning Journey. "Our Developmental Sequence (D1+2) is a Journey from Port of Call, to Open Seas, to Port of Call again – until we reach our final destination (PPR33)."

The Spiral of Life. "As the elements of life replicate themselves in larger and larger form, a Spiral is created (D1+2) – the basic pattern of life."

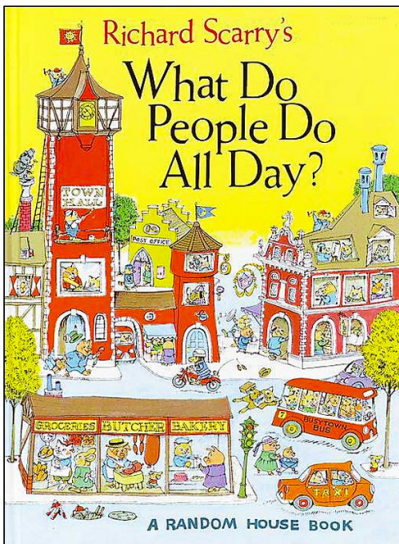


Follow the Yellow Brick Road!

"In an echo of other great Life Journeys, Dorothy's Journey down the Yellow Brick Road begins with a rousing march out of the Munchkin Spiral (D1+2)."

Our Spiral Stairway to Growth. "Our Developmental Sequence (D1+2) is a Spiral Staircase – where each floor is a Stage (D1), and each turn of the staircase is a Transition (D2)."





D3-8. OTHER DIMENSIONS

Everyday Life. "On the surface, I'm living my Everyday Life (D3a). But under the surface, I'm also living a life of the Psyche, the Body, and the Spirit." (D3b-d)



Harp or Accordion? "In the vertical Directions of my Growth, I can Ascend to the Heavens (D6a) - but also Descend into my own dark Underworld (D6b)."

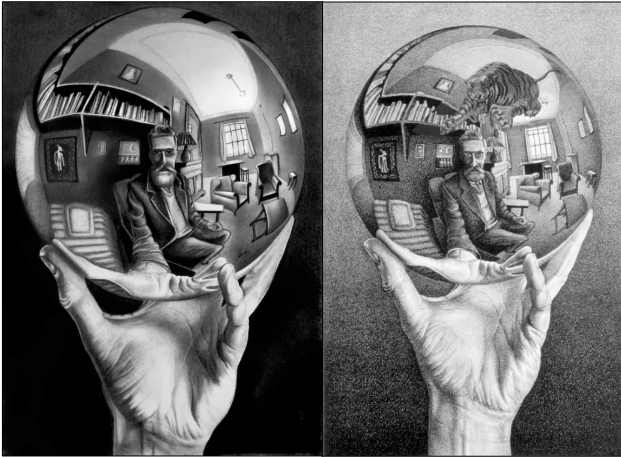


My Whirling Arenas. "The Wheel of Life describes all 12 Arenas (D4a) in the Realm of Everyday Life (D3a) - the places where I actually live my life."



Ghost Stories (PR27). "In the flickering light of the campfire (PF3), we experience intimations of a Reality beyond the Material (D8)."

P1-2. PARTICIPANTS: THE SELF



Conversations With Myself. "The reflection in the globe is my Observed Self (P1b). The hand holding the globe comes from my Experienced Self (P1a). (Oh oh! If you look carefully, here comes my Shadow Self (P4), ready to pounce!)"

Jam Session. "While we dance at the Jazz Festival (PR28) in the park, we are swept up in the rhythm of the Crowd (P2b)."



Rock Band (P2b). "We play our new songs (PR28) out in the caboose - so we won't upset the neighbors, and our parents can get some sleep!" Our Self-Expression Processes (PPR24-28) enable us to convey our inner qualities of Self in outwardly-perceivable form.



Tangled Thicket. "My Shadow Self (P4) is lost in a dark and tangled thicket. I may never escape, unless rescued by some Champion from the outside (PF6-8)."

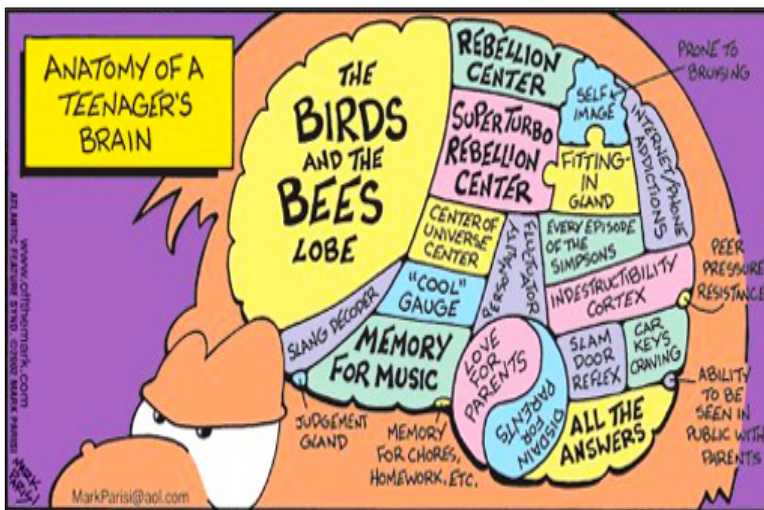


P3-7. OTHER PARTICIPANTS



A Very Odd Couple. "Sloppy Oscar and neat Felix are funny, because they are opposite and conflicting Personality Types (P3e) – actually two sides of our own divided nature."

La Cucaracha. "In the classic Ethnic Stereotype (P3c), Donald and Daisy put on colorful Mexican costumes, and perform a traditional folk dance, in a desert setting of cactus and adobe."

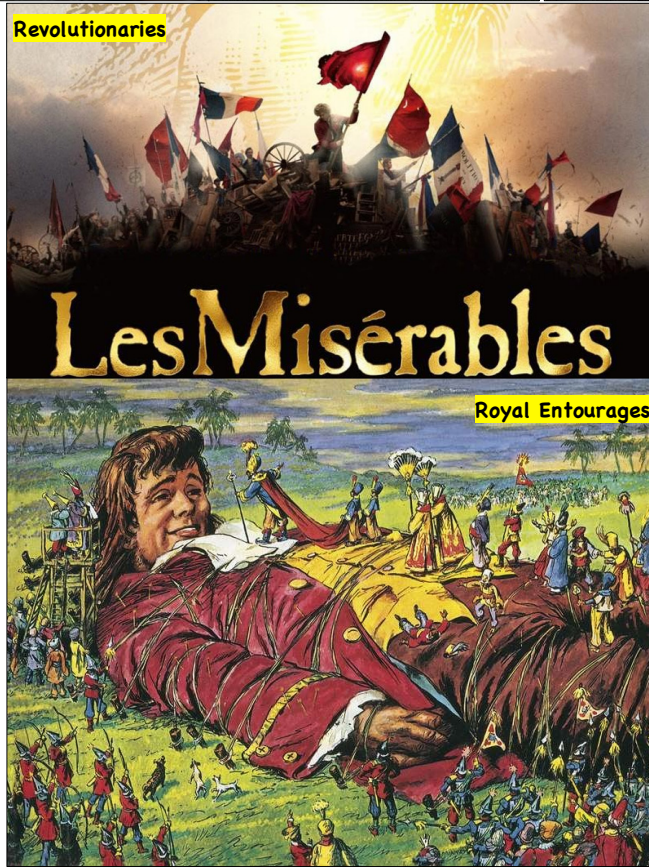
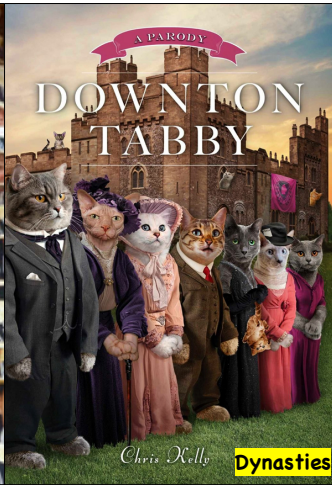


The Inscrutable Teenage Brain. "In the Teenage Brain (D1ab), some Functions (P5) are enlarged almost beyond recognition. Other Functions diminish nearly to the vanishing point."

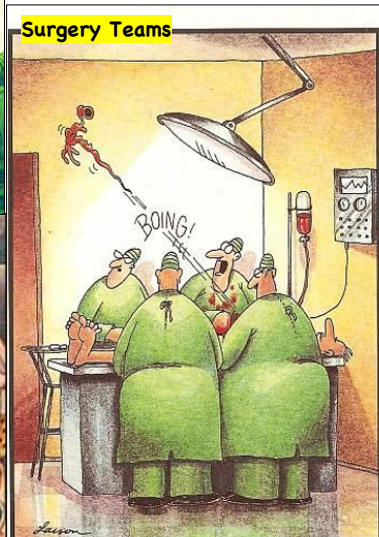
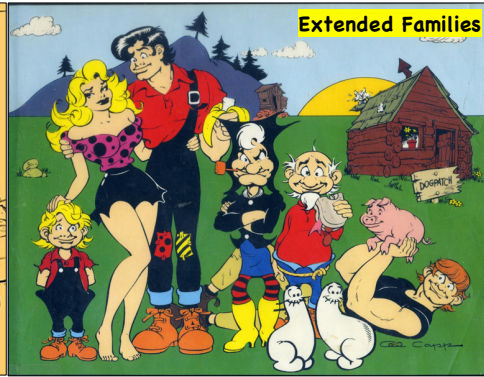
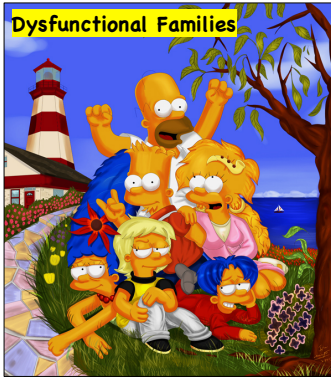
Inner Demons. "The reverberations of my Shadow Self (P4) sometimes drown out the calm, reassuring voice of my Rational Mind (PR21)."



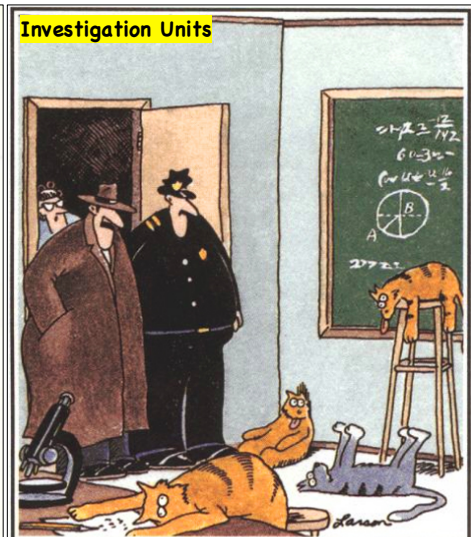
P2b. COLLECTIVE PARTICIPANTS: Movies, TV, Literature



P2b. COLLECTIVE PARTICIPANTS: In the Funnies



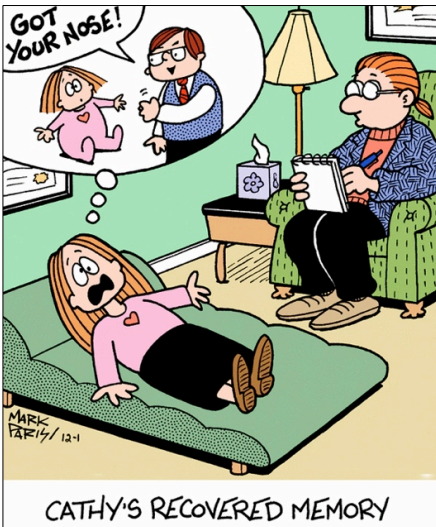
"Whoa! Watch where that thing lands—we'll probably need it."



"Notice all the computations, theoretical scribbles, and lab equipment, Norm. ... Yes, curiosity killed these cats."

PPR. GENERAL PROCESSES

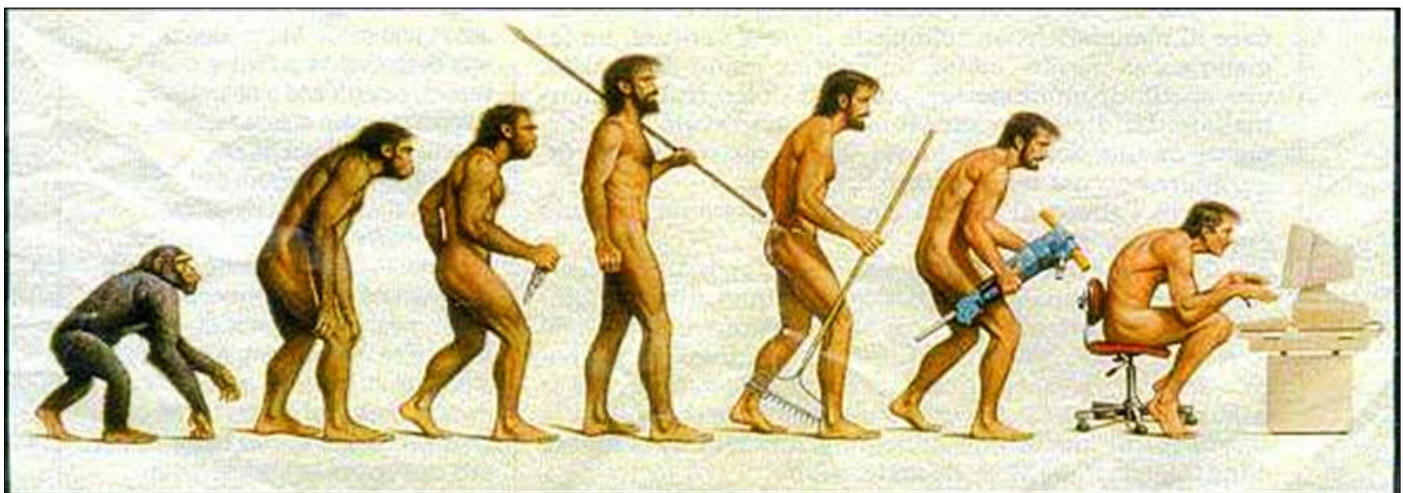
Yankee Doodle. "As Minutemen in the American Revolution, we grow collectively (PPF5) by dedicating ourselves to a Great Cause (PR19) we believe in."



The Shadow Cycle (PPR2). "As I am discovering during intensive therapy (PR31), the most brief and seemingly trivial incidents can sometimes become the source for repressed Trauma (D7b)."



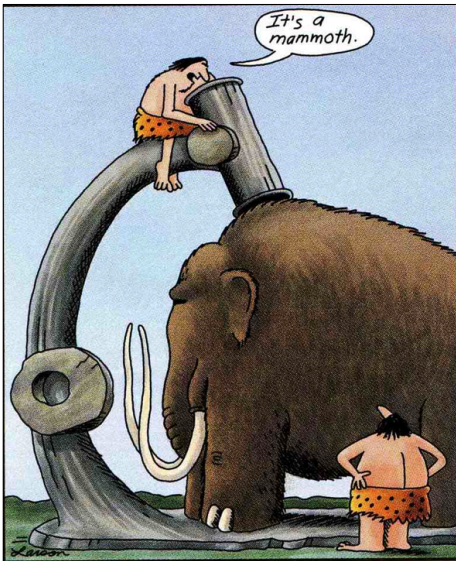
Equivalence. "Women go through the same Stages (D1) of Growth as men (P3a) - but in a Style that is horizontally Equivalent. (PPR6b)"



Evolution, Involution, or Devolution?

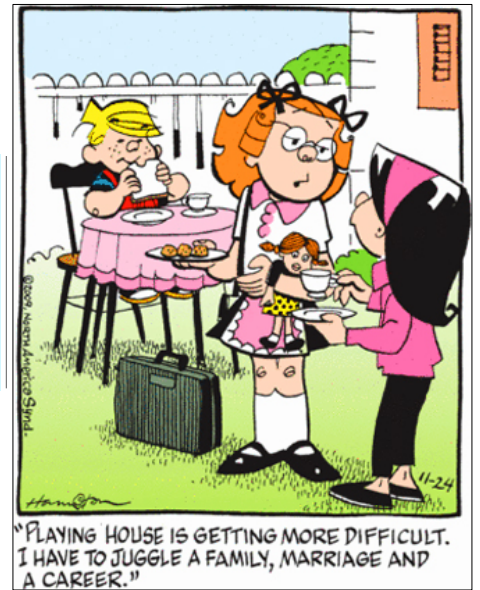
"We Evolve by Ascending through the Developmental Sequence (D1+2). We Involve by returning to our roots (PPR8a). (Or, in this case, we may devolve by losing good qualities we previously possessed!)"

PR. SPECIFIC PROCESSES



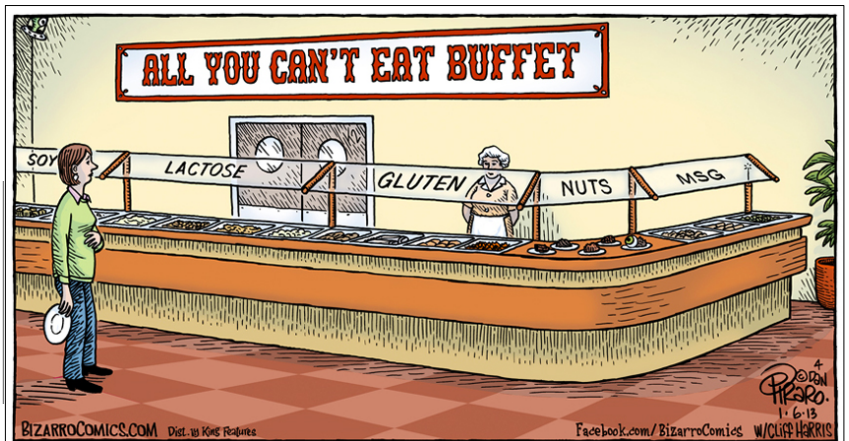
Formal Investigation Processes (PR18-23). "When I combine Observation (PR10) with Explanation (PR19), Reason (PR21), and Proof (PR23), I get a realistic picture of Reality that helps me grow."

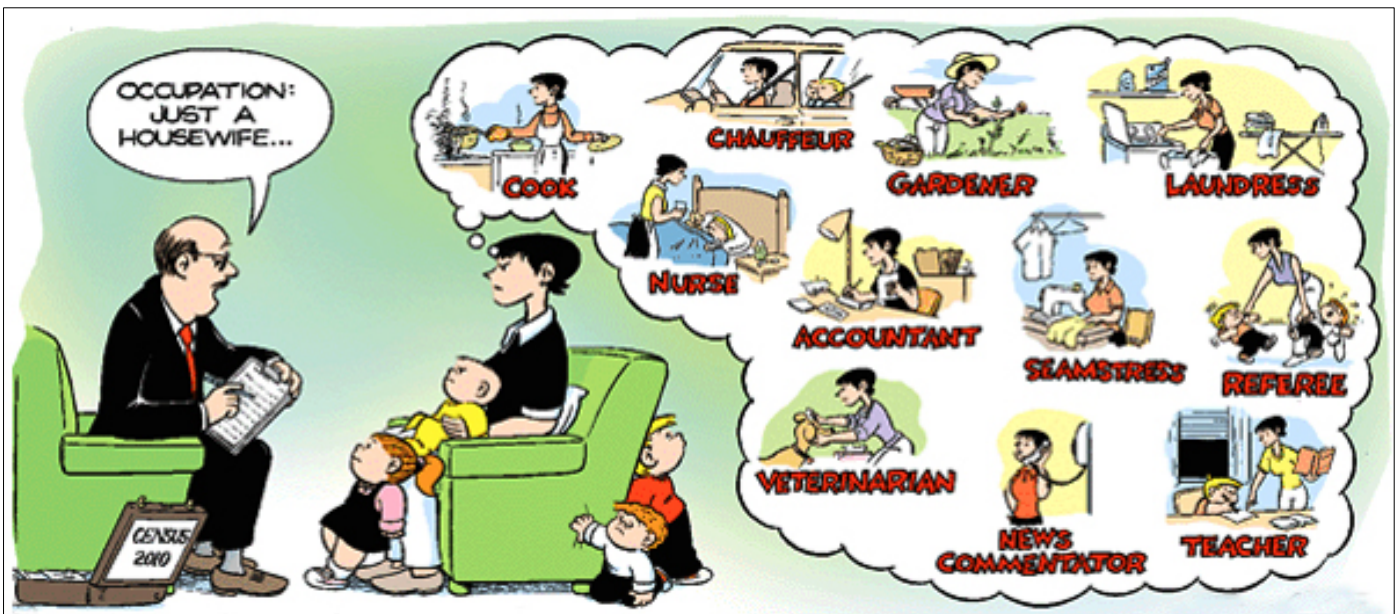
Foundational Processes. "I am becoming a good Parent (PR1-2, PR5-6) by imitating good Parents (PF1). Through good parenting, I am passing along the wisdom and experience I've gained in a lifetime (PF4)."



Natural Nutrition (PR2). "The majority of our health problems could be resolved just by eating better. In doing so, we'd improve our mental outlook (PR29), as well as our physical condition (PR28)."

Psycho-Biologic Processes (PR32). "Modern foods have become so contaminated! They affect, not only my physical health (D3-4a), but also my psychological moods and my mental clarity (D3-4b)."

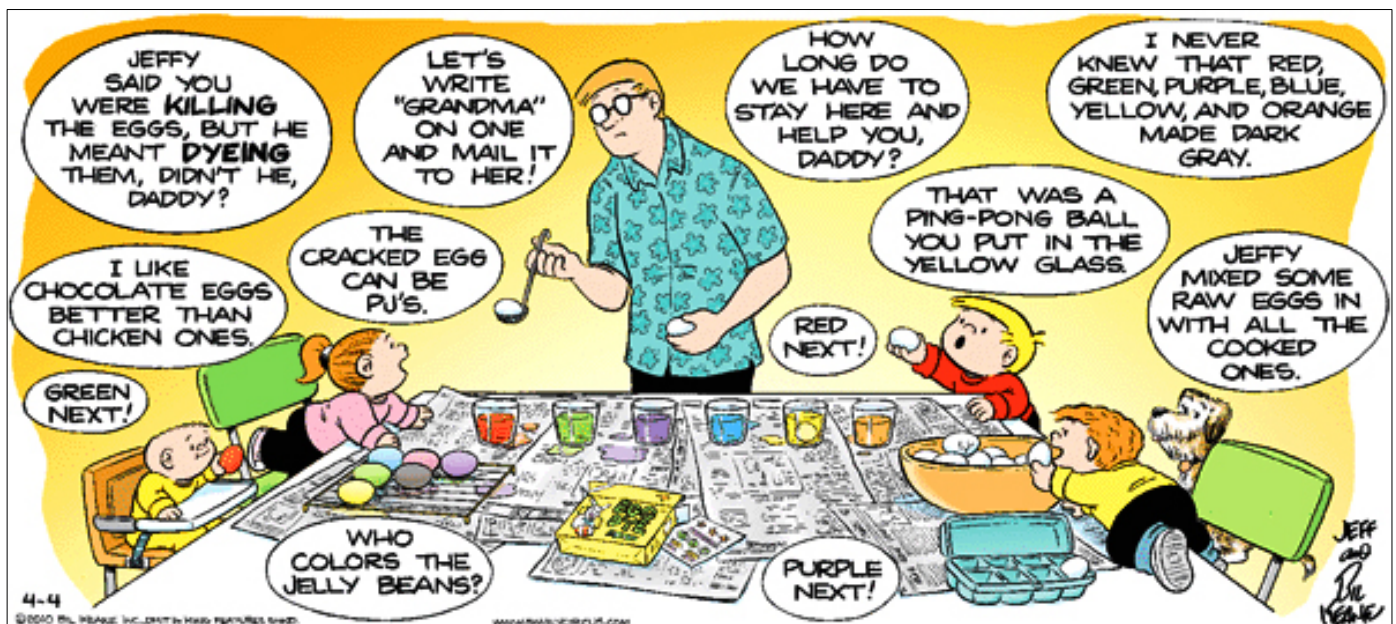




Just a Parent. "Parenting (PF1) is the process of equipping my children for life. It requires a myriad of complex Skills (PR11), most of which go unrecognized."

PF. PATHFINDERS

Bandits from Outer Space. "Aside from my Parents (PF1), School Teachers are probably the most influential Mentors (PF8) of my formative years."



Egg Hunt. "Coloring Easter Eggs is a Holistic Growth Situation (PF3), where we learn about chickens, reproduction, cooking, food, color, holidays, planning, cleanup, and a bunch of other fun stuff. (PR19)."

PF. PATHFINDERS

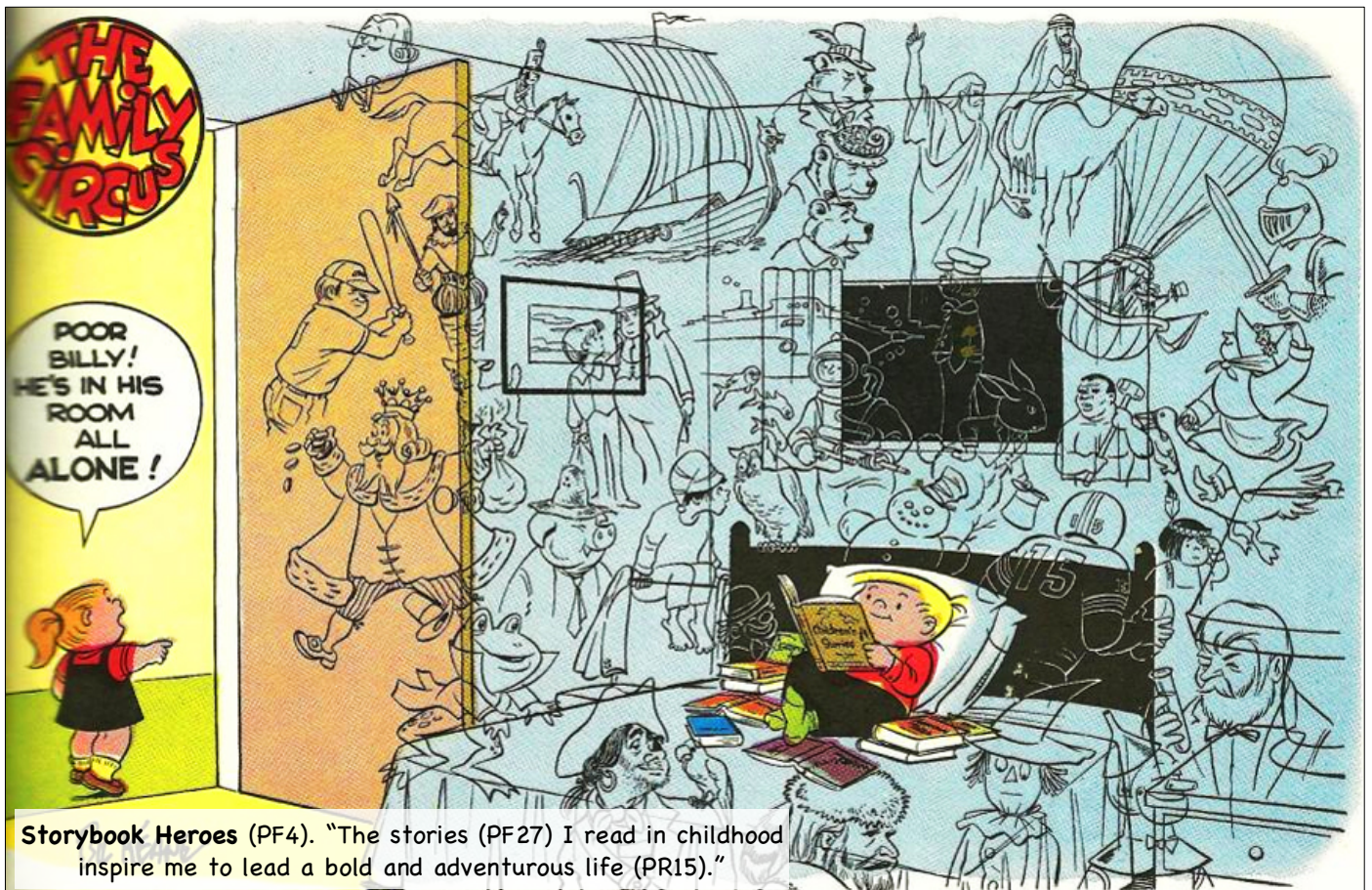


Sword & the Stone (Appx B1).

"Only with Merlin's Guidance (PF10) was Arthur able to draw the Sword from the Stone (PR17), and assert his right to Kingship (PR14)."



The Play's the Thing. "When we put on a play (PR27-28), most of the learning takes place offstage (PF3), before the show even goes on."



Storybook Heroes (PF4). "The stories (PF27) I read in childhood inspire me to lead a bold and adventurous life (PR15)."

S. SYSTEMS

Come In, Daffy! The Tasmanian Devil's hideous System (S) for extracting Daffy's teeth as painfully as possible. Ouch!

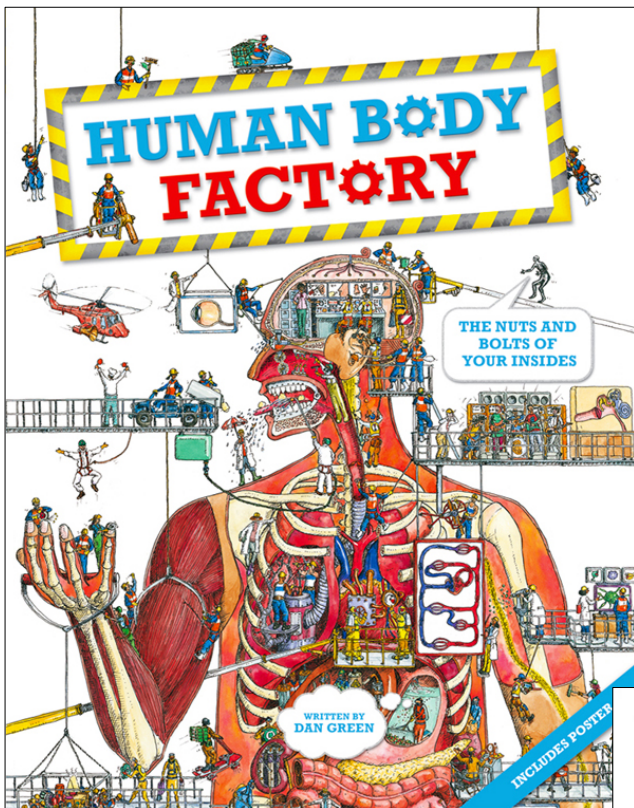


Melting Ice Caps. "Because our Environment is an extremely sensitive System (S), just a 3-degree increase in average temperatures could have a catastrophic effect for life on Earth (PR10)."



The Wonderland of Alice's Imagination. "Johnny Depp's Mad Hatter is the Mentor (PF8), who leads Alice from the Darkling Wood toward the Gleaming Palace." Symbolically, Alice's Wonderland is a System of Growth (S3) – consisting of Dimensions (the terrain of Wonderland), Participants (Alice herself), Processes (like the crazy Tea Party), and Pathfinders (the Mad Hatter, the Caterpillar, the Cheshire Cat, even the White Rabbit) – all working together to enliven Alice's Imagination!

S. SYSTEMS



Our System of Life. "The Human Body is a System (S) for sustaining life, consisting of several interwoven sub-Systems (D4c) – digestion, circulation, respiration, elimination, neural transmission, and so forth."

The Chickasaw Whiteskins.
"Our game of football is a System (S) that regulates our behavior (PR18). This System prepares us to 'play by the rules' (PR12) in society's Game of Life."



The System of Society. "Human Society (P2b) is a System (S) just like the Human Body (D3c), where all the parts must function together in harmony. When the System breaks down, the result is chaos and confusion."

THE HERO'S JOURNEY



Early Hero's Journeys (Appx B1): Ancient Cultures employed Mythic Stories (PR17) to describe the direction and purpose of an admirable life (PR15).



Modern Hero's Journeys (Appx B1): Like our favorite characters in books and movies (P3g), our whole life is a perilous and inspiring Hero's Journey (PR17).

THE HUMAN ODYSSEY

Classic
PEANUTS
by
SCHULZ

