

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.**

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.**

The various areas of our life where growth takes place. The various features of that growth. This is the Map of our Life Journey.

☸ **Installation #4: Participants.**

The various aspects of Identity or Self that partake in the growth process. These are the Voyagers of our Life Journey.

☸ **Installation #5: Processes.**

All the methods and techniques 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). These are 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 are 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 are 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 #2.

WRITE YOUR OWN AMAZON REVIEW 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. 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.

This book is currently available only to reviewers in a pre-publication, proof version -- so if you do request the book, the authors ask that you make a serious effort to post a review. 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 be a big boost for 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 of this very exciting project is much encouraged and appreciated!

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?

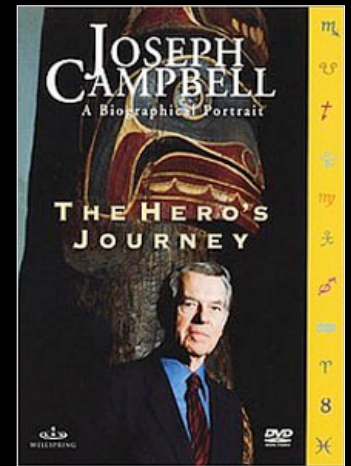
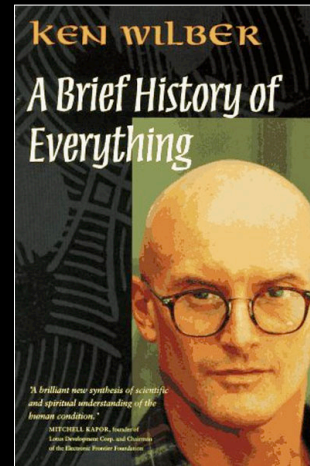
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like Forrest Gump, just a feather floating through a vast field of purposeless change? Or are we, like Odysseus from Homer's *The Odyssey*,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

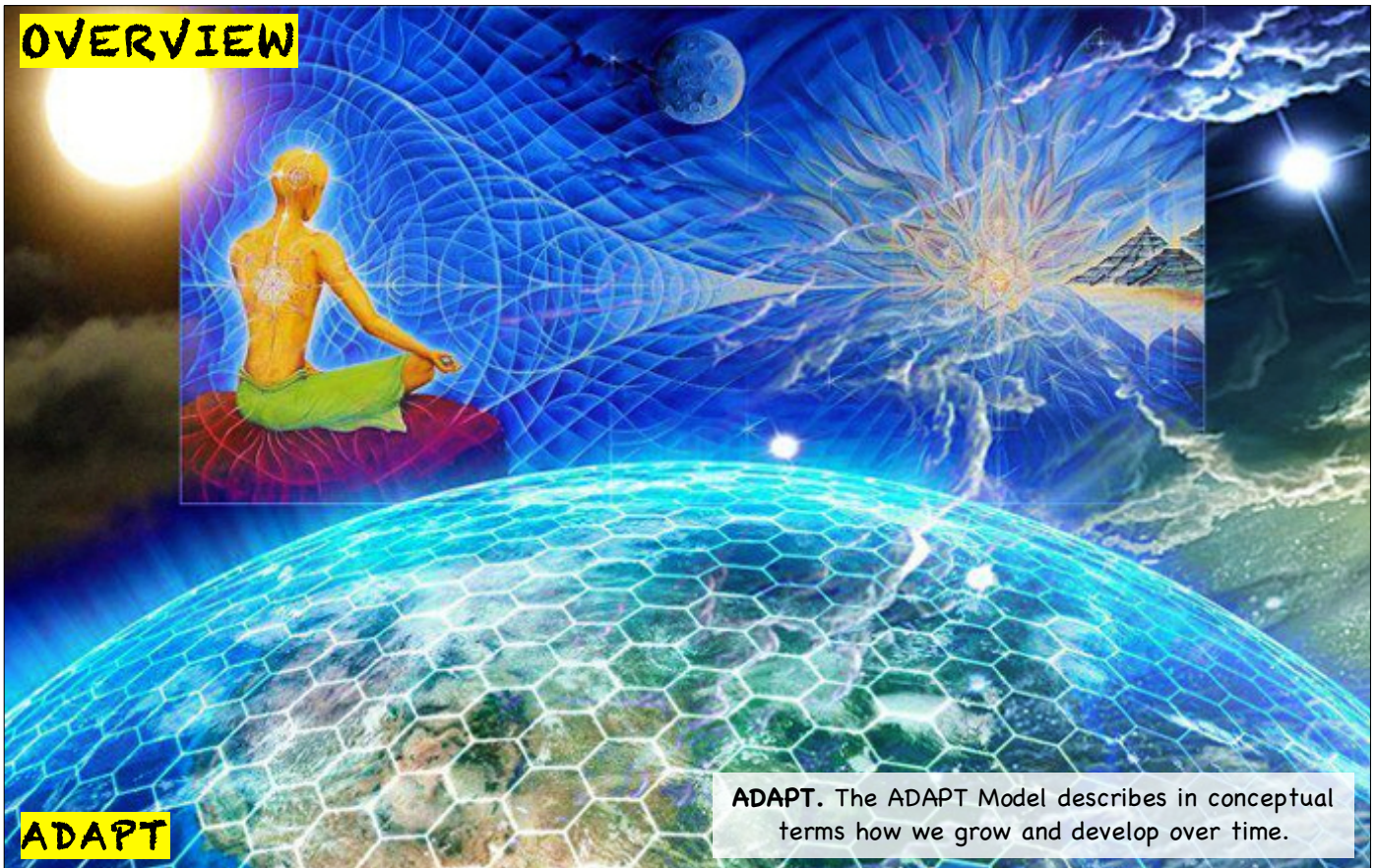
How Two Great Thinkers Collaborate
To Give Us the Ultimate Hero's Journey
Of Personal Growth & Human Development
(aka 'The Human Odyssey')

Installment #2: Overview of the ADAPT/Life Journey Model

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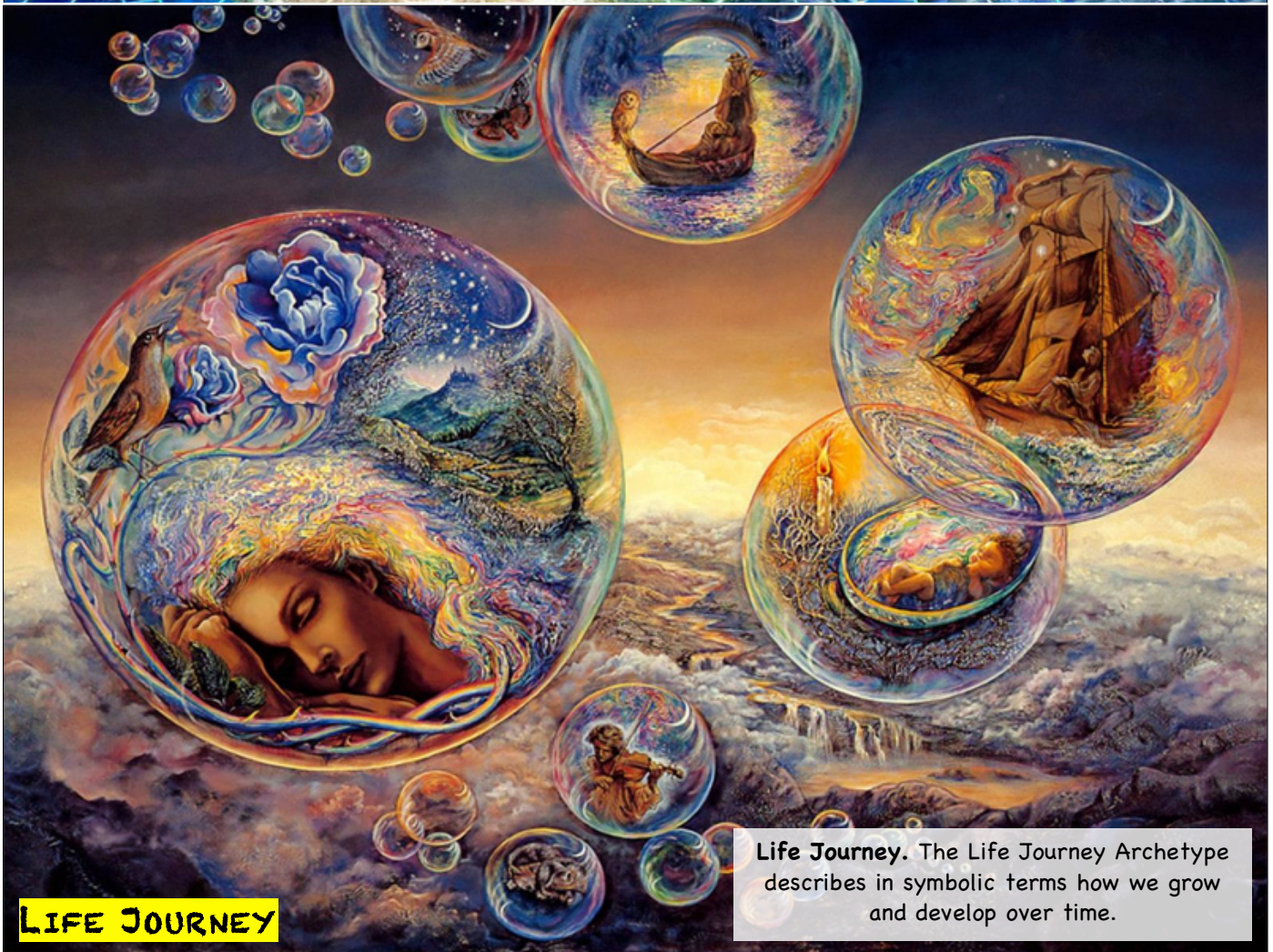
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OVERVIEW



ADAPT

ADAPT. The ADAPT Model describes in conceptual terms how we grow and develop over time.



LIFE JOURNEY

Life Journey. The Life Journey Archetype describes in symbolic terms how we grow and develop over time.

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OVERVIEW: ADAPT & THE LIFE JOURNEY

The Paths of Human Life

What is the course of human life? What progress or growth takes place? What opportunities for adventure and exploration does life offer us? How can we live our life to its fullest potential? How can we become all that we can be?

- ✿ **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? Who will I share this exciting journey with?
- ✿ **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 deeper, more meaningful, more rewarding?
- ✿ **Maturity.** If I am older, and approaching my later years, what have I achieved that is truly enduring? What good have I done? What legacy of wisdom, self-knowledge, or material comfort 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 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?

ADAPT & The Life Journey

On the following pages of this section, we will show how the work of two great men sheds light on these profound questions. The perspectives of systems theorist Ken Wilber and mythologist Joseph Campbell will be presented in parallel: On the left-hand facing pages (even numbers), we present the conceptual perspective – as embodied in the **ADAPT Model of Human Development**, originated in the work of Ken Wilber. On the right-hand facing pages (odd numbers), we present the symbolic perspective – as embodied in the **Life Journey Archetype**, originated in the work of Joseph Campbell. Page-by-page, each element of these two Models is presented side-by-side, so they may be read in tandem.

When we compare the extended versions of Wilber and Campbell – when we trace the parallels between our ADAPT Model and our Life Journey Archetype – we find that in essence the two are the same. The ADAPT Model describes in abstract 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 in conceptual or mythic terms – is what we call the **Human Odyssey**.



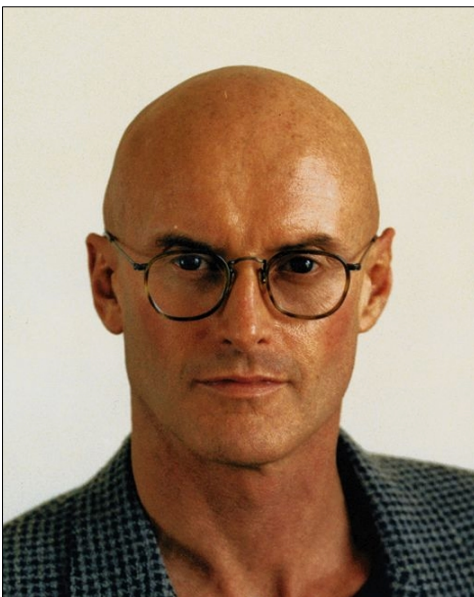
60 is the New 40. The old model for living one's life was pretty bleak: Birth > Childhood > School > Career > Retire > Die. Thanks primarily to two factors, that dreary, old model has become obsolete: 1) Because of modern medicine, we live longer and feel better. 2) Because of labor-saving machinery and information processing, we have more free time that's not required for survival. *** Because we live longer and have more free time, we need a new Life Paradigm that's more significant and more rewarding. The Human Odyssey is offered as a potential outline for that new Paradigm.

O KEN WILBER: THE ADAPT MODEL OF HUMAN DEVELOPMENT

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 **Integral Operating System** (his **Theory of Everything**), we have further learned that all the multitudinous strands of Human Development are in essence the same sequence. When we spin out all the details and implications of Wilber's AQAL and Integral Operating System, we arrive at an all-inclusive Model of Human Development we call **ADAPT** – a model consisting of five major **Domains**, with seven or more **Sectors** within each Domain.

On the following pages, these Domains and Sectors, along with the **ADAPT Scenario** that combines them, will be summarized on the left-hand facing pages (even-numbered pages):

- 🌀 The **Domains of ADAPT**: page 38ff
- 🌀 The **Sectors of ADAPT**: page 42ff.



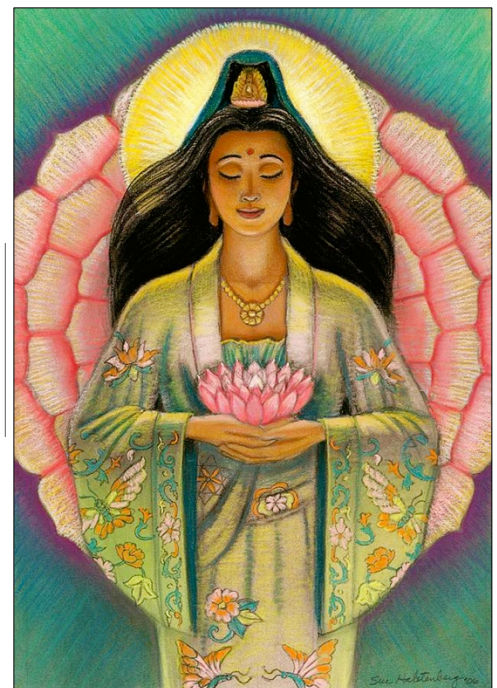
Actualizing the Great Nest

"The Great Nest represents... a great morphogenetic field or developmental space -- stretching from matter to mind to spirit -- in which various potentials unfold into actuality... A person's deepest drive -- the major drive of which all others are derivative -- is the drive to actualize the entire Great Nest through the vehicle of one's own being, so that one becomes, in full realization, a vehicle of Spirit shining radiantly into the world, as the entire world."

-- Ken Wilber, *Integral Psychology*

The Great Lotus of Human Development

The Evolving Self is like a Great Lotus that unfolds one petal at a time.



For details on how ADAPT was derived from Ken Wilber's AQAL and IOS, see Appx A2. For details on how the Life Journey Archetype was derived from the Joseph Campbell's Hero's Journey, see Appx B2.

O JOSEPH CAMPBELL: THE LIFE JOURNEY ARCHETYPE

From scholar and mythologist Joseph Campbell, we have learned that much of the 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*, and his more extended *Masks of God* and *Historical Atlas of Mythology*, we have further learned that all the multitudinous Hero's Journeys are in essence the same story. 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 **Domains**, with seven or more metaphorical **Sectors** within each Domain.

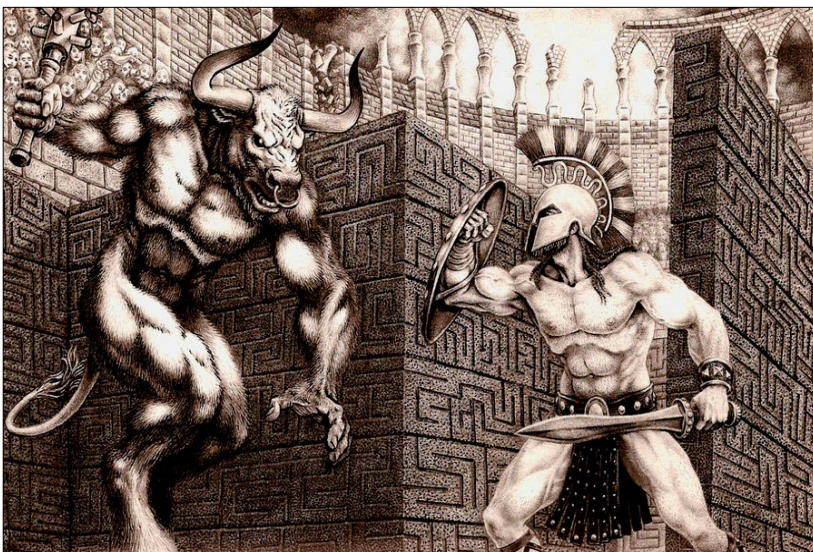
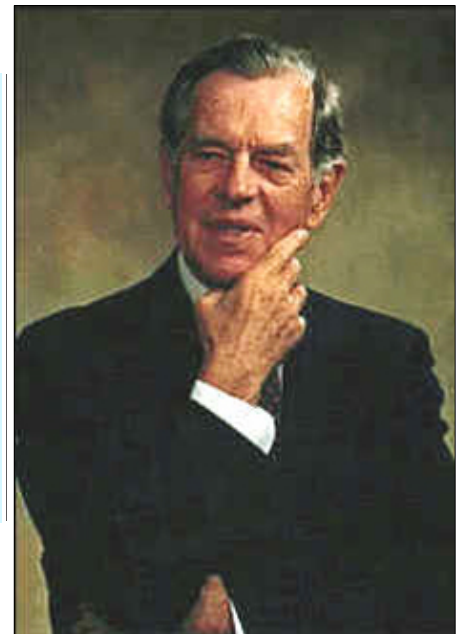
On the following pages, these Domains and Sectors, along with the **Life Journey Scenario** that combines them, will be summarized on the right-hand facing pages (odd-numbered pages):

- ✿ The **Domains of the Life Journey**: page 39ff.
- ✿ The **Sectors of the Life Journey**: page 45ff.

The Hero's Journey: Into the Labyrinth

"We have not even to risk the adventure alone, for the Heroes of all time have come before us. The Labyrinth is fully known; we have only to follow the thread of the hero-path. And where we had thought to find an abomination, we shall find a god. Where we had thought to slay another, we shall slay ourselves. Where we had thought to travel outward, we shall come to the center of our own existence. Where we had thought to be alone, we shall be with all the world."

-- Joseph Campbell, *The Power of Myth*



The Labyrinth of the Human Soul

In the myth of Theseus and the Minotaur, the Hero makes his way to the center of the Labyrinth, where he slays a Monster that is half human, half beast. To find his way back out again, he must follow the Thread provided by his beloved, Adriadne. *** In the book you are now reading, the Labyrinth is the mystery of the Human Soul. The Combatants represent our divided nature -- driven by bestial urges and sublime aspirations -- that we must come to terms with. The Thread is the ADAPT Model itself, our guide through the labyrinthine passages of our own interior.

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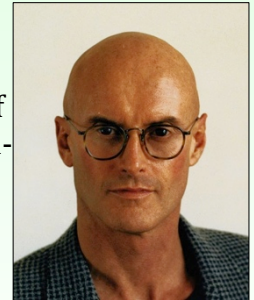
OV1a. DOMAINS: ADAPT MODEL

A Model of Human Development must address five questions:

- ✿ **Where?** Where is our Growth headed? What are the various ways we can grow? Through what Stages and Transitions? In what Realms and Arenas? These are the **Dimensions** of our Growth.
- ✿ **Who?** Who does the growing? What aspects of our Identity, or Self, take part in our Growth? What Individual and Collective Identities? What Personality Types? What elements of our Shadow Self? These are the **Participants** in our Growth.
- ✿ **How?** By what Methods and Techniques do we implement our Growth? Through what forms of health and well-being? By means of what skills or technologies? Through what modes of artistic expression or therapy? These are the **Processes** of our Growth.
- ✿ **With Whose Assistance?** Who can guide us through the maze of Growth possibilities? Who can help us coordinate and orchestrate the many strands of our Growth? Our Parents or Friends? Our Partner or Mentor? Our Therapist or Spiritual Guide? These are the **Pathfinders** of our Growth.
- ✿ **How Brought Together?** How can all these Dimensions, Participants, Processes, and Pathfinders be combined and coordinated to produce a successful Growth experience? These are the **Systems** that undergird and support our Growth.

THE ADAPT ACRONYM

Human Development is a process of Growth that results from the interaction of five major factors we call **Domains**. The ADAPT Model can be described in conceptual terms as a combination of these five Domains:



- ✿ **All Dimensions** (page 64)
The Dimensions are the various ways we can grow.
- ✿ **All Participants** (page 128)
The Participants are all the aspects of Identity, or Self, that take part in the Growth process.
- ✿ **All Processes** (page 148)
The Processes are all the Methods and Techniques we use to implement our Growth.
- ✿ **All Pathfinders** (page 188)
The Pathfinders are all the people and other resources who help to Guide and Orchestrate our Growth.
- ✿ **'Together' (Systems)** (page 226)
The Modes of Together-ness ('Systems') are the ways we combine and coordinate all the Dimensions, Participants, Processes, and Pathfinders to produce Growth.

When all five Domains are complete and combined, they form a Model of Human Development we call **ADAPPPT** – **All Dimensions, All Participants, All Processes, All Pathfinders, Together**. (Spelled **ADAPT** and pronounced **A'-Dapt**, to keep it simple.)

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OV1b. DOMAINS: THE LIFE JOURNEY ARCHETYPE

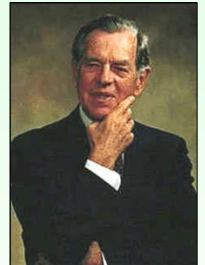
A description of our archetypal Life Journey* must address five questions:

- ❁ **Where?** Where can our Journey take us? In what directions? Toward what destinations? These comprise the **Map** of our Life Journey.
- ❁ **Who?** Who takes part in our Journey? What colleagues, or compatriots, or fellow travellers? These are the crew, passengers, and other **Voyagers** on our Life Journey.
- ❁ **How?** By what means do we travel the rivers, coastlines, and open seas of our Voyage? These are the **Ships**, and other modes of conveyance, that carry us on our Life Journey.
- ❁ **With Whose Assistance?** Who guides our Ships? Who orchestrates the various factors necessary for a successful Voyage? Who can appear to help us in time of need? These are the **Navigator, Captain**, and other Guides of our Life Journey.
- ❁ **How Brought Together?** How are the Map, Voyagers, Ships, and Navigator/Captain brought together to produce a successful Voyage? What other factors must be combined and coordinated?: The ports and harbors, the docks and warehouses, the shipyards and repair facilities, the port officials and administrative personnel, etc. These are the **Shipping System** of our Growth.

*As just one example of this type of symbolism, we use a mythic Journey by Sea, such as that of Homer's *The Odyssey*.

THE LIFE JOURNEY ARCHETYPE

Human Growth is a mythic Voyage that results from the interaction of five major factors we call **Domains**. The Life Journey can be described in symbolic terms as a combination of these Domains:



- ❁ **The Map** (page 64)
The Dimensions are the various directions and destinations of our Voyage. They are the **Map** of our Life Journey.
- ❁ **The Voyagers** (page 128)
The Participants include all the sailors and passengers who take part in our Journey. They are the **Voyagers** of our Life Journey.
- ❁ **The Ships** (page 148)
The Processes are the sloops and frigates, carts and coaches, that carry us on our travels. They are the **Sailing Ships** and other modes of conveyance on our Life Journey.
- ❁ **The Navigator & Captain** (page 188)
The Pathfinders are the reliable companions, the familiar spirits, the time-honored wisdom, and other resources who help us guide and orchestrate our Voyage. They are the **Navigator, Captain**, and other Guides of our Life Journey.
- ❁ **The Shipping System** (page 226)
The Modes of Together-ness ('Systems') are the various ways our Map, Voyagers, Ships, Navigator/Captain, and other factors are brought together to produce a successful Voyage. These are the **Shipping System** that undergirds and supports our Life Journey.

O OV1a. The Domains Described: ADAPT

Let's review the five conceptual Domains of the ADAPT Model once again:



D1-8. Dimensions: The PATHS

The various **Paths** we can take to grow and change over time. (p. 64)



P1-7. Participants: The SELF

The various aspects of **Identity or Self** that take part in our **Growth**. (p. 128)

Cristian, Picasso Spanish Love



Dou, Artist in his Studio

PPR1-9, PR1-35. Processes: The METHODS

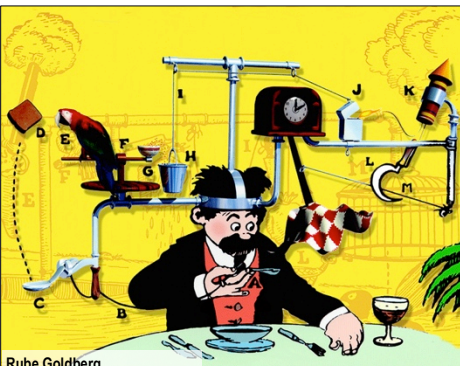
The various **Methods & Techniques** by which we implement our **Growth**. (p. 148)

PF1-12. Pathfinders: The GUIDES

The special people and other resources that **Guide & Orchestrate** our **Growth**. (p. 188)



Sacagawea with Lewis & Clark



Rube Goldberg

S1-8. Systems: The MECHANISMS

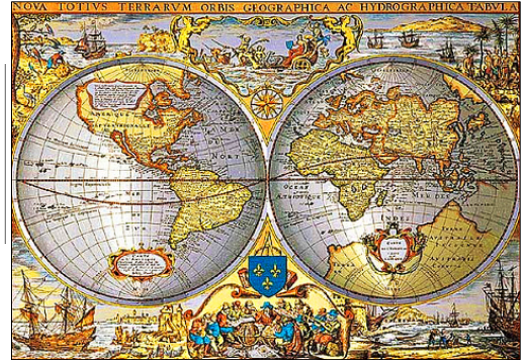
The various **Mechanisms** by which the **Dimensions, Participants, Processes, and Pathfinders** work **Together** to produce **Growth**. (p. 226)

0 OV1b. The Domains Described: Life Journey Archetype

Let's review the five symbolic Domains of the Life Journey Archetype once again:

D1-8. Dimensions: The MAP

All the **worlds** we will visit in the course of our Journey. (p. 64)

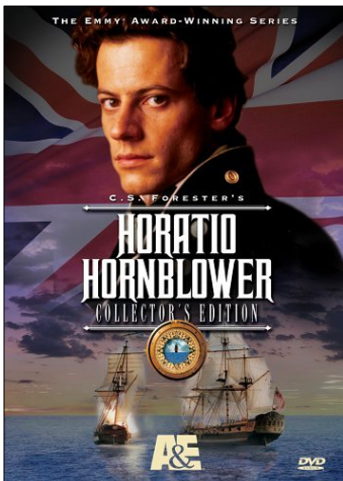


P1-7. Participants: The VOYAGERS

The captain, crew, and other **Voyagers** who take part in our Journey. (p. 128)

PPR1-9, PR1-35. Processes: The SHIP

The **Ship**, and other **modes of conveyance**, that carry us on our Journey. (p. 148)



PF1-12. Pathfinders: The NAVIGATOR/CAPTAIN

The **Navigator**, who directs our Ship and keeps our Voyage on course.
The **Captain**, who arranges and coordinates all elements of our Voyage, to produce a smooth-running, successful adventure. (p. 188)

S1-8. Systems: The SHIPPING SYSTEM

The organization that **combines and coordinates** the Map, Voyagers, Ship, and Navigator/Captain to produce a successful Voyage. (p. 226)



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OV2. SECTORS: THE ADAPT MODEL

Within each **Domain** of ADAPT is a set of Sectors. A **Sector** is a specific aspect of a given Domain that contributes to the overall process of Growth. The combination of Domains and Sectors constitutes what we call the **ADAPT Model**.

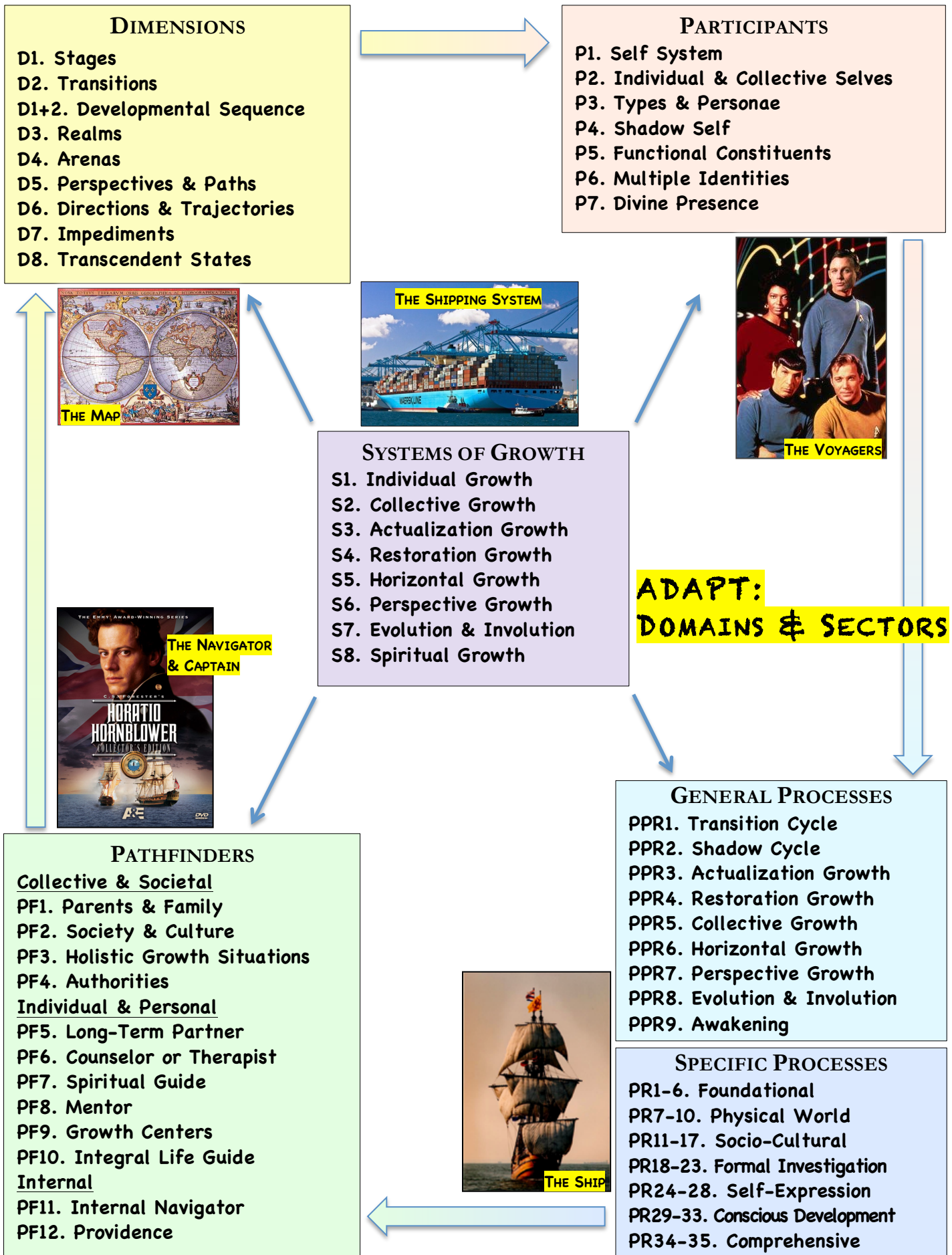
On the facing page, we show the entire **ADAPT Model** -- outlining all the Domains and Sectors. On the following ten pages (p. 44ff), we give thumbnail descriptions of each Sector of that Model.



Domains & Sectors: An Example. “When we battle with our Inner Demons, the Shadow Self usually comes out the winner.” In the ADAPT Model, the **Shadow Self** is one of eight **Sectors** in the **Domain of Participants**.

This section gives thumbnail descriptions of each Domain and Sector of the ADAPT and Life Journey Models. For details on a particular feature, turn to its page reference in the Main Text (**highlighted in yellow** or shown in parentheses). For details on how all these Domains and Sectors combine to produce Growth, see the Systems section (S), as well as Appendix C3.

Do not be concerned at this point to understand all these terms. They will all be explained in detail in the course of this book.



0 OV2a. The Sectors Described: ADAPT

In this section, we explore the individual Sectors within each Domain of ADAPT -- first the Dimensions, then the Participants, the Processes, the Pathfinders, and finally the Systems. The conceptual version of each Sector is shown on the left-hand page (even numbers). The symbolic version of each Sector is shown on the right-hand page (odd numbers). For clearest understanding, read the two versions of each Sector in tandem.

DIMENSIONS: ADAPT 64

The **Dimensions** of the Growth Continuum are the eight **Areas** of our life where Growth takes place – and the various features of that Growth.

1

D1. Stages

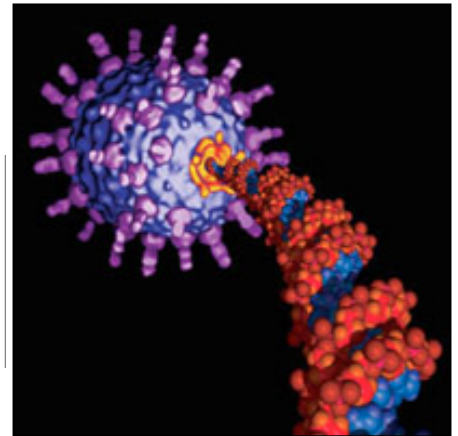
The levels of **development, maturity, enlivenment, or enlightenment** through which we pass as we grow. The rungs of a **ladder** that we ascend. (p. 68)



1

D2. Transitions

The **quantum leaps** that take us from one Stage to the next. (p. 80)



1 2

D1+2. Developmental Sequence

The series of **alternating Stages and Transitions** – with each turn of the **Spiral** representing one Stage plus its corresponding Transition. (p. 92)



1

D3. Realms

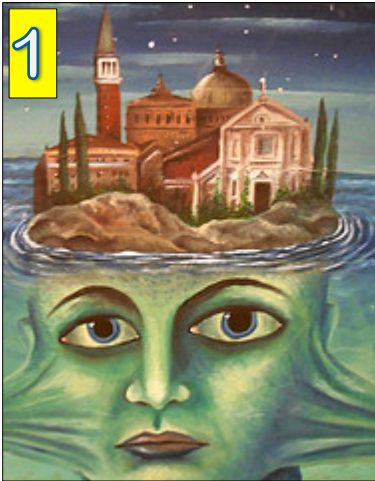
The four major spheres of human experience where Growth can occur – **Everyday Life, Psyche, Body, Spirit**. (p. 102)

0 OV2b. The Sectors Described: Life Journey Archetype

In this section, we explore the individual Sectors within each Domain of the Life Journey -- first the Dimensions, then the Participants, the Processes, the Pathfinders, and finally the Systems.

DIMENSIONS: LIFE JOURNEY 64

The **Dimensions** are the **Map** of our Life Journey – including the coordinates and other features of that Map.



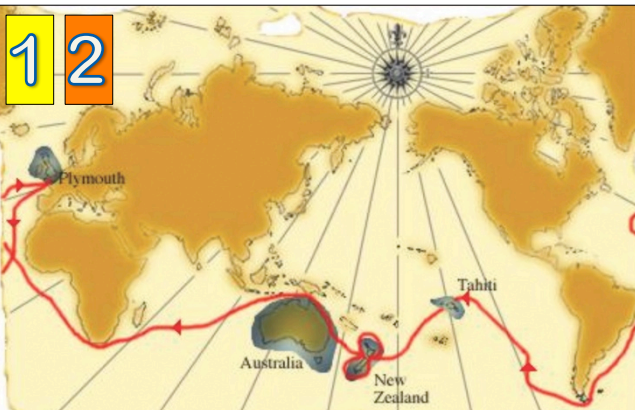
D1. Stages

The **islands** or **ports of call** we visit in the course of our Journey. (p. 68)

1

D2. Transitions

The **open seas** and **routes of passage** our ship will take between one port of call and the next. (p. 80)



D1+2. Developmental Sequence

Our entire **Life Journey** - from open sea, to port of call, to open sea again, until our ship reaches its final destination. (p. 92)

1

D3. Realms

The four regions where our story takes place -- **ordinary reality**, the **realm of enchantment**, the **realm of ordeals & trials**, and the **realm of the gods**. (p. 102)

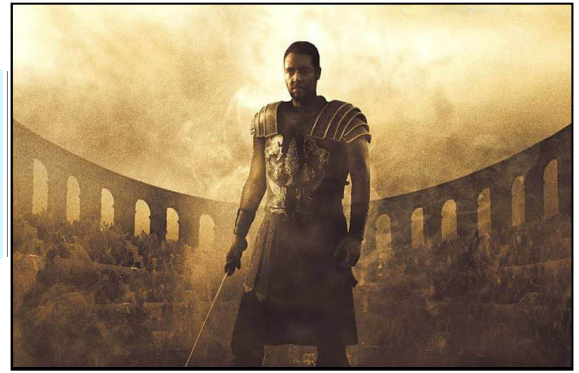


DIMENSIONS: ADAPT MODEL (CONT.)

1

D4. Arenas

The specific **Areas of Activity** within each Realm where *Growth* takes place. (p. 112)



D5. Perspectives & Paths

The four basic **Points-of-View** from which any *Growth* experience can be interpreted. The four **Paths of Life** we take as a result of those *Perspectives*. (p. ##)



D6. Directions & Trajectories

The two vertical **Directions** our activities can take: **Ascending** and **Descending**. The two-fold **Trajectory** those *Directions* play out over the course of a lifetime. (p. ##)



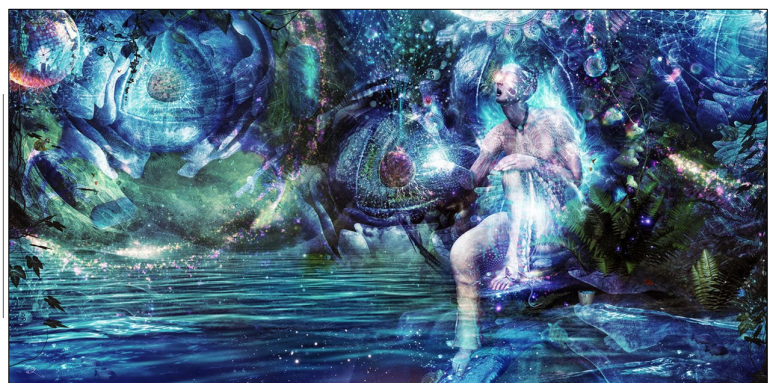
4

D7. Impediments

The two major ways the *Growth* process can be impeded or obstructed: **Challenges** and **Impasses**. (p. 124)

D8. Transcendent States

The higher levels of **consciousness** experienced by *Mystics*, *Translucents*, and others who awaken to the **Divine Presence** (P7). (p. ##)



DIMENSIONS: LIFE JOURNEY ARCHETYPE (CONT.)



D4. Arenas

The **Areas of Activity** at every Port of Call - the waterfront, the downtown shops, the pubs, the red light district. (p. 112)

D5. Perspectives & Paths

The four **Points of View** from which our story can be told. The **Points of the Compass** - the four directions our Journey may take. (p. ##)



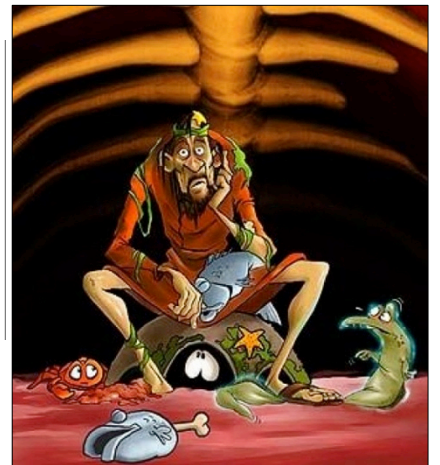
D6. Directions & Trajectories

The two **vertical paths** our Journey can take - **Upward to the Heavens**, or **Downward into the Underworld**. 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. (p. ##)

4

D7. Impediments

The **Obstacles** that stand between us and our destination. **Obstacles we can overcome** through courage and perseverance: Raging seas, mutinous crews, etc. **Obstacles that imprison and conquer us**, unless we are saved by grace or divine intervention: Dank dungeons, deadly potions, etc. (p. 124)

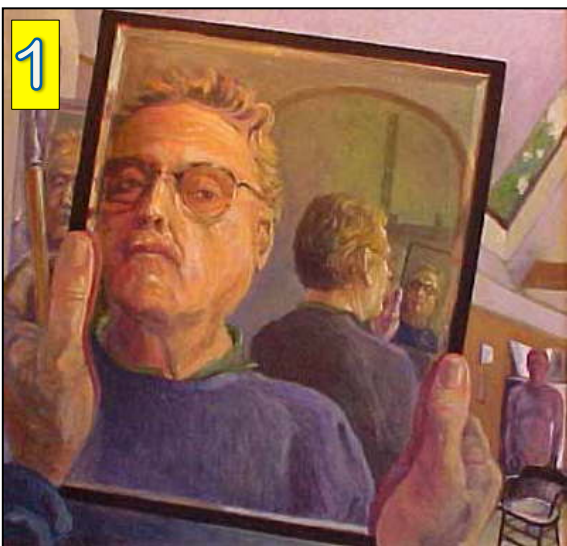


D8. Transcendent States

The supremely illuminating moments when we **commune with the gods**, receive an **emissary from on high**, visit the **heavenly abode**. (p. ##)

0 PARTICIPANTS: ADAPT MODEL 128

The **Participants** in the Growth process are the seven aspects of **Identity**, or **Self**, that partake in the Growth process.



P1. The Self System

A combination of the **Experienced Self** and the **Observed Self** - the twin aspects of **Identity** that engage in a dialectic by which the Self grows. (p. 132)

1
2
P2. Individual & Collective Selves
The two forms of **Identity** that can participate in the Growth process: The **Individual** and the **Group**. Groups range from: Couples, teams, and workgroups to ethnic groups, generations, and whole Cultures. (p. 134)



P3. Personality Types & Personae
Profiles of **Personality** that recur in human populations with a significant degree of regularity. Includes: **Gender Types**, **Enneagram Types**, and **Archetypes**. (p. 138)

0 PARTICIPANTS: LIFE JOURNEY ARCHETYPE¹²⁸

The **Participants** are the captain, crew, passengers, and other **Voyagers** who take part in our Life Journey.

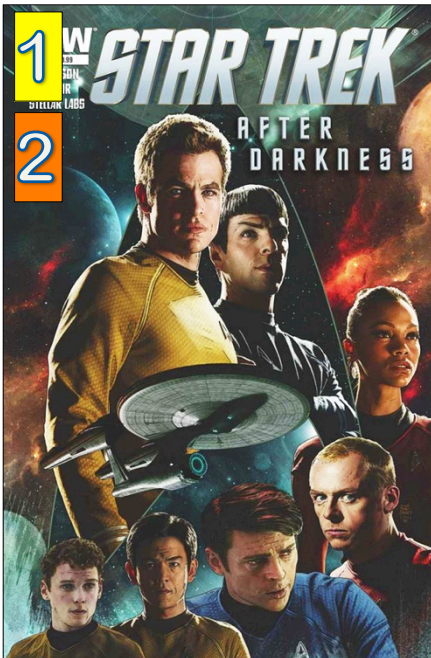
1

P1. The Self System

Our **Hero**, the **Central Character** of our story --the adventurer who triumphs over challenges & hardships. Our **First Person Hero**, from the Inside. As well as our **Third Person Hero**, from the Outside. (p. 132)



Waterhouse, Echo & Narcissus



P2. Individual & Collective Selves

The **Individual characters** - the hero, the sidekick, the mentor, the lead villain, etc. The **Group characters** - the ship's crew, the townsfolk, the invading army, the gang of villains, etc. (p. 134)

5

P3. Personality Types & Personae

The **stereotyped 'characters'** aboard ship - the forceful leader, the dutiful helper, the jovial carouser, the reclusive thinker, the jokester, the voice of prophecy, the slouch, etc. (p. 138)



PARTICIPANTS: ADAPT MODEL (CONT.)

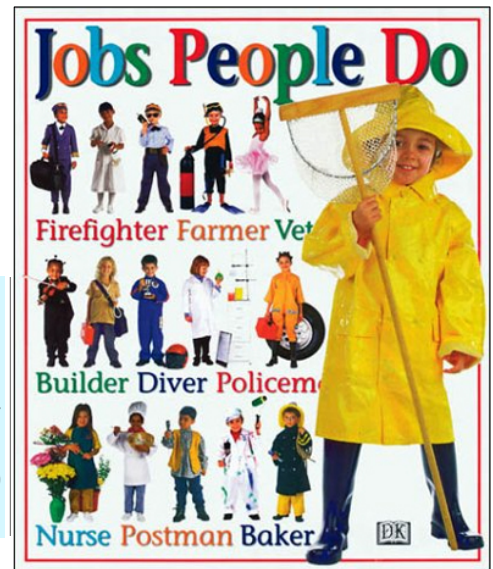


P4. Shadow Self

Our **Inner Saboteur** or **Gremlin** - any dis-attached scrap of **Identity** that impedes or distorts our **Growth** process. (p. 144)

P5. Functional Constituents of Self

The **fundamental characteristics** of human nature. The components from which the **Self** is built, and the attributes that enable the **Self** to grow. Includes: **Instinct, Volition, Identity, Emotion**, etc. (p. ##)



P6. Multiple Identities

Situations where healthy Individuals can assume **more than one Identity** - either by **Shifting** or by **Broadening** their Identity. (p. ##)



P7. The Divine Presence

The **spiritual entity** that presides over our lives - in its two manifestations: The **Core Self** and the **Witness**. (p. ##)

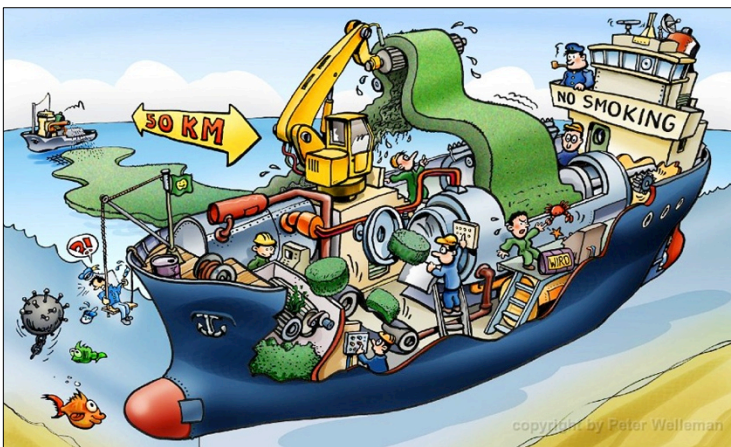


PARTICIPANTS: LIFE JOURNEY ARCHETYPE (CONT.)

4

P4. Shadow Self

The **Misfit**. The **Troublemaker** who disrupts our Voyage and causes things to go wrong -- the grumbler, the rebel, the plotter, the saboteur, the mutineer, the stowaway, etc. (p. 144)



P5. Functional Constituents of Self

The members of the **Ship's Crew**, as characterized by their **Function** aboard ship -- the captain, the navigator, the helmsman, the surgeon, the cook, the carpenter, the mate, etc. (p. ##)

P6. Multiple Identities

The fluid or deceptive **Shape-Shifting Characters** of our story -- the Hero who assumes a **disguise**, the character **transformed into an animal**, the god who appears in human form, etc. (p. ##)



P7. The Divine Presence

The **Being** who controls and influences our Hero's World. The **Familiar Spirit** who takes a personal interest in our Hero's life, who appears in time of need. The **Pervasive Spirit** who presides over our Hero's world from afar, who orchestrates the weavings of **Fate**. (p. ##)

0 PROCESSES: ADAPT MODEL 148

The **Processes** are all the means by which we move along the **Growth Continuum**. The **General Processes** (described below) are the nine fundamental Processes that are available to implement Growth in any Stage, Realm, or Arena. The **Specific Processes** (p. 170) are the 35 Methods and Techniques that implement specific kinds of Growth in specific Stages, Realms, and Arenas.

1

PPR1. The Transition Cycle

The four-phase Process of **Metamorphosis**, whereby healthy people Transition from one Stage to the next. The caterpillar becomes a butterfly. (p. 152)



4

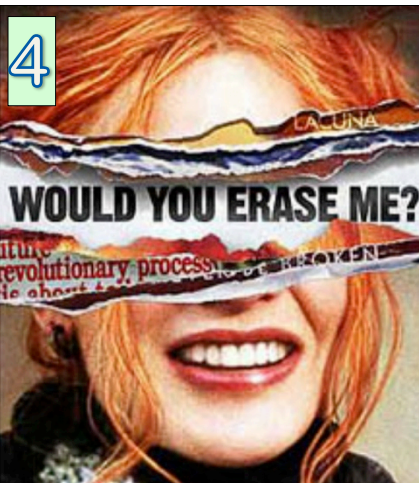
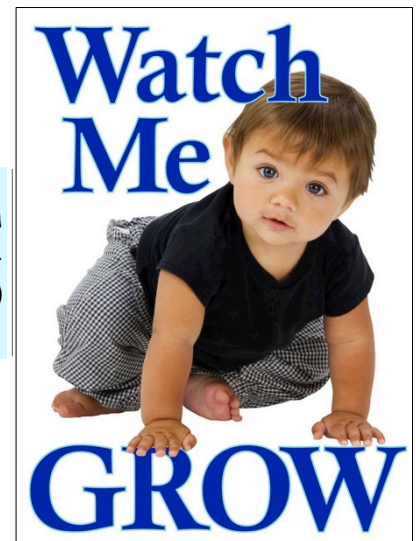
PPR2. The Shadow Cycle

The five-phase distortion of the Transition Cycle -- which produces a pernicious **Shadow Self** that leads to **Neurosis**. (p. 154)

1

PPR3. Actualization Growth

Meeting the normal **Challenges** of life through a series of healthy **Transition Cycles** (PPR1). (p. 156)



4

PPR4. Restoration Growth

Revisiting past **Stages** to resolve **Impasses**, so that normal, forward-directed **Actualization Growth** (PPR3) can resume. (p. 158)

0 PROCESSES: LIFE JOURNEY ARCHETYPE 148

In our Life Journey, the **Processes** of Growth are the **Sailing Ships**, and other **modes of conveyance**, that carry us along the trade routes and open seas of our Life Journey. The **General Processes** (outlined below) are the **means of propulsion** that can power any Ship – Sails, Oars, Steam, etc. The **Specific Processes** (p. 170) are the **specific kinds of boats and ships** we use for travel over expanses of water – from rowboats to battleships.



ibbetson, *The Married Sailor's Adieu*

PPR1. The Transition Cycle

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. (p. 152)

4

PPR2. The Shadow Cycle

Any mishap or disaster by which our normal passage from one port to the next goes awry - adverse winds, stormy seas, a broken mast, a pirate attack, a mutiny, etc. (p. 154)



Price, *Pirates Watching Ship Burn*



1

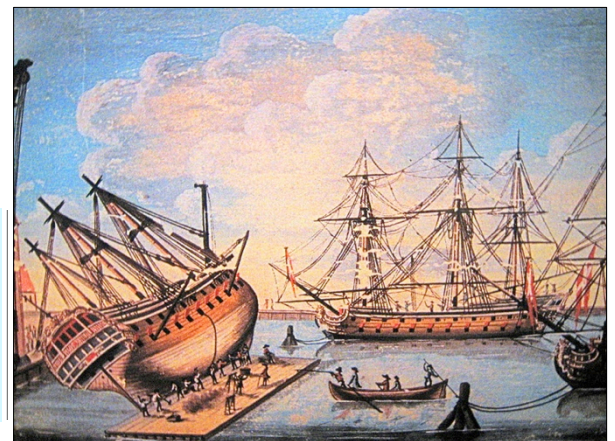
PPR3. Actualization Growth

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. (p. 156)

4

PPR4. Restoration Growth

Putting in for repairs after our ship has been damaged by battles or storms. Getting back on track when our ship has been blown off course. (p. 158)



PROCESSES: ADAPT MODEL (CONT.)

2

PPR5. Collective Growth

Growth that takes place in **Groups** of people -- ranging from **Couples** to whole **Cultures**. (p. 162)



PPR6. Horizontal Growth

Growth within a **Stage**. We improve our **Skills** in Reading, then **Translate** those Skills to Spelling & Writing. (p. 168)

PPR7. Perspective Growth

Growth that occurs as we **broaden the Perspectives** from which we view and orchestrate our lives - often by becoming more **Inclusive**. (p. ##)



PPR8. Evolution & Involution

Growth in the **two vertical Directions** - **Ascending** and **Descending** (D6). We **Evolve** to the next Stage, but **Involve** by embracing the **Inner Child** of our previous Stage. (p. ##)

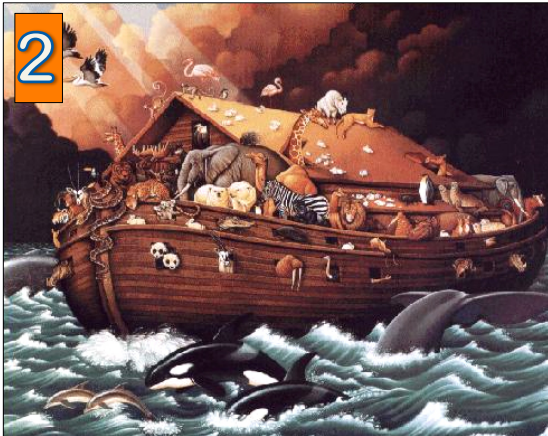
PPR9. Awakening

Waking Up to the Realm of the Spirit -- recognizing **universal spiritual truths** that are unchanging and eternal. (p. ##)



Sotelo, *Waking Up From the World of Thought*

PROCESSES: LIFE JOURNEY ARCHETYPE (CONT.)



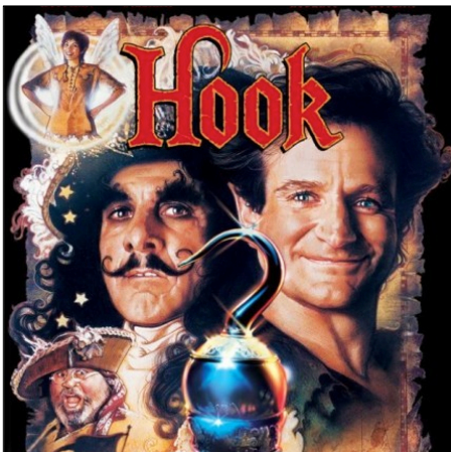
PPR5. Collective Growth

The Journey that all the **Voyagers take together** - the challenges and adventures that captain, crew, and passengers all share. (p. 162)

5

PPR6. Horizontal Growth

The productive activities the Voyagers engage in at a **particular Port of Call** - taking on food and water, mending sails and rigging, sending letters home, etc. (p. 168)

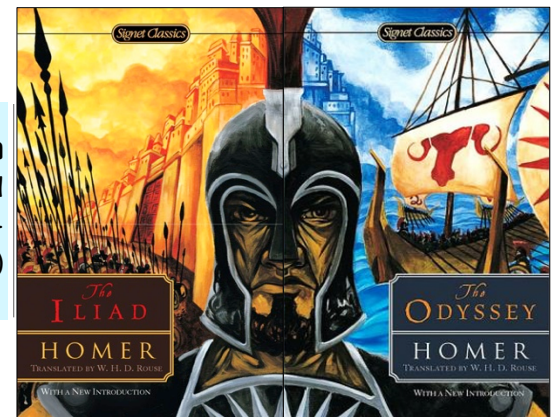


PPR7. Perspective Growth

Perspectives: Our Story can be told from **more than one perspective**. **Inclusiveness:** A variety of characters can be **presented sympathetically** -- so that we can feel affinities with them all. (p. ##)

PPR8. Evolution & Involution

Evolution: Our *Iliad* -- our **Outward Journey** to challenge and adventure. **Involution:** Our *Odyssey* - our **Inward Journey** toward the comforts and satisfactions of home. (p. ##)



PPR9. Awakening

Waking up from a dream or vision with a newfound wisdom, a fresh perspective, a capacity to act decisively. **Piercing the veil** of material reality. (p. ##)

0 PATHFINDERS: ADAPT MODEL 188

The **Pathfinders** are the 12 entities that implement our Growth process. They do so by two means: **Guidance** -- Choosing and directing our activities among the alternatives life offers us. **Orchestration** -- Weaving together, coordinating, and unifying all the elements that comprise the Growth process.

PF1-4. Collective & Societal Guidance 1 2 4 5

The Guidance & Orchestration in the Growth process we receive from the **Groups and Societies** we grow up in.



PF1. Parents & Family

"My Parents are there for me at every crucial life transition." (p. 194)



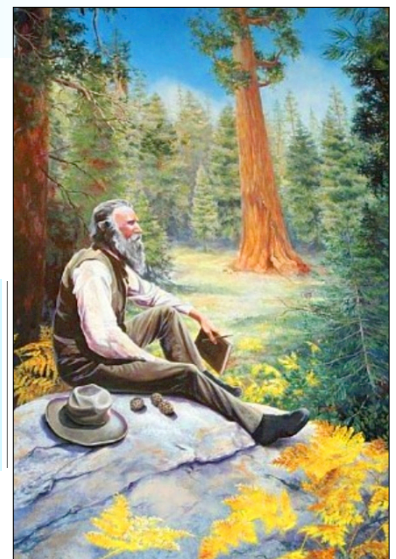
PF2. Society & Culture

"The playground teaches me lessons about friendship and teamwork - but also about clear boundaries and protecting myself." (p. 196)



PF3. Holistic Growth Situations

"Our high school electric battery project teaches us many science and social skills in one unified experience." (p. 198)



PF4. Authorities

"I learned my reverence for Nature from John Muir and Henry Thoreau." (p. 202)

0 PATHFINDERS: LIFE JOURNEY ARCHETYPE 188

The Pathfinders are the **Navigator** and **Captain** of our Life Journey. The Navigator **guides** our Ship. The Captain **arranges and coordinates** all elements of our Journey. More generally, the Pathfinders are those **Beings** or entities who help our Hero **Find his Path** – by **Guiding** him and **Orchestrating** his Journey.

PF1-4. Collective & Societal Guidance 1 2 4 5

PF1. Parents & Family

The voices of our **Hero's origins** – the touchstone for what is true, authentic, and lasting: The **absent ruler** who returns to set the kingdom right. Or, the reverberations of our **Hero's troubled past** – the source of conflicts and disharmonies that now plague him: The **shadowy figure** who is ultimately revealed to be our Hero's father. (p. 194)



PF2. Society & Culture

The **influence exerted by any Society** our Hero encounters in the course of his adventures – the ship's unwieldy crew, the murmuring townsfolk, the menacing gang of villains, the strange and enticing peoples of exotic lands. (p. 196)

PF3. Holistic Growth Situations

Any **Self-Contained Living Environments** our Hero encounters in the course of his adventures – the bustling life aboard ship, the **secret hideout**, the **sporting competition**, the **banquet or feast** where key characters meet to set their terms of engagement. (p. 198)



King Arthur & The Round Table



The Oracle of Delphi

PF4. Authorities

Heroes and legends, sacred writings that hold important truths, **signs and portents** that reveal the will of the gods, **mysterious utterances** channeled through an oracle. (p. 202)

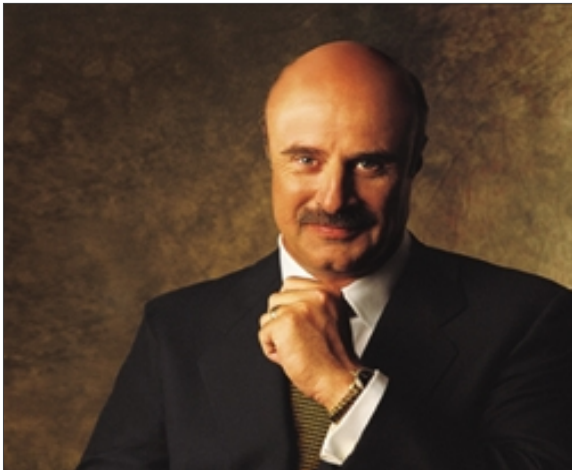
PATHFINDERS: ADAPT MODEL (CONT.)

PF5-10. Personal & Individual Guidance **1****2****4****5**

The Guidance & Orchestration in the Growth process we receive from Guides who we choose **ourselves**, or who work with us **personally**.

PF5. Long-Term Partner

"In Jane Austen's *Pride and Prejudice*, Lizzie must relinquish her dismissive prejudice -- while Darcy must subdue his snobbish pride. Then they're ready for a happy marriage." (p. 204)

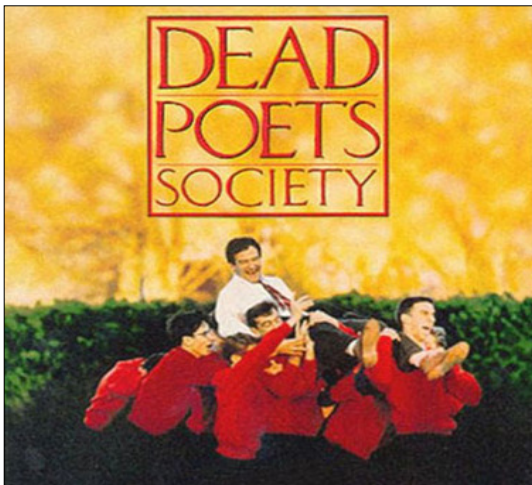
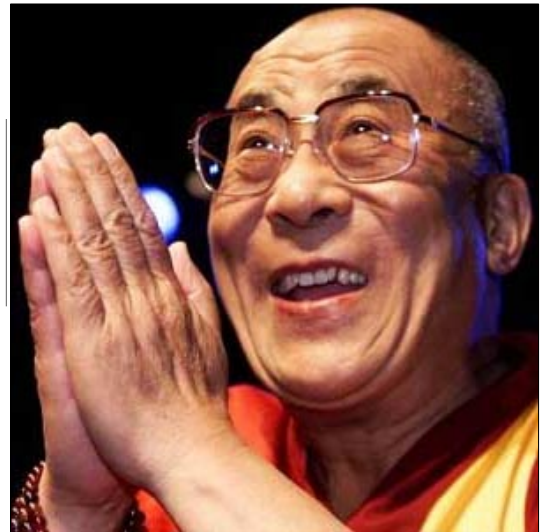


PF6. Counselor or Therapist

"Our Marriage Counselor is helping us to work through misunderstandings in our relationship, and to set down firm rules for our kids." (p. 206)

PF7. Spiritual Guide

"The Dalai Lama is one of the most recognized and revered Spiritual Guides in the world today." (p. 212)



PF8. Mentors

"In the movie *Dead Poets Society*, John Keating taught his students to experience literature as a source of inspiration and wonder." (p. 214)

PATHFINDERS: LIFE JOURNEY ARCHETYPE (CONT.)

PF5-10. Personal & Individual Guidance 1 2 4 5



Ford, Lancelot & Guinevere

PF5. Long-Term Partner

Our Hero's most **consistent and enduring relationship**. Positive: The **long-suffering mate** who remains faithful and loyal despite all. The **alluring prize** only won after grueling ordeals and trials. Negative: The **deceitful and beguiling seductress** who diverts our Hero from his true path. The **conniving and treacherous schemer** who brings our Hero to ruin. (p. 204)

PF6. Counselor or Therapist

The being who bestows **Special Gifts** that enable our Hero to overcome **Challenges**, or extricate himself from **Impasses**: The **Good Fairy** who appears just when a **winning strategy** is needed. The **Crafty Magician** who provides the **special weapon** that conquers the **invincible enemy**. (p. 206)



David, Combat Between Mars & Minerva

PF7. Spiritual Guide

The figure who connects our Hero with the **spirit realm**, or who imbues our Hero with **supernatural powers**: The **Affectionate Goddess** who **intercedes** for her favorite mortal in the parliament of the gods. The **Benevolent Holy Man** who schools our Hero in **right living**. (p. 212)

PF8. Mentors

Others who aid our Hero in his/her Journey: The **Wise Monarch** who introduces our Hero to an **ideal society**. The **Talking Animal** who offers advice on how to **avoid harm**. Or, the **False Ally** who leads the impressionable Young Hero into **degradation**. (p. 214)



PATHFINDERS: ADAPT MODEL (CONT.)



PF9. Growth Centers

"The scenery, the gardens, the workshops, the baths: Everything at Esalen is orchestrated for the quintessential Growth experience." (p. 216)



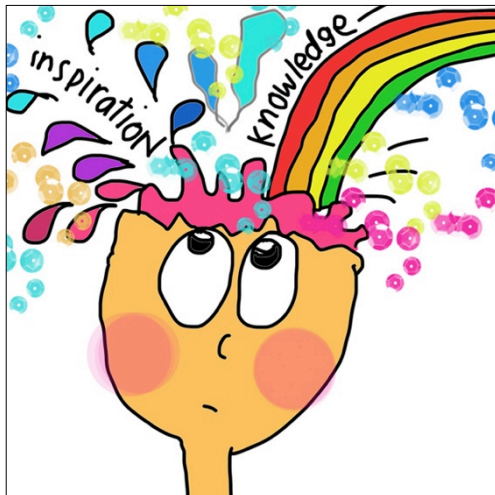
PF10. Integral Life Guide

"My **Integral Guide** supports my psychological sensitivity, my physical aliveness, and my spiritual clarity - meanwhile, never allowing me to neglect my job or my marriage." (p. 220)

PF11-12. Internal Guidance



The Guidance & Orchestration in the Growth process we provide **within** ourselves.



PF11. Internal Navigator

"I've internalized all the Guidance I've received over the years from Authorities, Mentors, Therapists, and Spiritual Guides. Now I'm ready to navigate my own course." (p. 222)

PF12. Providence

"When I yield my will to a Force greater than myself, I make better decisions - and usually end up with better results." (p. 224)



PATHFINDERS: LIFE JOURNEY ARCHETYPE (CONT.)

PF9. Growth Centers

The **Special Living Environments** that produce major changes in our Hero. Positive: The **Harmonious Kingdoms**, where all life is orchestrated to maximize human happiness. Negative: The **Bewitching Worlds** that divert our Hero from his true course. (p. 216)



Wyeth, Odysseus & Calypso



Delacroix, Dante & Virgil in Hell

PF10. Integral Life Guide

The **Trusted Guide** who leads our Hero along all the precarious paths of the **Underworld**, the **Enchanted Realm**, and the **Realm of the Gods**. The **Shadowy Saint** who inspires our Hero to triumph in the **ultimate battle**. (p. 220)

PF11-12. Internal Guidance



PF11. Internal Navigator

Our **Hero's Elevated Character** -- once he has absorbed the lessons from his many **ordeals & trials**. Symbolically, the **Golden Compass** that always directs our Hero on his **true course**. (p. 222)



PF12. Providence

The continuing influence of some **Divine Entity** in our Hero's world: The **Supreme Being** who orchestrates human affairs so the Hero's **quest ends in triumph**. Symbolically, the **Great Loom** -- weaving together the **strands of life and death**. (p. 224)

0 SYSTEMS: ADAPT MODEL 226

The **Systems** of Growth are the eight mechanisms by which the Dimensions, Participants, Processes, and Pathfinders work together to produce Growth. Each System is built upon a particular General Process, and is often named after that Process. In our Life Journey, the System is the **Shipping System** – an organization like the British Admiralty that coordinates the Map, Voyagers, Ships, Navigator & Captain, and other factors to produce a successful Voyage. (In this section, the Life Journey version of the Systems would appear redundant, and therefore is not shown.)

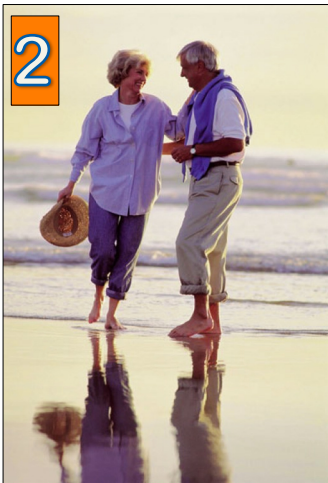
1

S1. Individual Growth

"Eric combines his Experienced Self and his Observed Self into a Transition Cycle, that moves him along the Growth Continuum from Infant to Toddler." (p. 232)



2



S2. Collective Growth

"Ray and Dottie are a Couple that proceeds through a lifelong Collective Developmental Sequence in the Arena of Relationships." (p. 234)

1

S3. Actualization Growth

"Stephanie is an ambitious young Woman, who overcomes a series of Challenges, with the support of her Long-Term Partner and her Life Coach." (p. 236)



4



S4. Restoration Growth

"The product of an abused Childhood, Rachel became sullen and withdrawn. Under the Guidance of her Therapist, the Adult Rachel is now revisiting her Shadow Self to resolve entrenched Impasses." (p. 238)

SYSTEMS (CONT.)



5

S5. Horizontal Growth

"Samantha's happy introduction to Reading, in the Arena of Cognitive Development, inspired a live-long love of Learning. Now she Improves her skills by reading voraciously - and Translates her language abilities to Spelling, Writing, and Public Speaking." (p. 240)

S6. Perspective Growth

"Sheila was transformed from a spoiled, self-absorbed Teenage Rebel into a caring, compassionate Woman through the Inclusive Love she experienced in an African Village - and the shining example of Mother Teresa." (p. ##)



S7. Evolution & Involution

"When Ransome Evolved from a spunky kid into a ruthless, cut-throat businessman, he suffered from Migraines and Depression. Now, with the help of his Spiritual Guide, he must Involve back to his loveable Inner Child, to restore his blighted Emotional Compass. (p. ##)

S8. Spiritual Growth

"In *Les Miserables*, the Soul of criminal Jean Valjean is transformed by an act of Unconditional Love that saves him from prison. Awakened to the Pervasive Goodness of a Higher Power, he dedicates his life to Alleviating Suffering and Serving Humanity." (p. ##)

