

**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 #2.**

- ⊗ **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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If you would like a free, full-color, digital copy of the entire Quickstart Version of *The Human Odyssey*, just send your request to Hugh Martin at MartinHughCo@Gmail.com. Once you have digested this version, Hugh will send you (upon request) a digital copy of the Introductory or Advanced Version.

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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.

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?

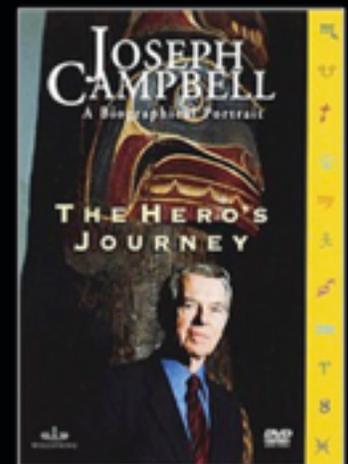
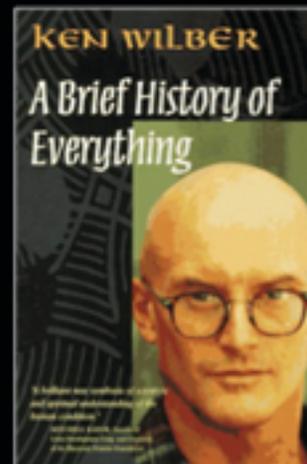
In the course of our life, are we just plodding relentlessly toward our own demise? Or are we in fact progressing toward some higher, more ennobling goal? Are we, like *Forrest Gump*, just a feather floating through a vast field of purposeless change? Or are we, like *Odysseus* from Homer's *The Odyssey*,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

Perspective Growth occurs as we broaden the Perspectives from which we view and orchestrate our lives.

*** The four Perspectives of growth -- internal/individual, external/individual, internal/collective, and external/collective -- and their corresponding life Paths. *** The form of Multiple Identity called Shifting Identity that enables us to move fluidly from one Perspective to another. *** Case studies of Perspective Growth: Bernard, the solitary, narrow-minded introvert. Sheila, the spoiled, self-absorbed, teenage rebel.

Proof & Review Copy

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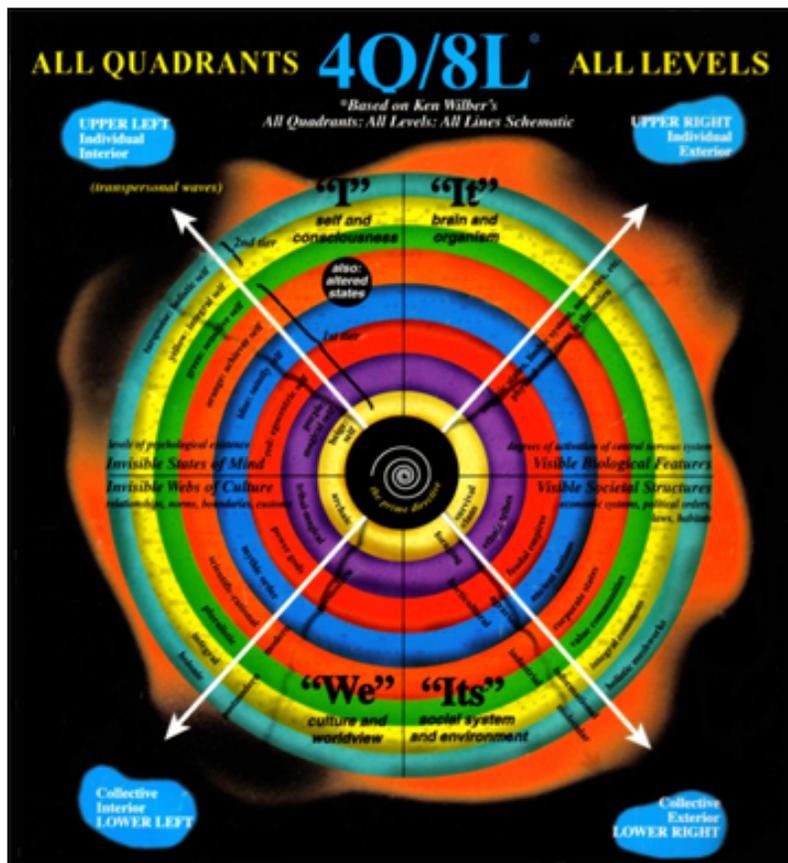
In our Life Journey, PERSPECTIVES are the four POINTS OF VIEW from which our story can be told: From outside one character (third person); from inside one character (first person); from the omniscient narrator who sees the outsides of characters; or, from the omniscient narrator who sees the insides of characters.

D5. PERSPECTIVES & PATHS

D5a. The Perspectives of Growth

The **Perspectives** are the four basic **Points-of-View**, or aspects of existence, from which any Growth experience can be interpreted: **Internal/Individual**, **External/Individual**, **Internal/Collective** (i.e. Cultural); and **External/Collective** (i.e. Societal).

<u>Position</u>	<u>Participant</u>	<u>Wilber's Quadrant</u>
Internal	Individual	Upper-left
External	Individual	Upper-right
Internal	Collective (culture)	Lower-left
External	Collective (society)	Lower-right



Perspectives. "Ken Wilber divides the Growth Sequence into roughly eight Stages ('Levels'). Each Stage can be viewed from any of four Perspectives ('Quadrants')."

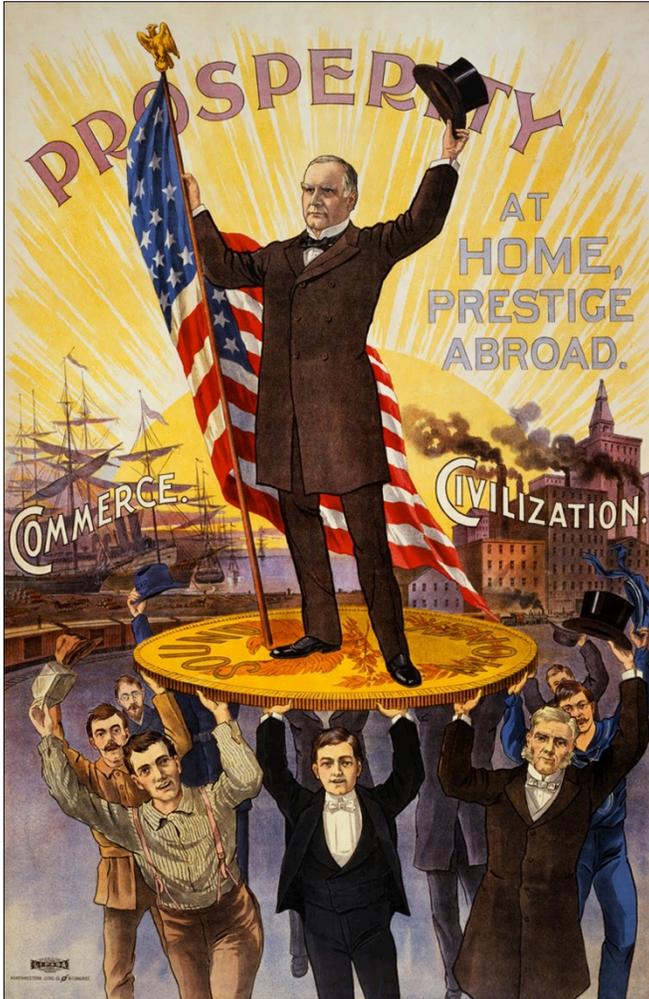
Perspectives: Wilber's *Quadrants*. Paths: Wilber's *Quadrants* applied.

The Dimension of Perspectives & Paths engage Individuals & Groups (P2) in a form of Multiple Identity called Shifting Identity (P6a). Growth in Perspectives & Paths can be implemented by a form of Perspective Growth called Fundamental Perspectives (PPR7a). It is also a form of Horizontal Growth (PPR6b).

Dimension D5 is somewhat abstruse and esoteric. Comments and suggestions from readers are welcome.

PERSPECTIVE GROWTH

In any given situation, we manifest all four Perspectives. However, one of those four tends to predominate. **Perspective Growth** (PPR7) occurs as we maximize our Growth by attending to all four Perspectives.



President McKinley's Four Perspectives

"My commercial achievements affect my prosperity [external/individual] -- but they also affect my pride and self-confidence [internal/individual], my elevated role in Society [external/collective], and the prestige accorded me by the world community [internal/collective]."

The Perspectives of Your Life

Consider the table on the facing page. *** Focus first on the left-hand column: In what specific ways are you an Internal person? In what ways are you External? Are you introspective and concerned with your emotions? Do you favor external appearances and objective facts? Which side tends to predominate? *** Focus next on the middle column: In what ways do you function as a separate, autonomous Individual? *** On the other hand, what Groups do you Identify with most strongly?: Your family, your team, your company, your ethnic group? Does the Individual or the Collective tend to predominate? *** Do you type-cast people as yuppies or hippies, as old folks or nerds, as blacks or Latinos, as conservative bigots or liberal flakes? Or do you first see people as unique, independent, differentiated Individuals? *** Do you tend to see people's actions as a matter of individual choice? Or are people driven by the society or culture they live in? Which view tends to prevail? *** Based on your position in Columns 1 and 2, which of Wilber's Quadrants best describes your most common Perspective? Which other Perspective are you next most likely to adopt?

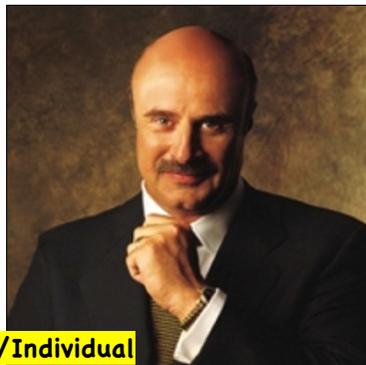
In our Life Journey, PATHS are the four POINTS OF THE COMPASS, and the four corresponding Directions our Journey can go.



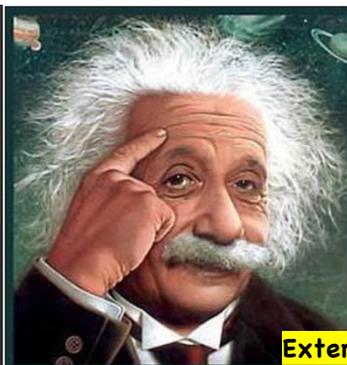
D5b. The Paths of Growth

Paths are the four Perspectives, as applied to the types of life activity we choose to focus our attention on. That is, we can concentrate our life either on the external Realm of Life Passages (D3a) – or on the Internal Realms of Body, Psyche, and Spirit (D3b-d). Likewise, we can focus our attention primarily on our Growth as Individuals (P2a) – or on our Collective Growth as members of a Group (P2b). The diagram below shows the four major Paths of life and some typical occupations:

<u>Position</u>	<u>Participant</u>	<u>Occupation</u>
Internal	Individual	Psychologist, Artist
External	Individual	Physicist, Computer programmer
Internal	Collective (culture)	Filmmaker, Montessori teacher
External	Collective (society)	Politician, Newscaster



Internal/Individual



External/Individual



Internal/Collective



External/Collective

THE FOUR FUNDAMENTAL PATHS



The Four Paths. "In my everyday life, I'm developing a budget and cutting back on expenses [external/individual]. At the same time, I'm working on my assertiveness and self esteem [internal/individual]. On a broader scale, I'm contributing to the success of my workgroup [external/collective], and promoting constructive dialog within my community [internal/collective]."

Paths: Wilber's Quadrants applied.

The Paths of Your Life

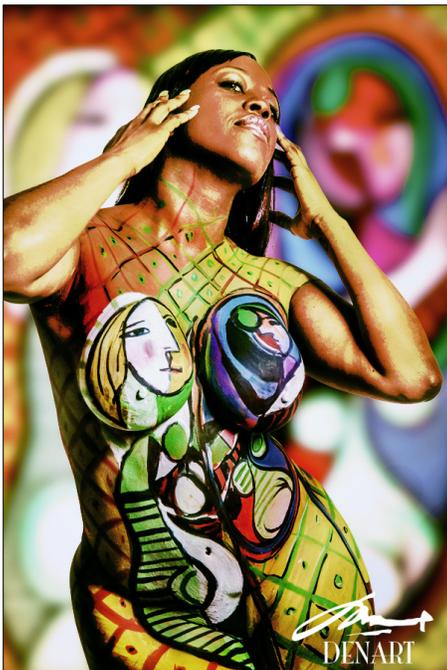
Consider the table on the facing page. *** For each of the four Perspectives, what jobs or careers come to mind? Try to come up with a broad range of alternatives. *** Which kind of career Path have you chosen? Is it predominantly Internal or External? Individual or Collective? What other careers take a similar Perspective? What careers would take a Perspective most opposite to yours? *** Have you chosen a career that matches your natural Perspective? What career might you have considered that emphasizes a different Perspective? How might that have changed you? *** How has your Perspective changed over the course of your lifetime? Does that change affect the career you would choose? *** Based upon your current Perspective, would you now consider a radical career change? (Leave aside practical considerations for the moment, and just imagine careers you would like.) *** Consider the career of a particular family member or friend. Which Perspective does that career fall into? Is their career appropriate to their natural Perspective? If their Perspective and Path do not match, how do they deal with that incongruity? *** What Path do you tend to take regarding other aspects of your life?: Your primary relationship? Your recreational activities? Your favorite books or movies? The community you choose to live in? By taking different Perspectives in different life situations, do you grow as a person?

P6. MULTIPLE IDENTITIES

Up until now, we have assumed that Individuals have only one Identity, their own. In this section we discuss situations where healthy Individuals can assume more than one Identity – either by **Shifting** or by **Broadening** their Identity. These two forms of Identity are explored in the following pages.



Multiple Identities. "I can assume Multiple Identities in two ways: Either by **Shifting** among different Perspectives, or by **Broadening** my perspective to include more people I Identify with."



My Multiple Identities. "When you look at me, what do you see? The appearance that I paint on the outside of myself? The background or context from which I emerge? Or, the True Self that coordinates and orchestrates all of these?"

Shifting Identity (P6a) arises from the four Perspectives (D5a) from which we can view any life situation -- can be implemented through Perspective Growth (PPR7a). Broadening Identity (P6b) can be implemented through Inclusiveness (PPR7b).

Fundamental Identities: The Identities associated with Wilber's *Quadrants*. Shifting Identity: *Not covered*. Broadening Identity: *Wilber's Inclusiveness*.

Participant P6 is somewhat abstruse and esoteric. Comments and suggestions from readers are welcome.

On our Life Journey, **SHIFTING IDENTITIES** are the fluid, changing, confusing, or deceptive **SHAPE-SHIFTING CHARACTERS** of our story -- the Hero who assumes a disguise, the unsuspecting Victim who is transformed into an animal or a wraith, the God who appears in human form.



P6a. Shifting Identity

As discussed under Perspectives & Paths (D5), we can view our life from any of four Fundamental Perspectives, and move among any of four Fundamental Life Paths. In taking such Perspectives and following such Paths, we are actually **Shifting** among any of four **Fundamental Identities**. That is, we can experience our life as a person who is primarily Internal/Individual, External/Individual, External/Collective, or Internal Collective.

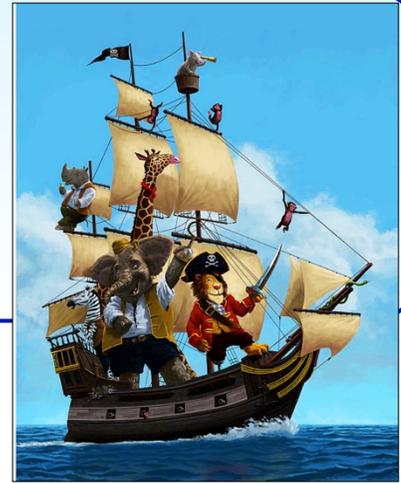
Shifting Identity. "When I paint and sculpt, I experience my **Internal/Individual Self**. When I fix my car, I focus on my **External/Individual Self**. When I play on our basketball team, I engage my **External/Collective Self**. When I join in singing Christmas carols at the old mission, I embrace my **Internal/Collective Self**."



Your Shifting Identity

Refer back to your Explorations of the four fundamental Perspectives and their corresponding Paths (D5). *** What attitudes, activities, and relationships express your more intimate and personal Internal/Individual side? *** Where do you express your more rational and objective External/Individual nature? *** In what situations do you participate in the collective ethos of a particular Group or Sub-Culture? *** When do you function primarily as a cog in the system of Society? *** Which Perspective do you feel the most comfortable in? Where are you most productive? Where do you get the most satisfaction? *** Which of the four kinds of people do you naturally choose as friends? As romantic partners? As work associates? When in need of professional services? When voting for your political leaders? *** Are you entrenched in one particular Perspective - or can you shift fluidly among several, depending upon the situation? How can you become more fluid and flexible?

On our Life Journey, **BROADENING IDENTITY** occurs when the captain, crew, and Voyagers find themselves 'all in the same boat' – when they must 'pull together' to resolve some dangerous predicament. Or, when a compassionate king laments the plight of his subjects. Or, when a goddess pleads for some boon for her favorite mortal.



P6b. Broadening Identity

As we will describe under Perspective Growth (PPR8b), we can grow by becoming more **Inclusive** as to who or what we Identify or Empathize with. By such Identification, we are actually **Broadening our Identity** to include the Identities of others.



Mini-Me or Maxi-Me?

"When I trick people, cheat people, or pursue my own selfish needs, I limit my Identity to a small and isolated **Mini-Me**. When I empathize with people and care for their needs, I expand my Identity to include their Selves as well as my own. Then I become my **Maxi-Me!**"

Your Broadening Identity (1)

Make a list of the people you come in contact with on a relatively frequent basis. Which people do you identify with, feel a kinship with, relate to best? Rank all the people on your list from high to low. *** Of all these, which person do you feel most connected to? Describe what makes that relationship special. *** Do the two of you feel a sense of Identification – as if the two of you are in some way one person? Can you think each other's thoughts, anticipate each other's actions, answer questions before they're even asked? *** Now go on to the next most important person in your life, and ask similar questions. As time permits, continue with several more people. *** At what point in your list does the sense of Identification diminish until it's barely noticeable? Where in the list do you come to people you don't identify with at all? *** When do you come to people you feel markedly different from -- perhaps separated from, alienated from, at odds with? Does your very difference from such people help to define who you are? *** Do you know someone who is especially inclusive in their acceptance of and identification with others? What makes you think that? How have they become that way? *** What happens inside you when you identify with others? Do you become more open, caring, generous, compassionate? *** What happens when you separate yourself or alienate yourself from others? Do you then become more closed, selfish, grasping, and egotistical? *** How can you encourage the more open and inclusive side of yourself? On the other hand, are there some benefits to the more closed and separated part of yourself?

MORAL SPAN

Those considered worthy of inclusion in any moral decision.

[Increasing Inclusiveness: Read from bottom to top.]

9. All non-material reality.
The Divine Presence.

8. The whole earth:
Atmosphere, soil, waterways

7. All mammals. All animal life.
All living species.

6. Other communities, peoples,
humans

5. My gender, religion,
ethnic group, race

4. My neighborhood, town,
community, state, nation

3. My family: Immediate, extended

2. Myself: Now, and in the future

1. Myself: Right now



All Peoples. "We will only achieve world peace when people all over the world learn to accept and appreciate each other."

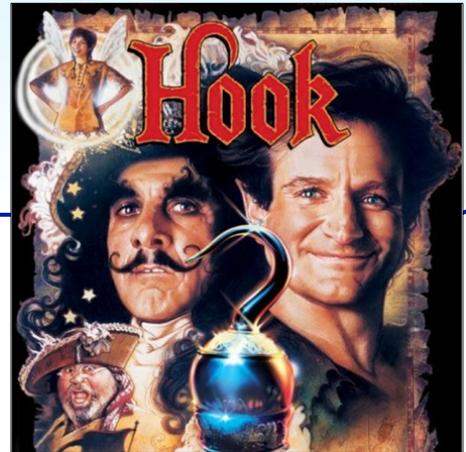


All Species. "When we empathize and identify with all species of living things all over the world, we will be motivated to protect the web of life that supports them."

Your Broadening Identity (2)

Now consider Individuals you may never have met, but with whom you identify. *** List a few such Individuals: Do you identify with a particular spiritual leader? With a high-minded and benevolent political figure? With an inspiring historical figure? *** Now list some Groups with which you Identify: Do you identify with poor families who have suffered from discrimination? With victims of natural disasters? *** In what ways do you empathize, Identify, or Bond with such people? Do they become members of a Group you think of as your Kindred Spirits? *** Next, list some fictional characters from books or movies that you identify or resonate with. As these characters proceed through the struggles and challenges of their lives, do you inhabit their Identity? Do you live their lives along with them? Do you endeavor to emulate them in your everyday life?

In our Life Journey, Growth in FUNDAMENTAL PERSPECTIVES occurs when our Story is told from MORE THAN ONE PERSPECTIVE – thereby enriching the tale with a more rounded view of characters and situations.

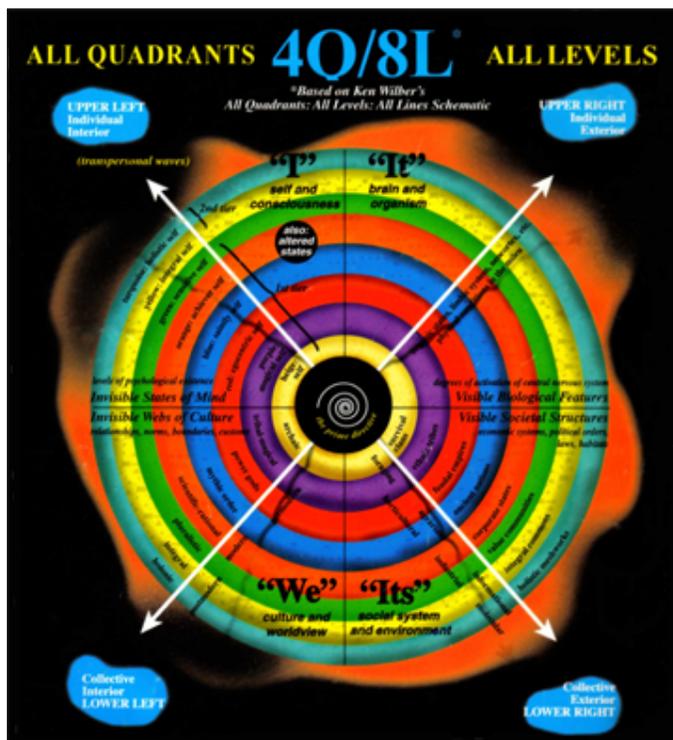


PPR7. PERSPECTIVE GROWTH

Perspective Growth occurs as we broaden the Perspectives from which we view and orchestrate our lives. Such Growth may occur in at least two forms – **Fundamental Perspectives** (PPR7a, this page) and **Inclusiveness** (PPR7b, facing page).

PPR7a. Fundamental Perspectives

We may broaden our viewpoint, interests, and actions to incorporate all four Fundamental Perspectives – Internal/Individual, External/Individual, Internal/Collective, and External/Collective. [For clarity, the Process of Fundamental Perspectives has been discussed under Perspectives & Paths (D5a) and Multiple Identities/ Shifting (P6a).]



Perspective Growth. “When we view situations from all four Fundamental Perspectives, we find that many opposing viewpoints are merely different ways of expressing the same underlying truth.”

Fundamental Perspectives: Wilber's *Quadrants*, applied. Inclusiveness: *Same term*.

Process PPR7 is somewhat abstruse and esoteric. Comments and suggestions from readers are welcome.

Growth in Fundamental Perspectives (PPR7a) occurs as we progress along the Dimension of Perspectives & Paths (D5) and assume Shifting or Multiple Identities (P6a). Growth in Inclusiveness (PPR7b) occurs as we assume a Broadening Identity (P6b). Since either form of Growth occurs within a given Stage (D1), they are both forms of Horizontal Growth (PPR6).

In our Life Journey, Growth in INCLUSIVENESS occurs when a VARIETY OF CHARACTERS are presented SYMPATHETICALLY -- so that we can feel affinities with them all.

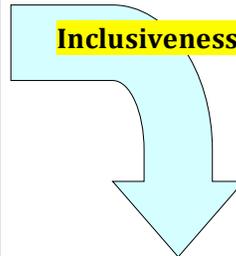
PPR7b. Inclusiveness

As we grow, we become more Inclusive as to who or what we identify or empathize with. We may broaden the scope of our Identity to include such Groups as: Social classes, racial and Ethnic Types, Gender Types, and other forms of diversity. [For the sake of clarity, the Process of Inclusiveness has been discussed under Multiple Identities/ Broadening (P6b).]



"As a self-absorbed teenager, I was contemptuous of others, indifferent to their needs -- and generally oblivious even to their very existence."

Inclusiveness



"Now as a more mature adult, it pains me to see other people ignored, denigrated, manipulated, or mistreated."



SYSTEM 6b. INCLUSIVENESS

🌀 Dimensions

- ❖ We can practice **Inclusiveness** (S6b)
Within any **Stage** (D1) of Development –
- ❖ But primarily in **Realms** of **Everyday Life** (D3a) and the **Psyche** (D3b).

🌀 Participants

- ❖ In our attitudes toward **others** (P2a-b),
we can limit our Identification to our own private, personal **Self** (P2a).
- ❖ Or we can **Broaden** our Perspective (P6a) to include other **Individuals** (P2a),
- ❖ And also other **Groups** (P2b) –
Including **Genders, Ethnic Groups**, and other forms of **Diversity** (P3).

🌀 Processes

- ❖ Inclusiveness occurs through the General Process of **Perspective Growth** (PPR7b),
- ❖ Where we fluidly **Broaden** our **Identity** (P6b), wherever appropriate.
- ❖ Inclusiveness can be facilitated by any of 35 **Specific Processes** (PR1-35),
- ❖ But especially **Socio-Cultural Processes** (PR24-28) --
Processes which encourage cooperation and mutual respect.
- ❖ And also by **Nurture & Bonding** (PR1) and **Family Dynamics** (PR6) --
Processes where Interconnectedness and Unity are the healthy norm.

🌀 Pathfinders

- ❖ Inclusiveness Growth can be **Guided** and **Orchestrated** by any of the 12 **Pathfinders** (PF1-12),
- ❖ Especially **Society & Culture** (PF2), **Holistic Growth Situations** (PF3), and **Growth Centers** (PF9) --
Situations that give us opportunities to Broaden our Perspectives.



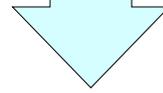
My Inclusiveness. "As I've matured, I've learned to appreciate people with backgrounds and interests very different from my own."

SHEILA'S INCLUSIVENESS



"When Sheila was a Teenager (D1b),
She was a spoiled, self-absorbed Rebel (P2a),
Concerned only with her own Material Needs D3a),
And her own Emotional Thrills (D3b)."

Inclusiveness



"When, as a Young Adult (D1c),
Sheila went through
some deep Soul-Searching (PR30),
She decided to join the Peace Corps (PR34).
There, she discovered people (P2b)
With needs much greater than her own (D3a-b).
When her Empathy expanded to encompass a
whole Village (PPR7b),
She experienced true happiness (D8)
for the first time
Finally, her Soul had come to rest (PPR9)."



"Sheila was fortified and encouraged in her Journey
By the inspiring example of Mother Teresa (PF4),
By the supportive Environment of the Peace Corps (PR34),
And by her attentive Supervisor (PF8),
Who helped bring forth the care
that was in her heart (PR30).