

Integral module check – modules inspired by Integral Life Practice by Terry Patten, Ken Wilber et al.

Written by Bettina Hartmann, from her website: <http://www.integral-lifestyle.dk/integralt-modultjek> - Translated very quickly from Danish using Google translate, with a quick review afterwards ☺

Module check BODY

The purpose of caring for our body is not just to survive, but to THRIVE in an intelligent and vital way. According to integral theory, we have three bodies, which not only must be trained and cared for, but also preferably work together in a synchronized manner.

PHYSICAL BODY

1. Do I get enough sleep most nights, so I feel rested when I wake up and fresh during the day? (typically 7-9 hours per night, unless I meditate very much or for other reasons can cope with less sleep)
2. Do I know how to shake the daily stress off of me so that stress does not stay in the body and become a disease? And do I get it done daily / regularly?
3. Do I most days eat an appropriate diet for me that keep me energized and healthy and the production of which does not unnecessarily harm people, animals or the planet?
4. Do I cultivate physical exercise daily or several times a week which keeps my body strong and my physical condition good?
5. When I do physical exercise, do I include the awareness of all three bodies (physical, subtle and causal) in the exercise?

SUBTILE BODY

6. Do I train my subtle body daily / several times a week, in the form of yoga, conscious energy or breathing exercises, "lucid dreaming", visualization, or the like?

CAUSAL BODY

7. Do I train witness consciousness also when I sleep, so that I can not only remember my dreams when I wake up - but also so I know I dream when I dream - and thus retain some of the consciousness even in my sleep?

BODY - General

8. How well do I know my three bodies and am in contact with them? Do I use

my body sensations as a compass, so I do not exceed my personal limits? If not, do I train this ability on a regular basis?

Module check MIND

The purpose of caring for our mind is, of course, to be able to thrive in an intelligent and vital way, as with the body. A calm, clear and flexible mind is essential for achieving this. But integral theory also shows that mental exercise is at least as much about training our ability to take as many perspectives as possible. In the end, so that we can put ourselves in the shoes of everyone else. Not only the currently about 7 billion people on Earth, but also more subtle perspectives, such as the seas, the stars, the animals, or whatever.

MIND

9. Do I regularly practice taking others' perspectives - and can I over time see my ability to take as many perspectives as possible expand?
10. Do I continuously make an effort to understand the five elements of Integral Theory, at least on a basic level?
11. Do I try to seek knowledge about how I can translate the theoretical integral knowledge into practice in important areas of my life - at home, at work and in leisure time?
12. How well do I know my mind? Do I know what types of thoughts I think about the most? Do I discover shifts in the quality of thoughts? Can I feel when the mind contracts and becomes limited, respectively expands and is flexible? If not, do I train the ability to detect this regularly?

MODULE CHECK SPIRIT

Integral theory is more than anything about waking up and raising awareness. And here the Spirit module is a truly essential part of the program. It is therefore very difficult to imagine an integral life practice that does not include some form of meditation and awareness training. Note that an integral meditation practice ideally includes both 1) meditation, where we are aware of our own self and the state of witness (1st person), 2) prayer or association, where we are in dialogue with or unite with "spirit", as we each define spirit (2nd person), 3) contemplation, where we unite with an object, for example, slipping into non-dual association with everything in the universe (3rd person). But of course integral life practices are a process and one has to start somewhere! So, by just practicing one of the parts, you are well on your way. And can just consider including more aspects later - or practice it once in a while, perhaps at annual retreats or workshops.

SPIRIT

13. Do I meditate daily / several times a week in a way where I relate to respectively: 1st person (I), 2nd person (you) and 3rd person (it)?

14. Do I perform spiritual service, in which I in a practical way unite with the world? For example, it can be voluntary work where I serve others and work for a good cause.

15. Do I regularly train my concentration and ability to focus for a long time? This ability is needed to discover our subtle habits and shadows, as well as for doing positive new realizations - as they can quickly disappear again if we are not aware.

16. Do I regularly train my ability to witness all that is happening in my interior and my exterior with neutral witness consciousness? It is an important ability to be able to take many perspectives and will thus be a support for your mind training.

17. Is it clear to me what I mean by spirit and spirituality? When I unite myself with the second person perspective (3 faces of God), who do I imagine uniting with? If this is not clear, is it something I reflect on and immerse myself in regularly?

Module check SHADOW

The shadow is the sides of ourselves we have suppressed, denied, separated us from, projected onto others, and hidden away for ourselves. Thus, we do not take responsibility for this part of ourselves, and it usually means that we have tied a certain amount of energy into our shadows, which prevents us from further developing our potential. It is therefore essential to discover our shadow sides - both the "positive" and the "negative" so that we can integrate them and thereby release the energy for more evolving purposes.

SHADOW

18. Do I work daily / several times a week to raise awareness of my shadows, as well as to integrate them?

19. Do I have a list of shadows I have seen but not yet integrated?

Module check ETHICS

Integral ethics is about being a good person and doing good (or at least not doing harm). To practice goodness in everyday life – which includes all conceivable ways of being honest, authentic, caring and courageous. So that we maintain our integrity, and take care of as many perspectives as possible (at

least both 1st, 2nd and 3rd person). You might say "treat others the way you want to be treated", but integral ethics suggests you to treat others as they would want to be treated without compromising your own values.

ETHICS

20. Do I regularly deal with my ethical condition, and do I assess my actions from an integral ethical perspective?

21. Do I regularly spend time learning from my ethical mistakes so that I can do better in the future? Both in relation to myself, to others in my close circle, in my community and country, in the whole world, and in relation to all living beings?

Module check WORK

Most of us spend most of our waking time on our work. Your integral lifestyle therefore also belongs here. Your practice will over time affect your behavior at work: How you talk to your colleagues, customers and other business partners. Including how to handle conflicts and how to use specific situations to increase your understanding of other people's perspective. But in the long run it will probably also affect the type of job you choose to spend your time on, which values the company has, how much time you spend doing it in comparison to time spend with your family and friends, etc.

WORK

22. Am I conscious of taking my integral behavior with me on the job every day and to include situations at work in my daily practice? Both as part of daily reflections, but also by practicing inclusive behavior as well as I can?

23. Do I show responsible behavior at work and use my willpower to achieve the desired results? What about the other intelligences, such as social, emotional, spiritual or logical intelligence - do I unfold them at work?

24. Am I aware of how the job and the company I spend my time with are related to the surrounding world? Do I express my personal values while doing my work? Does the company I work for? Do I experience serving others while I do my work? And how does the company fit into a sustainable and fair world - does it comply with, for example, the UN's 10 global CSR principles?

Module check RELATIONSHIPS

"No man is an island, a world to himself; Every human being is a piece of the mainland, part of it all. " How the English poet John Donne wrote in 1624, and since then, the stanza has become a chorus for the perception of man as relationally determined. Whether you live alone, are introverted, and spend as much time as possible by yourself, you still have relationships and are part of a

greater whole. And if you live with others, either in a nuclear family or in other constellations, then relationships become a very visible and important part of your life. In both cases, it is important to practice awareness and communication of your communication. So that the relationship is not going to create unnecessary pressure or block sustainable coexistence. If you live in a stable, intimate relationship, there is an intimacy between you, which will certainly create friction once in a while. And which can create challenges if it is not made aware and managed. Equally if you have children or otherwise have responsibility for others.

RELATIONS

25. How is my ability to read others' unseen signals, as well as to feel empathy with them? Do I regularly practice my intrapersonal and interpersonal intelligences? Do I regularly train my ability to express my own inner experiences with others - in order to create a more authentic and transparent communication between us?

26. If I am in a committed relationship, do we use our relationship as part of our practice? What about integral sex?

27. If I have children, am I aware of integral parenting and integral education? Do I include situations from my relationship with my children in my daily practice, so that I can be as loving and authentic and a good role model as possible?

28. If I do voluntary work, do I then include my integral practice in my behavior while doing it?

Module Check CREATIVITY

Our time has had a great focus on the logical and rational, and thus you may be among those where the ability to unfold your creative sense has not been particularly explored. Thereby much potential is lost, not to mention great joy and satisfaction. Surrendering to our inner muse and its creative flow can be a catalyst for making our various intelligences work better. In the end, it can open up a sense of union with the universe and with Spirit. That is why you should definitely not allow yourself to be cheated from exploring your creativity! Even if you might have some personal barriers and have to accept that you start where you left off - ie. draw drawings as a four-year-old, sing as a 10-year-old and dance as a 12-year-old. That's fine, because unless you live from it, it's not the result that matters. It is the creative process and the ability to surrender! If your inner barriers seem invincible, use them in your shadow work and don't let them stop you 😊

CREATIVITY

29. Do I dare express my creative side and, for example, dance, sing, draw, play music, etc. - without feeling inhibited and ashamed?

30. Am I able to use this surrendering to creativity in other aspects of my life: At work, in my relationships, etc.?

Modular check SOUL

In integral life practice, the soul has got its own module. But of course, the Soul module is inextricably linked to both the Spirit and Shadow modules. When we practice Spirit, we devote ourselves to some conditions greater than the personal, while in the Soul module, we focus precisely on the unique self that only I possess. It's about exploring and listening to my inner voice and finding my personal expression. What I especially can contribute, my unique light. It will usually be something else and more than the Shadow, which usually represent what I have suppressed. While an unfolding of the Soul is a process that continues as long as I live and thus is in the past, present and future.

SOUL

31. Have you forgiven the sides of yourself and your past that have been blocking you so far? Both in the personal and in the cultural and societal? Have you opened their hearts and integrated them so they don't have to be a barrier to your unfolding more?

32. Do you regularly spend time doing soul-journeys to where you come closer to yourself and explore who you really are? For example, longer workshops, silent retreats and the like? Do you have the courage to stand alone in the dark night of the Soul without giving way - but instead with love and curiosity seeing what emerges from the darkness?

33. Do you keep the channel open so that you pick up the signals your intuition or universe sends to you about what your purpose is? And so you can live the relevant part of it just today?

Other modules

There is actually an unlimited number of modules in Integral Life Practice, so the above is just mentioned as some of the most important ones to get around. As you may have discovered, the first four (Body, Mind, Spirit and Shadow) as well as Soul are individual modules that you can practice primarily by yourself. While the others are relationship-oriented modules that are practiced with others. Both

are needed to get a balanced life where you unfold your potential and allow others to unfold them - for the benefit of as many as possible.

Summary - is it time to expand your practice?

Once you have reviewed the questions for yourself, you can supplement your practice where you feel the need and the energy.

If you are completely new to a daily practice, I suggest that for a good while - ie. for months - "just" trying to hold on to the exercises I suggested during your preparation (the five points: Open the heart, Open the mind, Be conscious, Be in the body and Live your limits). If you know that you tend to put too much into your schedule and consequently don't keep doing it, then design your program so it's a little too easy. The challenge for you is to keep doing it, so that you still do your practice also in three months and in a year. When you see that you are losing zest, then look for and adjust so that you continue, though perhaps with a reduced / modified program that attracts you. Make sure you regularly remember your motivation and do whatever you can to keep it alive.

If, on the other hand, you know that you tend to make shortcuts and not do your work, consider reviewing the program with a more experienced practitioner than yourself - so you can get feedback on whether you are too unambitious . But of course only if you feel like it - it is in the end you who should feel good about your program! And as I have said before: just a few minutes of dedicated daily practice within each of the major areas can move mountains. Try it and see for yourself!

If you have been practicing for many years, I suggest you regularly evaluate your program with an integrally informed coach or therapist (see below for more information - you are also welcome to contact me). You can also join a group with like-minded people and give each other feedback. It is in any case difficult to carry out a serious integral practice for many years without involving others - I am thinking not least of shadow work, but also of training of authentic, transparent communication for the benefit of all the world's relations.

Before I completely let you go, I suggest the more persistent ones also to look at the integral reflection scheme. Here I ask questions not on the basis of the

modules, but on the basis of the five main categories in Integral Theory. I have used diet as an example, so within the other areas you currently need to be creative and devise similar questions.

Enjoy! And I hope to hear from you, both you who are experienced and new! To hear what experiences you are having and how an Integral Lifestyle contributes to your continued development for the benefit of yourself, your relationships and the planet ♥