

This is a human being



(1)

This is another



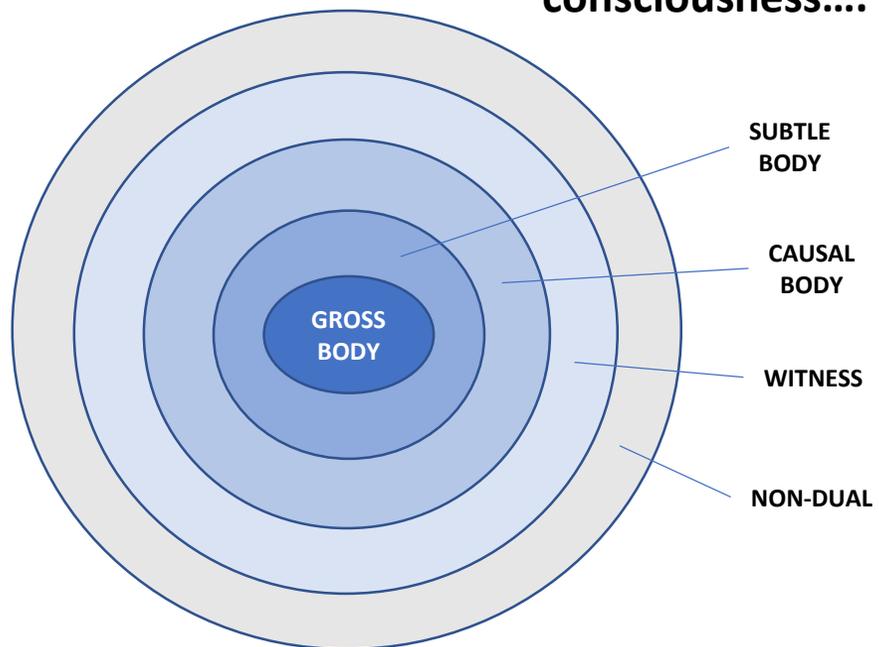
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They each see and experience the world from their unique perspective, especially when they are in their gross body consciousness



(3)

Because we all have different layers of consciousness....



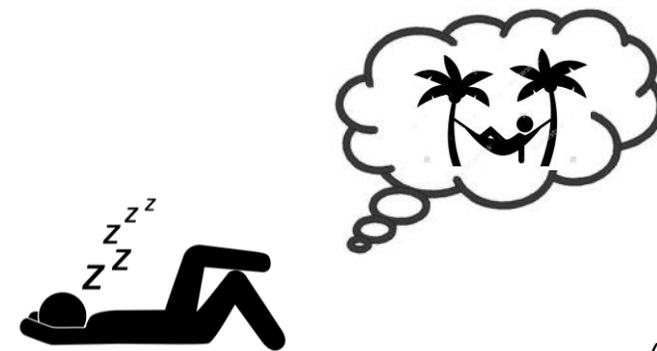
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When we're awake, we have access to our gross body...



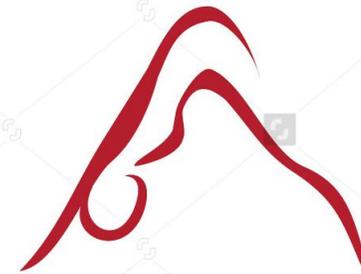
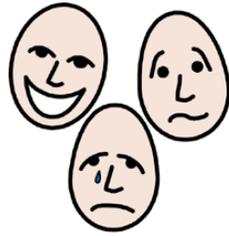
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When we're dreaming (or visualizing), we have access to our subtle body...



(6)

... also when we sense our feelings and energies, get massage, do yoga, etc.... we are in contact with our subtle body...



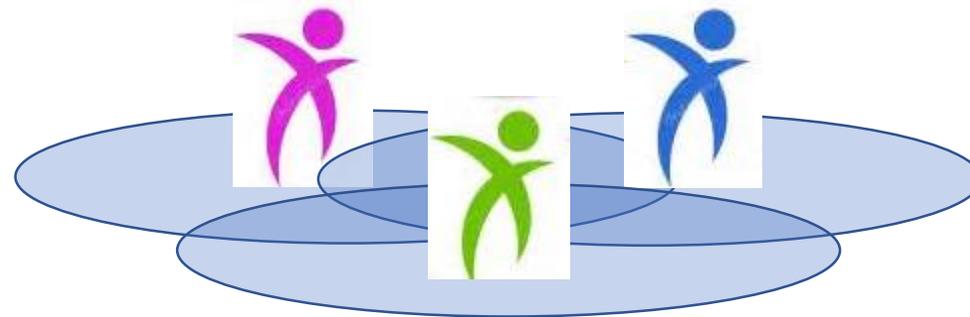
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... maybe even when we dance ♥



(8)

And when we consciously sense into our subtle bodies while being together, also when communicating, we can hope to share each others' images and feelings and other subtle body experiences ♥



... this is sometimes achieved in "generative dialogue" (Theory U), "inquiry" (Almaas), "transparent communication" (Thomas Hübl), "circling" (integral relational meditation), "tantra sexual engagement", etc.....

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Even though sensing our subtle bodies is a capability we are born with... we as adults have often lost that capability... or simply ignore it... favoring logic instead...

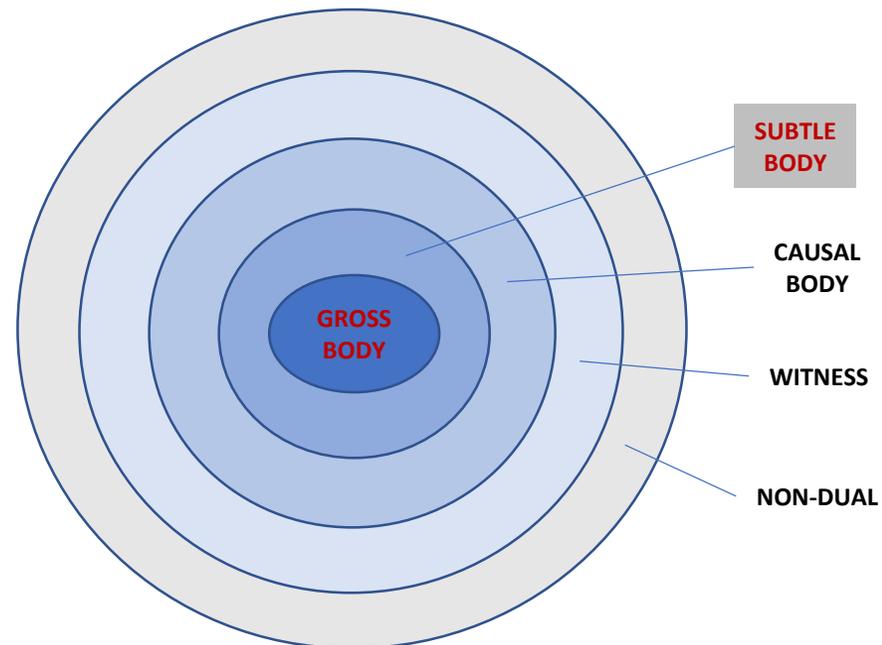


Shadow work



So it becomes a shadow... individually and collectively... Which needs some conscious discovering and integration! (10)

That was the gross and subtle bodies...



(11)

When we're in deep dreamless sleep, we have access to our causal body...



(12)

They can measure it in sleep labs... The states of being awake, dreaming and dreamless sleep have different brain waves

Beta: 20-35 hz  
Alpha: 8-12 hz  
Theta: 4-8 hz  
Delta: 1-3 hz



(13)

Then there is the witness... we can learn to access that 24/7.  
Usually by practising different types of awareness ...



1. Awareness of body sensations
2. Awareness of thoughts
3. Awareness of feelings
4. Awareness of who is aware
5. Awareness of "all" different things at once... without judging or commenting... as a neutral witness

(14)

By the way, REMEMBER: What I am explaining right now is a map, I'm not showing you the landscape 😊



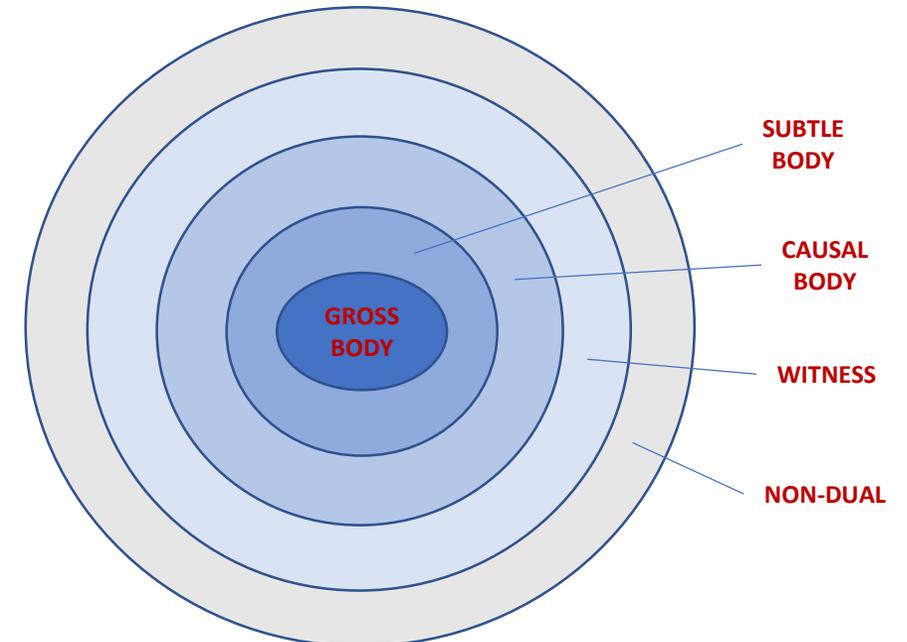
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Then there is non duality... where everything merges... it is experienced differently in every person, depending on development levels, etc....



(16)

That was examples of layers of consciousness....



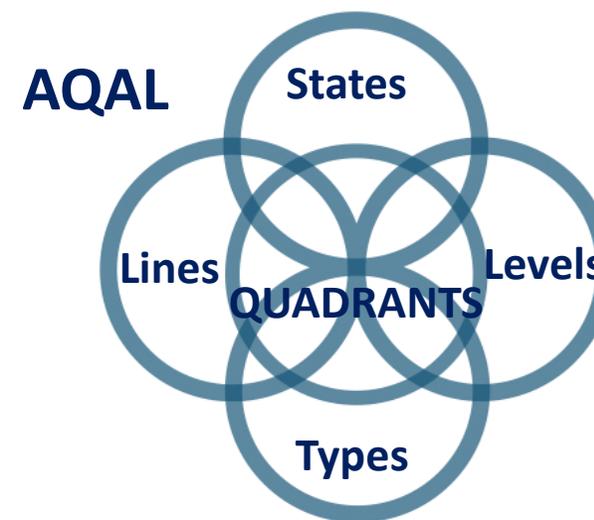
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So now the human beings can engage with each other from different layers of consciousness... However, if they are not conscious of at least four more aspects or dimensions, they will still be in trouble... especially if they are different types, have different developmental values, only focus on their preferred lines of intelligences and only look from the perspective of one or two quadrants....



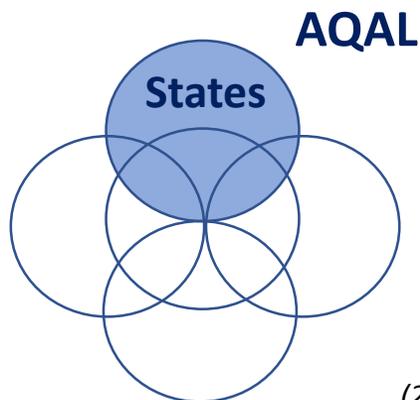
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... at least, that's how it is, according to Integral Theory or AQAL: All Quadrants, All Lines, All Levels, All Types and all States.



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We just dealt with the example of five different states... so 4 more AQAL elements to go!

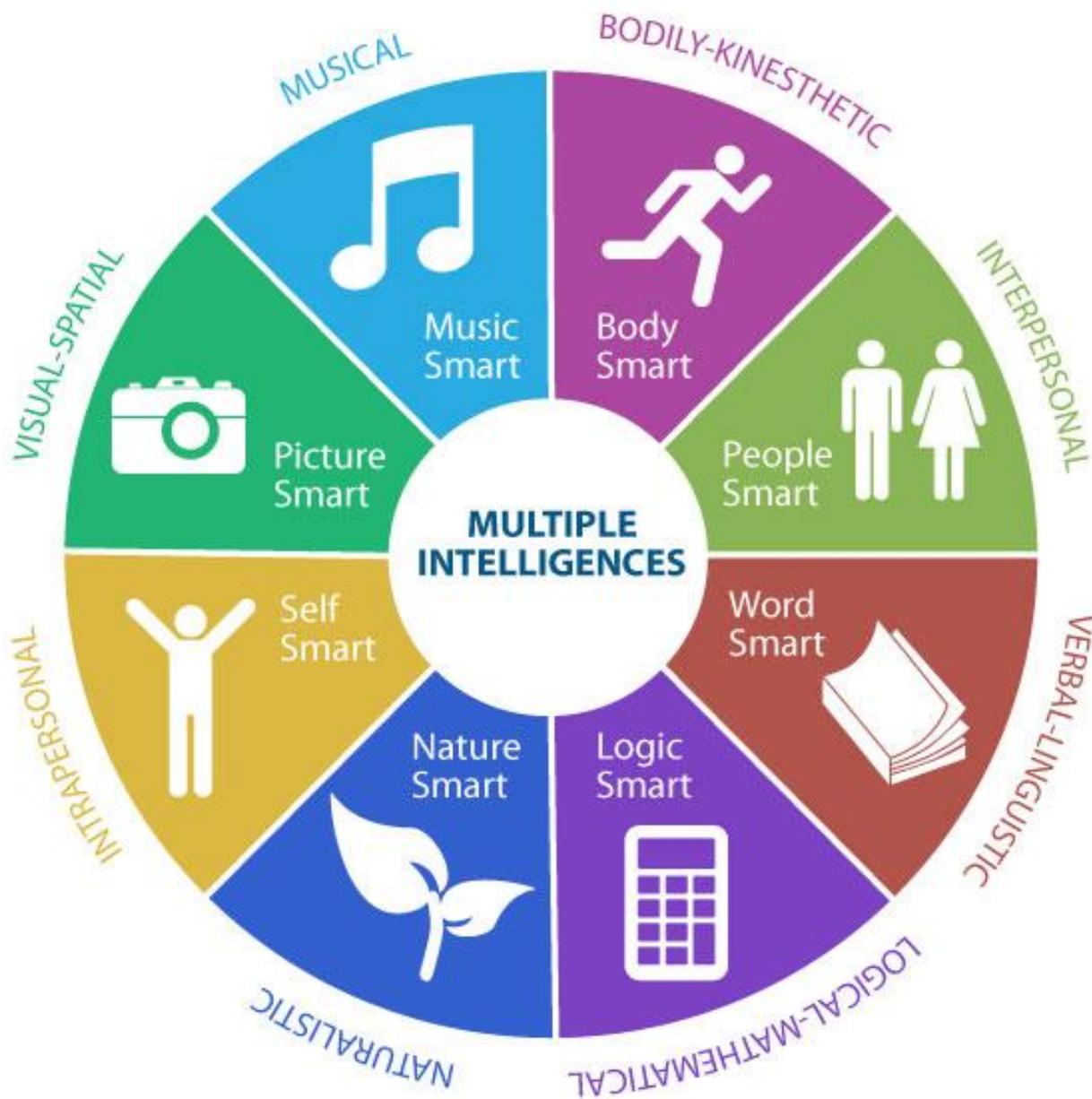


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Let's take the lines, and use Howard Gardner's multiple intelligences as an example! (a bigger version on next page 😊 )



(21)



## Ken Wilber (philosopher and founder of the integral theory) often uses another set of intelligences:

| Development line in upper Left quadrant of the holon "human being": | Question asked to explore and unfold the line:   |
|---|--|
| The cognitive line  | What am I aware of?                              |
| Intrapersonal intelligence  | What is my internal condition right now?         |
| Interpersonal / Emotional   | What do I sense and communicate?                 |
| Somatic / kinesthetic   | How should I physically do this?                 |
| Moral intelligence  | What should I do, what is the right thing to do? |
| Spiritual intelligence  | What is of ultimate concern for me?              |
| Self-identity   | Who am I?  |
| Will power intelligence   | What is my motivation?                           |

*We do not have to be highly evolved in ALL lines of intelligence. But we do need to be sufficiently evolved in all of the above: In order to recognize them - and so that we are not blocked from unfolding individual or collective potential.*

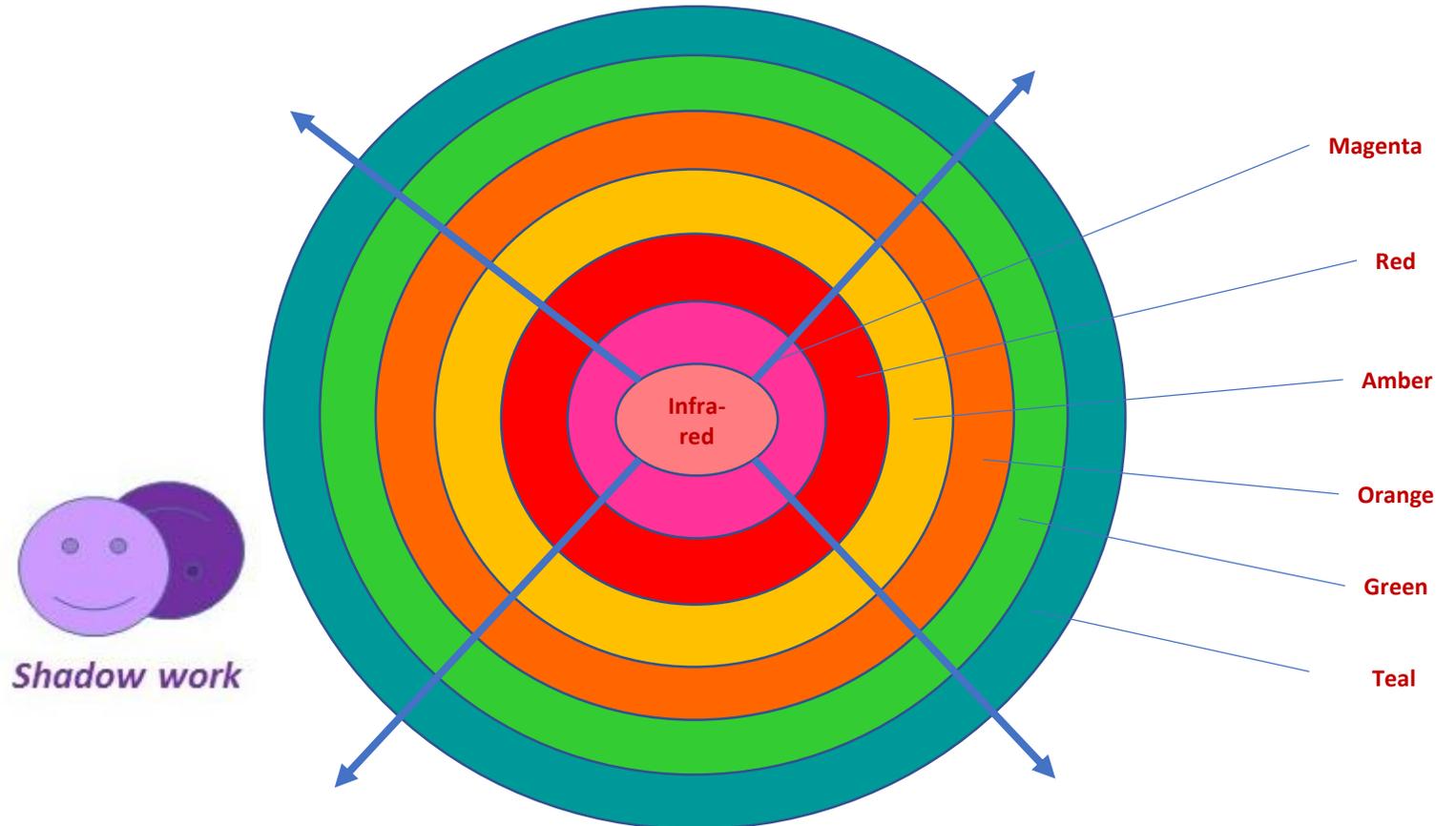
**Next, let's take development levels, or as I like to call them: levels of maturity... These have been suggested by developmental psychologists, based on studies. An example is suggested below. Again remember, this is a map, not the territory! So it's a vocabulary to help us understand each other. And it's one of the reasons why we're different and operate from ie. different value systems, etc..**

| Development level / maturity level                                  | Description   |
|---|---|
| <b>Turquoise: Transcendence ("kosmocentric")</b>                    | An even more inclusive world view -> just to illustrate that development never stops, new levels keep coming...   |
| <b>Teal: Calibration ("kosmocentric")</b>                           | Inclusive world view, acting from trust instead of fear, and who for the first time in their development are able to integrate all the previous levels. So all the healthy aspects of the previous maturity levels are included, and at the same time, the individual is transcending to a broader and deeper perspective than ever before. Is capable of deep shadow work, in order to "clean up, grow up, and show up" in life. |
| <b>Green: Harmony and inclusion ("worldcentric")</b>                | Multicultural and broader world view, where ie. the basic human rights originate from (all people are equal, regardless of gender, race, religion, sexual orientation, etc.). Will often take a very mature human being, who have grown healthily and balanced through the previous maturity levels, in order to get as far as here.  |
| <b>Orange: Rational performance and will power ("worldcentric")</b> | Science and logic, which applies to all people all over the world, regulates this world view, corresponding to a teenager. A lot of adults are partially stuck here, not least when it comes to decision-making at work. Others might instead be "allergic" to performance and will power, and only be driven by desire.  |
| <b>Amber: Traditional love and care ("ethnocentric")</b>            | Strong sense of belonging to a group and to fit in, and the ability of taking the perspective of other, corresponding to a child of 7-12 years. A lot of adults are partially stuck here, not least if they belong to a strongly religious group or other group, where it's essential to belong and not be different.   |
| <b>Red: My I-feeling and inner power-structure ("egocentric")</b>   | Self-centered and empowered "I", corresponding to a child of 4-6 years. Many adults have imbalances here, which can cause a strong identification with "me and mine", or (alternatively) a low self-confidence and strong inner critic / victim feeling.  |
| <b>Magenta: Instincts &amp; urges ("egocentric")</b>                | Impulsive, magic level corresponding to a child of 1.5-3 years. Many adults have imbalances here, which ie. can cause total denial of things that cannot be measured. Or an unbalanced believe in magic and own importance when it comes to ruling outside forces ("if I count all the traffic stops on my way, my preferred political party will win the election").   |
| <b>Infrared: Basic survival ("egocentric")</b>                      | Symbiotic level corresponding to a newborn baby. Many adults have imbalances here, which can cause addictions of ie. food and drink.  |

**A more correct way to draw the maturity levels would actually be as circles, as we expand and grow through them, adopting more and more qualities and values from them. Please also note, that a person does not exist at only ONE level. Different states and lines are most likely at different levels, and the culture in different groups we are part of also influences us. So we can probably operate at one level at work, another at home, and a third at church.**

**It's not until the level of teal, that we are able to let go of our identification with the current level and integrate all the previous levels, "include & transcend".**

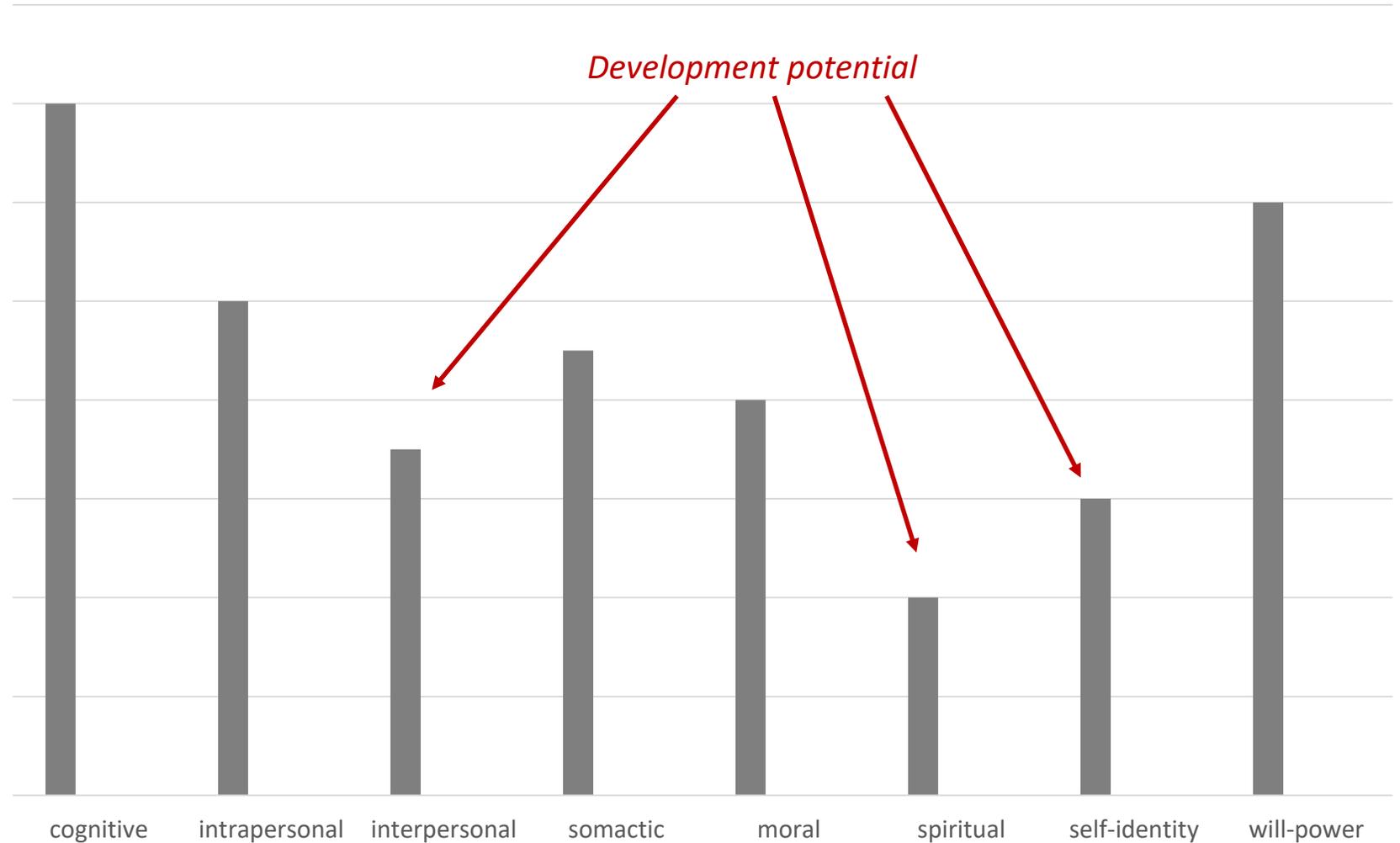
*We need to healthily grow through all levels and include the healthy qualities and values, in order to unfold our full potential and serve the world to the fullest. However, also to transcend the fear-based, constrained parts. And we cannot properly sort this out and do our shadow work, until we are at teal. ALL people at teal will have shadow work to do at all levels, however some levels more than others.*



We can combine levels with either lines or states, in order to assess our maturity -> like it is shown in this "psychograph"

| Development level / maturity level                           |
|--|
| Turquoise: Transcendence ("kosmocentric")                    |
| Teal: Calibration ("kosmocentric")                           |
| Green: Harmony and inclusion ("worldcentric")                |
| Orange: Rational performance and will power ("worldcentric") |
| Amber: Traditional love and care ("ethnocentric")            |
| Red: My I-feeling and inner power-structure ("egocentric")   |
| Magenta: Urges ("egocentric")                                |
| Infrared: Basic survival ("egocentric")                      |

Psychograph – example (maturity level of each line of intelligence)



So that was three, States, Lines & Levels! Two to go...

(26)

So next is Types... there are body types, personality types, etc., etc.

(27)

In integral theory, we often focus on femininity and masculinity, in the following way:

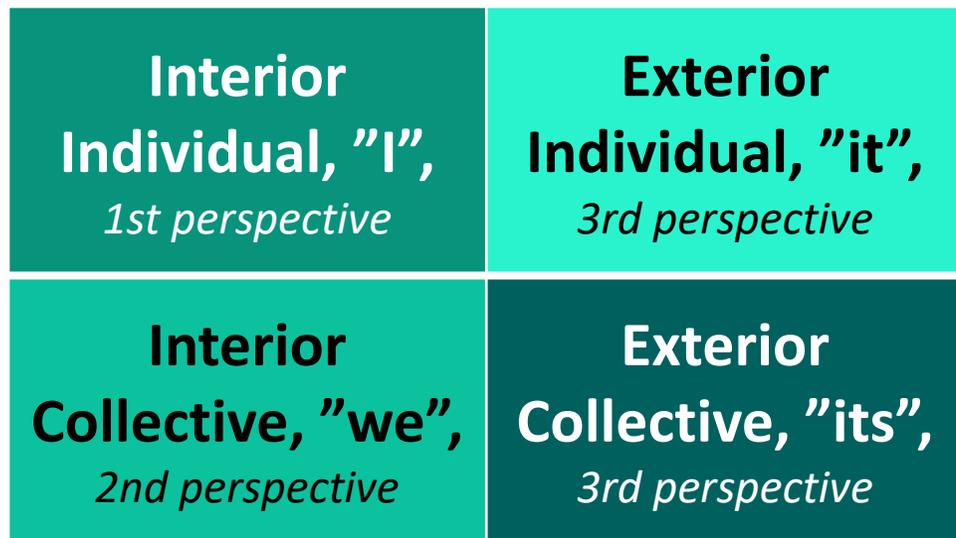
*Even though preferences should be allowed, all four drives should ideally be balanced in every human.*

(28)

The healthy development of Eros & Agape will help us clear out blocks & shadows in all maturity levels, so that we can use and integrate them all. That will give us depth as well as width in our perspective. Likewise, it will help us integrate all states of consciousness, from gross to non-dual. Healthy development of Communion & Agency will help us balance our Lines as well as our Quadrants (next topic).

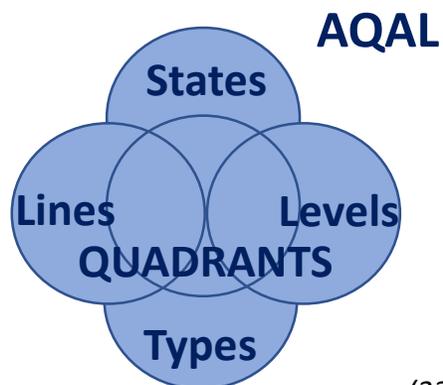
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So the last of the five AQAL-elements is Quadrants. All four perspectives needs to be balanced, in order to "co-create" or rather, "tetra-create".



(30)

So that was all five AQAL elements!



(32)

An example (see yet another example on the next slide):

**Interior Individual Leadership:**

Where I understand myself: my own qualities, values, dispositions and preferences. Where I practice to broaden my view points and be able to take "all" (many) perspectives by reflecting etc. And where I do regular shadow work, so I know and accept my personal biases and take responsibility for dealing with them. (Etc...)

**Exterior Individual Leadership:**

Where I practice my visible leadership behaviours so that people sense that I have integrity, I am the same inside out. I don't need to be "perfect", I just need to be permeable and transparent. And publicly acknowledge my qualities and deficiencies, when relevant to the context. People can role model me in the areas where I have most integrity, and be aware not to role model me where I do not 😊 (Etc...)

**Interior Collective Leadership:**

I am in a group where we each take responsibility for our relations and our joint "we-space". Where we have conscious practices to make our culture and communication transparent and authentic, to minimize barriers for progress towards true and whole purpose. And where we can deal with shadows and conflicts while they are small, before they do real damage. (Etc...)

**Exterior Collective Leadership:**

Where we structure our collective dealings in "organizations" and use "infrastructure" to support our purpose, our values, our current practices. And where we have structures in place to conduct meta or governance improvements of the existing structure. A structure that stays the same for long most likely doesn't support an organic and living organization. (Etc...)

(31)

## An example: Health & Healing seen from 4 perspectives:

### Interior individual quadrant ("I"):

What others cannot observe directly about me; my inner experience, what I think, feel and believe. My values, beliefs, inner competences and many intelligences. What I know (incl. what I think I know). My states of consciousness (both cognitively, emotionally, intuitively, spiritually, etc.).

*Example:* I believe that my body is ill and experience an imbalance, regardless of what others believe. I also believe that it can improve and heal if I find the cause and what can be done to improve the situation. I am persistent, curious and courageous, and have the mental capacity to pursue the issue (Etc.)

### Interior collective quadrant ("we"):

The communities, "we-spaces", that I as an individual am a part of, and which has a bearing on my health and healing. Meaning family, friends, work, doctor, hospital, pharmacy, super market, etc. (however, you could argue that the latter three mostly belong in the lower right quadrant). Every "we-space" has its own culture, language, values, etc.

*Example:* My doctor (GP) doesn't seem to be interested in my symptoms. If she doesn't know what to do, or if I give her some resistance, she gives up and won't / can't help. So I have to find help and knowledge elsewhere, incl. when I need to get blood work done. (Etc.)

### Exterior individual quadrant ("it") :

For humans, "it" is our body and our observable behaviour. Everything that can be measured and observed. Either with instruments or with the senses.

*Example:* My entire list of symptoms. Blood work, lab work, EKG's, etc. I.e.: My blood work shows a c-peptide of 1.040, so I have Insulin resistance (but the blood work doesn't explain the cause). On the measurements of the hormones free T4 and T3 in June and December, it can be observed that the T4 has risen (which is good, because it was too low), but T3 hasn't risen correspondingly as would be expected. So probably something wrong with the conversion process (Etc.)

### Exterior collective quadrant ("its"):

All the systems that are influencing my health and healing. For example the Danish welfare system, incl. the system that regulates the GPs and hospitals. The whole chain within the pharmaceutical system (regulations, research, production, distributors, etc.). Food production, distribution, availability. Availability of knowledge. Infrastructure of all sorts (for communication, transportation of people and goods, money exchange, etc.)

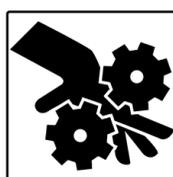
*Example:* Our systems aren't very good at renewing and improving themselves and keeping themselves updated with the new knowledge that is constantly discovered. (Etc.)

So now, the human beings can engage with each other from different layers of consciousness, and ALSO take into account their different types, values, capacities and competencies... As well as being aware, that they need to operate in all four quadrants in order to manifest sustainable solutions!



(34)

And after some practice (maybe a lot of practice, because much of this is new), they can avoid getting hurt in a complex world, as well as avoid causing more damage TO the world....



(35)

Read more here:

<http://placeholder.dk/integral-analysis>

<http://www.integral-lifestyle.dk/english>

<http://www.hartmannconsulting.dk/english>

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[bettina@hartmannconsulting.dk](mailto:bettina@hartmannconsulting.dk)

(36)