

Actualize OS

10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

TRANSCRIPT

LOADING MODULE



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INTRODUCTION TO ENCOUNTERING YOUR GREATNESS

Susannah,
Program Host:

Hello and welcome everybody to the start of this Actualize OS program with Ken Wilber. It has been quite a journey to get here and our team has been working for many months in preparation. Here at the start of the program I just want to extend a most heartfelt welcome from our entire team to all of you who have joined this program.

For this kickoff session, we're going to be covering what we call the Loading Module, which is the first part of this ten-week program. There are five core areas in Ken Wilber's primary teaching of Integral theory, which in this program we will be calling the "Installation Modules," each of which provide will give you a detailed "download" of that portion of Ken's teaching. You will also be receiving practices to help you begin exploring and applying the information and insights you will receive. Applying what you learn in order to uplevel your own life, is what this program is all about.

Expanding your understanding, awareness and unleashing the capacities lying dormant within you, that's the essence of this program, and of Ken's work. In addition to the five core Installation Modules, there are three Application Modules, which cover the body, Shadow work, and spirituality or meditation and contemplation. And at the conclusion of the program we have created a Reboot

Module, which is a very special two-hour finale designed to focus and integrate and enable all that you will have learned.

As many of you may know, Ken has been writing about this work for 30 years and has published over two dozen books about the components found in this program, Actualize OS, which is a potent distillation of the core teachings of Ken's work, as described by Ken himself!

Before we begin, we would love to set the intention with everyone here, all of you listening now, because over the course of this in-depth program, as you apply yourself to understanding and incorporating what Ken will be teaching, the more your awareness is going to expand beyond where it currently is, and the more deeply you delve into the practices and exercises that Ken will describe, the more personal growth you will experience, the more your perspective will shift and expand, and the more you will be amazed at how much evolution — your own evolution — is actually possible. So, now it is my great pleasure to introduce Ken Wilber, and kick off this Actualize OS program.

Ken, it is an honor to be here with you today, and I'd love to begin this conversation with the idea of greatness. What does "greatness" mean in this context, and what can people expect in terms of encountering their own greatness, as they go through the Actualize OS program.

Ken Wilber:

Thank you very much. Most people have a sense that they have some sort of talent, some sort of gift, something of genuine greatness that they can offer and I saw a poll and it said that one of the most common emotional tones that people reported was unmet expectations. Now that means a couple of things. First of all they have these expectations. In other words they have an intuition of their greatness, but it's not being met. Something's not happening and clearly they've been attempting to get at it up until now but something still isn't working. And one of the things that we've found is that greatness isn't just a single item.

It isn't just a single technique or a single talent or a single practice that you do and you don't have greatness and you do this exercise for a few weeks and then you have greatness. The greatness is actually a combination of several different skills and talents but the good news is that virtually every human has all of the required skills and talents and capacities.

The problem is: number one, many of these are still unknown and as a matter of fact if you look at psychotherapists and coaches and human potential individuals many of them don't know about all of these different dimensions and capacities that are available to human beings. And so one is these aren't being utilized because people don't know they have them and they don't know they have them because the experts don't really know that they have them.

Experts tend to focus in one particular area but very, very few cover all the bases. And so that's the first thing we learned as we started looking into human growth and development is what is really required and we're using greatness in just a general term, but what is required for greatness in any area?

What's required to be as good as you can possibly be in whatever area it is that you happen to love? That you want to accomplish something in? That you want to give to the world?

You want to leave the world a little bit better place than it was because you offered your gift, your talent, your capacity and at the same time you want you to be a little bit better. You want to feel better, you want to feel more vitality, more energy, more creativity, more aliveness and another thing that we found out is that these things actually go together.

That the things that the world need in order to come together and be whole and not fractured and broken and piecemeal and partial, the way it is now, but actually integrated, actually holistic, actually brought together are the same things that individuals need to feel wholeness in themselves.

So the more things that you do to feel wholeness in yourself, then the more you're going to tap into the possibility of releasing your greatness, and the more you do that, the more you're going to have actual factors you can contribute to the world. To help the world in a sense, find it's greatness. To help the world find it's wholeness. To help the world find what it needs to come together in a harmonious, unified, whole. Something that of course has never happened in human history.

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A RADICAL NEW STAGE OF HUMAN DEVELOPMENT

We happened to also find that as human beings grow and develop, they, like all natural organisms grow and develop through various stages, various levels of development, and it turns out that in just the last 20, 30 years a new stage of development has started to emerge that is by far the most whole, the most inclusive, the most comprehensive stage of development that has ever appeared in human history and when this first started emerging it in a certain sense shook developmentalists because all the previous stages of human development felt that their view, their truth, their ideas were the only correct ones. All the other stages and levels and world views and so on were wrong or infantile or silly or goofy or just plain idiotic.

All of a sudden developmentalists started to see this new stage emerge and at first they thought they were just making a mistake, that this couldn't be happening, but the more they studied it, the more they looked at it the more they found that it was real and what this stage did was find some value in every previous stage.

So it in other words found a genuine wholeness whereas all the previous stages had found nothing but partialness, brokenness, separation, isolation, alienation and there were no exceptions. And so humanity up until that point has known nothing but war and alienation and angst and fragmentation and separation.

And across the board, if we look at universities and we look at the way we teach knowledge. Every professor of a particular course, sociology, psychology, biochemistry, knows everything about that course and nothing about any of the others. So they're teaching and we are teaching the upcoming generation how to break it's knowledge into broken pieces and how to actually learn a universe that is torn and fractured and this is the way we send kids out of university.

A degree in brokenness and then we're surprised that when we ask them how they feel they say I feel unmet expectations. I don't feel whole. I don't feel full. I don't feel complete. I don't feel satisfied. I can't find any meaning in life. And so what do they settle on? Money and fame.

Now we find there's an actual stage of development that reverses that and that it looks at all of the various separate parts of life and it doesn't have to learn them intellectually. This isn't a head trip we're talking about. It's a feeling of bringing things together.

It's the feeling of being able to look at something and feel a wholeness about it. To feel actually, ultimately one with it and under those circumstances you feel an enormous amount of fullness and you feel an enormous amount of meaning and you feel an enormous amount of coming together instead of having broken, fragmented, partial components of your own being and of course broken, partial human beings add up to a broken, fragmented, partial world. And it's not an exaggeration to say wholing or healing one goes along with wholing or healing the other. One way to see what the overall integral operating system does is that it actually works to show how different disciplines fit together.

So in other words, it's primary goal is to highlight and demonstrate and show wholeness and not just wholeness in the different disciplines although that's an important part, but then to transfer that capacity to discover wholeness and to find wholeness and to show wholeness, to transfer that to an individual human being so that individual human beings can start to find wholeness themselves and so they can start to get over that empty feeling, that hollow feeling, that fragmented feeling, that broken feeling. There are so many things that we know from different cultures about how human beings can find wholeness and live wholeness and therefore live a life of purpose and meaning and value and none of this is being done and that is just, it borders on criminal.

So how can we take what the overall integral operating system learns about wholeness and transfer that to ways human beings can learn to be whole? And that's exciting because that gives every human being a chance to find this wholeness in themselves, to find meaning, to find value, to find purpose, to find something other than this narcissism, nihilism, emptiness, dread, angst, turmoil that seems to so many people and there's no other discipline that's going to do that.

Let's see what it's learned about discovering wholeness in reality and the world and transfer that to a wholeness in humans and the world. And then that would be very, very exciting. You can take this and just look at it as I'm just doing this to make myself better but the fact of the matter is you are also at the very same time doing the preliminary necessary work to make the world better, or you can go into it because I want to make the world better. That's fine. You're also going to find you get better.

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EXPLORING THE TERRAIN OF YOUR ULTIMATE POTENTIAL

So, what are the tricks involved in this? One of the most important is that we know, we have evidence, we have studies on the ingredients that are required to help a person manifest their greatness, but these aren't well known. Much of this research is new. Some of it of course is also quite old. Some of the meditative components that we use, because we use all possible components, some of the meditative components are 50,000 years old and what we have done with this approach is combed the world going back 50,000 years and put together all of the various maps that humans have made of the human condition and we've taken the best components out of all of them and we've used each map to fill in the gaps in the other maps to come up with a truly full and comprehensive map of the overall landscape of a human being.

So we finally have an idea about all of the capacities, the talents, the intelligences, the dimensions that if we become aware of them, contribute to awakening our greatness. Contribute to our becoming the very best that we possibly can in all these areas and the first thing you have to do for that is simply learn that the areas are there.

As we said, most people aren't even aware of a lot of these capacities and so what we've done is taken these capacities and shaken them down into the absolute, minimal number required to still get the greatest amount of results. So we don't want it overwhelming, we're not going to give people metaphysical hernias and they have to memorize 87 different dimensions of themselves and practice each day. It's not required, but with these dimensions that we'll be going through, the first thing to notice about them is that, again, you don't have to break your back memorizing thousands of details about all of these.

A simple overview actually activates those dimensions in your being and so just to give one very simple example, we were talking earlier about the stages of growth and development and how we have just come upon a stage that is unprecedented and the move to that stage one of the pioneering developmentalists called a monumental leap in meaning.

And it's so extraordinary that most developmentalists refer to it as second tier where all the previous stages of human development going all the way back 175,000 years are all called first tier because they're so different and this new stage is so extraordinary and studies have consistently shown that if individuals simply become familiar with those stages and there are six or seven of them, just basically learning what they are, a few of their characteristics that the individual will actually grow through those stages at a much faster rate.

We call this psychoactive because simply becoming familiar with the framework activates that framework, sets it in motion, causes it to be downloaded and then it's actually active in your system and it will in a sense sweep your system and whenever it finds some area that isn't being included and that this overall map says, wait a minute, this is an important dimension of what you are, this psychoactive framework now when it runs into one of those a red flag will go up and it will alert the whole system and the whole system will stop and say okay, wait a minute.

Let's put attention there and it will actually start filling in that gap so the very simplest thing that we can do is simply look at the framework, become generally familiar with it and then let it start doing it's own thing.

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ACCESSING HIGHER LEVELS OF DEVELOPMENT TO ACCELERATE YOUR GROWTH

Now what we've found in working with our innate human operating system is that virtually the same thing happens with all of the various dimensions when you learn quadrants, levels, lines, states and types it accelerates growth and development through each of those. It's as if simply becoming aware of these capacities opens the brain, opens the mind to being able to take them seriously, to look for them, to start acting on them, to actually move forward with those in mind whereas previously, not being aware of it there wasn't even any reason to look for growth or development through them. Most people, astonishingly, are still completely unaware of just a developmental sequence and yet there are so many people, from Piaget to Jane Loevinger to Robert Keegan to Carol Gilligan, Kurt Fischer, and all of these are maps of development, and learning any one of them - the evidence suggests - will accelerate development through virtually any one of them.

And the reason is it makes you aware of the fact that these stages exist. That these dimensions exist. That you can actually grow and develop through these areas. This is something that is not common knowledge. It's not well known and that's what's astonishing because it has such a profound impact on your own capacities and not only are there studies for example showing that the higher an individual's developmental level by far the more effective leader they are. We have the study of what was called Fifth Level Leaders, which is actually a study of development of leaders of companies that have been able to turn a company around completely from in a sense going downhill to going dramatically uphill and there's something like only eleven companies like that over the past decade.

Each of those leaders, which I said were called Fifth Level Leaders were called that because of the level of development that they were at in this particular developmental map. It's astonishing what those capacities are and how they can be increased through simple development but you won't get that development unless you suspect it's there and you won't suspect it's there until you actually look at at least a map or two saying here you go, here you go, here you go, here you go. And once you start to do that it just opens up the brain. It opens up the very capacity of the mind and the brain to start heading in that direction.

We started talking about the IOS, the Integral Operating system as being psychoactive over a decade ago because that's what we started noticing individuals that learn this map, they downloaded it, that started using it, started to increase their capacity in all the dimensions that it covered and this was astonishing, but profound, and Howard Gardner who had introduced the notion of multiple intelligences wrote a book on the type of mind that was going to be required in future education.

Now I know Howard and I've known him for quite some time but for some reason in the section of which he only discussed two integral systems, he discussed mine and he discussed another one. The other one he discussed was an actually a scientific reductionist model which surprised me and so he said that he sort of liked that.

Now just six months later he co-published a paper on the type of mind that would be needed for the future and this time the AQAL framework, my particular model was used and each of what we'll say is the quadrants was divided into an inside and an outside and each one of those was a particular perspective so there were overall eight fundamental modes of knowing, and although in this paper he and four or five colleagues didn't mention names specifically, in the footnotes there were six references to models that would cover this type of comprehensive overview and the only one that was mentioned was the Integral Operating System.

So the understanding about how that framework itself is psychoactive has become a very, very important item to recognize, because what it means is you don't even really have to kill yourself studying, you just sort of get the basics of it and your mind will start opening up to it and it's going to show effects.

You're going to start getting profound results just from hearing and getting a general sense of that overall map because it's going to alert you to the possibilities that you have in your own self potential. We will, of course, give specific exercises for each of these disciplines that you can take up if you want to, which will simply accelerate it even more. And so we think that that is a good idea but you don't have to.

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ENGAGING WITH THE ACTUALIZE OPERATING SYSTEM

Susannah:

Thank you Ken. I'd like to take a moment here and ask you how we can bring all this back to the individual, to the person listening now. What I'd like to ask is if you could speak directly to how we can most effectively hold all of this in our own experience, and what we can do in addition to simply being aware of the map.

Ken:

It'll start with individuals needing to simply familiarize themselves with the overall map and the overall operating system because again, this will become psychoactive, but psychoactive only if you familiarize yourself with a general landscape. So that's what we'll be doing in the coming weeks. Getting people a chance to familiarize themselves with this landscape and we hope, of course in many ways that it will be fun, it will be enjoyable, because it starts to show you things, that you never considered really. Either considered possible or even thought about. So we've given just a quick run down of some of these major levels.

Most people were aware that these levels of worldview and levels of values and levels we could go through them, they're different motivations, different needs, different fears, different pathologies, I mean it's astonishing and most people had no idea that that was there and they also had no idea that the vast majority of arguments, conflicts, problems that are occurring both in an individual and in the world are due to conflicting levels. Not humans, levels.

So on the one hand that gives us hope, because humans don't have to fight, and it's not humans that fight. And so to begin with, we become familiar with the terrain, familiar with the landscape and what that does among other things is to help increase communication and understanding of other people.

And so it's very likely as we look at all of the data and information that evolution will simply continue unfolding, so no matter how high a level we think we are, there's almost certainly always going to be something higher. So there's no reason for us to get a swelled head and, oh look at me, I'm King of the Hill and I'm top of the heap.

What it is extremely useful for, is in terms of understanding and communicating with other people and that starts with whether it's your boss, whether it's your girlfriend, your boyfriend, your parents and so we also find very common in relationships, if you understand it though then you can communicate much more clearly and you don't take it personally so, and this goes across the board. So one of the main things is start to familiarize yourself with the landscape and then start to see how it can help you understand other individuals, both your close friends and events on the news. And so that gets you opened to allowing levels to become psychoactive. So once you become familiar with that terrain your brain will actually open up to the possibility that, wait a minute, I'm not at the highest level of my capacity. I can actually develop higher potentials, higher deals, higher perspectives, higher dimensions. Just knowing that will open the brain to that and so it will start that process.

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NEUROPLASTICITY AND EXPANDING YOUR PERSPECTIVE

Susannah:

Ken, this is fascinating, because greatness, first step toward greatness, is the understanding that we can't see everything about our life. That we don't know what you don't know, in a sense, and that this Actualize program, which describes the developmental map you have generated over the last 30 years, literally shows us the terrain of human potential, the mere knowing of which is what you've been calling psychoactive — meaning that it actually starts working on your being as soon as you are introduced to the map, which is pretty amazing!

So, relating to greatness and all that we've been speaking about, I want to ask you about the idea of neuroplasticity, and specifically about the notion that simply absorbing the information that you're going to be laying out over the course of the program, can actually change the way that a human brain works — literally, physically.

And in that same vein, what can we expect to happen as we start downloading into our own brain the contents of this Actualize operating system? What actual changes really happen physically in the brain and what the positive impact of this is? So Ken, please speak a little bit about neuroplasticity and how it relates to the psychoactive nature of this operating system.

Ken:

Even as short as about 20 years ago it was still thought that the number of neurons and the configuration that they were in was more or less set permanently in the first few years of life and that once you had that set, that was it.

There are textbooks, even 20 years old, that still are repeating that same notion. Well, when neurophysiologists, neuroscientists started looking at the brain in more detail and particularly given the much more sophisticated technological capacities of tracking brainwave activity,

functional MRIs and these types of things, then they could actually start to get a much closer look at what was happening in the brain and that astonished them because what they found is that the brain is actually very responsive to its environment and that if it's exposed to a particular type of environment again and again and again it will actually change its structure.

The immediate effect this had was a reinterpretation, almost kind of a going back to Freud and his thoughts that so many things that go wrong go wrong in very early childhood and as it turns out the reason that young childhood can be so important is that a trauma is a very disturbing, disconcerting, painful event and yes it's usually one of the parents' fault, but it can happen in regard to siblings and a little bit later with regard to peers, but as that trauma is repeated then the brain will change and so it will actually become in a sense a traumatized brain structure and so it will start producing the neurotransmitters and the neurochemicals that are originally created for the fight, flight, or freeze mechanism.

And where it starts to touch on what we're talking about is that, okay now we know that the brain when exposed to certain environmental conditions can actually change its structure. And that's neuroplasticity, it can change.

And so we have this whole spectrum of potentials and intelligences and dimensions of being what happens when you put them all on the table and say okay, now, this is what we have to work with. We're not just working with IQ and literary intelligence and we're not just working with traumatic states. We're actually working with a whole spectrum of different types of capacities and intelligences and emotional moods when you take all of those what you realize is that you can train the brain to make those potentials the standard default setting.

Now, when you take all of these different capacities and all of them in a sense go through stages of increasing betterment, increasing excellence, increasing capacity. If you have somebody that has managed to take these capacities and work them into their higher ranges and you get the brain to adapt on a default setting to these higher ranges then you have gone from the standard human capacity to what we, without any exaggeration at all, are calling "superhuman" capacities. Your brain becomes adapted and restructured to produce superhuman results in whatever it's doing. And that means in all of these intelligences, in all of these capacities and so all of a sudden now with this superhuman capacity, that's how your greatness can be manifested because now it has the techniques, it has the capacity, it has the vehicle to actually become great.

Previously you knew you had this greatness because your brain somehow intuited that it had these capacities, but you didn't know about them. You didn't know how to accelerate them or activate them.

In many cases you weren't even specifically aware of them and neither were most of the experts that you contacted. So now, you look at the overall landscape of this operating system and you see the various types of skills, and capacities, and intelligences and perspectives that you have and you start to introduce those into your own being. Then your brain itself is going to start resetting according to those higher capacities and once that happens then you do indeed find yourself operating from a super – that is, fully actualized – human operating system.

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REORIENTING AND RETRAINING YOUR DEFAULT OPERATING SYSTEM

Susannah:

That is amazing Ken, and what is really fascinating is that in the next Installation, when we talk about lines of development, or multiple intelligences, we start learning that we have all these different capacities, unique intelligences, and different areas to explore and develop, and all of this can be directly affected by neuroplasticity.

Ken:

It's relearning the whole organism. Because we'll find, talking about neuroplasticity changing neurons, well, what neuroscience has found is that there are actually three brains in the body. In the gut region there is a staggering number of neuronal cells. The gut is just full of neuronal tissue. It really does have a brain and it's not only acting with the capacity that brain cells have.

It's interacting with the brain. It's interacting with the rest of the body. When we say, "oh, I've got this gut feeling that I just can't do this," that's the brain picking up information and saying, "no, don't, that's wrong!" The heart, it turns out, also has an enormous amount of neuronal cells. This wasn't known at all even a decade or two ago. That's recently been discovered and so of course for tens of thousands of years humans have looked at the heart as a central part of human awareness and for most traditional cultures the heart is the actual center of awareness.

And if you ask a pre-modern individual, "Where is your consciousness, where is your soul, where is yourself?" they point to their heart. The brain only recently in modern times was thought of as a place that had intelligence but we actually have all three of these brains. All of them can be activated. We have different types of intelligences across all of these brains. Those need to be activated.

They develop through various stages. Each stage becomes more and more conscious. It has a greater perspective. It has a capacity for more loving, more caring, more compassion, more embrace. All characteristics have that capacity to grow and develop. So we want to help people move their standard default position from the lower levels into some of the very highest levels possible. Including ultimately what's referred to as enlightenment or awakening, which are generally taken to be the highest state that humans are capable of.

And so all of this changes profoundly how you can operate in the world and the talents and capacities that you have that you can do this with. And what we're finding now is that even though not many people know about all of these, we have a map that does.

We have the framework that will show you all of the ones that are out there, ones for which there's an enormous amount of scientific evidence. Some of them go all the way back to pre-modern times. Some of them were discovered in modern times, some were discovered in pre-modern times. Our point is just that. We're covering all of the bases. So that means we're going all the way back to the beginning and anything we can find that has transformation on it or increased intelligence or increased perspective or increased transmutation, we want to know about it and when we find out about it we tell you about it.

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NEXT STEPS AND TAKING THE ROLE OF ANOTHER

Susannah:

So Ken, this program is not just for the intellect alone. It's also a heartfelt journey of self-discovery and even spiritual transformation, and it's also a gut check for where we may be right now — and where we could be, if we really apply ourselves to these teachings.

What can listeners do to best prepare for the next segment of the program, the first Installation, in terms of looking at the world, looking at our relationships, looking at our lives, with the bigger perspective or metaperspective, you spoke about? What are some practices or ways that people can prepare for what's coming up in the program?

Ken:

One of the most important things that we have learned about growth and development, and we'll find that there are a handful or absolutely key points and we'll mention all of them and walk through all of them with you. One of them is something that is incredibly important and it's called by several different terms, the most common is taking the role of other.

Now what that means, we all know the phrases that refer to it. It's seeing the road through someone else's eyes, or putting yourself in someone else's shoes and walking a mile in their shoes. Well, what does that really mean? It means that I can actually attempt to put myself in your perspective and actually try to see the world the way you're seeing it.

Now, first person perspective is the person speaking so it's an "I". Second person is the person being spoken to so that's a "you" or a "thou" and the third person is the person or thing that is being talked about. So a "him", a "her", "them", "they", or just "it". Taking the perspective of other is so crucial that many developmentalists, when they talk about these stages of development, will actually define each increasing stage as adding a new perspective.

So when we move to a second person perspective it doesn't just mean that we can take the role of other. It actually means that our own identity can expand. I can start to identify with this other person because I can see how they're seeing. I can have a mutual understanding. I can start to feel what they're feeling.

I can start to feel a closeness to them and so my identify goes from what's called egocentric – meaning I'm just identifying with me - to what's called ethnocentric, I'm identified with a group. And so this then is a very sharp move from just being identified with me and what I want and concerned about my protection and my safety and so on, to a stage where now I can take the role of other and my actual identity will expand so I can identify with the whole group.

It probably will start small. I can identify with my family. I can identify with my clan. I can identify with my tribe. At some point I can identify with my nation. Often I'll identify with my religion and everybody in the religion is somebody that I'll feel identified with. And then somebody who is outside of that doesn't have a soul. It's a powerful us vs. them state and that again is a step up from only identifying with me to identifying with a group. But then it's that group vs. all the other groups. As we move to the next stage we add a third person perspective. Then that means that we can care for people regardless of race, color, sex, or creed because we're not identifying now just with the individual that we're talking with but with all humans, all other beings. And this, no small surprise, is when things like the Western enlightenment came up with the human rights of men and women. It's when the United States Constitution was created and had the Bill of Rights, rights for all individuals and that eventually expanded of course to include women and blacks and minorities in general. Because of that third person, including all humanity, slavery was outlawed for the first time in history and then it moved on to fourth and on to fifth and so on.

And so, one of the practices that helped move this up is simply anytime you're talking with anybody try to take their point of view. Try to see how they're seeing what you're talking about. Try to get a sense of understanding about what they are really meaning, what they're really thinking becomes a very important part of a capacity for listening. This helps, again, across the board in almost any area that you can think of.

And so just that practice itself is the beginning of an enormous number of other positive traits that will come about and the more you do that the more your growth and development will occur, taking you to higher and higher ranges of consciousness because consciousness ultimately is the capacity to take perspectives.

The more perspectives you can take the more, the bigger your consciousness is and ultimately we're going to get your consciousness so big it embraces the entire world. And when you feel that, you will feel a oneness and a fullness and a completeness the likes of which, you have never, ever even imagined was possible and that's because your perspectives are growing and growing and growing and growing and growing.

So the next time you're talking with somebody just try and put yourself in their position. Try to actually hear what they're saying. Try to actually take their perspective and get that started as an ongoing practice that you'll essentially do the rest of your life. You will want to be listening and giving attention to the person that you're talking with, so that they feel seen and heard.

You want to get a promotion at work? Do that with your boss and see how fast your boss starts noticing you. You want to do that relationship? Try doing it with your mate and see how enormously grateful they are and how loving they become and it's made even more powerful because it's so rare.

Susannah:

Great, thank you so much Ken and thank you for sharing everything today as part of this inaugural Loading Module of the Actualize OS program. And again, today really sets the stage for what is to come over the rest of the program, beginning with the next segment, Installation One: Accelerating Your Evolution, which is the first of the five core teachings that really anchor this Actualize OS program.

It has been a thrill to be here with everyone listening to Ken, and we couldn't be more excited to see how this all unfolds, as we grow, explore, discover, and evolve together over the course of this program. Thank you.



ACTUALIZE OS