

# Actualize OS

## 10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

LOADING MODULE





## Loading Module

# UPGRADING YOUR OPERATING SYSTEM

You are about to take the first step in your 10-week journey of installing the Actualize Operating System.

In this opening session, Ken introduces some important concepts that will lay the foundation for the Actualize OS framework and prepare you for the in-depth training modules that will begin next week with [Installation 1: Accelerating Your Evolution](#).

In the Loading Module, Ken speaks about what it means to actualize your higher potentials, what that means, how to cultivate our true greatness, and what neuroplasticity means for your own developmental evolution.

## Loading Module What You'll Learn

- Explore the idea of Greatness and discover what is really possible for you and for the world.
- Find out about the emerging new stages of development and what they have to do with you and with our future.
- Learn why the Integral map of human development is critical to your development and how simply seeing your potential paves the way for expanding your actual abilities.
- Discover how your brain, heart, and gut each possess their own unique intelligence
- Begin to practice the art of taking multiple perspectives and shifting your perspective, your worldview, your goals, and your skills into realms of higher and higher potentials.
- Load the Actualize OS into your brain and being and start preparing for the next steps.

## LOADING MODULE INTEGRATION QUESTIONS

When you complete the Loading Module take some time to contemplate and answer the questions below.

1. What is your understanding of neuroplasticity? How does this understanding of neuroplasticity empower you in your own growth and development?

2. What new insight about wholeness have you gained? How does your ability to integrate more wholeness help you become the greatest version of yourself?

3. What new insight did you gain about how your own personal transformation relates to our collective evolution?

## LOADING MODULE EXERCISE: TAKING THE ROLE OF OTHER

“ Consciousness ultimately is the ability to take perspectives.  
The more perspectives you can take, the more conscious you are.

[Ken Wilber, Actualize OS](#)

The intention of this exercise is to develop your ability to take the perspectives of others and begin to expand your consciousness. This is a fundamental capacity of the Actualize Operating System. By taking the role of other regularly, you will progressively build your capacity to expand your awareness, much like lifting weights regularly will build your physical muscles.

Taking the role of other is something you can do anytime, anywhere. To make it easy to remember to do the exercise, it is helpful to consider ahead of time when during your day you want to do it - for example, with the cashier at the cafe you go to regularly, with your boss during the work day, and when you talk with a family member. Set an intention to try it out in your day-to-day life.

### [Here's what to do each day, three times per day:](#)

- In the moment, decide whose perspective you are going to take.
- Allow yourself to be curious - this is an exploration without a right or wrong answer.
- Imagine that you are this person. Take on their point of view, as fully as you can.
- Look out at the world, what does it look like from this person's point of view? What does it feel like to be this person? What do you notice as this person?
- Maintain this perspective for 2-3 minutes each time.

### Reflection Questions:

The following questions will support you to integrate what you are learning. It is ideal to take 5-10 minutes to reflect on these each night and jot down your thoughts in a notebook or journal. You decide what is right for your schedule - you can also do it once a week, or simply run through it in your mind each night. Please reflect on the following:

- What new perspectives did I include in my awareness today?
- What did I learn about myself or another person?

## LOADING MODULE GLOSSARY

**Psychoactive:** Affecting the mind or mental process. This framework is psychoactive in that simply familiarizing yourself with it actually activates it within you.

**Neuroplasticity:** The brain's ability to change its structure when exposed to certain environments. This includes the whole body system, not just the brain in your head. There are three brains - in the gut, the heart, and the head. Each has an enormous amount of neuronal cells.

**'Taking the role of other':** The practice of taking someone else's perspective in life. This is a core practice of the Actualize OS, and we recommend engaging in this exercise each day for the duration of the 10-week program.

**Superhuman:** Having or showing exceptional abilities or powers.

**Egocentric:** Identification with oneself; concerned with one's own safety, needs, desires, etc.

**Ethnocentric:** Identification with a group; concerned with the needs, concerns, perspectives of that group; family, clan, tribe, country, etc.

**Worldcentric:** Identification with all people, regardless of race, color, sex, or creed. Identification and care for all human beings.



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