

# Actualize OS

## 10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

INSTALLATION TWO





## Installation Two

# ACTIVATING THE FULL SPECTRUM OF YOUR POTENTIAL

You are about to download Installation 2: Activating the Full Spectrum of Your Potential. In this module you'll explore the second essential framework of the Actualize OS for understanding your "multiple intelligences" and how they evolve through the 8 levels of development that you learned about in Installation 1.

As you'll discover in this installation, all human beings have many different "lines" of potential inherent in them, laying dormant, waiting to be cultivated. When you begin to understand the primary lines of intelligence that are already within you, you can begin to consciously cultivate the ones that are important to you.

## What You'll Discover in Installation Two

- Learn to identify and develop your own greatest gifts and talents
- Discover the power of practice to achieve your actualize your potential
- Increase your development in all areas by assuming ever expanding perspectives
- Incorporate another essential psychoactive component of the Actualize OS into your daily life
- Explore the world of Multiple Intelligences and understand how we grow and develop
- Self-assess your own Lines of Development to better strategize and implement your greatest goals

## INSTALLATION TWO MODULE INTEGRATION QUESTIONS

When you finish the Installation 2 training audios contemplate and answer the following questions.

1. Consider an aspect of your life where you have strong capacities. Which line(s) are developed in you, that give you this ability?

2. Consider an aspect of your life where you have tended to struggle. What line(s) of development have room for development?

3. Imagine the areas of your life where you long to improve, or even develop to your greatest potential. What lines of development would you need to work on? (Some you may already be strong in, but you may want to develop to greatness. Some lines you might not have developed much at all yet.)

## INSTALLATION TWO EXERCISE ACTIVATING YOUR FULL-SPECTRUM POTENTIAL

The intention of this practice is to strengthen your capacity to see multiple lines of intelligence in action, both in yourself and in others. Each day for the next seven days, choose one line of intelligence to focus on for the day.

The major intelligences to focus on are:

- Cognitive
- Intrapersonal
- Emotional/Interpersonal
- Somatic
- Moral
- Spiritual
- Willpower

Throughout your day, observe yourself and others, keeping these intelligences in mind. Keep an eye out for:

1. An exemplar or someone who demonstrates high development in the particular line for the day. (If you don't encounter anyone in person, you can explore the media as well).
2. How you perform in that line of intelligence throughout the day. You can either do this in real time, or reflect back at the end of the day. You may want to pick particular situations where you were drawing upon that line, in order to consider how you performed. Feel free to jot down any notes about what you discover.

As you reflect on the day, ask yourself "Where do I have room for growth?" and "Where would I like to grow the most?"

## SUMMARY OF LINES OF INTELLIGENCE

### Cognitive

*What am I aware of?*

The capacity to take perspectives. Degree of awareness and consciousness. The more perspectives you can take into account, the more truth you can contain, and the more truth you can realize. Cognitive intelligence allows you to imagine the world through someone else's eyes, imagine conditional worlds, consider "as if" and "what if" propositions and dream of new futures. Cognitive development is necessary but not sufficient for the development of other lines. For example, cognition is necessary in order to be aware of morals, but cognition alone doesn't mean one is highly developed morally.

### Intrapersonal

*What is true of my inner experience?*

The capacity to introspect and report clearly and accurately what you see, feel, and think. Intrapersonal development is the doorway to wisdom and spiritual awakening. In order to know and see our potentials within ourselves, we must be able to look within and accurately report what we find there.

### Emotional/Interpersonal

*How do I feel about this? / How should we interact?*

Ability to register your feelings, ability to register what another person is feeling, and the ability to interact between these two feeling states (your own and another person's). The ability to relate socially and communicate with others.

### Somatic

*How should I physically do this?*

Bodily awareness and intelligence. The ability to draw upon and effectively utilize the three major bodies: gross, subtle, and causal. (These bodies are covered in the wisdom traditions and will be covered in Installation 3 and Application 1.)

### Moral

*What should I do?*

The capacity to tell what is the right thing to do in a given circumstance. The development of this line is of particular importance for our society today. As with all lines, the moral line begins with egocentric / self centered morality, then moves into ethnocentric / group oriented morality, then into a world-centric morality that considers what is the right thing to do based on my conscience and principles of universal fairness.

### Spiritual

*What is of ultimate concern to me?*

The capacity to explore what really matters to you, to deeply consider what is the biggest value that you have, and what is more important to you than anything else.

### Willpower

*How can I make actual change in my behavior?*

Without willpower, you can have deeper understanding or clearer seeing, but not realize actual change. This is the ability to set a goal and carry through on it to get there.

## INSTALLATION TWO GLOSSARY

**Levels of Development:** Tools for understanding individual and social human development. An overview of the degree of development in general, that a human being has gone through, starting with birth. Each builds upon and includes its predecessors. None of them can be skipped or left behind. Each represents the major transformations in consciousness.

**Lines of Intelligence:** Intelligences that are present in all people, and develop through same number of stages in all people. Ways that we can be smart about how we interact with the world. Over the course of evolution, life has posed different problems and questions to humans, that require different types of answers. The lines of intelligence evolved to specialize in answering these various problems and questions. These lines are for the most part relatively independent. An individual may be very advanced in one and very low in another. Each individual's overall growth trajectory is unique.

**Center of Gravity:** Indicates the average level of overall development of all the lines.

This can also be called the *Structure Center of Gravity*. (This is different than the *State Center of Gravity*, which we'll get into in Installation 3.)

**Altitude:** A neutral indicator of where the development an individual is at in every line of development.

**Egocentric:** Identification with oneself; concerned only 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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