

# Actualize OS

## 10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

ACTIVATION ONE





## Activation One

# CULTIVATING YOUR SUPERHUMAN BODY

In this Application audio Ken illuminated the framework for understanding and cultivating three primary bodies that every human being has within them.

Our bodies are our energetic vehicles in this life. They are our anchor in the world and our responsibility from birth to death and beyond. Each body supports a different state of being and consciousness.

Taking care of ourselves in large part means taking care of our body and in this first Application module, Ken takes us through all three primary aspects of our body: the gross, the causal and the subtle, and offers his insight and personal advice on how to care for and continually develop ourselves in our physical form.

## What You'll Discover in Application One

- Why your physical body is 3 times as powerful as you think it is
- How the subtle and causal bodies hold important keys to your health and longevity (and why you don't know this)
- How to extend your lifespan and prevent disease
- How simple changes can heal major disorders
- How to roll back your biological clock 10 years
- What the engine of youth is, and how to use it
- What yoga, tai chi, qigong have in common besides being “new agey”
- Why breathing can be the bigger factor than all of your vices combined in reducing heart disease
- Why these three applications must be integrated with the five core installations of Actualize OS in order to realize the greatest possible version of yourself.

## ACTIVATION ONE MODULE INTEGRATION QUESTIONS

When you finish the Activation One training audios contemplate and answer the following questions.

1. Based on what you learned in this module, where do you see room for growth in your body? What practices are you most drawn to adding into your daily life?

2. How does this framework for the body give you a more full understanding of health and vitality?

3. What is your understanding of involution and evolution? How does this support you to think in new ways about your body?

# ACTIVATION ONE EXERCISE

## BREATHING THE MICROCOSMIC ORBIT

### Breathing the Microcosmic Orbit

The intention of this exercise is to have all of the energies in your subtle body flowing freely and fully without obstruction. This practice brings together the subtle and causal energies and is also a great foundation for a meditation practice.

This exercise can be done any time of the day: a little when you wake up, a little before you go to sleep, a little bit throughout the day.

You can do this anywhere - laying down, sitting, or standing up. For the sake of focus, you may want to sit in a quiet place, where you can sit up straight and comfortably relaxed.

- Allow your jaw to close gently, and place the tip of your tongue so that it is touching the roof of your mouth (this is to complete the energy circuits in your body).
- Start by imagining an infinite luminous light above your head, that stretches to infinity. (Note: if this doesn't make sense or is difficult, don't worry - simply try it out and over time your awareness will develop.)
- Breath in, and as you breath in, this light comes down the front of your face, down the front of the chest, into your belly, and into the base of your spine.
- On the outbreath, the energy enters your spine and goes up the back of the spine and out to the crown of your head, through the crown and back into this infinite source of light.

You are breathing light down the front of the body into life (belly, reproductive organs, guts), then breathing that life back up the spine into light. That is connecting all the subtle currents in your body into one unbroken current.

## ACTIVATION ONE GLOSSARY

**Gross body:** Supports the waking state. This is physical and sensorimotor body, strength, flexibility, physical health, connection to gross body sensations.

**Subtle Body:** Supports the dreaming state. The subtle body anatomy includes acupuncture meridians, the “nadis” (channels that carry subtle energy to and from the chakras).

**Causal body:** This body supports the deep dreamless state, the witness state, the True Self. This is the original body that is manifest in the universe. This is the ultimate source.

**Involution:** The movement downward from spirit into causal realms, and from there into subtle realms, and from there into the densest forms - the gross/physical realm. In Christian terms, from spirit to soul to mind to body to matter. That downward movement is how spirit throws itself outward to create a universe.

**Evolution:** The movement through from the lowest levels to the highest levels, expanding and growing back up to the origin (unity & diversity). When the unified origin is re-known, this is enlightenment. This happens through moving through the three bodies (gross, subtle, causal) and their correlating states of consciousness.



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