

Actualize OS

10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

INSTALLATION THREE





Installation Three

ACCESSING YOUR MULTIDIMENSIONAL STATES OF CONSCIOUSNESS

In this third Installation of the Actualize Operating System, Ken introduces us to the five natural and innate states of consciousness. Beginning with the familiar “waking state” and progressing to ever higher and more refined experiences of self and existence, Ken leads up all the way to the non-dual state – the highest and most profound and potent experience a human being can have – and has ever had.

Central to this discussion of the perennial states of consciousness, Ken stresses the need to integrate both the Levels and Lines of Development from the previous Installations, with the powerful States of Consciousness introduced here. Together, these form the comprehensive mesh that supports and informs the Actualize Operating System. Ken closes this mind-blowing Installation with a guided meditation on the Non-Dual State of Consciousness.

What You'll Discover in Installation Three

- Discover the Five Basic States of Consciousness and Why They're Essential To Reaching Our Full Potential.
- The four things you already do every day that hold the key to becoming the greatest possible version of yourself and how to practice them.
- A series of tools that will enable you to traverse through states, allowing you to become a master of patience and compassion.
- The difference between Relative Truth and Absolute Truth.
- A deepening of the interlocking nature of this operating system, and the possibilities for humankind when states are truly embraced.
- Learn why Waking Up is just as important as Growing Up.

INSTALLATION THREE EXERCISE ACCESSING YOUR MULTIDIMENSIONAL STATES

The intention of this practice is to develop an awareness of your direct access to varied states of consciousness. In the Installation 3 session, Ken lead a meditation through the states of consciousness. Please listen to this 10-minute meditation once a day, each day for the next week.

Here are some simple guidelines for your daily exercise:

- Find a space to take 10 minutes away from your daily activities.
- Take a comfortable seat.
- Allow your breath to be natural and relaxed.
- Take a moment to become aware of your breath moving in and out.

Listen to the audio, simply allowing yourself to listen openly in the spirit of discovery. There is no need to try to control anything; let your experience be as it is.

When you are comfortably settled, press play.

SUMMARY OF STATES OF CONSCIOUSNESS

Gross

Waking

The Gross or physical state is the foundational realm of the universe and all living beings. While it is the “least conscious” of the 5 states, it is creative, alive, and the most fundamental. All other realms rest and lean upon the physical foundations. The gross state is the waking everyday world. It is directly observable and verifiable by 3rd person observation. It is the physical world around us, our physical body, and the material realm.

Subtle

Dreaming

The Subtle or the dream realm is the vast spectrum between the finite physical waking realm, and the dreamless, contentless causal realm. This subtle state constitutes a range of subtle experiences from emotions, to ecstatic and peak state experiences, to dreams, to archetypes, divine forms (such as angels or deities) and even subtler forms. In the dream state one doesn't have a physical or gross "waking" body but a subtle "dream" body made of images or subtle energy luminosity (light). The subtle states and realms provide an infinite source of potential and imagination.

Causal

Deep Dreamless Sleep

The Causal or dreamless state is contentless awareness. It is the pure formless empty state or self without boundaries or qualities. It is spirit in its pure form, the vast consciousness that pervades and is the "causal source" of all. The causal awareness of every individual is an expression of this consciousness and pervades the entire cosmos. It is "the singular, the plural of which is unknown." It is underlying pure consciousness that has been awakened in sages and saints from all traditions the world over. This is your true self, pure "I Am-ness."

Witness

The ever-present Witness state (or "Turiya" in the Vajrayana Buddhist tradition) is the pure witness of all realms and energies, and yet it does not itself contain any. It is the opening or clearing in which all objects appear and arise within. This is the pure awareness or Self that perceives all the objects in the cosmos yet remains unidentified with any of them.

Non-dual

Non-dual awareness is the highest or ultimate state of consciousness. The Nondual ("Svabhavikakaya" in Vajrayana Buddhism) integrates everything that is present, and is not an other or separate realm. It is the union of all opposites and is simultaneously the ground of being from which all apparent objects and entities arise. It is one with both emptiness and form and is the greatest state that any tradition has confirmed exists. It is considered the fullest expression of enlightenment.

INSTALLATION THREE GLOSSARY

Structure Stages of Consciousness: Development through the levels and the multiple lines of intelligence that each grow through the levels. Structure stages are a recent discovery by James Mark Baldwin in 1901. There is a general path through the structure stages that happens when we grow up. Thus, this axis of development is also called “growing up.”

State Stages of Consciousness: The investigation of states of consciousness goes back over 50,000 years. This investigation developed into the great contemplative systems around the world, East and West. They are all based on what they identify as the five fundamental natural states of consciousness: waking, dreaming, deep formless sleep, witnessing, and non-dual unity.

Waking Up: When your awareness passes through the states of consciousness, such that you are no longer identified only with the gross and subtle bodies, your identity has grown into larger, wider, deeper states; into unity consciousness; pure radical, unqualifiable consciousness, that is spirit itself. Your separate self and the spirit of the cosmos become one. This is your true self - awakening to what you actually, eternally, are. That realization is known as awakening, enlightenment, or metamorphosis. This is waking up to the True Self; the result of development along the state axis.

Subject/Object Theory: Developed by Robert Kegan and summarized as, “The subject of one stage becomes the object of the subject of the next stage.” For both structures and stages, the way to accelerate growth is to help the subject become object. At the very end of state development, everything becomes subjectivity with no object.

Relative truth: Truth within the finite, relative realm. For example, water is made of two hydrogen and one oxygen.

Absolute truth: Truth of the ultimate realm. The discovery of your unity with ultimate truth.



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