

Actualize OS

10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

INSTALLATION FIVE





Installation Five

AWAKENING YOUR 4-D VISION

All of human activity is ruled by human perception, and in this fifth installation of the Actualize OS, Ken describes the four distinct points-of-view that make up all of our experience: the “I” or subjective view, the “IT” or objective view, the “WE” or inter-subjective view and the “ITS” or inter-objective view.

By defining these four Quadrants we can suddenly see our own point of view and the point of view of those around us. By integrating all four Quadrants into our consciousness, we enable this innate superpower and rise above the blind spots and biases that keep us from reaching our full potential.

What You'll Discover in Installation Five

- Learn the four essential dimensions of reality that affect you everyday and govern your life.
- Discover your own 'default' dimension, and break the limitations of how you currently filter and interpret reality.
- Discover how your purpose shows up differently in the four different dimensions and how to integrate and actualize it.
- Learn how to communicate more effectively with your spouse, friends, co-workers.
- Illuminate your dimensional blind spots for cultivating full spectrum 4-D vision.
- Experience a powerful shift of perspective to more deeply understand yourself, others and our world.
- Understand how this fifth installation interlocks deeply with the previous four, uncorking a much grander view of your life and the world we share.
- Install a revolutionary map that will forever alter your understanding of yourself, others in the world.

INSTALLATION FIVE MODULE INTEGRATION QUESTIONS

When you finish the Installation 5 training audios contemplate and answer the following questions.

1. What is your understanding of the four dimensions/quadrants and how they relate to each other?

2. As you hear a description of the four dimensions/quadrants, which seems most familiar to you and which seems the most foreign and difficult to grasp?

3. How do you imagine you could use an understanding of the four dimensions to clarify your blind spots in the most important areas of your life?

INSTALLATION FIVE EXERCISE AWAKENING YOUR 4 D VISION

The intention of this practice is to learn to see the four dimensions arising simultaneously in your day-to-day life. As you become more aware of how all four dimensions are showing up in your life, you can begin to see which you are attending to fully and which would benefit from more attention to growth. By consciously attending to all four quadrants, you can amplify your potential in any area of your life.

For the next week, each evening reflect back through your day. Remember a highlight of your day. Take a few minutes to consider what was happening in that moment.

- What was happening in the upper left? (your own inner experience)
- What was happening in the upper right? (actions, physiology, brain state, chemical influence, behaviors)
- What was happening in the lower left? (shared experience, relationships, communication)
- What was happening in the lower right? (systems, environment, infrastructure, technology)

Next, repeat these questions looking at the low point in your day, a moment where you experienced challenge or frustration.

At the end of the week, take a few minutes to reflect on what you have discovered about the four dimensions in your own life.

- Does one or more quadrant/dimension seem to come more naturally to you?
- Do you see any dimensions that are potential blind spots for you? How can you begin to attend to that dimension more fully?

INSTALLATION FIVE GLOSSARY

Upper Left: Individual Interior

This is the inner dimension of thought, emotion, feeling, awareness, motivation, meaning, intention, introspection and the experience of being. This is your ability to engage and draw upon these dimensions within yourself. This is your capacity to direct your attention, to access your emotions, to explore your thoughts, to be aware of your opinions, to navigate your inner world, to be aware of what is meaningful to you, and to “be.”

Upper Right: Exterior Individual

This is the outer dimension of observable and direct action, behavior, and external impact. This is your ability to engage with external reality around you. This is your capacity to take action, to direct your behavior, to “do”, to explore the details of the outer world, to observe “objective” reality, to take action, to get things done, to create observable impact.

Lower Left: Interior Collective

This dimension is the experiential sense of culture, community, belonging and non-belonging, togetherness and separation, cooperation and conflict. This is your ability to engage well with others, to be aware of unspoken agreements, to participate in collective containers, to observe social rites, to engage the energies of others, to cooperate, contribute, and to be part of a team. This is your ability to be part of a group, and receive the support and collective empowerment of “community.”

Lower Right: Exterior Collective

This dimension is the observable systemic dimension, the interaction of multiple objective elements. This is your ability to create and utilize infrastructure, to manage time, money, and energy, create systems, and apply holistic thinking. This is your capacity to manage your calendar, to create systems which support your goals, to use those systems effectively, to track behaviors and habits, and to create “containers” which are conducive to your intentions.



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