

Actualize OS

10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

ACTIVATION THREE





Activation Three

ACTIVATING YOUR INNER TECH

Ken illuminates some of the most important and foundational practices of personal and spiritual development: meditation and inner technologies.

The culmination of the Actualize OS program is in its implementation. In this penultimate module, Ken introduces “Inner Tech” -- the practices, methods and strategies that will help you combine all the different facets of the Actualize OS into a singularly powerful path of personal and collective transformation.

What You'll Discover in Application Three

- Download the one daily practice that meshes the entire Actualize OS.
- Explore the power of contemplation, and how to use this superpower.
- Discover the true difference between your internal world and external reality.
- Understand how your inner wiring differs from others, allowing radical acceptance to take hold.
- Understand how your inner wiring is also the same as everyone else, forming a connective fabric of understanding with everyone in your life.
- Practice integrating all previous installations and applications in a unique format.
- Experience a deep sense of humility and gratitude about the human journey.

ACTIVATION THREE MODULE INTEGRATION QUESTIONS

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

1. Based on what you learned in this module, what steps would like to take to more deeply engage the process of meditation?

2. How does understanding meditation and awakening help you to more fully understand the full spectrum of your potential?

3. What is your understanding of absolute and relative truth, and how can this understanding help you to live a more fulfilling life?

LIFESTYLE FOUNDATION EXERCISE

Applying the Actualize Operating System to Daily Life

This is your new foundation practice. Most of your exercises for Actualize OS have been weekly practices. This practice is ongoing from now on. The intention of this practice is to help you to begin a lifestyle of daily practice. Set aside whatever practices you have been doing for the course and focus your attention on establishing this daily routine. This is your daily Actualize OS Lifestyle practice. Find a minimum of 15 minutes for practice each day.

Body: For a minimum of five minutes each day, do something that is good for your health and physical well-being. We recommend yogic stretching, tai chi, qigong, strength training, martial arts, dance, or whatever preference you have for bodily engagement.

Shadow: For a minimum of five minutes each day, do something to try to work out the areas of your psyche that you may be hiding from yourself. We recommend journaling about elements which may be controlling your behavior, psychotherapeutic practices, journaling and reflecting on the question "How am I lying to myself?", running the 3-2-1 process with dream characters or individuals in your life, etc.

Meditation: For a minimum of five minutes each day, sit in a comfortable position and with your eyes open or closed, engage in a meditative practice. We recommend contemplative prayer, zen meditation, vipassana, following your breath with your attention, mantra meditation, etc.

The purpose of this practice is to set the foundation for a lifetime of Integral Practice. We encourage you to begin with 15 minutes a day. If you already have a robust practice, we encourage you to do this for a longer period of time. Do not try to go longer than you feel comfortable with. In order to achieve any transformative results, it is most important that your practice is consistent and cumulative. Don't overreach.

Once your daily practice is firmly established you can slowly build up the amount of time that you are practicing each of the dimensions.

ACTIVATION THREE GLOSSARY

Relative Truth: Dualistic truth or knowledge gained from a fundamental subject-object split. A subject (experiencer) explores the object and gains knowledge. The truth of all of the hard sciences are grounded in this fundamental split between subject and object, and reveal truths about the relative plane.

Absolute Truth: (Or Ultimate Truth) Seeing not just the finite truth of an object which will ultimately come to some sort of end, but seeing the ultimate truth which is undying and infinite. Absolute truth is the truth of our own being.

The Supreme Identity: The identity of your being as ultimate reality or absolute truth.

Mirror Mind: A state of allowing things to arise moment to moment. It receives but does not retain.



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