

# Actualize OS

## 10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

TRANSCRIPT

REBOOT MODULE



## SYSTEM REBOOT

### Unleashing the Greatest Version of You

You can think of that ultimate reality as God and know that you are created in God's perfect image, or you can think of it as evolution itself which has driven for 14 billion years through thousands of trial and error transformations to create the most complex, the most whole, the most evolved entity in all of history going back to the Big Bang -- namely you.

Your triune brain alone has more neural connections than there are stars in the known universe. Or you can think of your true self, your real self, your ultimate suchness or thusness which mystical traditions the world over claim is radically one with spirit itself.

Your core greatness is spirit itself. One in all the cosmos giving rise to great perfection ornaments everywhere you look. But the true you, the deepest you, the highest you is one with this ultimate reality at its very heart and you can awaken more and more of the ultimate great perfection the more of its dimensions you see, recognize, activate and evolve.

For that, you need a map, a fantastic map that contains the most full and complete account of these dimensions so that you don't have to stumble around in the dark trying to activate your great perfection but can drive directly to it using the super map.

This map is psychoactive which means simply learning its basic outlines will engage and activate these fundamental dimensions in you. Further, your very brain itself through its neuroplasticity will begin changing its structure to live up to its greatest design potentials.

With your activated brain, you are installed on the very leading edge of evolution itself, with your thoughts, feelings and actions co-creating the very face of tomorrow. Evolution, God, the great perfection becomes alive in you, as you. As co-creator of the future, welcome to your place in history.

## PART ONE

### RECAPPING THE ACTUALIZE OS

Now, we'll begin with levels. Let's go through the various dimensions or components, starting with the levels of consciousness, levels of development, levels of altitude. All entities in the knowing universe have, in the past 14 billion years, undergone various types of evolution from stellar evolution, to biological evolution, to psychological evolution, to cultural evolution, and spiritual evolution.

In each evolutionary stream, each new level transcends and includes its predecessors. It includes them and then goes beyond them with some new novel, creative, emergent evolutionary addition. When human beings begin to emerge and develop, they inherit all of the previous stages of evolution thus far.

Humans contains quarks, atoms, molecules, cells and organic tissues and systems and then begin to add their own stages or levels of development which also transcend and include each other as each date becomes more and more complex, more and more whole, more and more conscious, more and more loving and caring and embracing.

Dozens and dozens of developmental models have been created to account for these levels, but what is so surprising is that virtually all of them give variations on the same basic six to eight major levels. These are core dimension of your great perfection because they represent the stages of growing up that you will go through, reaching higher and higher and higher levels of consciousness, creativity, wholeness and loving kindness.

Now, and this is crucial, although everybody is following essentially one of these eight or so major levels of development and are looking at the world and are interpreting the world to the terms of that level, virtually nobody is aware of this. These various levels are like maps with which you navigate the various territories in which you find yourself.

These maps themselves are hidden. You can't see these maps by looking within. They're very much like the rules of grammar. Everybody brought up in a particular language-speaking culture -- say, English -- ends up speaking that language quite correctly.

They use subject and verbs correctly, they use adjectives and adverbs correctly and in most ways they follow the rules of English grammar quite correctly. But if you ask them to write down these grammar rules, almost nobody can do it.

Everybody is faithfully following these rules but nobody has a clue what they are. These maps are

hidden maps indeed. You can only discover them by looking at many, many people who speak the language and then figuring out what rules they are following. Then if you teach people these rules, they will be able to spot them in themselves. Otherwise, they remain totally hidden.

That's what all these major developmental levels are like. They are hidden subjective maps with which we identify and cannot see objectively. We follow them religiously but have no idea we're doing so. This is why these maps or structures weren't discovered until around 100 years ago in all of humanity's history and also by none of the world's meditation systems -- who otherwise understands states of consciousness so well -- have any idea that these maps exist; which is why they appear in none of the meditative and contemplative systems worldwide.

One of the things that the Actualize Operating System does is show you these hidden maps, thus allowing you to become aware of them and ultimately be free of them, to transcend them, to go beyond them, and the small selves that they drive define instead your real self, your true self, your great perfection.

Keep that in mind as we go through these. Let's run through these basic levels, these hidden maps. The root core earliest level, the archaic or sensory motor or physiological stage is a stage of basic organic needs: food, shelter, warmth, water and so on.

Historically, this represented the transition from the great apes to the first humans some 1 million years ago. In today's individual, it occurs particularly during the first year of life, the oral stage when the world is all food and the infant is all mouth. It's given a color -- infrared being at the far end, the lowest end of the spectrum of consciousness.

Around 150,000 years ago, the next major and specifically human level began to emerge: the magenta magic or impulsive stage. This stage, level two, was marked by the earliest form of specifically human thought which Freud called the primary process.

You can see examples of it in magical or superstitious and fantasy thinking, such as voodoo where if you make a doll representing a real person and if you stick a pin into the doll, the real person is magically hurt. This stage is prevalent in today's one to three or four year old.

For the next stage, we're at level three which started around 12,000 years ago and marks the child today from around ages three to six or seven. The self has just learned to differentiate itself from the world and thus, as a separate being, feels vulnerable and threatened and worries about its safety and security and hence develops a whole set of power drives for protection.

As the self differentiates into its own separateness and vulnerable aloneness, the world appears a very dangerous place, full of powerful and threatening people, a dog-eat-dog world, a survival of the fittest and it's your job, motivated by your power drives, to do it to others before they do it to you.

This red stage is variously called Power Gods, magic mythic, power drives, safety and self-protective. Horticulture of early farming was discovered at this stage and the first large military empires begin to spread across the globe, gobbling up smaller tribal villages and towns. The heads of these empires were literally considered gods. They were in fact mythically exaggerated power gods.

With the rise of the pure mythic stage, amber level four starting around 5,000 years BCE and in today's child ages 7 to 12 or so. A very important emergent quality arises namely the capacity to take a second-person perspective, to take the role of "other." This allows the individual to expand its identity from itself, called egocentric and which all three of the previous stages were, to an identify with various groups, called ethnocentric a switch in identity from me to us, to the clan, the tribe, the nation, a particular religion or political theory and so on.

Hence historically, this expands an identity and consciousness with the stage that drove humanity's first great civilization and massive empires: Mesopotamia, Greek, Roman, Indus Valley in India, and China. The mythic literal great religions all arose here; Jewish, Christian, Muslim, Hindu, Taoist, Shinto and so on.

The rise of the orange rational stage level five marked another massive shift from the mythic, traditional, religious to the modern, rational, scientific starting with the Western enlightenment historically and a teenager 12 or older, nowadays. A third-person perspective allows the emergence of global universal worldview. There is not a Hindu chemistry and a Christian chemistry, just a universal chemistry. Identity in other words has gone from egocentric to ethnocentric to world-centric. From me, to us, to all of us. From tribal to traditional, to modern.

As thinking becomes even more sophisticated and complex, the next major stage, the green or realistic stage level six emerges. This is referred to as post-modernity, since it moves beyond the mere rationality of the modern stage and starts to consider all the different types of knowing and meaning done in all the world's cultures, not just the modern west. It sees all people as being radically equal or egalitarian and maintains that there are no universal truths, just locally colored, socially constructed, culturally interpreted truth. I do my thing, you do your thing, as its motto.

Since both of us have our own truths that are true for us, it tends to go to extremes however where it contradicts itself. It claims that it is universally true that there are no universal truths. It gives a very big picture about why all big pictures are not possible. In short, it claims its view as superior but also claims there are no superior views anywhere in the world.

This stage with its noble attempts to undo oppression anywhere emerged historically in the 1960s with the civil rights movement, the emergence of the worldwide environmental movement, the rise of feminism, the student revolutions and so on. In individuals, this stage can emerge at any

time in late adolescence or thereafter.

Now, all these first six stages have one thing in common, each thinks that its truths and values are the only real truth and values there are. All the others are confused, idiotic, infantile or just plain wrong. But starting a few decades ago, an entirely new and wildly different stage began to emerge. Called second tier to distinguish it from all the first six stages collectively called first tier, this level, the turquoise integral level seven, maintained that all the previous levels had some degree of significance, some type of importance in the overall growth and development of human beings.

They were not all wrong, they were all true but partial. This integral stage was so staggeringly different than anything that had existed previously, that Clare Graves, a pioneering developmentalist called it, "a huge chasm. A monumental leap in meaning," and is the first truly comprehensive, exclusive all embracing level of consciousness to emerge in human history, is an unprecedented game changer in every area it is found. This is especially so when it is combined with the next higher level, level eight, only barely starting to emerge now called third tier super integral or the clear light super mind, where a person doesn't just think integrally but becomes integral in their direct identity.

That is, they don't just think of the wholeness of the world, they become that wholeness, they identify with and as that super whole. That overall integral and super integral potential is a direct download from the ultimate great perfection, a composite map, an integral map, a super map that shows you all of the core dimensions of your own evolutionary greatness.

Your very being contains elements that go all the way back to the Big Bang, from quarks, to atoms, to molecules, to cells, to organisms, to infrared, to magenta, to red, to amber, to orange, to green, to turquoise and on to clear light. All of these elements are enfolded in your own being. You literally contain the entire universe in you.

Eventually, it helps you see what amounts to these hidden maps and make them conscious, make them objects and thus be free of them as well, using them as tools but no longer being used by them. To say the same thing from a slightly different angle, it will help you evolve to the highest or integral levels of all these maps, thus being at the very edge of evolution itself. Indeed, welcome to your great perfection.

Lines of Development. Part of your great perfection is that it doesn't contain just one intelligence as used to be thought, which was generally cognitive intelligence and measured with an IQ test, but rather it contains a dozen or more multiple intelligences. As different as these multiple intelligences, often called development lines, as different as these lines are, they all grow undeveloped through those eight major developmental levels that we just outlined -- different lines, same levels.

But the idea is that evolution has created for each of the major areas in life an intelligence specifically designed to address that area: intellectual, emotional, moral, aesthetic, interpersonal,

bodily, mathematical, musical, spatial and so on. Although research give various numbers of developmental lines, they generally agree that the following eight are central.

Cognitive intelligence, correctly understood is not a dry abstract analytic capacity but the conscious capacity to take perspectives: first-person, second-person, third-person, fourth-person and so on. Each has a more complex, more conscious, more whole or unified level of awareness. This line is particularly important because it is necessary but not sufficient from most of the other lines. In order to be aware of your emotional intelligence for example, you have to have an awareness that can do so in the first place. That is you have to have consciousness or cognitive intelligence. This line is foundational.

Emotional intelligence is what the name sounds like but it's not just being aware of your emotional state but also the emotional state of those around you. In other words, it has a strong interpersonal component to it. It is how you relate to your feeling state and the feeling states of those around you.

Intra-personal intelligence is the capacity that is cleanly and clearly introspective -- to look within. It said that the kingdom of heaven lies within, but that won't do you any good if you can't look within in the first place. Everything from self-knowledge to wisdom depends on being able to look clearly within.

Somatic intelligence is body intelligence, your capacity to read your body's wisdom and be aware of various bodily states and conditions as well as utilize your body's many skills. An entire organic wisdom is embedded in your body and being able to read that is a crucially important intelligence.

Moral intelligence is knowing the morally right thing to do. We treat others fairly if we feel some sort of identity or solidarity with them and thus as our identities grow wider and wider to the eight levels of development, our moral response grows greater and greater as well. From egocentric, care only for myself; to ethnocentric, care for my group; to world-centric, care for all humans; to Kosmo-centric, care for all centric beings.

Spiritual intelligence. We humans have two major but quite different types of spiritual engagement. One is spiritual "growing up," representing structures of consciousness as they move to the eight major levels. That is referred to as spiritual intelligence. It's how we think about spirit, about ultimate concern, about what matters most at each of these levels. The other is "waking up," representing states of consciousness and known as direct spiritual experience which is how we directly experience spirit, an item we'll get to next.

Willpower. Will is simply the power of the mind to push things. It is will that allows us to take a course of action and follow it directly without losing track of our goal or veering off course. Will is required to put any human intention into action and is thus a majorly important intelligence.

Self line. The self line of development concerns our relative, finite self as it grows into our ultimate, infinite self. This is one of the most significant intelligences that humans possess, since following the lead of consciousness, the human self goes from it to ego to God. From sub-human, to self-human, to superhuman.

Each of those are areas, developmental lines where your great perfection can shine. The Actualize Operating System allows you to spot these, to awaken them, activate them, grow and development and thus increase to reach and radiance of your own great perfection.

States. When the great discoveries of integral theory is that human beings have two major axis of growth, development and evolution. One is called growing up and refers to the various lines or multiple intelligences as they grow and develop to the levels or structures of consciousness, the eight major levels which we already gave, which act as the hidden maps interpreting our world.

The other is the growth and development of not structures but states of consciousness, through five or so major states, referred to as "waking up." Why waking up? Because it is the process where human awareness progressively awakens from its limited, narrow, partial, finite, fragmented, tormented and tortured egoic self through its everlasting subtle soul, to its highest self, to an ultimate divine unity consciousness, one with spirit and the entire universe at large.

This ultimate realization is known as enlightenment, awakening, the great liberation, metanoia, moksha or freedom, the supreme identity. We will, at the end of today's discussion, beginning experiential practices to directly realize these higher states, particularly your highest or true self and your ultimate oneness, suchness or unity consciousness.

For now, a few simple introductions. The exercise is later, so stay tuned. The great wisdom traditions usually give four or five major states of consciousness which appear in all humans from birth forward. Consciously awakening to all of them is traditional enlightenment. They are the waking state where you are aware of the physical universe, your physical or gross body and your physical reflecting ego or gross self. This often called the physical or gross realm.

Then the dream state, where we are no longer aware of physical objects but instead see an interior world of images, thoughts, symbols, emotions and higher thoughts and feelings of universal love, bliss, joy, happiness. You no longer have a gross physical body, but a subtle energy body. That is the shimmering feeling image body you have in the dream state and its everlasting subtle self usually called the soul. This is the luminous subtle ground.

Then the deep, dreamless sleep state. This is the very most subtle of all manifest states and realms. It is the first state to emerge in manifestation out of the infinite formlessness or pure emptiness realm. It's usually called the causal state – "causal" because it's the cause of all the lower states and realms.



The very subtlest patterns and forms that emerge in this causal realm are what the Greeks called archetypes or primordial forms, incredibly subtle forms of sound, color, shape, space and time. Archetypes are the fundamental forms that you have to have before you can have any other forms at all. All other forms depend on them.

If you're ever in deep formless absorption meditation, as soon as you start to come out of that formless realm, the very first forms you see are here are the causal archetypes. They're so subtle that sometimes it can hardly be seen which is why the deep dreamless state is indeed dreamless or imageless or formless.

It's also because it's bumping into the very next highest state, the pure emptiness state or pure consciousness without an object, the pure witness. This state is simply called Turiya in Sanskrit which means the fourth, by the simple reason that it's the fourth state after the first three, the gross, subtle and causal.

Turiya is the pure witness, the pure see-er, the pure observing self, which is identified with no thing or event anywhere in the universe. It's a pure emptiness, their creator and observer and witness. One's own highest true self or real self which is one with spirit. This is the infinite witness, your original face, the pure dreamless, imageless, formless, empty realm of the observing true self, the real self, spirit and the supreme identity.

That witness is felt within as the pure awareness that is right now aware of this room, aware of me talking, aware of all the objects arising moment to moment and this pure witness is felt as the pure I Am-ness, as a simple immediate feeling of being right here right now, pure consciousness itself, the source, goal and ground for the entire universe.

Now, the witness, as the pure source of awareness, will look at the world through whatever level or map the small self happens to be identified with. If the self is at red, the witness will look at the world through red. If it's amber, it will look through amber at the world. If orange, through orange and so on.

That is why as we'll see, the point is to grow and develop the highest possible level of development now available, in today's world around turquoise integral. That way in addition to being aware of your pure self, your true self, you will also be interpreting it to the various highest level possible.

You will have identified with all lesser maps and views making those hidden subjects into objects of the witness, thus dis-identifying with them and making room for the next higher level to emerge. When you're at the highest general level achieved by evolution so far, achieved by spirit itself so far, then not only do you have an awareness of infinite pure emptiness or your formless true self, you have access to the highest, most whole, most inclusive level or form available in the manifest world.

You have combined the highest level of growing up with the highest state of waking up and that is pure ultimate great perfection. Finally, as this witnessing self becomes one with everything that it witnesses, you no longer see the mountain, you are the mountain. You no longer look at the clouds, you are the clouds. You no longer feel the earth, you are the earth.

That is the union of the formless empty witness or true self with the entire world of all form today. That is the true union of emptiness and form. This non-dual awareness, non-dual means “not two.” The infinite witness and all finite form are not two, the subject and object are not two. Nirvana and samsara are not two. Heaven and earth are not two. Emptiness and form are not two. You and God are not two. This is also sometimes simply called unity consciousness.

With this ultimate state, human consciousness or wakefulness has started out with an identity, with a gross realm, the ego self and the waking state and moved into the subtle realm of the soul then into the causal witness realm of the pure self, the true self, the one with spirit, and there to an identity with the entire world, spiritual and material, infinite and finite, heavenly and earthly, one and many.

When this highest state consciousness is combined with the highest level of consciousness, namely today the integral level, then a radical absolute ultimate wholeness is the result.

Types. Types are a bit of a catch-all category. Virtually every item, every holon in the universe comes in a variety of types. Types are simply various classes or varieties, for example types of hormones, types of organ systems in the body, types of trees, types of insects, types of illnesses, types of ecosystems, types of communication, and on, and on, and on.

Types as I said is basically a catch-all category that can be used if one is exploring a particular topic or area in an integral fashion, to add types of that particular topic and thus flesh out the detailed accuracy of the integral overview. We don't include every single type of absolutely everything when we generally use the AQAL framework, but usually just add one or two, occasionally more, typologies in one or more quadrants to cover the specific realities of the particular topic at hand.

All those additions are totally acceptable and in fact are exactly how the AQAL integral framework was originally designed -- to be able to expand in those cases where it is useful to have more details. Some useful typologies that people find helpful with dealing specifically with human concerns are types of meditation in the upper-left, types of exterior social areas in the lower-right, political, economic, social, technological, logical and environmental.

It's quite useful in the upper-left to have included the Enneagram which gives nine major types of personality structure with their accompanying different needs, strengths and values; the Myers-Briggs typology, 16 different personality types based on Jungian categories and widely used in

business and even simple typologies such as masculine and feminine. Each typology offers some important information, so choose them carefully.

Quadrants. In a sense, tying together all the above mentioned elements from levels to lines, to states to types, we have quadrants. The four quadrants simply maintain that everything that can exist can be looked at through four major primordial perspectives or dimensions. The inside and the outside of the individual and the collective.

The inside or interior of the individual, what the individual sees when it looks within gives us an "I space." The outside or exterior of the individual, what the individual looks like from the outside in an objective exterior scientific fashion, gives us an objective IT perspective. That is for the inside of the individual is made of thoughts, feelings, insights, emotions, spiritual realization, psychological drives and so on.

The outside or exterior or objective view of the individual is made of two lungs, two kidneys, a nervous system, a digestive system, a triune brain with reptilian stem, limbic system and neocortex with neurotransmitters like dopamine and serotonin and so on. Because of how they are usually drawn on paper with the two major dimensions, interior and exterior, and individual and collective, drawn together as a cross to form four major boxes as it were.

The interior of the individual is called the upper-left quadrant and the exterior of the individual is called the upper-right quadrant. Then there is the inside or the interior of the various collectives or groups that the individual always finds itself in: the family group, there is educational groups, community groups, groups of friends, of associates, of work partners, various political groups, religious groups, the natural culture itself, various environmental bio regions, international planetary communities and each of these groups has a set of shared values, mutual understandings, collective ethics and morals, shared linguistic meanings, common goals and drives, similar semantic meanings and usually some sort of shared history.

These are all the things that hold the group together from within, from the inside, and referred to collectively as the group's culture or cultural dimension. This includes groups in nature which definitely have proto-awareness and prehensions.

This is the lower-left quadrant or WE space -- those same groups looked at from the outside in an objective exterior scientific fashion. This is all the objective facts or ITS about those groups. We already saw many of them summarized as political, economic, social, technological, legal and environmental and include birth and death rates, actual social structure or institutional framework, material modes of techno-economic infrastructure, all sorts of systems, family structures, ecological systems within systems and so on.

Where the lower-left is concerned with cultural togetherness, or cultural fit, this at the right quadrant is concerned with social togetherness or functional fit. The former is inter-subjective, the latter is inter-objective, but you can start to see all four of these dimensions, these quadrants always arise and occur and go together.

You can't really have one of them without the others. They can be looked at differently and indeed the different perspectives are part of their real differences, but they are all perspectives or dimensions of the same actual occasion. Each event in the universe, in other words, has these four dimensions or four quadrants.

This is important precisely because each quadrant is giving us information, important information about a different dimension of each and every thing in existence. In our attempts to understand our world, our history, ourselves, we are always leaving out one or more of these fundamental quadrants, leaving out their important truths just as we often leave out various levels or lines or states or types. This again contributes to our fragmented, partial, broken, tormented and tortured world.

How are all four quadrants always working together with any particular event? Take any thought you might have. Say you wake up one morning and start thinking about what you need to do that day. Normally this will be seen as an example of an isolated individual waking up and considering separate options that are typically common decisions but none of them necessarily related to each other.

An integral four quadrant view shows a much inter-woven and inter-connected situation. First, we have thought by itself, which is an activity in the upper-left quadrant. The line of intelligence the individual is using is central. Is it a cognitive thought that morning? Just thinking through the possibilities or is it an emotional thought, drenched in feelings and emotions about what all the options mean to this person? Or is it a moral thought couched in normative considerations of what the right thing to do is in several of the options the person faces that day?

Or is it an aesthetic thought with the individual thinking of all the beautiful and artistic options that might be encountered with some choices instead of others? Beyond that, what is the level or stage of that intelligence and the eight general levels available to this person?

What hidden map are they using to navigate their world? Was it being egocentric thought with the person won't give a damn about the others that will be running in to you today? Or an ethnocentric thought where the person happily looks forward to meeting perhaps the members of the meditation group or the church group or even the relationship partner with love and belonging swelling in their hearts?

Or worldcentric thought considering each action through a post-conventional perspective treating all people they need today fairly regardless of race, color, sex or creed? Or even a Kosmocentric thought deeply concerned about how today's choices will impact global warming or the population explosion or the poverty epidemic?

Still on the upper-left, what state are they coming from? Will today mean no more than an encounter with an essentially gross physical world of sensory motor objects? Or a subtle world of gleaming interior realities luminous and radiant and joy enhancing, driving their every option? Or causal witness state with the person firmly anchored in his or her true self seated in the pure present, steady as a mountain of pure I Am-ness, backing and supporting the small conventional self as it goes about its daily tasks?

What about types, say masculine or feminine? Will today be a trip to a hierarchically planned prioritization of tasks driven by an autonomous and separate self? Or a trip to a relationally oriented series of group gatherings with close friends, perhaps a shopping trip with one's best friend?

While those thoughts are going to the upper-left quadrant, the brain and body in the upper right are reacting and in some cases causatively creating various brain states and patterns that underlie and help drive those thoughts. Different consciousness states will be going hand in hand with different brain states; gamma, beta, alpha, theta, delta.

A shift in any of those brain states will cause an immediate shift in various consciousness states. Neurotransmitters will be correlated with different levels and lines of consciousness supporting or helping generate them, but the overall organic state in the upper-right will be profoundly interwoven with the thoughts in the upper-left and vice versa.

Those organic upper-right states will be seamlessly interwoven with the collective sum total of exterior structures and systems in the lower-right. Weather systems will profoundly affect what the organism is feeling as will political, legal, economic and educational systems the person is exposed to.

Ecological factors where we're playing a huge hand in how the organism relates to its surroundings and environmental toxins right at the very moment be eating into the organic organism already creating crippling physical illnesses which in turn will dramatically affect thoughts.

The mode of techno-economic infrastructure in the lower-right, from hunting and gathering to horticultural, which means simple farming with a hand-held stick or hoe, to agrarian which is advanced farming with a heavy animal-drawn plow, to industrial, to informational. These will determine an entire range of what thoughts are even possible for this individual organism.

In hunting and gathering, the morning thought might be "time to hunt the bear." In informational societies, it might be "time to get on Facebook and update my bio page." Completely different

types of thoughts in the upper-left driven by the always present lower-right and notice that all these exterior system group structures have interiors, have shared world views and the lower-left quadrant arising with them and mutually influencing them.

A purely foraging or hunting and gathering society historically arose with the magic world view where magical rituals were performed before each hunt to ensure the hunt was successful. Or rain dances performed to magically force nature to rain.

Our informational lower-right tended to arise with the post-modern pluralistic lower-left. Both starting in the 60s, driven by the multiple perspectives of worldwide computer information system provided. We can see their mutual interacting effects of the lower-right and the lower-left.

Of course, another impact on the inner subjective cultural worldviews in the lower-left is the overall impact of these subjective levels of individuals in the upper-left. As more people moved into amber mythic literal levels of individual consciousness, the more culture itself became weighted to an overall mythic religious worldview.

The more that individual has moved in orange, rational world-centric levels on the upper-left, the more culture shifted to a rational world-centric modern or scientific worldview in the lower left and vice versa. That general center gravity of a culture, the level of its world view, red, amber, orange, green, etc. acted as a magnet, a pacer of transformation for individuals, drawing them up to the culture's level if they were below it and slowing them down if they tried to move beyond it.

You can see that the simple thought that a person has when they wake up any morning is far from an isolated independent thought that they are having all on their own. It is profoundly molded and influenced by every level in their consciousness, every line in their awareness, every type and events from all four quadrants smashing down on them with tremendous force moulding and shaping even the most private and secret thoughts they have and in ways that they are almost completely unaware of.

But otherwise, they will most likely imagine that they are being original in their thinking and coming up with all these ideas on their own. Whereas almost completely the opposite is occurring. They're in the AQAL matrix, almost the same way Neo was in the Matrix until he awakened to it and saw it from the outside.

You see the AQAL matrix objectively. You awaken from its absolutely controlling influence and dominance and you start to stand free and creatively clear, ready to really start thinking for yourself, to find real freedom outside of the matrix and not merely a pretend and imaginary freedom inside it. Congratulations and welcome to the real world, Neo.

Bodies. We saw that the great wisdom traditions maintained that individuals have several major states of consciousness. These include the waking state, the dream state, and the dreamless deep-

sleep state. Behind all of those is the ever present witness capable of observing each of those states in a conscious wakeable fashion, which liberates us from identifying with any of the individual, freeing us from the pain and torment of a narrow, partial, broken identity and opening us to an identity with all of supreme identity -- our great perfection.

The traditions also maintain that each of those consciousness states or each of those minds to speak generally, is correlated with the matter-energy state known as a body. The important point here is that each mind has a body. The waking state or mind has a gross physical body which Buddhism calls the Nirmanakaya.

The dream state or mind has a subtle luminous body which Buddhism calls the Sambhogakaya and a deep dreamless state or mud has a causal formless body which Buddhism calls the Dharmakaya. Then the pure non-dual witnessing state which can be aware of all three of them and pull them altogether and thus has an integrating body which Buddhism calls the Svabhavikakaya.

The importance of these bodies as that they show consciousness is always anchored in a concrete, direct, and immediate matter energy state or a real body, so it's more accurate to speak of a gross body mind, a subtle body mind and a causal body mind. And you guessed it, the consciousness or mind aspect is the upper-left and the matter energy or body aspect is the upper-right.

Consciousness like any left-hand quadrant entity doesn't have simple location. Where is that located, or understanding, or logical thinking, or insight, or satori? You can't directly put your finger on it, can you? But you can locate the gross physical body. You can see it directly right here. And likewise with our subtle and causal energy bodies. Even though they're harder to see -- being more subtle -- they exist in fields of energetic networks enveloping the physical gross body with the field of subtle energy which itself is enveloped in a field of causal energy.

All of them objects of the pure non-dual witness. It's like a radio program you're listening to. There are two major parts. There is the information that you are receiving, what is actually being said and talked about in the program, the actual information being conveyed, its mind so to speak, but that radio program itself is delivered to the radio on a series of radio waves, an energy component, its body. Without both of them, you won't receive the program.

The same is true of awareness or consciousness itself. It has at least these two components, upper-left and upper-right. You want to keep that in mind. Both of these components, the spectrum of consciousness states in the upper-left and the spectrum of energy states in the upper-right, both of them are necessary to your awareness, as our integral theory adds the two lower quadrants as well.

This is important to stop any reductionism from occurring. Scientific materialists are always trying to reduce consciousness states to material brain states and idealists are always trying to reduce material brain states to mind and consciousness states. Both are equally important. They arise together and they evolve together.

This is also important because you can take up exercises to practice either one of these correlative aspects. You can take up meditation for example to practice for getting into consciousness states and you can take up subtle energy practices for getting subtle and causal bodies, practices like Tai Chi Chuan, Chi Gung, Aikido, Reiki, tantric practices and so on. All of these are part of an Integral Life Practice. Such are our many bodies, vehicles of our great perfection.

Shadow. Shadow work, although not that well known is one of the most important aspects of an overall integral practice. Carl Jung said that the way to our authentic self was through the shadow. The reason is that the shadow is all of the material about ourselves that we have dissociated, repressed, denied or generally disowned and pushed into our repressed unconscious from which we usually project it onto others, seeing them full of the disowned trait while we ourselves are completely free and innocent of it.

That leaves us with the false self, an inaccurate self-image, a self built on what are really lies that we have told ourselves about ourselves. You can't get to the authentic or accurate self-image by building on a broken inaccurate false image. Hence, the way to the authentic self is to our shadow.

Spotting, contacting, re-owning and integrating our shadow into our false self thus converting that false self into an accurate full and authentic self at any level. This authentic self is the functional, necessary and healthy version of our conventional finite small self. It's not our true self, our real self, our infinite witness or pure I Am-ness, but it is a conventional vehicle to which the real self is expressed and communicated.

We thus need this conventional self to be as accurate, as functional and as healthy as it can be and is highly developed as it can be, that includes being an authentic and not a false self. Expressing our true self through a false self as you can imagine horribly distorts and disfigures that true self, fracturing and contorting it beyond easy recognition.

This is another reason shadow work is so important. Shadow material can be positive or negative. Negative material is probably easy enough to spot, all the things that irritate you, that infuriate you, that cause you to get totally riled up and angry. Positive material or the golden shadow, we're less used to dealing with, but you can find much of your golden shadow by simply making a list of all the people you think are truly great and that you admire and include the two or three qualities you admire the most about those people you think are really great.



What you have is a likely list of your own projected positive material. It's not to say that those people don't possess those items, but you admire or even drool over them yet others don't, so what's the difference? You most likely are adding to their greatness by projecting yours onto them as well creating or mega-great person in your mind, so be aware of that possibility.

In all cases, positive or negative, you can start to reclaim disowned and projected material by doing the 3-2-1 process with them. Identify the projected material, items you excessively love or loathe in the world, seen as third-person items or persons, then face it. Talk to it as a second-person, then talk as it as a first-person, then be it, thus re-owning it; fighting, facing, talking, being.

Do this a few minutes each morning as you awaken with the most impactful images in your dreams, positive or negative and right before retiring with the most impactful event or person of the day, again, positive or negative. This will go a long way to cleaning up your shadow and awakening the authentic self of whatever level you're at, hence shadow work.

Inner Technology. Integral spirituality is primarily a way to access the means of waking up, which deals with states of consciousness as they reach from the lowest, densest, most limited egoic self sense to the ultimate radical great liberation of the supreme identity, the identify of the highest and true self with the entire world form, gross, subtle, and causal awakening to your timeless and eternal unborn and undying ultimate reality.

Of course, the state of unity consciousness can be experienced at virtually any of those eight levels of growing up and thus unlike the great meditation systems around the world, we add levels of development to states of development, producing a genuinely whole, full and complete enlightenment.

Not merely an enlightenment at the orange world, at the green world or even lower. This is why combining the levels of growing up with a states of waking up is the first system to produce this genuinely whole unity consciousness, instead of some unity with a limited and partial world.

This is the true awakening of and to your genuine great perfection. It is an evolutionary leading edge movement in every way covering all the major basis and dimensions to which your great perfection can shine and radiate.

It is a standard union of emptiness and form but the world of form this time is truly complete world of form, striving toward higher and higher levels of more and more form and not just stuck in a single pitiful slice or single level of form. This union of timeless, emptiness, and temporal evolutionary form gives the enlightened great perfection in its fullest statement. Something with which and through which you can ride evolution itself as it unfolds to the ends of the world; spirit in action as your truest and deepest self, the simple feeling being drenched with the entire universe top to bottom and indeed welcome home.

## PART TWO

### HOW DO WE TAKE THE AOS OUT INTO THE WORLD?

Now that you've downloaded and installed the Operating System, what next? First, look for it to become psychoactive in all of its dimensions. Quadrants, levels, lines, states, and types will come alive for you actively awakening, accelerating and evolving in your own case.

As you do so, you're at the leading edge of evolution itself, so make sure that as you follow this leading edge operating system, you are doing so from the very highest and deepest place in you that you can possibly find. Realize that your very own thoughts and feelings and behavior are being laid down as forms that future humans will all inherit.

You literally right here and now are co-creator of future evolution itself. You don't have to do anything beyond downloading and examining it sincerely. Simply do that and know that you are part of the very fabric of tomorrow's world an effect that will be in action forever, literally forever and for every human being that grows and develops to these levels.

Now, you can of course take this further. Besides the fundamental act of creating a new integral level form, by psycho-actively engaging the Operating System, you can take the system into action in the exterior world. Whatever activity you're engaged in now, you can reinterpret it according to an AQAL integral form.

If you're a doctor, or a lawyer, or teach a particular class, or are a waitress, a dental assistant, a computer software designer, a parent, mother or father, work at a hospice, as a nurse or a nurse's assistant in a health network, teach a musical instrument or anything, you can be looking at how that activity could be fleshed out, fulfilled, expanded and made more efficient by seeing how it can be affected by taking into account various quadrants or different levels, or major lines, or basic states, or important types.

The change that you create in the activity will be profound and so will its impact on the other people. It will begin working in this new integral version of that activity. Because the activity now touches on all the major bases or dimensions in a human being, then the very engaging and the activity itself will become a form of self-actualization of awakening, activating and accelerating growth in all of these fundamental dimensions in a human being.

In the professional journal of this field, the Journal of Integral Theory and Practice, there are articles that have now reinterpreted over 57 different human disciplines in AQAL integral terms and all of them turned out more compelling, more inclusive, more workable than before they were readapted.

There is a little chance that whatever you're doing can't be turned into an integral version of itself and that you can't turn that practice into a form of self-actualization and even self transcendence. There are now around the globe fully functioning practitioners of integral medicine to integral education, integral sustainability to integral business, integral architecture to integral psychotherapy, integral coaching to integral consulting, and at least 49 other areas.

This allows these practitioners to do several things at once.

1: Centrally important, they will have the means to continually make subject into object. Continually make their hidden maps unhidden, thus transcending the lesser and denser hidden maps to make room for the highest levels of maps possible, to ensure that they are interpreting and translating their world from the highest, most whole, most inclusive, most moral, most loving and caring level of map possible, which is today generally speaking the integral, super integral level.

2: They will turn their activity into a path of integral self-actualization and self-transcendence.

3: They'll contribute to concrete actions that are furthering the actual creation of tomorrow's integral evolutionary unfolding.

4: Allow individuals participating in the same activity to begin downloading the Operating System in their own cases thus activating their own self-actualization, great perfection potentials.

5: Contribute to the solutions of today's wicked problems since all those problems are now global and can only be solved by global, that is by integral solutions. Nothing else has or will work.

6: Begin to make a planet actually safe for future generations by providing a world that is truly all-inclusive and all-embracing and leaves nobody out, but embraces all individuals in a super map of radical inclusiveness.

7: Allow the realms of science spirituality, technology and culture to actually be integrated with each other instead of cascade all over and under each other, failing to come together in a genuine embrace and shattering the world's chances of a real peace and harmony.

8: Create a real conveyor belt of transformation by having the great religions offer a version of their message at each and every level of development so that individuals are picked up at the earlier levels of development with the form of religion appropriate at those levels and spoken in that levels' language and then when appropriate, letting go of that level and moving to the next higher levels' version of that religion.

That's encouraging people to continue growing and transforming and not getting stuck and fixated at any given level such as mythic literal because that is the only level that religion recognizes thus, in effect making growth beyond mythic literal level a sin punishable by everlasting hellfire. What kind of incentive is that for growth?

9: Begin a business based on or offering an integral version of whatever product or service you're interested in. As noted, this could be literally anything in any area because there is not a single place, or thing, or product, or service that can't be integral reinterpreted and recreated.

I'm not even going to start mentioning examples because it would take forever, but just realize that anything you're interested in can be integrally re-invented with profound results and using this product or service will not only give the person that product or service, it will begin to activate their own great perfection, self-actualization potential, because the product or service will be imbued with a psychoactive integral framework. It's a win, win, win solution.

10: Create an integral salon in your town. Simply begin convening meetings once a week or so that discuss various topics from different professions, to relationships, to today's headlines, from an integral point of view. Or perhaps a group engaging in an Integral Life Practice and getting together weekly to join others in doing so.

Just like for example the Facebook community. This is a wonderful way to have an outlet for one's "I space" in a similar altitude WE space. In those ways, and many more, you have downloaded out and into the world and start applying it there is the surest way to ensure that tomorrow is the healthiest, happiest, most vital, most inclusive and caring world that is possible to create, thus leaving a world of little bit more whole than when we found it, which is the only thing a human being is truly asked to do.

### PART THREE

## ACTIVATING THE ACTUALIZE OS

Let's do a guided meditation to take us through some of the essentials that we've covered and to see exactly how they all fit together and precisely what it means for you. What we're going to do is walk through each of the five main elements and just see how they are all arising in your awareness right now.

Then we're going to fall into the pure witness of all these elements. Your true self or real see-er and in then the unity of that see-er with everything it sees in a genuine unity consciousness. The awakening of the great perfection in each and every soul. We'll then rest in that silence and with that our alohas.

Where can you find the structures or levels of consciousness in your own present awareness? Let's use a simple version of Maslow's Needs Hierarchy and approach levels through that door. As I run through these, just see which ones seemed most important or desirable to you. You might find

several are appealing but on balance, you'll probably find speaks the loudest to you. See what that one is and then gently hold on to it. Just keep it in mind. We'll return to it for the meditation part.

None of us are likely at the lowest level, the simple physiological needs. All you want is water, food, work, shelter. Of course you'll think those are important, but they're not why you get up each morning. The safety security or power needs might be a little different. These red drives might speak to some of us fairly strongly. We basically see the world as a truly dangerous place. It's literally a dog-eat-dog world, a jungle of the survival of the fittest, red in tooth and claw.

Powers are important. The more power we have, the better. We might even have a gun or two. Perhaps taken various martial arts courses with the idea that we could truly stomp that threatening person into the ground. We lift weights and love each new inch of muscle we get. If we have this level as a hidden map, we will tend to be a little bit opportunistic, perhaps taking advantage of some people, especially if they seem to be real idiots.

We don't really think of how our actions will affect other people, more of how they will benefit or help us. We tend to be loners. We simply join others who think the same way. In our martial art classes or perhaps a meeting of survivalists who are preparing for the collapse of civilization and the barbarity waiting right around the corner.

At the amber belongingness needs, one of the primary drives is to fit in, to be accepted, to be loved. We love people who love us. We feel it is imperative to be part of a significant group of people. It could be belonging into a peer group, a bunch of other girls who share my fashion sense or a bunch of guys who really take video games and love to party.

Or religious group meeting weekly and in very social setting, or a political group where we often do volunteer work for a person who is really going to change the world. Or just being part of the greatest nation on the planet – America, of course. My country right or wrong, my religious path right or wrong, law and order right or wrong, something like that make sense to our hidden map. Being cast out, or rejected, or left completely alone, this frightens us more than anything. Being among like-minded people who share my thoughts and feelings is the best. My real brothers, my real sisters, and I really want to fit in, to belong.

At the orange, self-esteem and achievement needs, we don't so much want to fit in as to stand out. We're different, we're cool, we're unique. Above all, we're winners, not losers. Losing is the worst experience of our lives and we'll do anything to avoid it. Achievement, accomplishment, merit awards, excellence, that's what we want. Life is a huge competition and we intend to win it. Greed is fine, profit is good, progress is great. Having a real impact on the world is terrific.

If we have kids, we brag up the slightest little thing they do or every award they win. We have a bumper sticker on our car that says, "My child is an honor student at Calvin Coolidge High School."

We like to stay in shape and work out at the local gym often. Sometimes, enter amateur races or competitions and love the gold ribbons we might get.

Our friends were all winners too, but sometimes they're irritating as hell because they're always bragging about how great they are at this or that or parading some dinky award they just got. If I'm a wife or a husband of a wife, we're thinking about various plastic surgeries to get. If we're in business, self-improvement courses help us hone our business skills making us even better competitors and more likely to knock the competition out of the ballpark. We've got our eye on that promotion at work and from there, who knows. For this hidden map, bigger, brighter, better, faster, greater, that's for sure.

At green pluralistic and beginning self-actualization stages, we find ourselves in the position of having an understanding of what's the key to all human oppression and enslavement and we're here to save the world from that kind of exploitation, oppression, greed, inequality and environmental destruction.

Our job is to literally deconstruct all those previous approaches and replace them with radically egalitarian views where all people are considered perfectly equal and there are no superior views anywhere in the world and no hierarchies. Hierarchies are the worst.

Somebody who thinks they have a superior view is just somebody who is trying to control and oppress other people, by claiming they have the one true way and the other person doesn't. But what's true for you is true for you and what's true for me is true for me. Nobody can say who's got the real truth, that's just another interpretation.

Ranking in hierarchies, and judging based on it, is probably one of the worst things that people do. It's the source of all oppression and subjugation. Ranking men better than women is a source of sexism. Ranking whites better than blacks is a source of racism. Ranking this country better than that country is the source of imperialism and colonialism.

Ranking young better than old is a source of ageism. Ranking humans better than animals is speciesism and on and on and on. That is why all ranking has to be deconstructed. Instead of ranking societies, we will have partnership societies where everybody is treated equally with no differences at all and then everybody can self-actualize according to their own truth and desires, not what somebody tells them they should be or do.

This is why coming from the heart is so important. Feelings of the heart, not thinking of the head, that's what matters most. The feelings of the heart, each person speaks their own deepest truths, which are true for them as long as they are truly felt and fully embodied.

As a whole new paradigm that summarizes this new way of thinking and as opposed to the old paradigm of Newtonian and Cartesian ranking mechanistic thinking. The old paradigm is linear,

rational, analytic and abstract based on all Newtonian-Cartesian sciences that are mechanistic and materialistic, deeply egocentric instead of ecocentric, glorifying commercialism and profit and greed, thought-centered, not heart centered with a transcendent earth-denying, earth-hating view, not a gaia-centric goddess view.

The new paradigm is based on modern physics with everything inter-woven and in-tangled with everything else, organic and dynamic, not mechanistic and linear, feminine valuing, not masculine domineering, ecocentric, not egocentric, coming from the feelings of the heart, not the thinking of the ego, partnership and egalitarian, not ranking and hierarchical.

This new paradigm is behind a worldwide transformation now totally sweeping the world which is going to completely remake the world top to bottom with its new life-giving egalitarian values, helping every person find their own true feelings and desires coming straight from the heart, not judgmental and ranking thinking coming straight from the ego.

Parenthesis. Now, we need to briefly pause here and at least notice that this new paradigm coming from the green level is actually a halfway house on the way to a truly integral turquoise view. First of all, its main tenets as many philosophers pointed out are fundamentally contradictory.

The main claim of this post-modern green level is that there are no universal truths, there are only socially constructed local truths varying from culture to culture. But postmodernism claims that this is true for all people in all cultures at all places in all times. In other words, they are claiming it is universally true that there are no universal truths.

Postmodernism claims that its view is superior to all the alternatives, but it also claims there are no superior views anywhere in the world. It badly misinterprets both modern science and ancient mysticism. It claims a modern quantum mechanics shows a unified holistic world. Though quantum mechanics doesn't cover biology, or sociology, or history, or law, or psychology, and psychotherapy and so on.

The so-called new paradigm is really a bit of a jumbled mess of half truths and much wish fulfillment. It's trying to get to a truly integral worldview but keeps shooting itself in the foot -- or maybe in the head is more accurate. That problem is fine, the point about the green pluralistic post-modern view is that its heart is in the right place. It wants to undo the years of oppression, enslavement, suppression and ill treatment of humans by humans.

Even here, a bit of a crucial error is made as well. Postmodernism doesn't distinguish between two very different types of hierarchies, namely dominator hierarchies and growth hierarchies. The only way to get what postmodernists really want treating people fairly according to world-centric and cosmocentric views requires ranking and judging.

The higher levels such as green and turquoise are better than the lower junior levels such red and amber which are rife with ethnocentrism, racism, sexism, imperialism and so on. Only by developing to the higher levels do we become less racist, less sexist, less ethnocentric, less imperialistic and so on.

That's the type of ranking and judgment that is crucial that we learn how to make and that we implement widely. If you believe in a new paradigm and the whole post-modern green stance, if this is your hidden map, then keep this basic facts in mind as you continue to grow and develop into even higher levels that overcome these contradictions and inaccuracies.

What you fundamentally want is available at the very next level and keep this hidden map in mind because we'll come back to it with meditation and learn to uproot it with mindfulness.

In the meantime, you might have already transformed to the next higher level, the integral level and already have taken that monumental leap in meaning that Clare Graves described. Those who have wanted one thing above all else, if you're at this level, you love wholeness virtually more than anything else. We see "wholes" everywhere.

Everything is connected to everything else. Relationships replace isolated things as the fundamental stuff that the universe is made of, or slightly more accurately, holons, or wholes that are parts of larger wholes, so we love whole parts, not just wholes. But wholes tend to take the forefront that have been overlooked for so long.

We want to see big pictures. We love big data. We want to know how things fit together. We fill one with the entire universe story which is the story of our very own being as well.

Systems theory and chaos and complexity theories and network theory, even though none of them cover the left-hand quadrants, only the right-hand quadrants, they are often embraced as a way to make sense of how we see the world as fields within fields, within fields. Systems within systems, within systems. Networks within networks, within networks, endlessly.

If we become a bit more sophisticated, we might take up integral theory as the way to make sense of it all, because it's more inclusive and actually more systematic than systems theory.

The integral level recognizes all of the previous levels of development and further knows that everybody has to begin their own growth at square one. Stages cannot be skipped or bypassed, but individuals can stop their growth and development at virtually any stage.

It's not a simple matter of an old paradigm giving way to a new paradigm. Each level has its dominant paradigms and there are not just two major paradigms, there are eight. As we saw, about 40% of America's population is at amber, mythic, traditional. About 50% is orange, rational, modern, 25% of green, post modern and about 5% at integral.



Any truly new paradigm has a way to go, but the folks at the integral level realize that and are taking the best steps that they know how to help the earlier and lower levels of development reach this monumental leap of meaning. All of the lower levels are embraced in the full understanding of a truly integral embrace. The world's future might very well depend upon that single factor.

Now, after having used the integral view to spot what basic level of development, what hidden map we're presently at, we now use integral mindfulness to help make that subjective map into an object of awareness. Remember, as the developmentalist Robert Kegan put it, "I know of no way to better explain development than that subject of one level becomes the object of the subject of the next."

That sounds a little abstruse at first, but it's actually a very simple notion. Most of these hidden maps that we just summarized are held in an unconscious subjective identification. We identify with them. We look through them at the world. We don't look at them as objects. That is what we want to do. We now want to look at them, not through them and personally in our own case, not just theoretically.

When we do that, as we'll see, we disidentify with them, we turn them from subject or self into object or not self. We let go of them. This makes room for the next higher subject, the next higher level of consciousness, to emerge in awareness. As Kegan notes, this is the central key of all of development. So let's do it.

Sit comfortably on the floor, cross your legs loosely or use a standard lotus position. Fold your hands, face up one and the other and place them in your lap or put one hand face down on each knee. Straighten your spine or sit in a chair, feet firmly on the ground, hand in one of those two positions and spine again straight.

Then practice mindfulness on your chosen object. That is simply take a core characteristic of the basic level you are at and hold that in mind. Give it pure present awareness. If you find yourself drifting off and thinking of something else, just drop that other thought and gently bring your awareness back to your main object.

At the red power level, hold the feeling of power right now in your awareness. Feel this power coursing through you. In each case with whatever level you are doing this, don't condemn it, judge it or identify with it. Just look at it as if you're videotaping it and take neutral picture after neutral picture of it.

With whatever levels, feelings, or quality, ask the following questions and you might want to drop these down now. Where in the body is this located, head, heart, gut? What does it look like? What color is it? Just note whatever automatically comes up when you ask that. How big is it? What size is it? What does it smell like? Again, just note whatever it is that comes to mind.

What does it feel like? What shape does it have? What items especially trigger it? What things in my life have I created based on this level and its drives? How much of my life is motivated by it? With each of those questions, you are forcing more and more of this level into awareness. More and more making the subject an object. More and more transcending it, disidentifying with it, letting it go, moving beyond it and making room for the next higher level or subject or self to emerge.

When you have let go of all of the lower previous less inclusive hidden maps possible, you stand at the leading edge of evolution and at the highest, most whole, most inclusive, most loving level and map available in the world of form and combining that highest level with the highest state available results in the true great perfection, your original and true face.

Because what is also happening when you apply pure present awareness to whatever level you're at is that you are (whether you realize it or not) taking the stance of the pure witness, the true see-er, the real self, which can never be made an object. The true see-er that can never itself be seen but rather is doing the seeing, the observing, the witnessing. Big mind or pure, present awareness.

When we get to the states, we'll go into some direct exercises to recognize that pure witness directly, but the reason integral mindfulness is so important is that using the integral view, you can spot what level of consciousness you are at and the hidden map you are predominantly seeing the world through. Then using mindfulness, you can turn that subject into an object, you can uproot it, disidentify with it, because you're instead identifying with the pure witness, the true see-er and not any small finite object that can be seen.

You're actually taking the stance of the great liberation or radical freedom or pure consciousness as such and that lets you let go of lower levels to make room for higher levels. Thus, this practice helps you reach both the highest level of consciousness as well as the highest state of consciousness and hence headed for full enlightenment, the great perfection, in your very own case.

Back to the red level. Focus mindfulness on power especially and in any other of this level's characteristics you wish. Hold the feeling of power directly in mind and then apply the mindfulness questions, What does it look like this power? What does this feel like? Where is it located? and so on. Make that hidden map unhidden. Make that subject object and in your own case, in your own being, let go of it and make room for the next higher level.

Thus, moving on with the amber level. If this is present in you, focus on the feeling of belongingness right now on that special feeling of being and loving, belonging, we space, not just an I space. Focus carefully on that we space and look at it from every angle possible.

Imagine being in several different we spaces, perhaps with your romantic partner, your

colleagues at work, your family, members of any local clubs you belong to, classmates and so on. In each case as you focus on this feeling of we belongingness, apply the mindfulness questions. What does it look like, feel like, what size is it, where is it located and so on.

Make that hidden subjective map a conscious object and thus cease identifying with it. At the orange level, focus on achieving something and the very feeling of achieving itself, being recognized for great merit, great accomplishment. Everybody knows your face and name, outrageous. Focus on the feeling of this great accomplishment, great achievement, and enormous fame that comes with it. Let that flood your awareness and then bring direct mindfulness to it and apply the mindfulness questions. Again, what does it look like, feel like, where is it located and so on. See that hidden map as clearly and as objectively as you can.

At green, if you have any of this present, focus on the sensation of negatively judging something. Remember, what this level does is, since it holds all people to be equal, it horribly judges people negatively who don't agree with it here. Somebody at this level will judge people who judge. Almost everybody is actually judged or ranked by this level in some way.

Some of those might be indeed worth judging, but the point is, green doesn't see that it is doing judging or ranking, which it most certainly is, because it claims that it does no ranking at all. This truly is a hidden map for them. Focus on your judging, focus on how you're actually ranking people and hold that ranking feeling in mind.

Look directly at it from all possible angles. Apply the mindfulness questions to it. Again, what does it look like, what size is it, what does it smell like and so on. This is a hidden map you definitely want to make unhidden, so see it clearly as an object and thus make room for the next higher level of form.

At an integral and super integral, hold wholeness in your mind. Just hold the feeling of what being whole looks like and feels like. Wholeness everywhere, oneness everywhere, unity everywhere. Let that look and feeling pervade your being. Look at it with mindfulness awareness and then apply the mindfulness questions.

At this point, since this is essentially the highest level that has evolved to date in the world of form, at some point in this integral mindfulness practice, as your present subjective level has made more and more object, you will likely come to a place where your mind becomes temporarily quite still and silent.

At this point, you are resting in the pure silent witness. The center of the cyclone. The true seer. The real infinite self and it is just a vast open clearing in which all objects arrives. It's the space of awareness in which those clouds are now arising, or in which this room is now arising, or in which this computer is now arising.

It's not anything that can be seen itself. It's the space or clearing in which seen things are now arising. It's just an empty, open, spacious clearing. Simply rest in the vast, open, empty, silent, clear witnessing awareness which is pure spirit in you, your real self and supreme identity.

You can experience this pure witnessing awareness at virtually any level you are at, because basically all states gross subtle, causal, non-dual witnessing can be experienced at any structure or level, red, amber, orange, green, etc. That is what will happen at each and every level as you do integral mindfulness, you take the stance of the pure witness.

It's just that at the highest levels, integral and super integral, this becomes more and more a common experience. You're at the point where growing up and waking up are starting to come together as a complete full, total great perfection. Each time, when we practice integral mindfulness on a particular dimension in the AQAL framework, just come to this place of open, clear, silent, pure witnessing awareness and simply rest there for as long as it's comfortable.

When you wander into thought, just sub-vocally label whatever you're thinking, "thought" -- then drop it and return to silent witnessing. We'll come back to what to do with that witness when we get to states. First, let's now quickly be mindful of lines.

Here, although, it is likely that there are a few lines or multiple intelligences that you mostly identify with, the whole point of lines that most of us have some sort of capacity, however lowly developed, for every intelligence. Here, we want to practice integral mindfulness in a quick succession of each one.

In this process, if you spot one or two or three that really stand out for you, that's fine and you can, in subsequent quick practice sessions, focus on those, but for now, just let your mind run over all of them briefly.

I'm going to mention the name of the line, give a few major characteristics and I'd like you to focus on whatever thoughts or feelings come up when I do. Let those thoughts and feelings arise and hold them in mind. Look at them from all directions. Really videotape it and then especially ask where in the body is this located; head, heart, gut? What does it look like and what does it feel like?

When you practice this on your own, you can spend more time on each line than we will now, and ask the full battery of mindfulness questions. For now, just a quick run through.

Cognitive. Be aware of awareness itself. Notice awareness itself. Just take a few seconds to rest in awareness. See it as an object and ask your questions. What does it look like, what does it feel like, where is it located?

Emotional intelligence. Simply get a sense of what you are feeling right now, what emotions are arising. Excitement, joy, confusion, boredom, happiness, anxiety, sadness, delight. Take a few

seconds and really see and feel your feelings as objects.

Interpersonal intelligence. Very simply write down just look within, introspect. You should be doing that anyway. Just look at what you're feeling, thinking, hoping, wishing, wanting, needing, desiring. Be aware of your interiors, see your interiors as an object and hold that awareness, what do they look like, feel like, and so on.

Somatic. Directly and immediately feel your body. Just your overall body. It's often implicitly part of your subjective self. Now make it an object. Look at it, feel it, see it.

Moral. Remember the last time you were faced with a moral dilemma, what is the right thing to do. Picture both the wrong thing to do and then picture the right thing to do and then hold that feeling of rightness in your awareness. See it as an object. Just what does it look like, what does it feel like, just doing the right thing.

Spiritual intelligence. Think very carefully about what it is that is of ultimate concern to you. What is the single most important thing in the whole world to you. You might think of several. Your mate, your kids, your job, your money, your friends, your reputation, your health, but force yourself to choose just one then hold that item in mind and pay attention to the feeling of wanting it. Notice that ultimate wanting. See it as an object. What does it feel like, look like, where is it located.

Will power. Look at the seconds sweep hand of your watch or the seconds on a digital readout and hold your mind on that item as it clicks along for 15 seconds. All the while, feel the power of your mind holding onto those seconds read outs as they occur, notice your capacity to hold attention on that single area without losing track. Feel that mental strength. Look at it closely as an object, what it feels like, what it looks like, this thing called will.

Finally, the self line. Simply feel right now your own self contraction. That tiny interior tension that you associate with your separate self sense. Recognize it's not a thing, but a process. A process of subtly contracting your awareness. Be aware of that contraction, that feeling of a separate self. Hold that subtle tension in your mind. Videotape it with awareness. See it as an object.

While you are doing that, while you're being aware of the self-contraction, bring this line's awareness session to an end by noticing that which is being aware of the self contraction. That is, be aware of the witness of your I or your me. That witness is what Ramana Maharshi called the I-I because it is pure seeking I, looking at the object self or I, the pure see-er, the real self, the true subject, and not the little finite ego subject that in fact can be seen as an object and thus, it isn't even a real subject or real self.

The witness that I-I which was just aware of each of your multiple intelligences or it was aware of each level of your hidden maps is indeed your original face, your true see-er, your real self, that is indeed directly one with spirit, one with pure consciousness or pure infinite awareness, which is one

and the same in all sentient beings.

This is your big mind, your real self, the pure observing self, the true witness. Rest briefly in that pure witnessing awareness, that pure and simple feeling of I Am-ness right here, right now. Remember it's not something that itself can be seen. If you see anything that's just another object. Rather the witness is the vast, pure, open empty clearing or space in which all objects and subjects are arising now, moment to moment to moment.

The clearing my voice is arising in. The clearing of the clouds are arising in. The clearing of the buildings are arising in. The clearing of this room is arising in. That clearing is infinite spaciousness, pure open emptiness. Your one and only true self and real condition. Rest in that vast, open, clear, still, silent spaciousness. Your timeless and eternal and real being.

Now, that witness although itself without qualities or characteristics of any type, it is radically unlimited, unborn, undying, unqualifiable. That witness looks at the world through whatever form is present to it. That means the witness will look at the world through whatever level the conventional self is at, the hidden map that it will use.

It looks through the particular line that is active. It looks through whatever state is arising. It looks through whatever quadrant is being active and it looks through whatever type is present. This is what Patanjali, the founder of yoga, meant when he said that ignorance of ultimate reality is due to, "the identification of the see-er with the instruments of seeing." That is, we identify our real self, our true see-er, the pure witness, with whatever quadrant, level, line, state or type is present.

The Actualize OS allows us to see each of these elements and be aware of their existence, be conscious of them for the first time, thus releasing them from items we were identified with as our subject or self -- that is, items we were identifying our true self with, thus turning them into mere objects of awareness, seeing these subjects as objects, thus disidentifying with those objects and resting as our true timeless, unborn and undying real self.

In other words, it allows us to escape from any particular identification with the AQAL matrix. When we are identified with the AQAL matrix and don't know it, then we reduce our infinite and eternal self to a mere finite, temporal spatial object thus opening a defragmentation, brokenness, tormenting, torture and missing our real and true identity.

When that's exclusively identified with components of the AQAL matrix, that AQAL framework becomes from the floor plan of the prison we are enslaved in, a map of our mistaken identity, a pointer to the items causing our pain and suffering in the manifest world. On the other hand, when we see all the various dimensions for the AQAL matrix, we become conscious of them. We turn those objective identities into objects of awareness, objects of our true self, the pure witness. Thus, just like Neo in the Matrix, when we are in the matrix and don't know it, it's our prison, giving us a

reality that is really illusory.

When we escape the matrix, when we see it from the outside as an object, we become radically free of it. We achieve the great liberation and enlightenment or awakening to who and what we really are. Then for the final and concluding step, once we are aware of all the dimensions of the AQAL matrix, we can move to an identity with all of it. Emptiness and form become one, the traditional definition of enlightenment.

The world of form is the AQAL matrix itself. The matrix or framework represents the entire world of form. It's a super map of all the dimensions and perspectives available to us in the manifest world. As such, it is seen as a perfect manifestation of pure spirit and all of its components become ornaments of spirit itself.

We achieve a true unity consciousness because we know all the otherwise hidden dimensions of the world of form and thus can consciously include them in a unity awareness. Being at the integral level of development for example, we transcend and include all the previous levels of development. We literally include them all in our being.

Whereas, if we were at amber and we achieve unity consciousness, we would only be one with all the levels up to amber. Over amber's head, and thus not available to awareness, are the entire orange, green and integral worlds. They cannot be included in our unity consciousness because they aren't in our consciousness at all in any fashion and you can't become one with someone you don't know exists.

The AQAL matrix is very much like the eastern notion of Maya. Maya means the creative magic by which ultimate spirit creates the entire world and everything in it. If all you see is the world of Maya are all the different things and events in the world, but you don't see the ultimate oneness of all of it, you don't see spirit behind all of them, then Maya becomes the world of pure illusion. Which is usually how the word Maya is translated, as illusion.

If you see that it's actually spirit in action, that all of it together is spirit itself, then the entire world becomes an ornament of spirit itself. The entire world becomes spirit itself and thus Maya is seen as a realm of spirit's own manifestation and something you become one with in unity consciousness.

Maya seen apart from spirit is illusion. Maya seen as spirit is part of ultimate reality. The same is true of the AQAL matrix. Most people can't even start to be aware of it, to see it as an object and thus break its spell because they have no idea of what its actual dimensions are. They are unaware of quadrants. They are definitely unaware of levels and hidden maps. They are usually unaware of lines. They are most certainly, consciously unaware of all the states, and of most types. They remain unconsciously identified with all of these. They're small, finite, conventional, self, or subject, is identified with some components of each of these dimensions but they don't know about it just as

they don't know about the rules of grammar they are currently following right now.

Once you become aware of all of the dimensions of the AQAL matrix, once you can see them as objects, you're self-identifying with them as subject. You stop identifying your true witness or pure see-er with those objects that in fact can be seen. You break out of the prison of the AQAL matrix and stand free, no longer its victim but its witness.

That is what we are doing right now. We are dealing with all of the elements of the AQAL matrix so we can see them as objects in awareness and stop unknowingly using them as subjects or things through which to see and interpret and experience the world. When that happens, we are free to identify with all of them.

When we identify our emptiness, our pure unqualifiable witness, with the entire world of form, we now have a much fuller picture of what that world of form is. The world of form is the AQAL matrix, which shall long as we were unaware of it, was our prison, our Maya, our illusory world. A case of mistaken identity of our true self with some small, finite, puny little subject or egoic self unknowingly bound to the elements of the AQAL matrix, lost in the hidden maps governing our lives without us even knowing.

Seeing the AQAL matrix and all of its components as objects, as we just did with levels and with lines and outline with states and we'll do so with quadrants in a moment, we become free of any of them specifically. They are now all objects, all forms in our awareness. Thus in unity consciousness, when we become one with all form, we will become one with all of the form in the AQAL matrix.

We will realize that we are using a particular level. We will know we are activating a particular line. We will recognize the state we are in. We will spot what quadrant an idea is coming from. This will allow us to identify with the highest, the most complete, the most whole, the most inclusive, the most of all, the most embracing, the most loving and caring and transparent of all the dimensions in the manifest world in the entire world of form. An entire AQAL matrix. All of those will be held in our awareness. Held as objects in our true subject, our real see-er, our true self and thus seen as ornaments of spirit, manifestations of spirit itself, manifestations of our own I Am-ness, the pure union of profound emptiness with the most and fullest form available. The true and genuine great perfect, top to bottom.

Let's continue this process of seeing all the elements of the AQAL matrix as objects, thus cease identifying our true witness or real self with any of them and thus preparing the way to becoming one with all of them, because we are exclusively identified with none of them. Pure emptiness and total form in eternal embrace.

Let's move on in taking that witness to an awareness of the quadrants. Again, we will do a simple and quick run through. When you practice this on your own, you can spend more time and



apply the full range of mindfulness questions. Right now, we just want to do a quick pass at these fundamental dimensions -- turning subject into object.

Start by looking at any physical object around you. A computer, a chair, a cup, a tree, a building, the exterior of a person walking by or whatever. Focus on the objectness of that item. Focus on the item as an it. A pure it, a pure object. We're not looking at any of their interiors and all of them have some sort of interiors. All of them have four quadrants.

Just examine that exterior. The material, physical shape or form that it possesses. You already see this as an object which is why you don't identify with it. It's not your subject, it's an object. Pay attention to that it-ness, that objectness, that feeling of it being not you, but a real object out there.

If you look within and see anything -- thoughts, images, feelings, symbols, concepts, ideas -- notice that those are actually objects too, which is why in reality your true witness or real self is not actually identified with those either, they are just more objects and the real see-er is neti-neti, not this object, not that object.

Look at a group of objects, say a group of people. If there isn't a group in your immediate area, simply imagine one, a group of your co-workers, a group of your family, a group of friends, a club meeting and so on. Notice that those individual objects, the exteriors of the people in the group, form a group because they are all tied together with some sort of common goal, purpose, activity or relationship. In other words, they aren't a heap of random objects. They are a whole, they are a group bound together for a reason.

They are, in other words, a system. A system of objects or an "its" system, or individual objects belonging to various groups of objects, to various systems or networks. All of your furniture pieces in your apartment are held together by an ownership of them. All of your co-workers are held together by belonging to the same job or company.

All the apartments where you live are held together by all being in the same building. All the buildings are held together by being in the same town. All of your family are held together by things from genetics to legal agreements. All the trees outside your house are held together by the local ecosystem they are members of and so on.

In addition to being aware of the individual it or objects in the group, notice the group itself, notice the series of relationships that all individual its are a part of. Notice relationship. Feel relationship. See relationship. Even just the spatial relationships, all objects occurring together in your visual field, they are all touching each other.

Everything around you exist in systems of relationships. Be aware of those relationships, those endless groupings. Notice that every one of those groups have interiors as well as exteriors and then carry this all the way down. Even atoms have an interior prehension or proto-awareness, but

we'll focus on humans for the moment.

Notice that all of the human groups that you might have thought of, your family, your coworkers, your fellow countrymen and women, your friends, all have a series of interior shared values, shared meanings, shared understandings, shared history and so on. All of them in other words share as sense of we, a we-ness and that is what holds them together from within, just as their system structure is what held them together from without.

Feel what you feel like when you are with your family members. Maybe a family gathering on a holiday, Thanksgiving or Christmas. Focus on that family "we" feeling. You clearly feel different when you are around just these people. What is that feeling, that we-ness? If it's hard to spot that particular we-ness, it's because you're much too closely identified with it subjectively, so it's even more important to be able to see it as an object.

Be aware of it, see what it looks like, what it feels like. Notice that "we" feeling is different from an "I" feeling. It's something different. It's lots of I's coming together into a we. It's also different from an "it" feeling. You're not just looking at an it as an object or exterior, you're feeling the group from within, a type of shared mutual awareness and mutual understanding.

That's a brief awareness exercise for the upper right or "it" quadrant, the lower right or "its" quadrant and the lower left or "we" quadrant. Those might occasionally have been a little complex, although hopefully not too much though, but from now on, it's smooth and easy. Simple and straightforward sailing.

We're moving now to the upper-left or the interior of the individual, the I space and even the I-I space of you. Here, we will move directly into state awareness and particularly the two very highest states available, the pure I-I or true witness or pure non-dual unity consciousness, the highest state of awareness there is and which, when combined with a highest or integral level of consciousness, gives the ultimate, full and complete great perfection.

Let's do it, which will bring this overall summary and integral meditation to an end and which is also the end of this presentation itself. Although hopefully it's just the beginning application of it in your life. Here we go.

We want to start with an awareness of your own upper-left quadrant, the interior of your own self and awareness, so sit back, relax your mind and become aware of what you feel is your self. Just very simply be aware of yourself. Briefly describe it to yourself. You might say, I'm this many years old, I weigh this many pounds, I'm this tall, I went to this college, I have this degree, I work at this job, I'm in this relationship to the person, who's name is such and such. I enjoy being on the computer, I like movies and all kinds of music, next week is my birthday and so on.

Notice that this process involves two selves. One is the self that you are aware of as an object. The one that you just saw and described. Those descriptions were all objects that you can see. They were all things that are seen about yourself, but then there is the self that is doing the seeing, the self that is doing the describing, the actual see-er, the observing self, the witness.

This self does the seeing but can't be seen itself, anymore than an eye could itself or a tongue could taste itself. It's a pure subject or pure see-er, not an object or something seen. If you try and find the see-er and you end up seeing anything, that's just more objects, not the real subject, the real see-er, the real self.

The real see-er has an awareness that is, "I see the mountain but I'm not the mountain, I have sensations but I'm not those sensations. I have feelings but I'm not those feelings. I have thoughts but I am not those thoughts."

As you rest in this pure see-er, this witness, all you will begin to notice is a sense of freedom, a sense of openness, a space or clearing. You are not identified with any objects at all, you are their witness. As witness of them, you are free of them. You have feelings but are not those feelings, you're free of them.

You have thoughts but you are not those thoughts, you are free of them. All of this time you've been identifying with some of these objects you can actually see and you have been mistaken them for a real self -- but they're not even a real subject, they're objects. There's something, not the true see-er. That first self which you described is actually what you are not -- not really and truly and deeply. That is why the meditative traditions the world over maintain that we are the victims of a huge case of mistaken identity.

We have identified the see-er with something that can be seen. Where the see-er, the witness is infinite and one with spirit, the seen self, the little ego is finite, partial, limited, fragmented and terror-ridden. The real witness has no fear, it is the witness of fear. The witness is not the victim of life, it's the witness of life.

When we switch our identity from the little, seen or object self to the true see-er or real self, all you sense is a vast release, an ocean of openness, a vast clear field or space or clearing in which object inside and outside are arising moment to moment. You are this vast, open, empty clearing or space or spaciousness, in which everything is arising moment to moment to moment.

You are what the awakened called *neti-neti*, which means not this, not that. I am not this, not that. Not any object or things that can be seen, but the vast opening or clearing in which all those objects of things are arising, now and now and now. This vast opening is an ongoing sense of pure I Am-ness. It's an ever-present awareness whether you realize it or not. I Am-ness is the one constant experience you always have.

You probably can't remember what you were doing on this day a month ago but you can be sure I Am-ness was present. You likely can't remember what you were doing a decade ago but I Am-ness was present. You probably can't remember what you are doing a century ago, a millennium ago, but I Am-ness was there. That simply means, not that I Am-ness is literally everlasting, but that is timeless. It lives in the present timeless moment, the pure "now" moment and never enters the stream of time. And so all time is present for it.

The witness is aware of the time and thus is itself free of time. As you practice mindfulness of any object, you are actually resting in nothing but the pure witness and you're witnessing the present timeless now as events come and go through it and this very sense of present I Am-ness, this simple immediate feeling of being, you're aware of that, yes? Just this simple present feeling of being?

That is your true self, your real self beyond any temporal or finite ripple of this or that, but the ground, the source, the witness of all of that. Resting in this pure sense of witnessing awareness, which is no object whatsoever, take it to its conclusion and radically, radically let go of all of the objects we have spent the last hour or two identifying and objectifying.

Let go of the AQAL matrix entirely. You're not in your real core any particular level or any particular line or any particular quadrant whatsoever. We didn't look directly of type because there are so many of them and besides we would have done the very same thing with them -- see them as objects so that you would realize you are not ultimately any type at all, zero, none.

Every single thing an event you are aware of now is simply part of the limited manifest object world and you are free, radically free from all of it. Rest in that state of pure freedom, feel it as freedom which no matter what object arises within or without you immediately disidentify with. I am not this, I am not that. I am the pure witness of this and that. The pure observing self, the true see-er, the vast, clear or open space in which all of this arises and which is identified with none of it.

That is radical freedom. Freedom from all objects anywhere. Freedom from the entire universe. Freedom from all of manifestation itself in any realm. It is the freedom of your original face. The radical freedom of I Am-ness which is pure I Am-ness before it identifies with anything. Not I am this tall, I am this weight, I am at this job, I am this man, I am this body and so on. Just the pure I Am-ness before it is any of that. Your true self, not your object self.

That ultimate freedom rest on an event deeper truth. You're not any one of those objects that are arising moment to moment because in your very deepest nature, you are all of it. That's right. You are all the objects and subjects and things and events arising anywhere and everywhere, now and at all times.

You're actually in an ever-present state of unity consciousness where your true witness is one with everything that it witnesses whether gross, subtle or causal. Let's experience that.

Begin by sitting in a comfortable position again, relax the mind and then pick an object arising in your awareness right now. A tree, a table, a shoe lying on the floor, a glass, a mountain, any object like that. Get in the stance of the witness. That is, look at this object from the stance of the pure seer, the pure observing self. That means you go through the process of neti-neti. I have sensations but I'm not those sensations. I have feelings, but I am not those feelings. I have thoughts, but I am not those thoughts. I'm none of those. I am their pure witness, the pure observing awareness.

While looking at the object, allow the observing self, the looker to dissolve. Just let go of any sense of being a watcher and simply focus on the object itself. Let the object arise in your awareness as if it existed by itself. Let the sense of the object push out any sense of a watcher and just exist all on its own as totally self-existing.

You don't see it. You don't exist. There is just the object arising in your empty, clear field of awareness without a looker. Just the object arising by itself, as itself, just the object. Douglas Harding use to call this the headless state. It works like this:

As the awareness of the object continues to arise, notice it is arising directly on your shoulders exactly where you thought your head was. That is, you can't see your head sitting there on your shoulders. Where you thought your head was, you can only see the object sitting right there on your shoulders. There is not inside of your face in here and outside of your face out there.

Everything out there is actually arising in here, inside your face. On your shoulders where your head used to be. In fact, the world out there, the entire universe is arising on this side of your face, is arising inside of you, right here where your head used to be. You are one with everything that is arising moment to moment.

You don't see the object, you are the object. You don't see the mountain, you are the mountain. It's arising right here where your head once was. You don't feel the earth, you are the earth. You don't see the clouds, you are the clouds. You are the entire manifest world arising moment to moment on this side of your face right where your head once was.

When Trungpa Rinpoche was asked what enlightenment felt like, he said, "The sky turns into a big blue pancake and falls on your head." That's exactly it. The sky is actually existing right where you thought your head was. It's a big, blue expanse that is existing right on your headless shoulders.

This feeling of headless, oneness of everything that is arising is a glimmer of true unity consciousness. It's a union of the emptiness of your head -- which you can't actually see in your visual field at all, it's just a clear open space -- and it's one with the form of everything arising. That's unity consciousness.

In this unity state, you will experience both perfect freedom, because you are not identified with any single thing or event that is arising, you are free from each and anyone of them. But you will also experience perfect fullness because although you are not identified with any one of them, you are identified with all of them. You feel that you are the entire universe arising on this side of your face arising within you where your head used to be.

You can taste the sky, literally taste the sky, it's that close. There's no separation between the seer and the seen. They touch, they are one taste, right here where your head once was. Remember, even when you have this unity awareness, you still will be at a particular level of development. Red magic, amber mythic, orange rational, green pluralistic, turquoise integral and so you will continue to interpret events as they unfold, in terms of the hidden map that you have, the level that you're at.

You will still fully experience this unity state, but it will still be interpreted in a mythic or pluralistic or integral, etc. fashion and you won't experience that hidden map. Unless you know to look for it, you will be completely unaware of that level. Unaware of the fact that it is governing how you see and interpret this experience.

No matter what level you are at, you can still experience this headless unity state. That is why every one of the meditation systems worldwide, even though they were perfectly aware of this unity state, were not aware of any of the hidden map levels and so included none of them in their map's meditation, but we're now aware of both and thus including the stages above waking up to the highest state and growing up to the highest level.

We include the very highest development possible for human beings at this stage in our evolution and we can look forward to even higher stages, knowing that growing up and waking up will again both be included in a full and ongoing self-realization.

Rest in the vast, open, empty, clear oneness of pure unity consciousness where everything that is arising in the entire universe is arising within you, within your headless, thoughtless, silent, still, pure awareness. If thoughts arise, simply let them, as part of this total unity or great perfection.

If your separate self or ego arises, simply let it as part of this total unity or great perfection. If pain or suffering arises, simply let it as part of this total unity or great perfection. If you think you understand this, then let that understanding arise as part of this total unity or great perfection.

If there are parts of this you don't understand, let that arise as well as part of this total unity or great perfection. Whether you understand this or don't understand this, there is still this ever present now moment, headless awareness, arising of its own accord and spontaneously embracing the entire world. Welcome, welcome home. It has always been so.

Very best wishes, all my love truly, and aloha, until we meet again. Susannah: Hello everyone and welcome to the finale of our Actualize OS program with Ken Wilber. It has been quite a journey and

this concluding session, the official system reboot of the Actualize OS, promises to be the icing on the cake!

During this session Ken will do three things:

First, he will recap entire program, from the initial module, through the five core installations and the three application modules.

Next, Ken will discuss what's next — now that we have uploaded this radical new OS into our system, what can we expect to achieve? How can we use these new perspectives and knowledge to further our understanding and development?

And finally, Ken will lead us in an experiential guided meditation through the core components of the Actualize OS. This is truly the pinnacle of the program, and will help embed the key components of the program into your psyche, in a direct and powerful way.

And so, without further ado, here's Ken, to take us all the way back to the beginning and all the way through to the end of our time together in this program.

Ken: Welcome everybody. Thank you for joining us. I do indeed have a recap here. It's a tad long but it gets better and better and better as we go along. It gets more and more exciting. Stay tuned, hang in there and this is going to be fun.

The core premise of the Actualize OS program is your own great perfection. You, just as you are, are a perfect part of the reality of ultimate reality. The same reality that has created this entire universe and everything in it.



ACTUALIZE OS