

Actualize OS

10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

REBOOT MODULE



Reboot Module

UNLEASHING THE GREATEST VERSION OF YOU

Congratulations, you have reached the Grand Finale of the Actualize OS!

This epic final training of the Actualize OS is the Reboot Module. Beginning with a comprehensive review of each dimension of the Actualize Operating System, Ken takes us on a far reaching journey into and beyond everything that you've learned and experienced over the past 10 weeks.

This sequence of powerful contemplations and guided meditations reveal the ultimate focus and purpose of the Actualize OS, which is to propel us into the heart of our eternal true self, our ultimate nature, who and what we really are -- in, above and beyond the world of appearances and form -- to cultivate our highest potential and live as our greatest self.

What You'll Discover in the System Reboot:

- Reload the complete Actualize OS into your psyche.
- Travel with Ken through each important feature of the Integral map.
- Explore your own internal map and discover how far you've developed and where there's room to grow.
- Learn to see the Actualize OS as a manifestation of spirit and not a 'thing' to cling to.
- Journey to the limits of consciousness and beyond as Ken leads a guided meditation on form, spirit and the ultimate transcendent experience of our True Nature.

SYSTEM REBOOT INTEGRATION QUESTIONS

When you finish the System Reboot training audios contemplate and answer the following questions.

1. Having completed the entire Actualize OS training, in what ways will your life change going forward?
2. How does understanding the tools, teachings and practices of the Actualize Operating System change your perspective about yourself, others and our world?
3. What is the biggest insight, breakthrough or awakening that you experienced during the 10 weeks of the Actualize OS training?

LIFESTYLE FOUNDATION EXERCISE

Applying the Actualize Operating System to Daily Life

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

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

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

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

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

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

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