With this post, I would like to take a much deeper exploration of the Alethic Integral Retreat I ran in May.

The retreat was informed by Roy Bhaskar’s Philosophy of metaReality, and as there have been a number of posts on Integral Alive that offer 1st person views of the retreat, I felt that a very quick overview of how I used metaReality within the retreat would help.

This section is very brief and has been adapted from the outline I sent to the retreat participant, but I think it still gives a flavour of Alethic Truth.

**metaReality a very quick overview**

metaReality offers that Alethic means the “undoing of oblivion” and is therefore the TRUTH of things as opposite to the proposition or interpretation of things. So when we use Alethic Truth we are in fact saying TRUTH truth. I am reminded here of Christ being called the Lord of Lords and the King of Kings. An Alethic Truth then is a truth that stands for its self.

We can then apply Alethic to the three realms of Reality

**Absolute**

**Relative**

**Demi**

Within each Reality there are claims about what is true.

In Absolute Reality truth claims are constant and eternal and unchanging.

In Relative Reality truth claims are changing and relative to what we know, or understand about the universe. They emerge out of the absolute, but are changing truth claims in an evolving universe, but a universe that is enfolded within the absolute constant of the Absolute Reality.

Demi Reality truth claims are created by the ego and are changing and false.

**Alethic Truth**

**Absolute** - Alethic Truth (Nondual)

**Relative** – Alethic Truth (Speed of Light)
Demi – Alethic Truth (The separate self)

The aim then of metaReality is to re-enchant the world by bringing more awareness to what is true.

An application to Self

metaReality suggests that we are an embodied personality that can be seen as a four-planar social being, our material transactions with nature; our social interactions, the social structure proper; and the stratification (development of self) of the embodied personality.

The embodied personality has access to the three alethic truth claims but due to blocks or occlusions, finds that it is only able to enact with the false and changing truth claims of the demi-real.

We forget our True Self, we forget our Ground State. The aim of the Philosophy of metaReality (PMR) is to re-awaken us to our Ground State, to a re-enchanted world that is a pure manifestation of Spirit.

The Alethic Integral Retreat was created as an opportunity to investigate how we can recognise that there is More (1M) to our being and that through working with what is unknown (Shadow) we move towards the Edge (2E) of what we know of ourselves.

Leading to a deeper understanding of becoming and with Love (3L) and gratitude, we are able to let go of illusions and create a new doing (4D) or action of freedom for self and others and realise the Absolute Alethic Truth.

A metaReality Life Practice

The retreat then explored the Alethic Truth of Self and to achieve this we followed 6 movements or Work Ins as described by metaReality.

1. Concentration and the Power of Attention
2. The physicality and universality of Consciousness
3. The creative power of through
4. Koans
5. Practicing Watchfulness
6. Witnessing

To help underpin the retreat and to provide a framework I used the Critical Realism mnemonic MELD or (1)M – (2)E – (3)L – (4)D
PMR adds further stadia, which begin to open up the philosophy to the realm of the nondual.

If we take the additional stadia offered in PMR, we can then reframe MELD to stand for

Within the retreat I created four lab sessions with each lab taking a moments of MELD as its basic structure.
In looking at the structure of each Lab I used the Integral Life Practice Model to overarch the work, this helps as I could link MELD to the four core modules of ILP

The Friday opening circle explored “The Embodied Personality”.

The four labs over Saturday and Sunday explored:

**1M – Body** - working with the body to develop non-dual awareness

**2E – Shadow** – working with blocks that bind us to the demi-real

**3L – Spirit** – recognising forgiveness, gratitude and love

**4D – Mind** – defining personal and social practice through the creation of a new ontology

For the final Sunday closing circle I used 5A – or reflection

Though in each lab we focused on one aspect of MELD through the application of ILP, the intention of each lab was to bring a great awareness to the Re-enchantment of reality (6R) through awakening to the presence of non-dual reality (7A), which ultimately leads to the realisation of being fully awake to our ground state and to make a connection to the cosmic envelope, metaReality defines this as the Zone. Thus the final moment of metaReality can be seen as both an Awakening (7A) and the Zone of Awakening (7Z).

I am of course cutting corners and making a complex philosophy very simple and in some way I apologies for this, and yet, it is only in the simple recognition of 7A/Z that we, and everyone can be free.
An Introduction to Alethic Integral Coaching from Integral Alive founder Gary Hawke.

For more information on Alethic Integral Coaching see.

Alethic Integral Coaching Menu

What is Integral Alive
**Integral Alive offers you the chance to reorganise your life. Leading to a transformation of your world.**

Integral Alive aims to support your growth, helping you to recognise that you have all the skills and abilities to be what you want, to achieve your goals, to bring a deeper awareness to your life, relationships, sense of being and your place within the world.

But the best thing about Integral Alive is its command intent – It must all be simple because the feeling of being is the most simple feeling of all.

I have been involved within the Integral Community for 6 years. I brought to the community over 20 years experience running psycho-educational programmes and workshops.

As a Health and Care Professions Council Registered Dramatherapist, I have worked using Integral Theory, with actors, teachers, organisations, schools, the homeless – drug misuse – teenagers – young children – prisoners and families, along with providing one to one and group therapeutic support. I discovered Integral Theory almost 15 years ago and really dived into the theory whilst training as a Dramatherapist. For me Integral Theory was not an academic undertaking it was a journey of personal discovery.

The more I learnt about Integral Theory the more I wanted to explore how the approach can support positive growth – “What were the practices of Integral Theory”, I asked, “What can it do for me and the people I work with”

I also wanted to make Integral Theory as accessible as possible, my aim was to keep it simple. I want to offer a way in which Integral Theory can be used everyday.

In my quest to understand the intricate workings of Integral Theory, I have traveled to Boulder Colorado (the home of Integral Theory), met with Ken Wilber, the designer of Integral Theory and have completed and passed the Level Two Advanced Integral Training.
For 6 years I have run an Integral Life Practice group and through August 2010 and March 2011 I led an experimental ILP group. I have run ILP session within the UK and USA.

I began to develop my Integral Alive work in conjunction with Roy Bhaskar’s Philosophy of metaReality. I soon recognised that metaReality provided one of the most developed and assessable philosophies of non-dual spirituality, and Integral Theory provided the overarching framework for personal and social growth. This interdisciplinarity approach created Alethic Integral Coaching.

Integral Alive is designed to support and help your growth. Integral Alive is not a static fixed approach, it is an approach that is structured to meet your needs.

Practices are rehearsals of desired qualities, which eventually become spontaneous, natural ways of being. (Roger Walsh)

Within this site you will discover how I use Integral Theory to create Integral Alive, read what others have said about Integral Alive Sessions that I have delivered. And by subscribing to the Members Section read and use some of the practices I use within my workshops.

To keep you up to date I have posted blogs, reviews and articles that explore the evolution of Integral Alive, all can be found here.

If you need to get back to the beginning, the banner at the top of each page acts as a Home Button and will bring you back to this page.

I am more than happy to chat with you about Integral Alive and would welcome the chance to show you how Integral Alive can bring a deeper meaning to you life.

“Gary’s Alethic weekend was a profound, illuminating, powerful experience and provided the group with many opportunities to be connected beyond our egoic stories, to the sacred in ourselves, in each other and with life. Throughout the workshop, Gary led the group with strength and integrity and was an inspiring embodiment of open-intelligence and presence. I really appreciated the clarity of his perception, his humble, but powerful guidance through the ever-shifting process, for really honouring whatever was present in the room and meeting and serving that; always with grace, always with sincerity and authenticity. He also provided excellent work at a reasonable cost and was on time and personable and delivered superlative work!”

Barbara J Hunt – Integral Evolutionary Singer/Songwriter/Performer

http://www.barbarajhunt.com
Coaching Offer

If you would like to start your own Alethic Integral Coaching, I am offering:

30 minute free taster session, and four 60 minute sessions for the price of three = £150

To start your journey to freedom, hit the contact link at the side of this post.
If you have landed here you may want to check out the short video at the head of this menu on Alethic Integral Coaching.

Alethic Integral Coaching does not take a direct approach to coaching; it aims to help you uncover the true intent that pre-supposes your behaviours and emotions.

By applying the Integral Framework the coaching is able to deal not only with personal issue but relational, work and physical issues. The coaching is also free to explore whatever the client brings and the flexibility of the model has been built from the ground up to ensure the most robust way of supporting you in your growth.

The sessions are open and led by you; the Alethic Integral Coach engages with you in an inter-subjective space where we create a supporting partnership with the aim of leading to you to a freer life.

There is not really a typical session. It may be that there is just something that is throwing you into dis-ease and through the partnership we can explore what the “something” is or it may be that there is a direct experience or behaviour or feeling that you are able to name and would like to explore how it is framing how you see and feel about yourself and the world around you.

Or is could be a more practical something that you would like to work with or on. This could be how you are showing up in the world or in your relationships or in social or work settings.

As you can see Alethic is about bringing you nearer to the truth of your self understanding and Integral offers the multi perspectival lens to look at how your personality embodied in the world can move towards a great freedom of self.

Alethic Integral Coaching is best offered over the telephone or Skype this follows evidence that shows how effective telephone/Skype coaching can be in the building of a deep and supportive inter-personal relationship. This coaching medium also gives you the most flexibility in the time management of a regular coaching commitment.

Sessions last for one hour and you only ever book four sessions at a time, it is suggested that session take place once a week or bi-weekly. Working this way gives you more freedom and control over your coaching.
Your coach has been certified by Core Integral to be an advanced practitioner and licensed by the UK Health and Care Professions Council.

Alethic Integral Coaching has worked for many people, and it could work for you.

For more info or to book a free 30 mins introduction session Click I-Alive

“Great Results, High Integrity, Creative”
You can tell that Gary is drawing on a considerable depth of experience, as he perfectly balances both challenging and nurturing approaches to coax clarity and self-awareness from the coachee.
You can’t do anything else but to rise towards the integrity and honesty that Gary shows in his work

John O
Executive Coaching Client.

Share this:

This entry was posted in Integral Alive, metaReality. Bookmark the permalink.
Alethic Integral Coaching – An investigation.

An Investigation into Telephone Therapeutic Support For Growth and Change.

In this post I am going to investigate some of the evidence that supports the use of telephone/skype as the main communication medium used by Alethic Integral Coaching.

If you have landed here first, I would recommend watching the short video posted in this section.

For a more detailed account of Integral please check out: The Integral Alive Model

And for a detailed account of Alethic please check out: Alethic Integral Retreat

In this post, I intend to explore how effective Telephone/Skype is as a medium to support personal growth and change.

As a Health and Care Professions Council Registered Dramatherapist, and an Advanced Certified Integral Professional, I have always felt the importance of face-to-face embodied therapeutic work.

Of the 78 training and institutions linked to UKCP only three are dedicated to working with the body, seeing the body not as an additional tool for emotional change, but as a way of exploring psychological adjustment, and being trained as an actor and having spent my early career as a physical theatre performer, for me the body is always the starting place when beginning to integrate the dis-integrated self.

And we also have the much used Mehrabian communication map, you know, the one that says 38% of communication is non-verbal, and here I am using the map for its original intent – the communication of affect and emotions.

And yet I have seen my partner working as a Life Coach successfully helping her clients navigate the sense of dis-integration and move towards a more integrated self. And all of this is conducted over the phone.
She has developed a successful way of working with her clients and I would highly recommend working with her, she can be contacted at confluentliving@gmail.com. Her success got me thinking – could there be away of providing therapeutic coaching or what I have called Alethic Integral Coaching over the phone or online.

The Client/The Animateur

Before I continue I would like to provide a brief explanation of a word I am going to use, “Animateur”. An animateur is someone who breathes life into something; there are presenting and leading an exploration.

I prefer the term animateur to client as it empowers the person I am working with to recognise that within the holonic construction of self they have the capacity to breath new life into their alethic truth.

Within Alethic Integral Coaching, the animateur with adequate scaffolding from the coach brings life and meaning to their transform faults, thus releasing the energy trapped within the fault to drive towards first reorganising and revealing of being and then to a transformation of self to a more expansive level of truth.

Alethic Ecology of Self

Let’s suggest that the Alethic Ecology of Self has three levels.

- **Surface Level Structure**
- **Deep Level Structure**
- **Core Level Structure**

At each level there are transform faults that are created as tension arises within the psychic, the transform fault acts as a release valve as psychic seismic shifts take place. Just like a geological transform fault a depression in the structure of the self is created.

Within the self structure a depression is a symptom of the seismic disturbance, depending at which core level depends in some way as to how severe the depressed state can be, and one effect of the depressed state is anxiety.

As both the depressed and anxiety states are intra-psychic, it can be extremely difficult to feel understood.

Robert Stolorow describes this lack of shared meaning as feeling like everyone is outside of the lifeworld of the person in a depressed state. This makes sense from an Integral perceptive as the feeling of the depression/anxiety not being understood means that the sufferer is feeling that there is no one who they can share meaning with and thus no one can be a members of the same We space.

Alethic Integral Coaching supports a transform fault at the surface and deep level structures, by empowering people to recognising and overcome blocks or occlusions that are keeping them from connecting with their ground-state.

Transform faults that occur at the core level structure led to psychic wounding, which can leave scars on the self. If however the transform fault does not ease the energy from a core level psychic seismic shift this may result in a psychosis self.
This break down in the boundary of self would need highly specialised support, to enable a re-binding of self. Although there is evidence that dramatherapy is able to provided an adequate intervention to support re-binding, Alethic Integral Coaching would not be a suggested supportive intervention.

Transform fault that did maintain the psychic structure at the core level structure would still leave wounds and scars but the self would maintain the psychic self boundary, if this boundary is secure enough that it allows the animateur to maintain self reflection, then due to Alethic Integral Coaching being built around a sound therapeutic framework, and that Alethic Integral Coaching is offered by a partitioner registered by The Health Professions Council, core level faults, which would still manifest as forms of depression or anxiety, can be worked with.

It is my belief with the right inter-personal scaffolding telephone therapy built around the Integral Framework whilst recognising the need for the animateur to regain Alethic truth (real self truth) would and does help support the animateur to integrate the dis-integrated self.

**Telephone Therapeutic Support**

There is very little evidence based research on the effectiveness of Telephone Therapy, but a reading of what literature is available shows that telephone therapy has some positive benefits:

- For many people, having to travel to a practitioner’s office, spend an hour or so there and travel back makes face-to-face work prohibitive in terms of time and possibly money.
- Clients that might have a specific needs, seeking to work with someone from a similar cultural background or wish to work with a specific practitioner who might not live nearby or even in the same country.
- The immediacy afforded by the telephone enables contact to be made without time delays and at the convenience of both parties.
- The telephone also provides clients with a degree of safety and control they do not normally have.

Reading through the above all the point dealt with organisation and structure, what I was not reading within the literature was any expression of interiority and then I came across this...

- ...The telephone provides an intimacy as the counsellor and client speak directly into each other’s ears. It is possible to feel cocooned by holding the telephone to one’s ear, which enhances a sense of safety and trust.

**The Inter-Personal Evidence**

Follow up on the inter-personal intimacy, evidence suggests that the animateur is able to disclose transform faults much quicker than in a face to face session, this may be due to the animateur being in a space in which they feel safe (such as their own home). There is also not the added pressure of interrupting the therapist non verbal regard as judgemental.

*A trusting relationship can develop very quickly with telephone counseling clients and, anecdotally, it seems that fewer sessions are needed than in comparable face-to-face work. It would appear that the relative*
anonymity afforded by the medium enables clients to take risks and talk more freely sooner than they might in other settings. This also enables the practitioner to take risks and use all intuitive streaks before he or she might have done if working in the same room as the client. I have found that the disclosure of very painful events or experiences often happens within the first two or three sessions by telephone, whereas I found it took several more before a similar level of disclosure was reached face to face. (Rosenfield M)

It is also worth mentioning that due to there being no direct face to face encounter within the session the animateur can also fall into benign disinhibition, this is a state which indicates

...an attempt to better understand and develop oneself, to resolve interpersonal and intrapsychic problems or explore new emotional and experiential dimensions to one’s identity. We could even consider it a process of “working through” as conceptualized in psychodynamic theory, or “self-actualization” as proposed in humanistic perspectives. (Suler J)

The evidence appears to suggest that telephone work can also amplify the positive dishibition in a similar way to traditional therapy where the therapist sits behind the analysand reducing the amount of inhibition the analysand may experience

There is also an interesting point which might be that without physical direct contact it may be felt by both the therapist and animateur as if there is a melding of minds, that as there is a deepening of the inter-personal connection being made, this is also experienced by the animateur as a dialogue that is taking place intra-psychically, which might increase the intensity of transference.

I have found that during telephone session I have been able to hold and response in a much more authentic and personal way to the transference picked up from the animateur and reflecting this back has help the animateur bring a greater degree of ownership to their psychic self inquiry.

Such approaches as Inter-subjective systems theory (Stolorow R) have shown how important it is for the animateur to feel heard and understood within their anxiety or pain. An person can feel completely isolated with their pain, feeling and thinking that not only can people not understanding how there are feeling but no one can see the world as they do.

When telephone therapy brings an inter-subjective awareness into the therapeutic encounter this deepens not just the connection but the intimacy of the conversation. This moves the work from just one of talking into one of enfolding both the therapist and animateur into a deeper space of contemplation enactment.

A meta-analysis of telephone administered psychotherapy addressing the symptoms of depression showed that there is a significant reduction in depressive symptoms (Mohr et.al)

Applying the Integral Map Leading to Alethic Truth

There are systemic considerations when setting up telephone therapy, the therapist is now able to use landline, VoIP, and mobile each have strengths and weakness.
I have found VoIP (Skype) to be the best medium to use when I am working with an animateur from outside the UK and for easy of use and cost Skype works well for conversation within the UK. The only draw back can be Internet connection, I have had experience of the line dropping and this can be a source of external frustration for both participants within the conversation.

Due to the lack of physical presence within the conversation there is a heighten awareness of listening and understanding. I have found that the need to ensure I fully understand an animateur helps them to reorganise their thinking, this can be a little like the experience of giving direction to someone who is new to your neighbourhood, you have very abstract directional cognitive map fully of symbols and short cuts, but to ensure that you give the right direction you need to reorganise the map, to ensure that you avoid any signifiers that the person will not understand. I am still surprised how little I know of the street names in my neighbourhood and yet I never find my self lost.

This reorganising of the cognitive map of past experience allows the animateur to rethink and reevaluate how past experience might be holding resonance or occlusions for present feelings.

This reorganising and the reconnection to feelings that might have been long repressed help an animateur to bring life to deeper feelings and affects.

I have been constantly surprised at how seemingly random life experience suddenly link and bring forth a personal illumination within the animateur, my feeling is that the animateur is deducting way they feel like based on past feelings and the therapist is inducting ideas and links that the animateur may not have been previously aware of.

And as I have noted it is the scaffolding inter-personal conversation, begin able and willing to, on the part of the therapist, to understand the lifeworld horizon that the animateur’s being-in-the-world is manifesting within. This leads to a shared horizon of meaning making, I do not just understand you, I feel the interior of your lifeworld because we are members of the same lifeworld.

**The Evidence**

The evidence then shows that using the Telephone/Skype as a medium for therapeutic change works. What I would like to finally offer are a number of 1st person expression of working with me through Alethic Integral Coaching

> When you (Gary) first suggested working by phone I was quite sceptical, feeling I would prefer working face to face. After one trial session by phone I decided to proceed by phone. Two of the practical advantages of the sessions by phone are:

> The convenience of being at home and literally lying back “on the couch”.

> One disadvantage is I can occasionally lose concentration/focus sometimes.

> In general I have found the alethic integral approach very beneficial and rewarding in assisting me to gain some deeper understanding and insight into anxieties that I have and where they may
 originate from, and hopefully with that understanding being better able to “deal” with them; both within my-self and how I perceive my place in the world. 

I have also found the integrated wide-ranging approach very useful, particularly in making sense and connections between the internal and external, personal and social, individual and collective. I find I can utilise it in various aspects of life.... almost like fitting pieces of a jigsaw together – making sense of the bigger picture that I/we are part of. (Alethic Integral Coaching Animateur)

I have been working one to one with Gary, via Skype, once a month for about 2 years. Gary has skilfully, and compassionately helped me uncover patterns in my behaviour that lurk, hidden in the shadow. one in particular stands out, and that is my tendency to use intellect and grand spiritual narratives, to escape the discomforts of body, heart, mind and spirit. Gary patiently, and kindly, guides me back to the immediacy of the present moment, yet using a bit of ‘stick’ when appropriate. this has helped me discover the deeper truth of the Self that is at one with ‘what is’. (Alethic Integral Coaching Animateur)

It is possible to read in the above 1st person reflections that using the Telephone/Skype in no way limits the personal and social transformations taking place for the Animateur. The Animateur is able to focus on the ontological question of who am I, in what appears to be a very free and rewarding way.

This freedom of exploration leads the Animateur into a deeper realisation of self, thus bringing a greater awareness to the “Alethic Truth of Self”.

REFERENCES


Within this post, I would like to offer you a quick overview of the Integral Alive Model.

This post is adapted from a larger work, which is entitled in draft – **Integral Alive – A Way of Being.**

(By clinking on the images within this post you can enlarge them)

The Integral Alive model is influenced by:

- Ken Wilber’s AQAL model and the Integral Life Practice system.
- George Leonard and Michel Murphy’s Integral Transformative Practice.
- Clare Graves work, which was popularised by Beck and Cowan as Spiral Dynamics.

There are a host of other influence within the model, which at this time I am not going to pursue, as it is my intention here just to give you a taste of the model.

I have been developing the Integral Alive model for 3 years at first the idea was to explore how I could take the theories and philosophies of an Integral awareness and offer people a feel for Integral as a living paradigm.

The more I explored this idea through one to one therapy and coaching session, group workshops and management supervision sessions. I began to realise that I needed some form of framework and system that my work could sit in.

The aim was not to have a complex system but rather a simple map that people could use as a way of orientating themselves. The map needed to be as flexible and as context free as possible.

Not all lives are the same and aliveness means different things to different people. What I wanted was a map that pointed out the main areas that we need to work with if we want to be truly alive.

I did not want to make the map exclusive to an Integral view. I wanted the map to be accessible to every view. However, what I am intending to present within this post is the map as describe from an Integral view, that is to say I intend to offer the map with all is challenges and abstractions.

Nevertheless, I hope that I can offer the map in such a way that you are able to make sense of it. As I began to build the Integral Alive model, I realised that, as a visual learner, I needed to start with a graphical representation of the map.

The Integral Alive map is a 6 layer construction with each layer identifying an aspect of self that we need to work with. Each layer can be worked with as a separate injunction whilst the map can help us to recognise that we never work with one layer in isolation of the other 5 layers.
Before I move on to describe each layer, please check out the short video below, the video unpacks each layer of the Map.

I would now like to offer you a quick description of each layer and highlight the layers importance within the creation of an Integral Alive paradigm.

The first two layers of the map I call Self Consciousness.

**Spirit**

In the map Spirit is show as the ground from which all other elements of the map spring forth.

Spirit is the base, ground, or openness in which we are held and of which we are every moment arising. Spirit is both a drive to expand, to evolve, as well as a place in which we can come to complete stillness.

There is, therefore, within Spirits a paradox; it is both energy and stillness. Within Spirit, we are all things as all things are within Spirit. Without truly sitting in the stillness of Spirit recognising the completeness of Spirit as the form of all things, we are not able to recognise how we are all part of the energetic evolutionary shifts of Spirit returning to itself.

Developing our capacity to be one within Spirit leads to a greater ability to be completely present to each other. By plugging into Spirits drive to evolve, we plug into our own capacity to grow. We begin to understand and recognise the responsibly of Spirit seeing the world though our eyes. And as we come to this realisation we understand the unique offering of the Soul.

**Soul**

Soul is shown as the container. It touches in with Spirit but has the responsibly of supporting the core aspects of self.

Your Soul is unique; it is the container that holds your life energy. Your
Soul is the messenger of Spirit it allows the flowing backwards and forwards of your subtle energy. But we quickly forget the importance that the Soul has on our well being.

Our Souls can so easily be battered and bruised; a Soul can split and break and we never know how damaged our Souls can become, because we never find the time to improve our relationship to Soul.

Your Soul calls to you telling of your unique reason for being. However, we do not hear the song as we are wrapped up in the meaning less. The day to day things we do to fill the time in the hope of finding meaning in our lives.

A Souls call is a powerful voice – demanding and holding you accountable to be all that you can to be as Spirit in Action. Yet, we are afraid or worried that we will never be able to become fully our potential so we hold to the meaning less, rather than engaging with a deeper calling, a calling that will develop a greater meaning to our lives.

Our Soul cries out for relationship, we see our Soul reflected within the Souls of others. When we are heart moved by images or stories of despair, then we are moved at the level of Soul. Soul reminds us that we are connected, that what is your pain is my pain what is your joy is my joy.

We need to work on our Soul connection; a deep Soul connection leads to a greater passion and commitment to explore how we express ourselves from the container of self consciousness

*The next 4 layers deal with what I am calling self-consciousness*

**The self consciousness container**

As we move towards the centre of the map, we move towards less and less abstraction. This area of the map begins to deal with things we feel and think that we can act on in some way. We might call this part of the map as the “real world”of the Ego.

As you can see, the map divides self into four areas; two dealing with the interior, two with the exterior, two with the individual and two with the collective.

By way of an introductory example of the structure of this container let me give you an orientation sentence.

That tree I can see (IT) looks beautiful to me (I) and together you and I are sharing a magnificent view (WE) of the forest (ITs).

IT represents external objects, which have a location that can be seen or seen with tools that extend the senses. This included such objects as the brain, for though the brain is inside the body, we can still locate where the brain is. I is the perception or experience of how I react to an object. Here, we are trying to explain how I personally subjectively experience an object. WE is the shared emotional experience created when two or more people come together. ITs are the organisations or systems that objects exist within, in this case the tree is part of
the large system of the forest.

In exploring self consciousness, Integral Alive takes inspiration from the basic ideas of Ken Wilber’s Integral Theory. Thus in the upper left or I we find Mind, that part of my consciousness that enable me to feel a sense of an independent I or Ego and Shadow, the Ego defence that attempts to regulate psychological growth along with the affects, feelings, and emotions that we have hidden from ourselves.

For a deeper discussion on Mind and Shadow, see the post here and here.

In the lower left, or WE the power of shared meaning is found; Heart service helps to deepen our inter-personal communications leading to our ability to developed strong meaningful relationships. Relationships work builds a solid supportive foundation that helps each other to achieve a shared sense of the world.

We now move on to the right hand side of the self consciousness container.

In this domain, we work with the external world of self consciousness. In the upper right or IT, we engage with Body work – understanding how to maintain physical and mental well being along with cultivating a connection to the three core body Energies of Gross, Subtle and Causal. For a more detailed post dealing with the body and its energies see here.

The last domain deals with organisations and structures or ITs where people come together within a public arena. Bodies are such things as school, workplace, institution and the work here is to understand and successfully navigate the System Networks that inform and sustain the info-structure of the bodies.

The 8 parts of the self which are held within the self consciousness container build the stage from which most of the Integral Alive service engage with. It is essential to understand that without working on the core 8 parts of self we will never be free to restore the link to our Soul work and, without the Soul connection, we will always fear the emptiness and nothingness of the essential IAM that is Spirit calling to you.

The Widening View

If you took a detour and read my post on The Mind, you will have a solid understanding of The Widening View.

There is you or your personality, as your body and brain develops so does your consciousness enabling you to see and take a more complex view of the world.

You began thinking that you are the world before slowly realising that there are other people in the world that you try to steer to your will. However, there are people that are more powerful than you, who set the rules and tell you how to live and you notice others who are willing to follow the rules and you call them friends or more rightly tribal members and the people who do not understand your rules you call them enemy.
As time passes you begin to ask, why can I not make rules, what is the purpose or the reasoning for the rules I am living under now. Show me the evidence that the rules work. No longer content with the traditional rules of old you decide to create rules that have absolute evidence that they work. You set out into a new world armed with new tools and new ways of living. Your new rules liberate and enslave yet at least you are able to offer solid evidence that your rules work.

The rules become powerful as they show how the world works allow you to manipulate the world. You feel that you have created a right and good life. Until that is you question what is right or good, surely I do not have the right to tell other what is a good life. May be a good life depends on how people want to interpret it. So value only exists in the person that is valuing and I do not have the right to tell them what they should be valuing. I think that we should all have a voice to express what we value and how we want that value to be understood.

You take stock and look back over your life; you are amazed how at each stage of your life you felt that you truly understood what was the right and proper way to live.

You realise that they were just stages that you were going through. And you pity anyone at any of the lower stages not being able to understand the importance of a community where diversity, equality, and individuality are celebrated. You create an affirmation. “To pull everyone you meet to your level”.

And then a radical change takes place, you realise that all that had gone before is not right or wrong it is just people living and trying to make sense of their lives. You see within each person at each life station just the evolution of Spirit making its slow way back home. You realise that it is not the station that is broken, but it is the people who, fighting for everyday existence have forgot the call of the Soul and the still small voice of Spirit. You can see the best that each station has to offer and at the same time, you can see what needs to be thrown away. You begin to ask how can I integrate all the knowledge of the world through each station so as to allowing as many people as possible to live a good and happy life at the station that they find themselves at. You begin to hear the call of your unique Soul offering played out in the open freedom of Spirit...and you know that this change in your view of the world is the first of many that you will call Integral.

Within Integral Alive, it is recognise that people see the world differently and that Integral Alive has a responsibly to ensure that people are met at their view of the world. The aim of the service Integral Alive offers is never to pull a person towards a new view but to help them develop and organise the view that they are at and if and when ready to assist growth to a new more complex view.

**The States**

Finally, we come to the states of Gross, Subtle, and Causal; again, I have touched in on the states within the Body post. In this section, I am going to discuss the states as spaces of awareness.

Within the map, this layer address states as spaces of awareness. Gross state awareness is our ordinary walking awareness. Subtle state awareness is that wave
of intuition or connection we have as we open up to a freer expression of Self. Causal state awareness is the recognition that we are all part of Spirit; if you recall the orientation sentence I offered early, it is the feel of not knowing where you end and the tree begins.

The state layer holds this location on the map to illustrate the fact that we are able to access all of the states at whatever level/view we currently operate from. As with view or perspective how we interpret the experience depends on the ordering of the complexity of our consciousness. The more we can stabilise our experience of the state awareness the more they become structures, this lead to a deep urge to evolve. The importance that Integral Alive places on State/Structure work emphasises the need to constantly engage with actives or practise that increase our State/Structure awareness.

**Integral Alive**

The map helps to orientate the work that Integral Alive offers, what it does not do is explain how Integral Alive carries out the work.

It was for this point that I created this web site. I wanted the web site to reflect the theory, philosophy, and application of Integral Alive, along with first person narratives and reviews of Integral Alive’s work, and second person explanations of Integral Alive in action.

In addition, visitors who subscribe to the member site have the opportunity to engage with some of the practices and exercises used during an Integral Alive intervention.

To be Integral Alive, is to work towards your highest calling whilst remaining connected to your personal, relational, and social needs. Integral Alive follows the goal of supporting you in defining and growing your cultural identify so that you can begin to encourage others within your community to grow and evolve into their highest ideal of Spirit in Action.

Gary

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This entry was posted in Integral Alive. Bookmark the [permalink](http://www.integralalive.com/2011/07/20/the-integral-alive-model/).

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**One Response to The Integral Alive Model**

**Davy Marzella** says:

December 28, 2011 at 7:46 pm

*Our Soul cries out for relationship, we see our Soul reflected within the Souls of others. When we are heart moved by images or stories of despair, then we are moved at the level of Soul. Soul reminds us that we are connected, that what is your pain is my pain what is your joy is my joy.*

Very well put, Gary

Looking forward to seeing on the 7th Jan