

Integral Yoga

meets



Integral

Discussion

Content of this Presentation

Integral Discussion

- Platforms e.g: "What is Enlightenment" magazine
 - Topics e.g.: Evolutionary Spirituality

Some Key Players

- Ken Wilber: Integral Philosophy (IP)
 - Don Beck: Spiral Dynamics (SD)

How useful IP and SD could be for the Aurobindonian Community & AV?

Contributions of IY to this discussion?



what is **enlightenment**
redefining spirituality for an evolving world

15 year
anniversary

Eckhart Tolle Brian Swimme Vimala Thakar & more

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TIMELINE OF EVOLUTIONARY SPIRITUALITY

Meet the pioneers of modern spirituality's most provocative idea

1600s

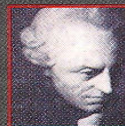


Jakob Böhme (1575–1624)
German shoemaker and mystic
The modern concept of evolutionary spirituality begins with Böhme, whose mystical insights revealed to him that God is striving to develop a world of increasing wholeness and perfection.



G.W. Leibniz (1646–1716)
German polymath
Picking up where Böhme left off, Leibniz's scientific and theological genius produced the first broad conceptions of an evolution of biological species, which he saw as a process ordained by God.

1700s



Immanuel Kant (1724–1804)
German philosopher
A student of the works of Leibniz, Kant explored the idea that God's physical laws are working to fashion the material world "by a natural evolution into a more perfect constitution."



J.B. Robinet (1735–1820)
French philosopher
Ultimately derided for his belief in mermaids, Robinet was among the first to explore the idea that evolution is driven by a spiritual energy or "force."



Johann Wolfgang von Goethe (1749–1832)
German polymath
Embracing evolution as a spiritual process, Goethe's theory of the development of plant morphology inspired both philosopher Friedrich Schelling and naturalist Charles Darwin.



J.G. Fichte (1762–1814)
German philosopher
A student and reinterpreter of Kant, Fichte proposed that both subjective mind and objective nature are the evolving ephemeral expressions of a transcendent consciousness.

1800s



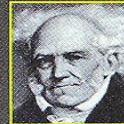
F.W.J. Schelling (1775–1854)
German philosopher
Schelling, a student of Fichte, fused the mysticism of Böhme and the logic of Leibniz into an unprecedented vision of cosmic evolution that saw God fully pervading all levels of being.



G.W.F. Hegel (1770–1831)
German philosopher
Schelling's erstwhile friend and professional rival achieved widespread acclaim for his in-depth treatises on Spirit as the guiding power behind humanity's cultural development.



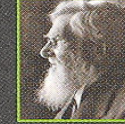
Lorenz Oken (1779–1851)
German naturalist
A student of Schelling, Oken's scientific theories expanded on his mentor's philosophy, proposing a mystical impulse behind the evolutionary transformations of living species.



Arthur Schopenhauer (1788–1860)
German philosopher
Another of Hegel's rivals, he combined Eastern mysticism and Kantian idealism into a philosophy that made the evolutionary impulse, or "will to live," a fundamental tenet of existence.



Ralph Waldo Emerson (1803–1882)
American essayist
Profoundly influenced by German idealism, Emerson's transcendentalism synthesized the Eastern notion of karma with the Western concept of evolution.



Alfred Russel Wallace (1823–1913)
English naturalist
Wallace famously developed his own theory of natural selection contemporaneously with Darwin, but he held that evolution also had a spiritual dimension.

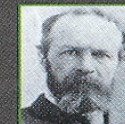


Helena Blavatsky (1831–1891)
Ukrainian Theosophist
Founder of the Theosophical Society, she was largely responsible for the resurgence of occult thought and the popularization of an esoteric form of evolutionary spirituality in the late nineteenth century.

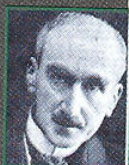
1900s



Richard M. Bucke (1837–1902)
Canadian psychiatrist
Following an experience of "cosmic consciousness," Bucke composed a comprehensive chronicle of the evolutionary history and future potential of the human psyche.



William James (1842–1910)
American psychologist
One of modernity's foremost authorities on mystical experience, James applied an evolutionary perspective to the study of psychology and the development of consciousness.



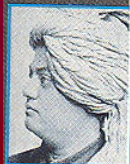
Henri Bergson (1859–1941)
French philosopher
Bergson's concept of the *élan vital*, or a "vital force," behind the evolutionary process fueled his masterful writings, for which he earned the 1927 Nobel Prize in literature.



Rudolf Steiner (1861–1925)
Austrian polymath
Esotericism gained new notoriety through the work of Steiner, who wrote about the spiritual evolution of humankind from an occult and astrological perspective.



Alfred North Whitehead (1861–1947)
English mathematician and philosopher
Whitehead's influential "process philosophy" essentially redefined God as a process inseparable from the evolution of the material universe.



Swami Vivekananda (1863–1902)
Indian mystic
Having introduced Hindu mysticism to the West, he found no incompatibility between Eastern concepts of spiritual growth and Darwin's evolutionary theory.



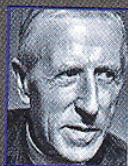
Sri Aurobindo (1872–1950)
Indian mystic-philosopher
This enlightened thinker created a comprehensive synthesis of Eastern and Western philosophies and redefined spiritual practice as a conscious engagement with evolution itself.



The Mother (1878–1973)
French mystic
An esoteric evolutionist and spiritual partner of Sri Aurobindo, she saw evolution leading to a fundamental cellular transformation that would give rise to a new human species.



Alice Bailey (1880–1949)
English Neo-Theosophist
Expanding on the ideas of Blavatsky, Steiner, and other occult thinkers, Bailey's writings laid the foundation for many New Age notions of spiritual evolution.



Pierre Teilhard de Chardin (1881–1955)
French priest and paleontologist
Influential beyond his lifetime, Teilhard challenged rigid dogmatism in both mainstream science and Christianity with his inspired vision of the evolutionary destiny of human consciousness.



Julian Huxley (1887–1975)
English biologist
Member of the distinguished Huxley family, he popularized the idea that humanity is the first known species in which the evolving universe has become self-aware.



Sarvepalli Radhakrishnan (1888–1975)
Indian president
This statesman and scholar promoted the philosophy of German idealism alongside Eastern mysticism as he advocated an evolutionary vision for humanity.



Gerald Heard (1889–1971)
English historian
Heard's studies on how individual consciousness evolves through focused intention led him to postulate the emergence of "leptoid man," or human beings who have "leapt" to a higher state of being.



Dane Rudhyar (1895–1985)
French astrologer
Master of many disciplines, including music and astrology, Rudhyar saw evolution leading to a global awakening, which he outlined in his 1970 book *The Planetaryization of Consciousness*.



Jean Gebser (1905–1973)
German cultural theorist
An influential forefather of contemporary "integral" theories of development, Gebser's pioneering work focused on the evolution of human society, which he traced through five distinct stages of consciousness.

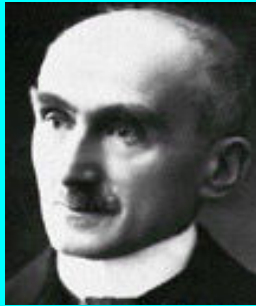


Arthur M. Young (1905–1995)
American inventor and philosopher
After developing the first commercial helicopter, Young's innovative mind lifted off into the realm of cosmology and metaphysics to devise a new evolutionary theory of consciousness.

2000s

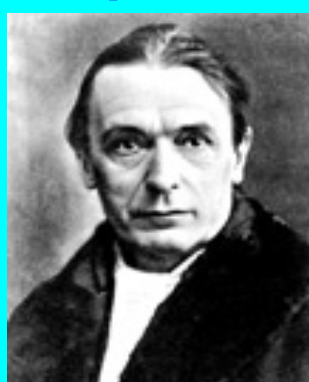
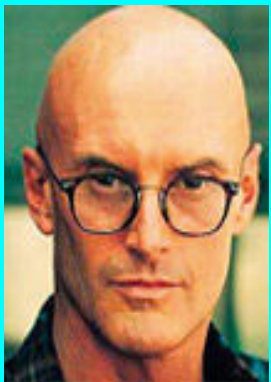
With many contemporary thinkers contributing important new insights to this ever-changing field, the history of evolutionary spirituality is still being written . . .

WIE: Evolutionary Pioneers



**Above (left to right):
Teilhard de Chardin, Henri Bergson, G.W. Hegel,
Immanuel Kant, Ralph Emerson, Sri Aurobindo,
G.W. Leibniz**

**Below (left to right):
Ken Wilber, Rudolf Steiner, Jean Gebser,
The Mother, Brian Swimme, Swami Vivekananda**



Evolution through the Lens of Science and Spirit

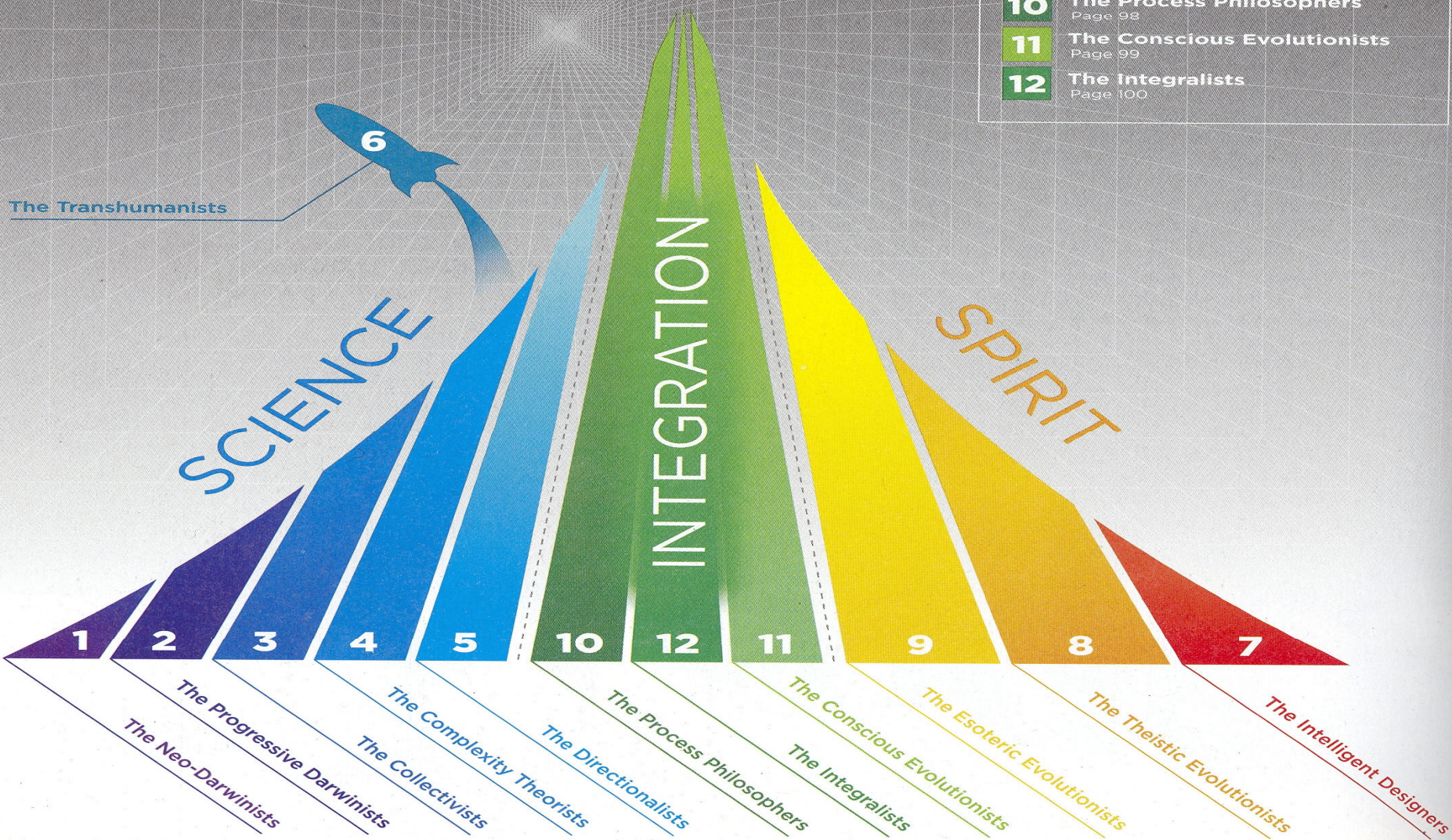
Between the Neo-Darwinists on one side and the Intelligent Designers on the other are at least ten more "schools" of evolutionary thought. Here, we've spread them out along a spectrum from science to spirit, with scientific materialism on the far left and religious determinism on the far right. Generally speaking, the closer a group of scientific thinkers appears to the center of the chart, for example, the closer its view of evolution comes to integrating the dimension of spirit, and vice versa—an integration that manifests most fully in the three groups in the middle.



Read the web-enhanced Real Evolution Debate online, with links to interviews, articles, and more. wie.org/evodebate

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Ken Wilber: Integral Vision

- Neo-Perennial Philosophy
 - Holism
 - AQAL
 - Expanded Science
 - Pre-Trans Fallacy
- Wilber/Combs-Matrix
- Integral Life Practice

Four Quadrants of Integral Philosophy



Upper Left

Pronoun: I

Realm: Interior Individual;
Intentional; Self &
Consciousness

Lower Left

Pronoun: We

Realm: Interior Collective;
Cultural & Worldview

Upper Right

Pronoun: It

Realm: Exterior Individual;
Behavioral; Brain & Organism

Lower Right

Pronoun: Its

Realm: Exterior Collective; Social
(systems) & Environment



Pre-/Trans-Fallacy -
Religion? Spirituality?
Looks all the same from an
agnostic view

That`s why
there are

possibly
enlightened

fascists...

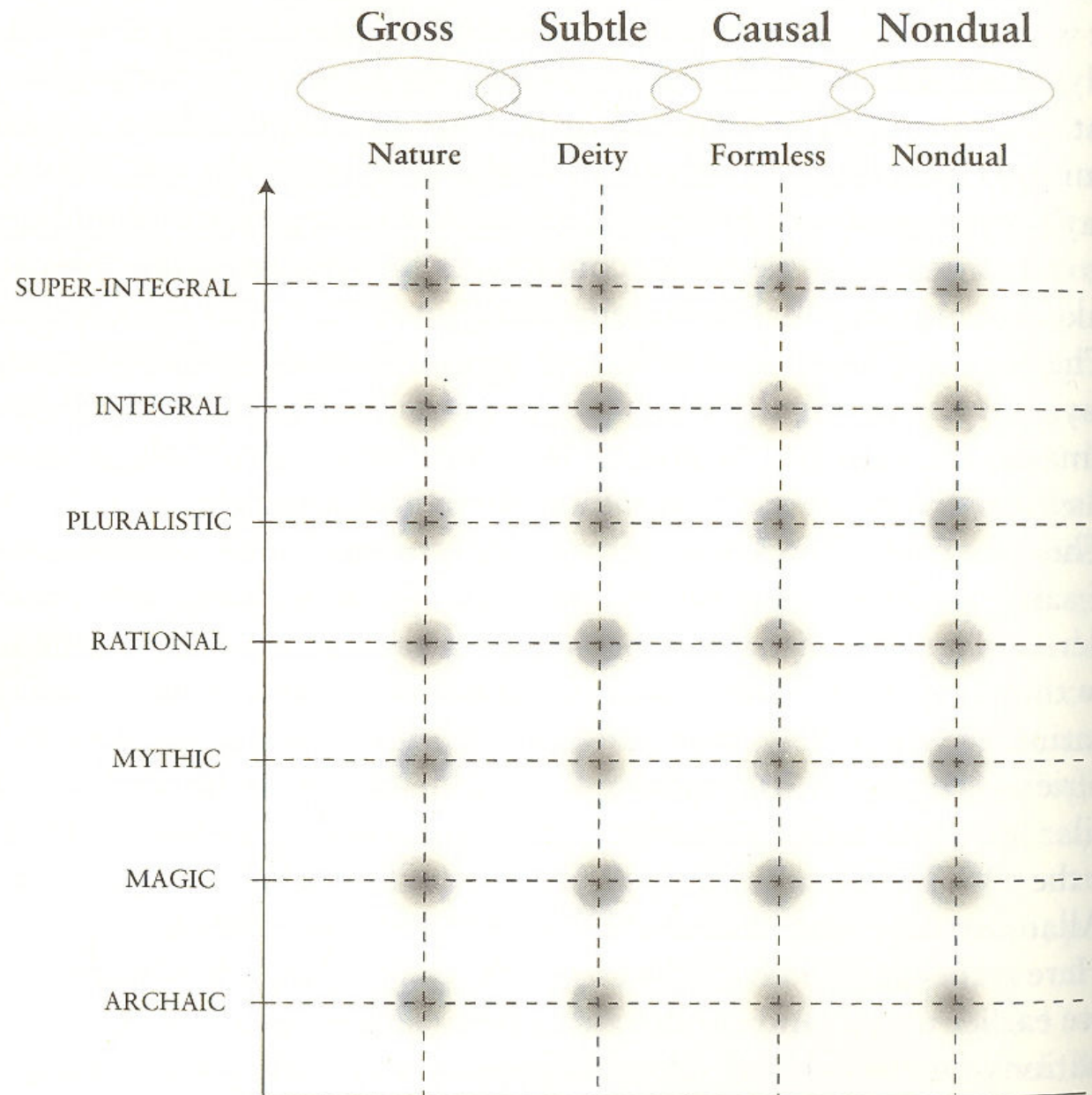


Figure 4.1. The Wilber-Combs Lattice.

What you can see in figure 4.1 is that a person at any *stage* can have a peak experience of a gross, subtle, causal, or nondual *state*. **But a person will interpret that state according to the stage they are at.** If

Integral Transformative Practice

- Cognitive, e.g. twice weekly creative writing**
- Psychodynamic, e.g. bi-weekly therapy & nightly dream journal**
- Meditative/Contemplative, e.g. 20 minutes of daily meditation**
- Kinesthetic, e.g. yoga & weights and cardio 3x a week**



Integral Multiplex

Integral
NAKED

Integral University is the research and academic branch of Integral Institute. IU is an online learning community, serving thousands of scholars and students from around the world, in both traditional and emerging fields.

Integral
UNIVERSITY

At the theoretical heart of Integral University is the **AQAL** ("all-quadrants, all levels") framework that connects the most essential insights and methodologies from the largest number of disciplines. The mission of Integral University is to apply the AQAL framework to the advancement of specific fields, as well as to develop the framework itself.

Integral
TRAINING

Currently comprising some 23 centers—including Integral Politics, Integral Psychology, Integral Business, Integral Education, Integral Medicine, Integral Law, Integral Art, and Integral Consciousness Studies (among many others)—IU offers the most extensive **Integral knowledge library** in the world, **online courses**, **accredited degrees**, and a **learning community** founded upon the openness and compassion of Integral awareness.

Integral
SPIRITUAL
CENTER

AQAL
JOURNAL

Far from being a finished product, Integral University is explicitly seeking help in co-creating this adventure in higher consciousness and learning. If you would like to join in any capacity—educator, student, administrator, or funder—please stay tuned for the exciting launch coming soon.

Integral
COACHING &
CONSULTING

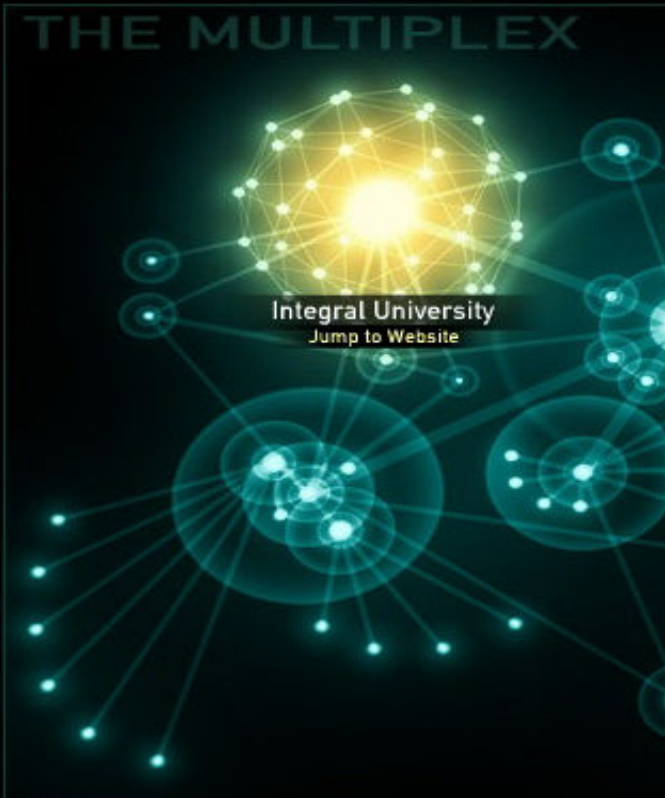
One of the central visions of Integral University is to provide a network of accredited degrees and programs through partnerships with various colleges, universities, and graduate schools. We are very excited at IU to be currently offering accredited Integral Certificates and Master's Degrees. All courses in both certificates and Master's degrees are taught by faculty who are experts in and practitioners of the Integral model. See www.IntegralUniversity.org for more information.

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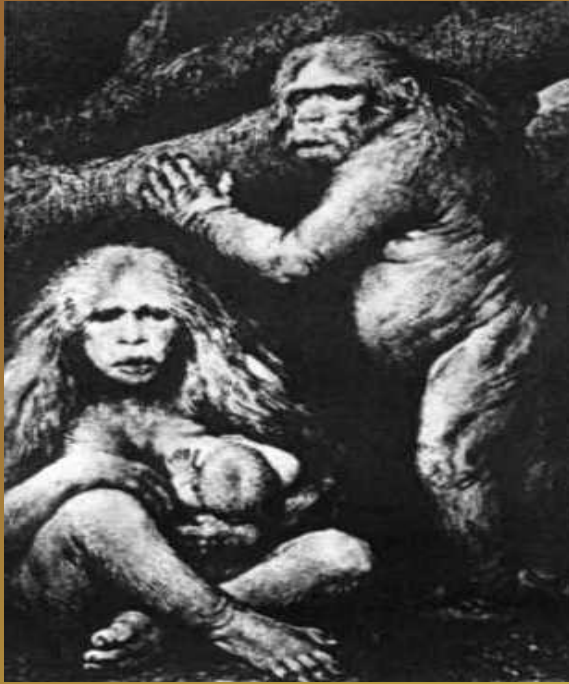


Don Beck: Spiral Dynamics

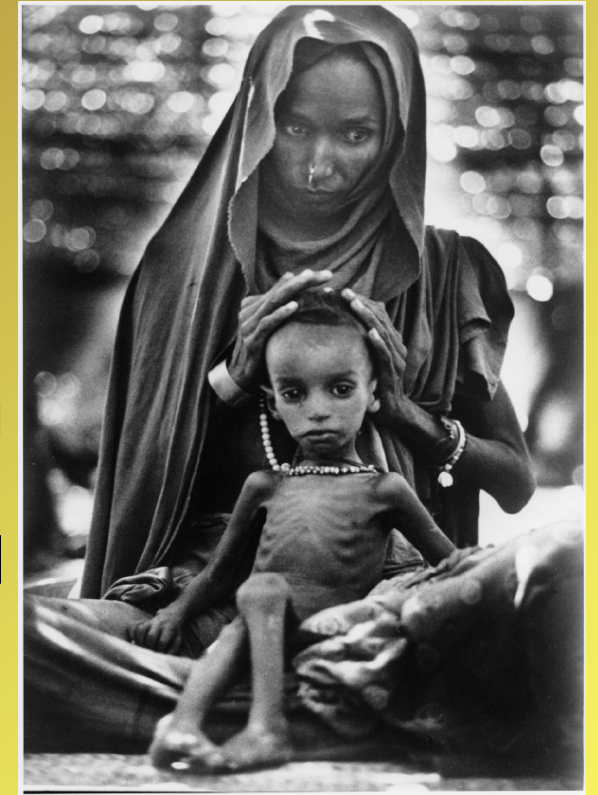
Integral Spiral of Developmental Waves

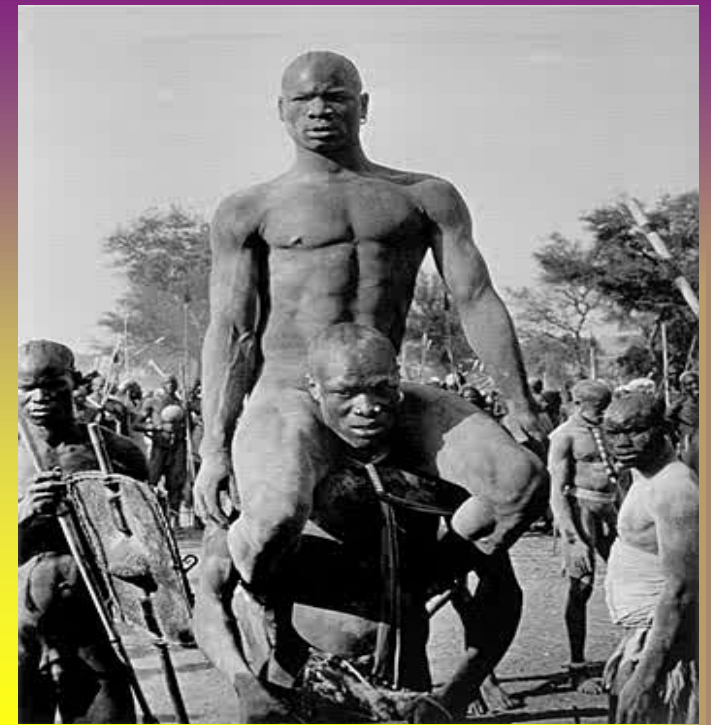


1. Everyone is right. Each truth is neither complete or totally false.
2. People and societies are always in flux.
3. Beige through Green represent the First Tier.
4. Yellow, Turquoise and all other higher vMEMEs are Second Tier.
5. The Spiral represents a holarchy, not a hierarchy.
6. It is impossible to skip stages.
7. Nobody is totally evolved.



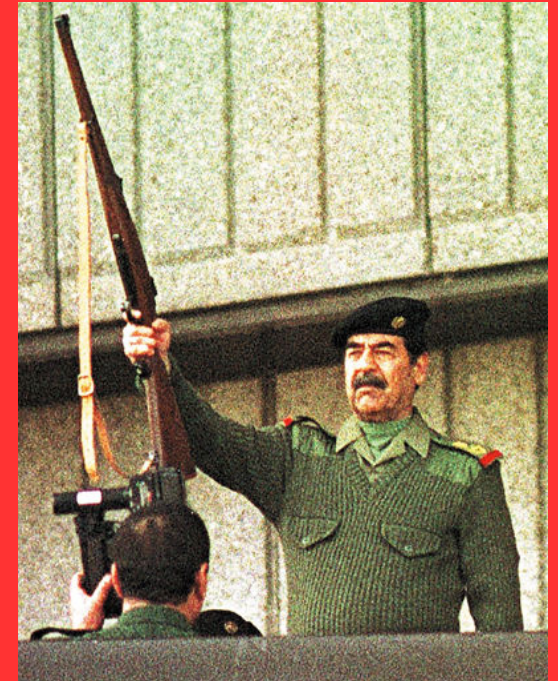
Beige – Survivalist, dominated by nature, acting like other animals, resulting in loosely-formed clans, e.g. newborns, senile, the mentally ill, starving people. Represents about 0.1% of the world population and 0% of power.





Purple – Tribal, magical, close to the earth, resulting in tribal groupings, blood bonds, athletic/fraternity team bonding and rituals based on respect for elders, loyalty. Represents about 10% of population and 1% of power.

Red – Rugged authoritarianism, king of the hill, exploitation and suppression of the weak, assumption that people are bad, lazy and need to be controlled, resulting in feudal states, street gangs, heavy metal rock stars, rebellious youth. Represents 20% of population and 5% of power.



Blue – Ideological loyalty, purpose and patriotism, mass conformity, self-sacrifice, resulting in pyramidal hierarchies, religious fundamentalism, strict but fair discipline, morally prescriptive management. Represents 40% of population and 30% of power.



Success Stories

The farther back you look
the farther forward you
are likely to see. - Sir Winston Churchill



Strategic Planning

Process of planning the game 5 chess moves ahead while always protecting your queen.



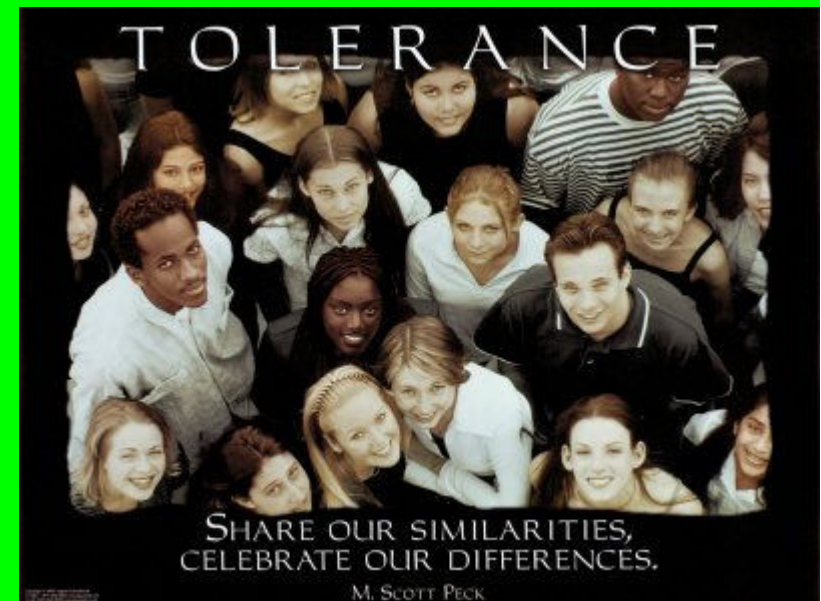
Orange – Entrepreneurial, autonomous, economically and scientifically oriented towards progress, discounts loyalty & inclusion in favor of cash/perks, rational, competitive, results in free market economy, multiparty democracy, consumerism, commercialization, conspicuous consumption, environmental and social decay. Represents 30% of population and 50% of power.





Green – Communitarian, sensitive, oriented towards personal growth, equality, diversity, ecological harmony, openness, trust, facilitation, inclusion, results in social justice and environmental regeneration and egalitarian hierarchies mired in stagnation and inefficiency. Represents 10% of the population and 15% of the power.

Community engagement & sustainable development





Yellow – Systemic, multilateral thinking, oriented towards learning, integration, valuing all contributions and talents, resulting in eco-industrial parks, systems reengineering. Represents 1% of the population and 5% of the power.

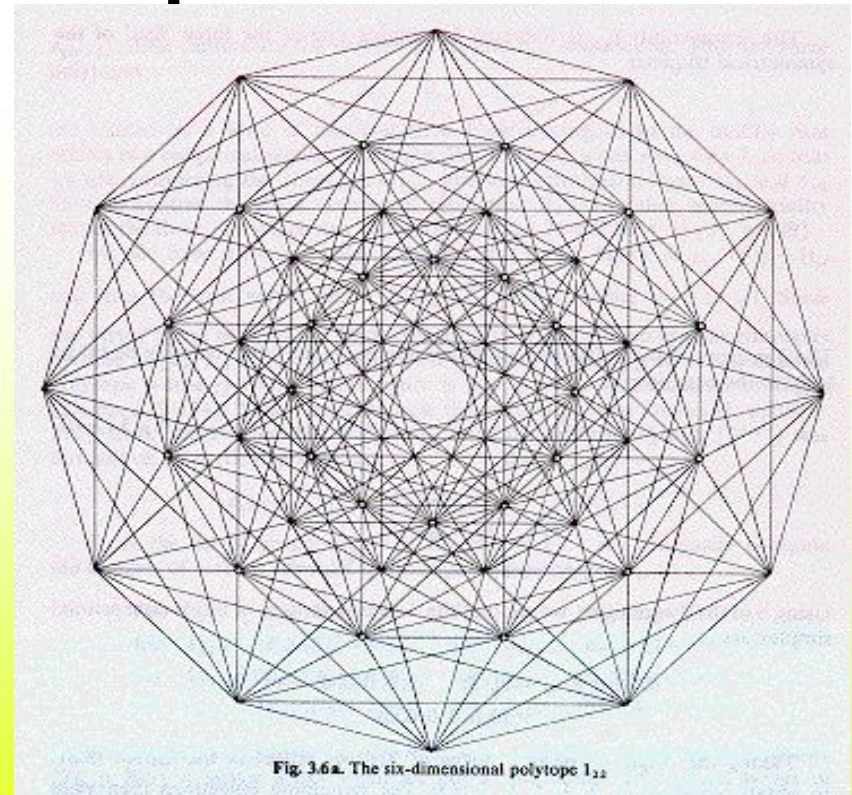


Fig. 3.6a. The six-dimensional polytope 1_{12}

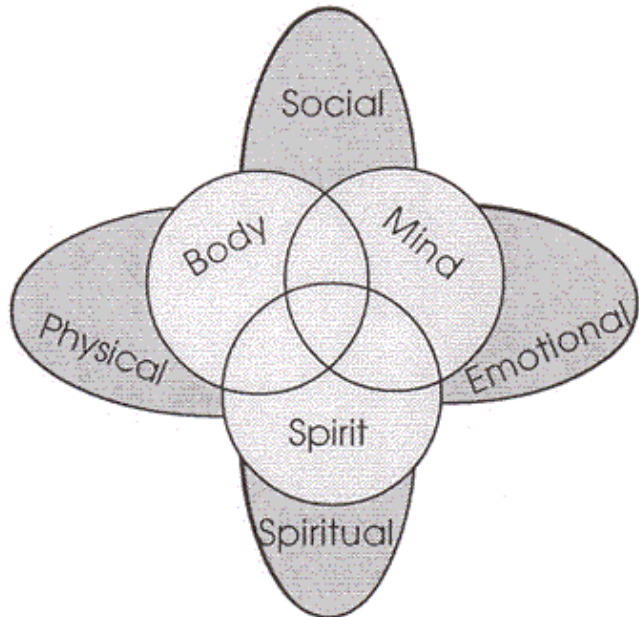
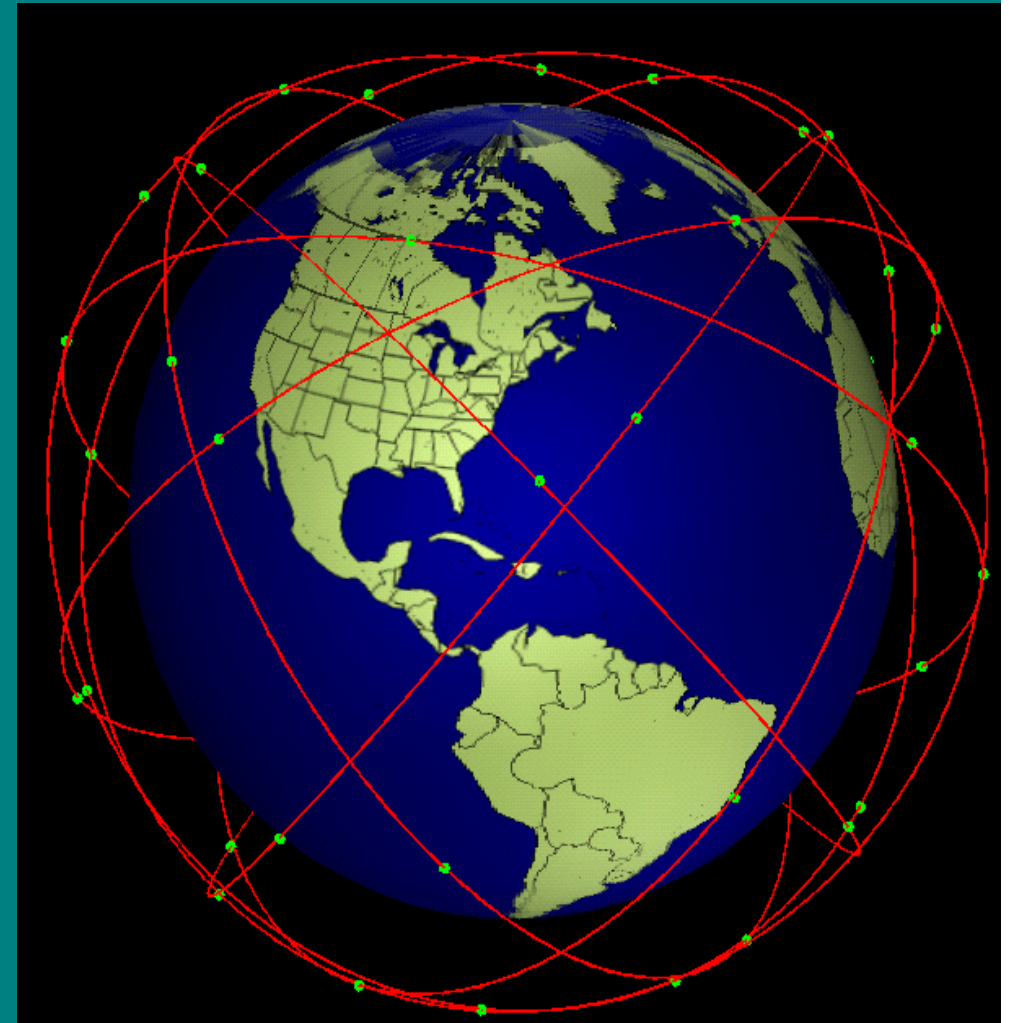


Figure 5. Integrated View of Quality of Life



Turquoise – Holistic, focused on spiritual connectivity, resulting in meaningful work, balance of life's forces, integration of feeling and knowledge, working on large scale problems without sacrificing individuality, represents 0.1% of population and 1% of power.

Some points of applied Integral Philosophy / Spiral Dynamics

Personal growth – cross-training can trigger a quantum shift in the consciousness of all individuals

Organizational development – can ensure more holistic strategic thinking; more comprehensive means of developing human resources; a solid framework for management; a more robust and compelling for market segmenting and targeting; more integrally conceived products and services which meet more needs than the First Tier competition is capable of; all yielding more efficiency, market share and profits

Government – provide a framework for the optimal administration of resources so as to not maximize one group's well being; work towards a politics of peace

Communication – allow each sector of society a common framework for communicating and cooperating to achieve shared goals; the creation of a shared language for progress

Health – embracing all quadrants, such that wellness is measured and nurtured not just in terms of biophysical indicators and supported by only diet and exercise, but in terms of psychological health, social conditioning, economic and social class, institutional effectiveness and the interplay between them all

How can IP and SD be useful for IY and AV?

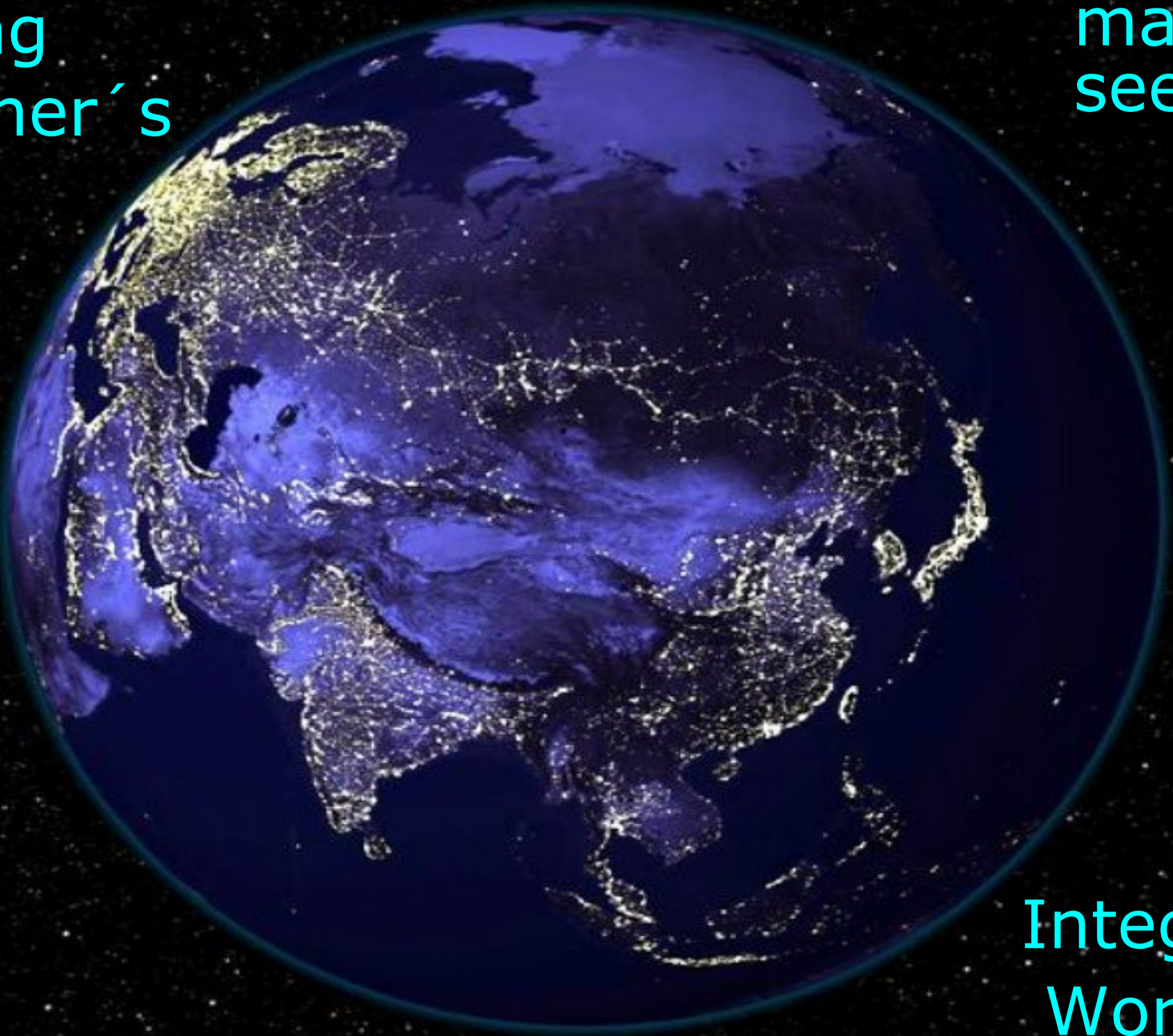
- IY+AV: Cultural & timebound deconstruction of the Integral Vision
 - IY+AV: Integration of therapeutic support
 - IY+AV: Common meeting platform with other evolutionary groups
 - IY+AV: Better reference system for UN, media, mainstream
 - AV: Appropriate fostering of villagers
- AV: Integration of intellectual & scientific discoveries (see AV Charter)
 - AV: Awareness of “Green Meme” features

What are IY's contributions to an Integral Discussion & Practice?

- **Psychic Being as axis of transformation**
- **Evolutionary Force - Mother**
- **The whole picture: More than just transformation of *consciousness***
- **Applied model of an evolutionary Human Unity experiment**

Using
Mother's

many
seeds



for
an

Integral
World