



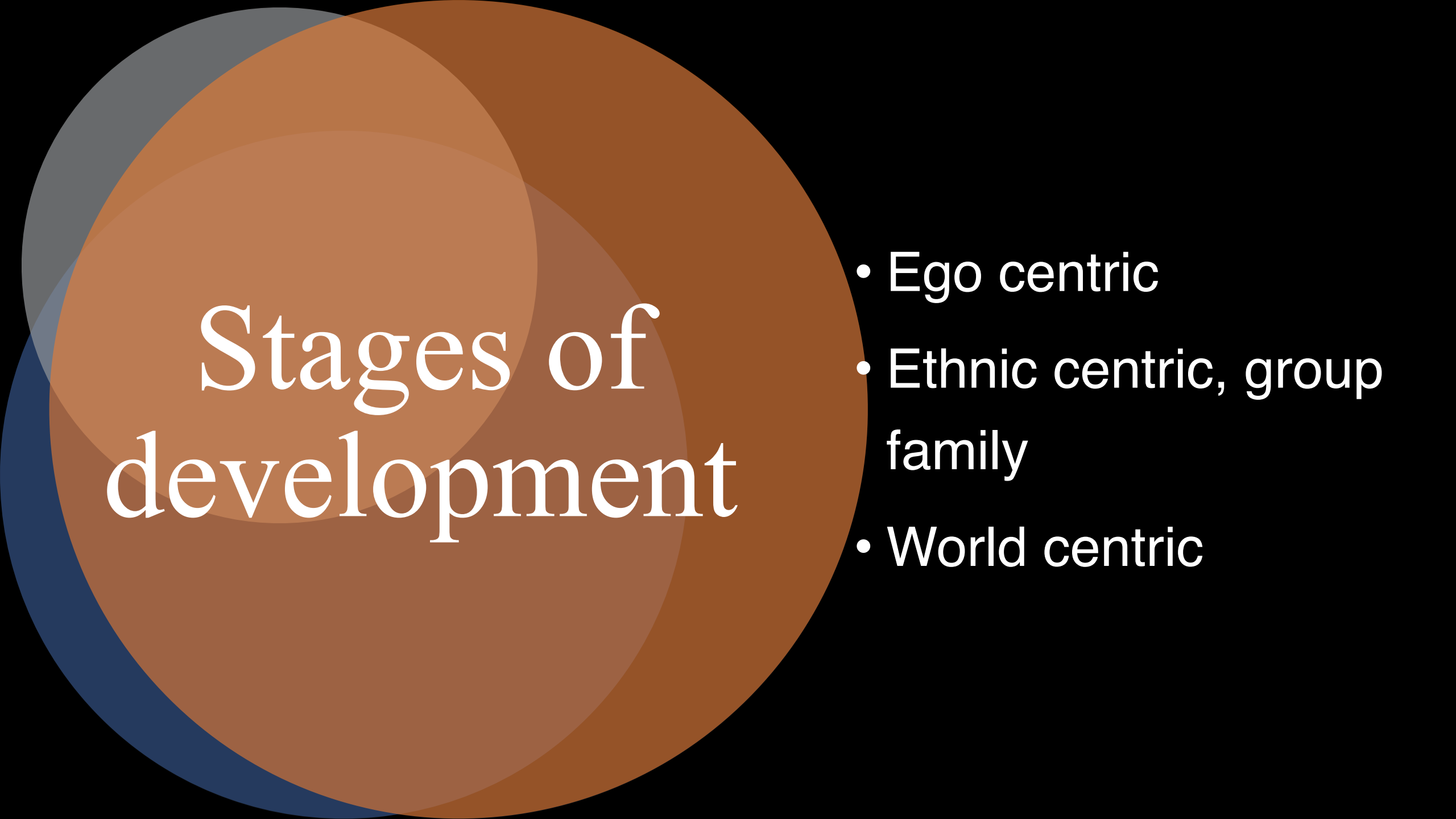
Self Assessment

KEN WILBER'S INTEGRAL THEORY

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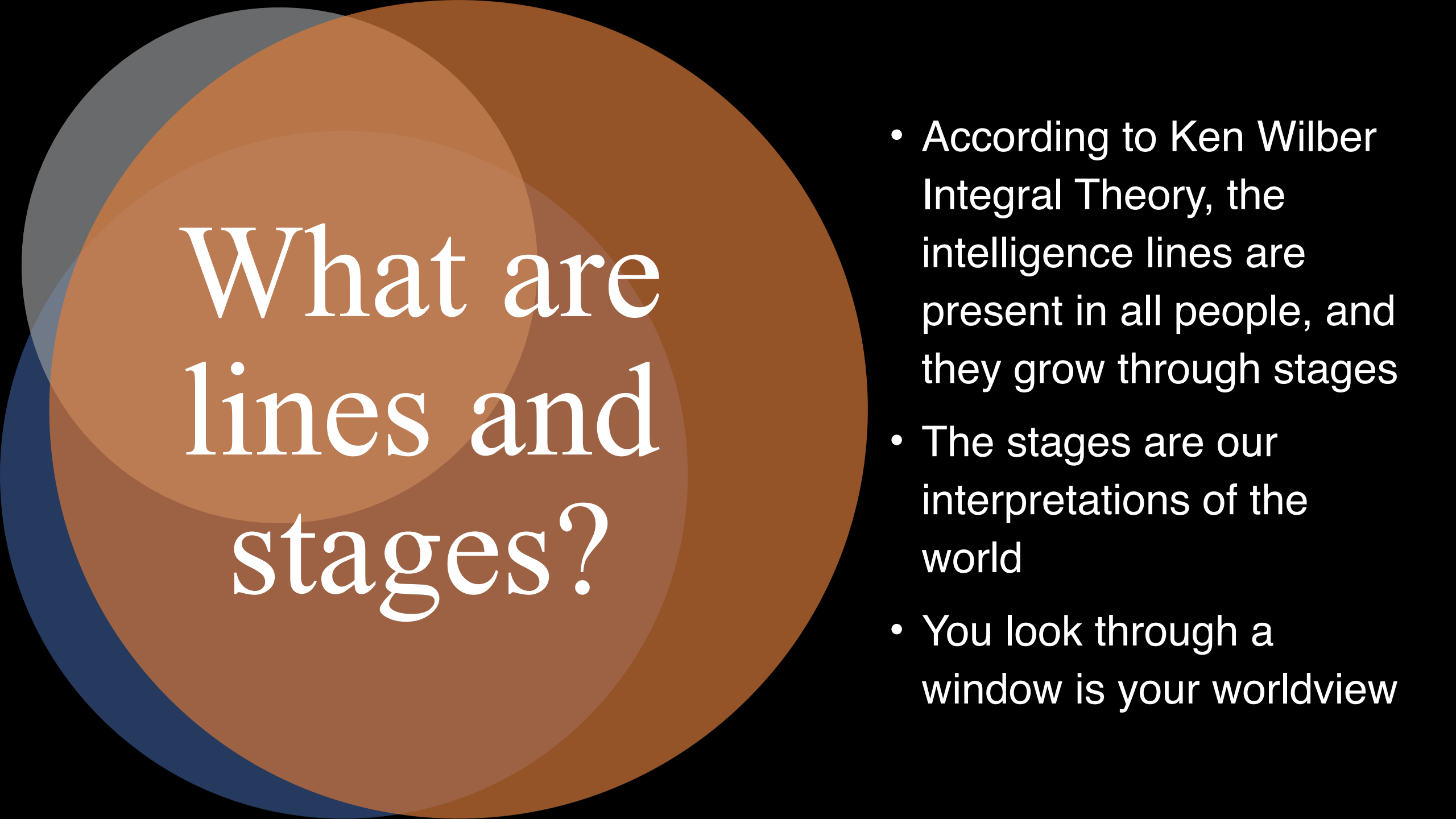
The Five Ups

- Awake Up
- Growing up
- Cleaning up
- Opening up
- Showing up



Stages of development

- Ego centric
- Ethnic centric, group family
- World centric



What are lines and stages?

- According to Ken Wilber Integral Theory, the intelligence lines are present in all people, and they grow through stages
- The stages are our interpretations of the world
- You look through a window is your worldview

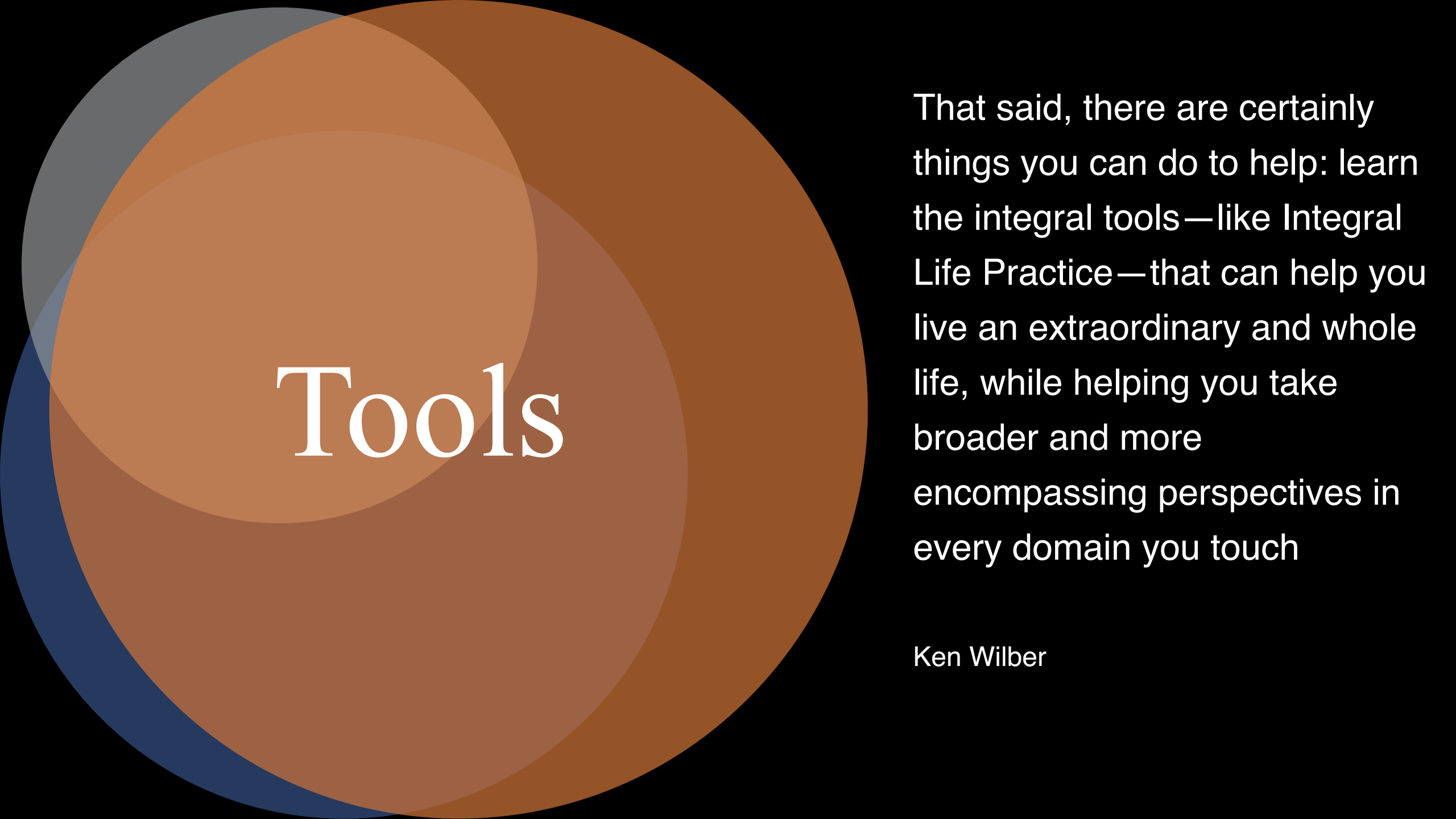
Questions Ken Wilber integrallife.com conversation

“How do you see the world?”

“How do others see the world?”

Self Assessment Emotional Intelligence

- Relationship is a mutual agreement to learn and grow
- To serve each other and to contribute to the world
- How do you register your own emotions?
- How do you register others' emotions?



Tools

That said, there are certainly things you can do to help: learn the integral tools—like Integral Life Practice—that can help you live an extraordinary and whole life, while helping you take broader and more encompassing perspectives in every domain you touch

Ken Wilber

Moral Intelligence

1. Start to care about others
2. Start to care for the world



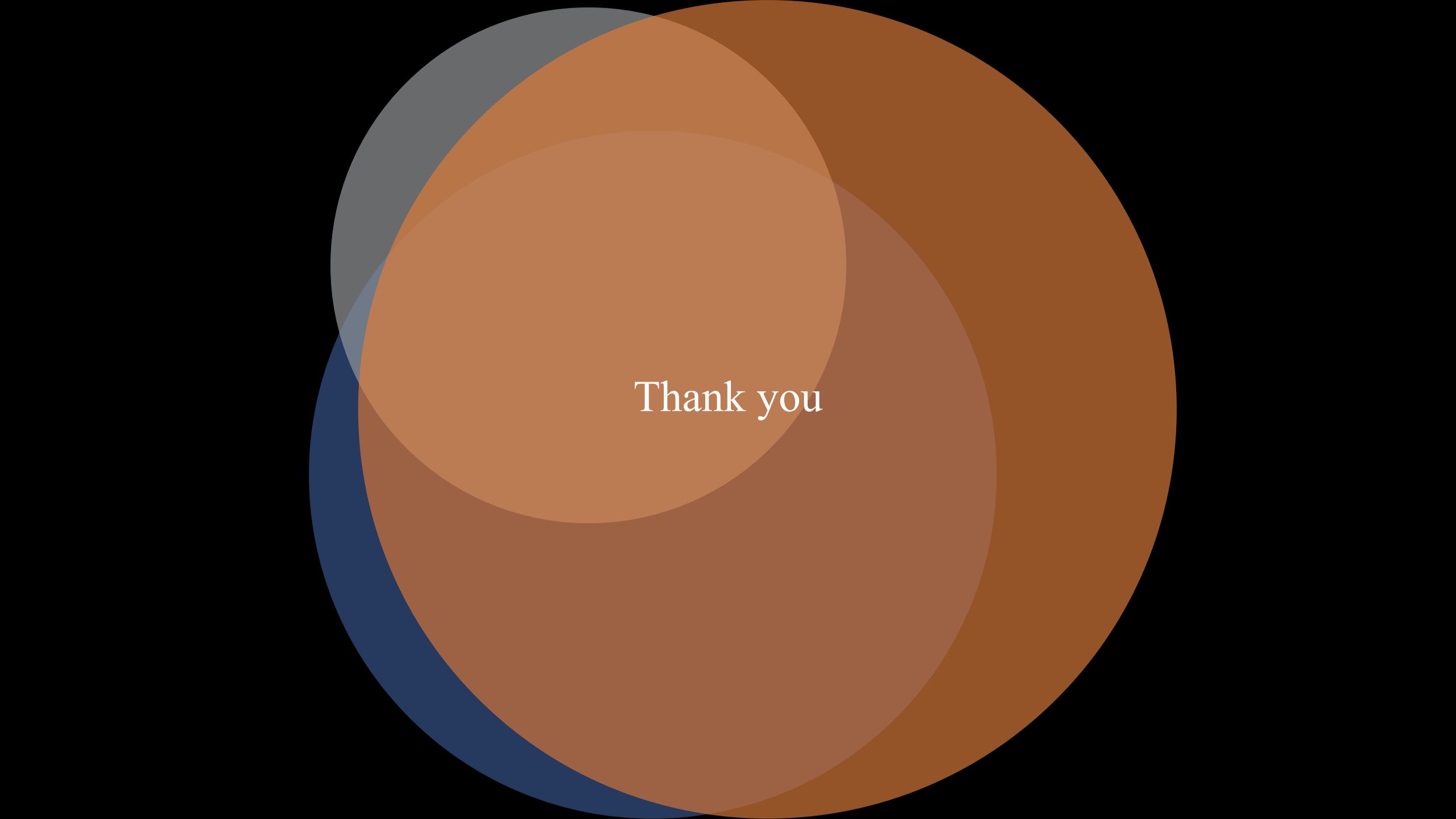
Your lines of intelligences?
Self Assessment on wakelet.com

Bjorg Eggerts
@Dawn_

- How are you feeling?
- What are you thinking?
- What are you hopeful for?
- What has triggered you?
- What are your core values in this situation?

Resource

- integrallife.com
- Pathways: For Human Flourishing by Bjorg Eggerts



Thank you