

Spiral Dynamics Integral (SD_i)

- Transcending and Including

A beautiful and harmonic unfolding of Self

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In the previous article we looked at change and the conditions that need to be met before significant change – moving up a Meme - can occur. This looks daunting, yet we have all done so several times since we were babies!

Looking back over our own lives to identify the stages we have lived through helps us to recognise where others are now. Recalling our own experience – how did we think, feel, act in those days? What did we hope for? What did we fear? What did we believe in? Then even if we are in dispute with others, we can relate to them in a non-threatening, helpful, understanding way.

'To speak according to the level of consciousness of your listener means to be already on a lofty step' (The Fiery World)

As our consciousness expands, our brains evolve to handle increasing complexity. Growing into a new Meme involves *transcending and including* the previous ones. The need to satisfy basic **Beige** physiological needs continues all our lives. As does the healthy **Purple** need for bonding, the healthy **Red** need to have fun, be creative and free enough to explore and enjoy life, and healthy **Blue** peace of mind and hope for the future.

During the entering stage of a new Meme, we carry much of the previous one with us. Gradually, we let go of the habits and relationships that are no longer appropriate. This may be painful, and a lonely period often ensues before we are integrated into our new life conditions. Family and old friends may not understand and feel hurt, and it takes time to make new friends and adjust to the thinking, behaviour, work, books, music and even diet of our new life-style.

Years later, when we have completed the experience, learned the lessons and found solutions to problems in our current Meme, we begin to react against it. Chafing against authoritarian **Blue**, disliking the competitiveness and failure to care for people in **Orange**, or doubting the effectiveness and expense of **Green** collectivism and consensus decision-making. We are preparing to move on again.

Memes develop like waves approaching a beach, we see only the nearest, which conceals the one behind. It is only when the nearest reaches its peak and begins to disintegrate that the one behind it rises to take its place and becomes visible. In the same way, in individuals, societies and civilisations,

the new is growing within, often unconsciously, until it suddenly breaks through and life is permanently changed.

However if we have resisted change, by ignoring or failing to deal with current problems - or putting up with things to avoid 'rocking the boat' - we may well experience an accident, or illness, or what to us is a disaster. This plunges us into a 'gamma trap' where we feel angry and powerless and are forced to face reality and understand what went wrong and why. But where the six conditions for change have largely been met, we can take charge of our lives and act before disaster strikes.

Change happens in the same way for individuals, groups, societies and whole civilisations. Many are frightened by current economic, political and environmental changes in the world and the crumbling of old structures that we thought we could rely on. History shows that in times of greatest human crisis, great Teachers have appeared - Sri Krishna, Lao-tsu, Buddha, Socrates, Christ, Mahomet – inspiring the creation of civilisations of greater enlightenment, founding new religions, and still influencing us today. Many lesser known avatars have also walked among us, bringing new energies that stimulated our spiritual growth – all part of a continuing process of revelation.

As Michal Eastcott told us, the concept of a spiritual hierarchy is fundamental to most belief systems. Man has universally believed that beings of greater power, wisdom, knowledge and ability exist on some higher level than our own and watch over the inhabitants of Earth. The spiritual impulse within us, the yearning and striving towards some greater good is part of our make-up as human beings – and is expressed according to our life conditions.

Our meditation in the next two months will be on the Law of Spiritual Approach. Those of us in the 'first world' have come a long way since **Purple** and **Red** days when we feared and placated terrifying and wilful gods. The current great religions emerged during the thousand years known as the Axial Age, sweeping humanity away from tribal life and towards the development of individual consciousness. Jesus taught that we each have a soul and are loved by God, and the value of service – thereby providing *meaning and purpose* for our lives and laying the foundations of moral responsibility. We were into **Blue**. Whether we go to church or not, and whether or not we are aware of the deeper mystic aspects of our religion, these teachings are alive within us: the knowledge of right and wrong, our sense of responsibility, the need to care for others and the aspiration to be good.

Eventually the dogmatism of the church threatened to stifle the development of independent thought, and this led to another explosion of consciousness – the Enlightenment, igniting the scientific revolution that defines our modern world. We were into **Orange**, self-conscious and claiming autonomy. We ignored or arrogantly dismissed the concept of a God, Source or Creator. Atheists poured scorn on caricatures of God, and our in-built spiritual aspiration was perverted to self-interest and the worship of false gods: money, celebrity, 'progress' and technological marvels.

Green reawakened our spirituality, and our understanding has been increased immeasurably by the exchange of Eastern and Western thought. Our current

crisis is huge, so should we be looking for a new great Teacher – for the reappearance of the Christ on earth to save us? Apart from the practicalities of how He would appear – on TV? wearing modern clothes? - the idea of being saved is very appealing. But we must cease to personalise the Christ consciousness. We are no longer children waiting for a loving parent to kiss us better and sort out our problems. We are entering **Yellow** and **Turquoise** - becoming *conscious that we are conscious*. And therefore responsible for ourselves. Responsible for our own evolution. Actively cooperating with the great creative principle that gave birth to us and the entire manifest world.

A major task ahead is to shift our thinking from negative to positive. Counting the number of times in a day you hear negativity expressed, or do so yourself, will shock you. It has become a form of protection against the fears and desires of the personal self that arise in their particular life conditions. And one of these fears is what will happen when we die. We know that consciousness continues, but find it very difficult indeed to conceive what that might mean without a personality attached. The positive answer is to align ourselves more and more with pure consciousness – or thinking and acting as if we are already Soul-infused - until the world of fear and desire falls away. It is rather like setting off in a hot-air balloon – you feel no movement as the ground drops away below you.

There is only one consciousness, of which we are all a part, whether we are aware of it or not. Humanity is connecting through a global electronic network – which in itself does not unify our consciousness – but it is the means by which the vision of unification of the consciousness of humanity can be spread. Many highly evolved beings are here working among us already, in every field of endeavour, preparing our minds and hearts for the great spiritual awakening that is already in progress.

“The fragmentary consciousness of the human frame is seeing its way towards the Soul, the Self, the Whole from which it came, and is set, like an aircraft turning on to the take-off runway, to begin the flight which will lift it into the sun.”

(Michal Eastcott)



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