



Ken Wilber: Integral Bodies



Ken Wilber is a Philosopher and Author on Transpersonal Psychology. Discover the work of Development of Integral Theory, a Systematic Philosophy that suggests the synthesis of all human knowledge and experience.

TOP EMBODIMENT TIP: If anything is going to save us, it is this kind of discussion, openness and interest. This is where the hope lies.

Definition of Embodiment Do not confuse the brain with the mind. Brain is only one part of the body, just as the eyes are; Mind is related to awareness and consciousness. **Embodiment is related to the mind.** Seeing the world through the 1st person perspective, there is a difference in what the mind perceives or feels in a 'mindly' way and what the body feels in a 'bodily' way. The relationship between the two changes through different stages of self development.

- **The integration of the two is the process of embodiment** and it develops throughout a person's life.

Stages of the Integral Development of Self: The "Growing-up" Process

- **Stage 1:** Self IS the body, we can not distinguish our self from the other.
- **Stage 2:** Mind develops the understanding that the other exists and the self starts to differentiate itself from the body and to identify slowly with the mind.
- **Stage 3:** The mind develops the differentiation further and literally represses the body (traditional cultures). Consequently, the self fully identifies with the mind only; Body is repressed to different degrees.
- **Stage 4:** The rational stage where the mind is so overpowering in its development that it annihilates the body totally to the point that body becomes the lesser reality (modernism).
- **Stage 5:** Mind dis-identifies from the self so that mind and body begin to integrate again. In this stage, the body reality goes over the mind reality in terms of the value the person attaches to them. Mind reality becomes subordinate to bodily reality (postmodernism).
- **Stage 6:** An integrated stage where mind and body are both experiences of an integrated self. Self is neither stuck in the mind nor in the body. It transcends them both. **This is true embodiment.**

Difference Between 'Growing up Process' and 'Spiritual Awakening Process':

- **Stage 1:** Disidentifying stage where a person gets the sense of freedom and release because he/she is capable of dissociating the self from the world around them as well as of her/his feelings and thoughts.
- **Stage 2:** Development of the state of a deeper unity with the whole world around them. In terms of body, a person is one with the body and the world around at the same time. The growing up and awakening processes are **not interchangeable nor do they happen parallel in person's life.**

True Embodiment (Stage 6) Can Cure Culture Wars

- The way out from the current cultural wars is not yet apparent. There is no particular stream within the postmodern value system that has yet evolved to the sixth integrated stage. Whether the way out will be through their development or the critical 10% of the population will be raised into this stage... it is to be seen.