



searchinsachin  
Stars. Psyche. Being.

SEPTEMBER 17 2020 | ISSUE 3

# CONCEPTUALIZING CONSCIOUSNESS

The Official Weekly Newsletter of Searchinsachin

## RESOURCES TO HELP YOU THROUGH

### Book Recommendations:

Theory of Everything - Ken  
Wilber

Background Music for the  
newsletter: ["Tango Suite" by  
Astor Piazzolla](#)

### Consciousness Models:

Spiral Dynamics

Ken Wilber's model

[Map of Consciousness by David  
R. Hawkins](#)

### Self-Inquiry:

Which level of consciousness  
do I find myself in? What does  
this mean? How do I evolve and  
grow?

## THE MIND-MATTER MYSTERY

by Sachin Sharma

Dr. Nun Amen-Ra, a revered teacher of mine, an astute ascetic writes in his most momentous work: Mind, Matter, Mathematics, and Mortality, "The crux of the mystery is that mind manifests itself in a manner that seems immaterial. Nonetheless, the machinations of the mind are unambiguously associated with the operations of the brain. Stated more strongly, the brain and its chemical constituents are the causal basis for consciousness. This much is clear. Now comes the caveat.

The chemical constituents of the brain assume a place in a material hierarchy. Its organic molecules are composed of atoms."



"These atoms are composed of subatomic particles such as protons and neutrons. Protons and neutrons are composed of fundamental particles called quarks. They are called fundamental because, like the electron that "orbits" the periphery of the atom, they appear to have no deeper substructure. In fact, they appear to be infinitesimal point particles with no spatial extension or dimensionality. If this description is indeed defensible, they are then immaterial. What this may mean is that the supposed matter supporting the seemingly immaterial mind is itself ultimately immaterial." In the rest of the text Dr. Nun then goes on to prove this premise using Mind, Matter, Mathematics, and Mortality.

The biological materials that constitute the physical organism are immaterial, they are, at the very core, simply a vibration (a particle and a wave simultaneously), and if this is not an eerie life-changing realisation then I do not know what is. This simple scientific conclusion must enter the heart - for this is the teaching of the modern Science - if Buddha was a scientist this is what he would preach. This realisation must not leave the mind and must be wrestled with for as long as the concepts and contents of Consciousness do not become a lived embodied realisation.

We must live through the many stages in the development of consciousness and eventually directly realize the all-encompassing transcendental Consciousness, the immaterial existence to the seeming materiality of reality. That is the purpose of Human Existence.

In this process of development, we will find ourselves on various stages of development - conceptualizing consciousness allows us to map ourselves in an effective manner on this upward journey towards realization of Truth.

---

## WHAT CONCEPTUALISATION?

IS

Allow your immaterial minds and bodies to now fathom the meaning of Conceptualisation.

As Gilles Deleuze, Felix Guattari, Hugh Tomlinson, Graham Burchell in their work "What is Philosophy?" state, "philosophy is the art of forming, inventing, and fabricating concepts."

To philosophize is to conceptualize and vice-versa. Creating, organizing, destroying concepts is an art that a philosopher masters throughout its investigative and contemplative life.

For the Philosopher of the metaphysical reality, of the real reality, of the unseen hidden truths that undergrid and organize the seen reality, the art of conceptualizing is a trickier affair.

Conceptualising Consciousness is Philosophizing it. It allows one to schematise the psyche, categorise the many mental apparitions, and map the many meanings that it derive throughout life. It is an art and a science, simultaneously.



## WHY MUST THE IMMATERIAL "I" CONCEPTUALIZE AN IMMATERIAL REALITY?

The unreal mountain is climbed by the unreal climber to arrive at a real understanding of the unreal Self. This is what we are trying to achieve by conceptualizing consciousness.

An un-conceptualizable reality is being conceptualised by a fool to arrive at a map that can be utilized to fully realize the futility of the entire exercise.

The conceptualizer after this arduous climb then arrives at a consciousness that is beyond Conceptuality.



---

The mountain Peak itself is something more and beyond the act of climbing. The Peak requires climbing, though it exists before the act of climbing itself.

The Peak does not exist without the Climber who perceives the Peak as the Peak and the Bottom as the Bottom.

If the bottom is perceived as the peak, is the climber already at the peak?

No, the peak is a place where there is understanding of the bottom as well as the top. But bottom does not have the understanding of the top.

Ken Wilber articulates this idea by calling it 'Transcend and Include.'

But the unreal mountain climber must believe in the existence of an unreal mountain, and climb up with its entire being, for it is neither about the act of climbing the mountain nor the conceptual understanding of the realness/un-realness of the mountain which matters, but the direct realisation of the Peak itself - it is from the Peak that there is Understanding of the entire process, and thus, a realization of a new level of Consciousness. These various peaks will be discussed later.



For as long as the climber is stuck in its climber-ness and the mountain in its mountain-ness, the climber-ness must enter the mountain-ness and realize its unreal self-concept.

To understand and renounce all self-concepts, the nature of the self as well as the concepts which arise within the self must be assessed - a self-inquiry must be established.

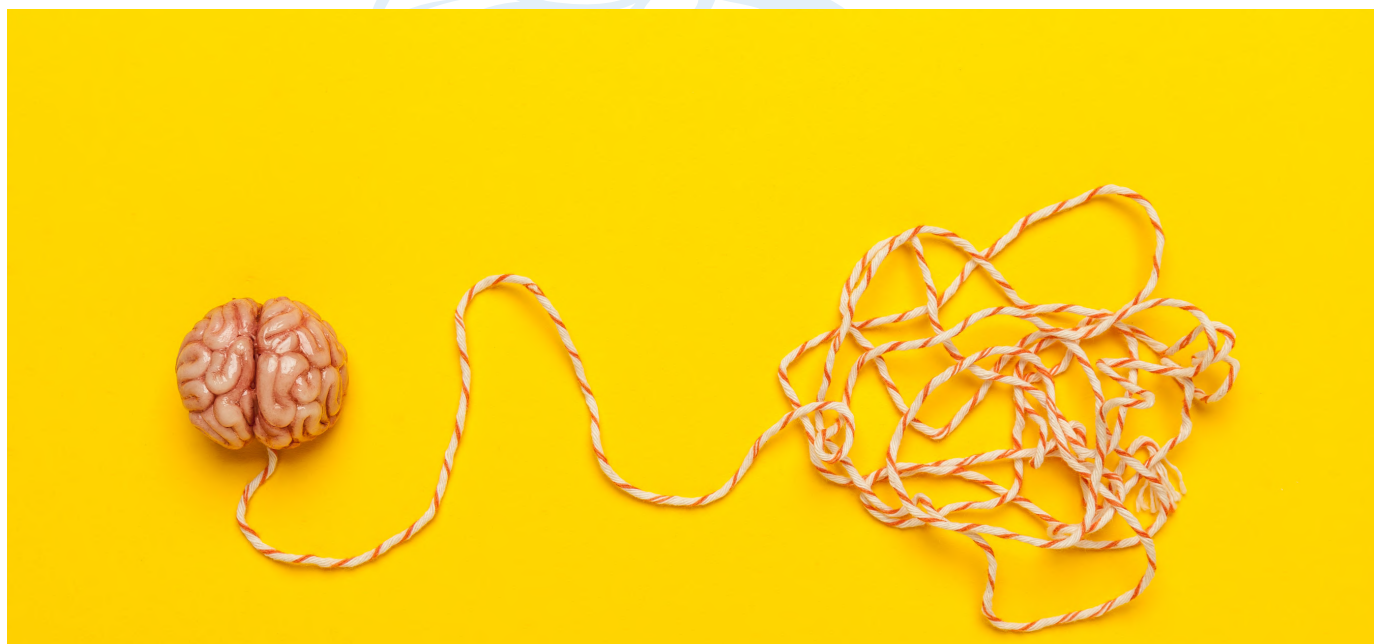
Conceptualizing Consciousness, therefore, becomes important, it enables this process of self-inquiry in an effectively methodical manner. It provides with a map of the mountain that one is already automatically climbing. And what is more important to a navigator than the Map?

---

Maps and models of consciousness, and the overall act of conceptualizing consciousness allows for a self-inquiry in a well articulated and structured fashion. One knows where to look rather than hoping to spontaneously stumble upon the pieces of knowledge required to complete the puzzle of the evolution of consciousness.

Once the climber reaches the mountain peak, it sees what had always existed but was out of sight. At the bottom of the mountain, the non-climber utters with ignorance, if the Peak already exists why must I climb, I must only know that it already exist and I can save myself from the pains of climbing the mountain. The non-climber never realizes the Peak, it only believes in its existence, never seeing the view from the Peak, the understanding that comes from that viewpoint. It may also remain absorbed in the lower ways of being, never realizing that there are other higher ways of existence.

The realization of the Peak requires certain Virtues and a transformation which arises from the embodiment of these Virtues. These are cultivated in the process of climbing itself. Thus, the climber, the climbing, and the peak are inseparable and equally important. You, your effort, and the results are inseparable - anything missing from this is a misunderstanding on the part of the seeker. These ideological belief weaknesses reveal themselves in the process of self-inquiry.



---

”

“THE PSYCHOLOGY OF THE MATURE HUMAN BEING IS AN UNFOLDING, EMERGENT, OSCILLATING, SPIRALING PROCESS MARKED BY PROGRESSIVE SUBORDINATION OF OLDER, LOWER-ORDER BEHAVIOR SYSTEMS TO NEWER, HIGHER-ORDER SYSTEMS AS MAN’S EXISTENTIAL PROBELMS CHANGE.”

– DR. CLARE W. GRAVES

“

## CONCEPTUALIZING CONSCIOUSNESS

### Maps of consciousness

A discussion on Consciousness cannot ensue without paying homage to the philosophers of Consciousness such as Ken Wilber, Don Edward Beck, Christopher Cowan, Clare Graves, Abraham Maslow, David R. Hawkins, etc. They have articulated consciousness and furthered many models of consciousness that have provide well-rounded maps of meaning which are evermore relevant to the collective consciousness that now suddenly seems to be hyper-aware of its evolution. This is a phenomenal occurrence of current times.

Let's take a look of the following three inter-related models:

1) The Theory of Levels of Human Existence by Clare Graves (Inspired but differed from Abraham Maslow)

2) The Spiral Dynamics - Clare Grave's theory further developed by Don Beck and Christopher Cowan

2) AQAL Stages of Consciousness theorised by Ken Wilber (with the help of Don Beck)





Each of these models allows us to map ourselves on a certain level or spectrum or dynamic of consciousness, and thus provide a structure by defining the characteristic thoughts, behaviors, and circumstances which arise at that level of consciousness.

One knows where one was, is and potentially can be. The implications and influence of these models of consciousness are far spread, such as in the field of medicine, psychology, philosophy, spirituality, etc.

These maps allow the seeker to understand that there are various other ways of being, and thus step out of its own ideologies, realizing that every level of consciousness has its own operable truths that allow that level to function coherently.

The level one is vibrating on will attract only the contents of that level of consciousness. For instance, an individual who is constantly pulled into political polarisation, unable to perceive the complex structures of reality will only attract polarised conversations, and find disturbance due to their own ideology and the opposing views of the Other, conflict will become the basis of their reality - inner and outer conflict. This stage of development must consequently lead the human being to the next stage.

One can now articulate one's psyche, and thus know how to diagnose such an inner conflict and move up the ladder of consciousness into awareness and expansion. Such a simple self-diagnosis can allow us to know what we are and where must we look to move forward and evolve.

---

## CLARE W. GRAVES' THEORY OF LEVELS OF HUMAN EXISTENCE

"At each stage of human existence the adult man is off on his quest of his holy grail, the way of life he seeks by which to live. At first level he is on a quest for automatic physiological satisfaction (A-N Beige). At second level he seeks a safe mode of living (B-O Purple), and this is followed, in turn, by a search for heroic status, for power and glory (C-P Red), by a search for ultimate peace (D-Q Blue), a search for material pleasure (E-R Orange), a search for affectionate relations (F-S Green), a search for respect of self (G-T Yellow), and a search for peace in an incomprehensible world (H-U Turquoise). And, when he finds he will not find that peace, he will be off on his ninth level quest. As he sets off on each quest, he believes he will find the answer to his existence. Yet, much to his surprise and much to his dismay, he finds at every stage that the solution to existence is not the solution he has come to find. Every stage he reaches leaves him disconcerted and perplexed. It is simply that as he solves one set of human problems he finds a new set in their place. The quest he finds is never ending."

This simple explanation by Dr. Clare Graves reveals to us the many Levels of Human Existence, and how we eternally find ourselves on one or the other stages. He was inspired by Abraham Maslow's Growth Hierarchy. But differed with Maslow and various other psychologists. Maslow believed these developmental stages of consciousness to be limited, that is, there is a final 'Self-Actualization' after which there is no more room for development. Clare Graves gave a more open system of values, he allowed for infinite potentials to remain a possibility in his model, thus also allowed for the model to be developed and researched in the future.





### Levels of Human Existence - Clare Graves

MEME	Learning System	Thinking	Structure	Motivational System	Specific Motivation	Means Values	End Values	Value System	Problems of Existence
A-N	Habituation	Automatic	Loose bands	Physiological	Periodic physiological needs	No conscious value system	No conscious value system	Automatic / Instinctive	Maintaining physiological stability
B-O	Classical conditioning	Autistic	Tribe-like groups	Assurance	Aperiodic physiological needs	Traditionalism	Safety	Animistic / Tribalistic	Achievement of relative safety
C-P	Operant conditioning	Egocentric	Empires	Survival	Psychological survival	Exploitation	Power	Egocentric / Exploitive	Living with self-awareness
D-Q	Avoidant learning	Absolutistic	Pyramidal	Security	Order, meaning	Sacrifice	Salvation	Absolutely / Sainly	Achieving ever-lasting peace of mind
E-R	Expectancy	Multiplistic	Delegative	Independence	Adequacy, competency	Scientism	Materialism	Materialistic / Achiever	Conquering the physical universe
F-S	Observational	Relativistic	Egalitarian	Affiliation	Love, affiliation	Sociocentricity	Community	Relativistic / Sociocentric	Living with the human element
G-T	All learning systems open	Systemic	Flexible & Integrative	Existential	Self-worth	Accepting	Existence	Systemic / Integrative	Restoring viability to a disordered world
H-U	All learning systems open	Differential	Holistic & Global	Experience	?????	Experiencing	Communion	Holistic / Experimental	Accepting existential dichotomies

Clare Graves did not use colors. He used original letter-pairs, as well as numbers on occasion. The color scheme was applied to Dr. Grave's Levels of Existence in the 1970s by Chris Cowan for making title slides for use in teaching the theory.

Graves' theory is an emergent process, a dynamic organic open-ended process, and not a categorical diagnosis. It is neither a series of developmental stages not a heirarchical in nature. It is a map to understand the latent potentialities within every human being.

These potentialities vary according to the circumstances. A humen being is at a stage in accordance with its circumstances, beliefs, and various other causes and conditions which then activate one or many of these 'Mememes', a term that Dr. Graves borrows from Dr. Richard Dawkins.

One can understand and map others and oneself according to these stages and accordingly develop a relationship to that place, person, ideology, circumstance, etc.

---

"Briefly, what I am proposing is that the psychology of the mature human being is an unfolding, emergent, oscillating spiralling process marked by progressive subordination of older, lower-order behavior systems to newer, higher-order systems as an individual's existential problems change. Each successive stage, wave, or level of existence is a state through which people pass on their way to other states of being. When the human is centralized in one state of existence, he or she has a psychology which is particular to that state. His or her feelings, motivations, ethics and values, biochemistry, degree of neurological activation, learning system, belief systems, conception of mental health, ideas as to what mental illness is and how it should be treated, conceptions of and preferences for management, education, economics, and political theory and practice are all appropriate to that state."

*EXCURSIVE: We are inherently vibrating on a certain level of consciousness, and this becomes especially very clear when seen from the lens of Astrology. Thus, Astrology can become another*



*tool to see where we are in this evolutionary process. Rahu and Ketu, the two shadow grahas peculiar to Vedic Astrology or Jyotisha especially make this very clear.*

*Why is one in a more survivalistic state currently, how can one plan out in accordance with their patterns, what is the root cause of the emotional barricading, and other impediments on the path of becoming pure Love, Intelligence, and Realization of the Self. All of this is the point and purpose of Life and the effort to live - who am I?*

*Therapy must operate on the level of Body, Mind, Spirit, and Soul.*

---

---

## THE SPIRAL DYNAMICS OF DON EDWARD BECK AND CHRISTOPHER COWAN

Don Edward Beck and Christopher Cowan further developed Graves's Theory of Levels of Human Existence and presented a structured evolutionary model of adaptive intelligence called Spiral Dynamics. Later on, Ken Wilber further refined these ideas and provided an Integral approach to the Spiral Dynamics model developed so far, and called it the Spiral Dynamics Integral (SDi).

In their work, Don Edward Beck and Christopher Cowan furthered the Levels of Human Existence into Spiral Dynamics - they are essentially a spiralic diagram of the same model which makes it more dynamic. They made the model more visual and theorised various practical implications of the model to explain historical events, management dilemmas, organisational challenges, psychopathological diagnosis, and cultural evolution.

They write, "Spirals exist from the sub-atomic to the interstellar realms as a dominant universal fractal. Deep within the cell nucleus are the long, spirally wound ribbons of DNA on which rest life's genetic code. At the other extreme, distant spiral galaxies send us greetings from the past. Spirals are alive, magical, powerful, and multidimensional. They can be as fear and destrsutive as a tornado or as seductive and haunting as a whirlpool. You ignore them at your peril."

They integrated the 'Mememes' as theorised by Richard Dawkins and Mihaly Csikszentmihalyi with Dr. Graves' Levels of Existence into a multidimensional spiralic structure which made the model work with complexity more easily. They write, "A spiral vortex best depicts this emergence of human systems as they evolve through levels of increasing complexity. Each upward turn of the spiral marks the awakening of a more elaborated version on top of what already exists. The human spiral, then consists of a coiled string of value systems, worldview, and mindsets, each the product of its times and conditions."

---



# SPIRAL DYNAMICS\*

## LIFE CONDITIONS

*Times, Place, Problems, Circumstances*

A 'MEME ("vee-meem") is a core value system, a world view, an organizing principle that permeates thought structures, decision-making systems, and various expressions of culture.

**Awakened 'MEMES**  
*Core Adaptive Intelligences*

**WholeView** \_\_\_\_\_  
*Synergize & macromanage*

**FlexFlow** \_\_\_\_\_  
*Integrate & align systems*

**HumanBond** \_\_\_\_\_  
*explore inner self, equalize others*

**StriveDrive** \_\_\_\_\_  
*analyze & strategize to prosper*

**TruthForce** \_\_\_\_\_  
*find purpose, bring order, insure future*

**PowerGods** \_\_\_\_\_  
*express impulsively, break free, be strong*

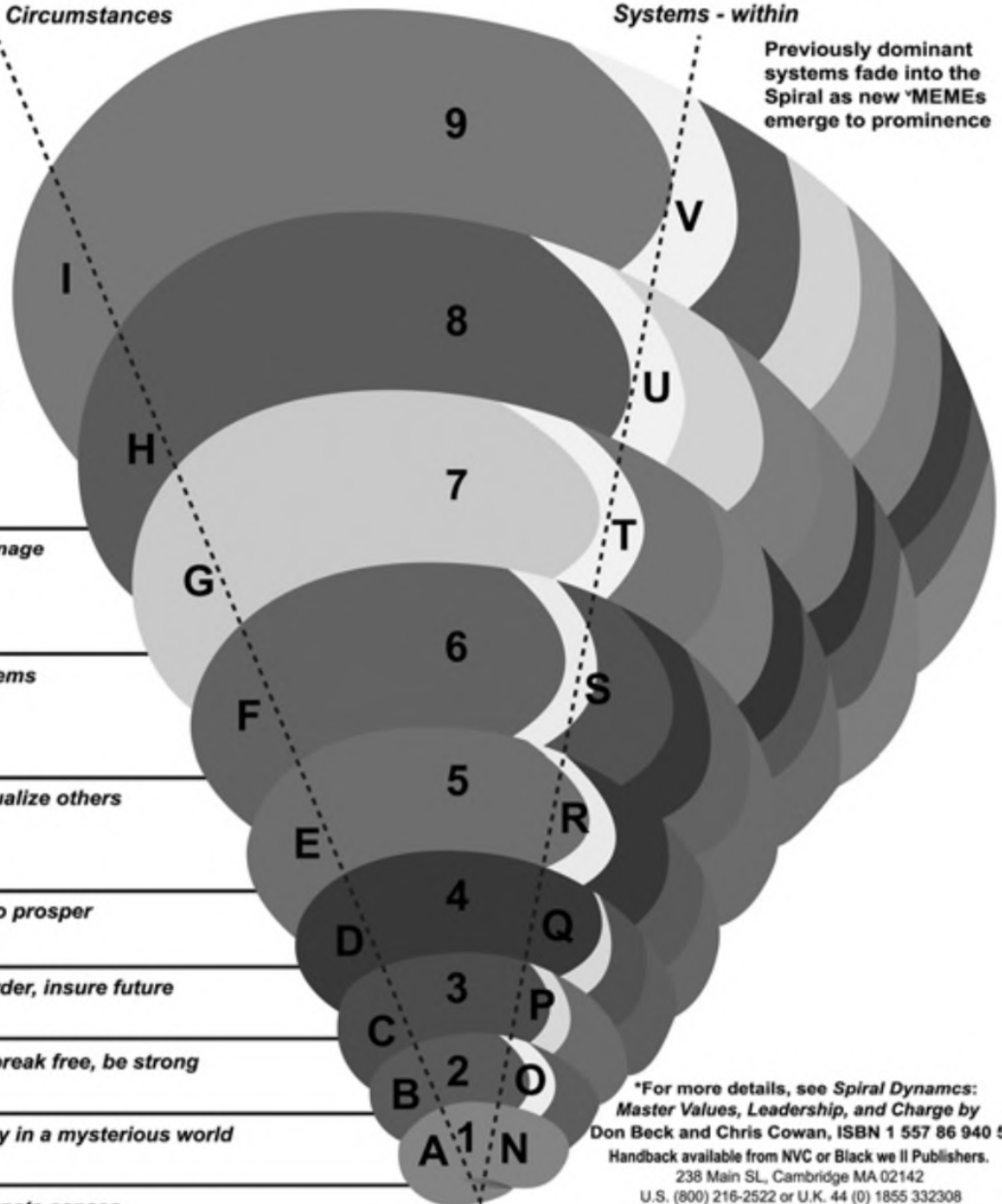
**KinSpirits** \_\_\_\_\_  
*seek harmony & safety in a mysterious world*

**SurvivalSense** \_\_\_\_\_  
*sharpen instincts & innate senses*

## 'MEME CAPACITIES

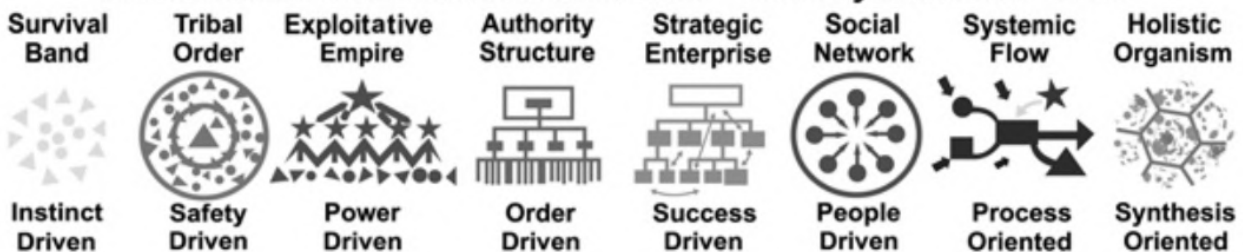
*Systems - within*

Previously dominant systems fade into the Spiral as new 'MEMES emerge to prominence



\*For more details, see *Spiral Dynamics: Master Values, Leadership, and Change* by Don Beck and Chris Cowan, ISBN 1 557 86 940 5. Handback available from NVC or Blackwell Publishers. 238 Main St., Cambridge MA 02142 U.S. (800) 216-2522 or U.K. 44 (0) 1855 332308

## ORGANIZING CODES AND PRINCIPLES — The Psychosocial "DNA"



---

Beige: Archaic Instinctual - "I Survive"

Purple: Magical-Animistic - "We are safe"

Red: Power Gods - "I Control"

Blue: Mythic Order - "We are saved"

Orange: Scientific Achievement - "I improve"

Green: The Sensitive Self - "We become"

Yellow: Integrative - "I learn"

Turquoise: Holistic - "We experience"

Coral: The system will be a new form of expressiveness, extended to the planetary level. Global problems will appear to require unified control, a new way of being to fit a world where collective living has changed the milieu.

(THIS WAS THEN FURTHER DEVELOPED BY Ken Wilber)

MEME	Popular Names	Basic Motives
BEIGE	<i>SurvivalSense</i>	staying alive through innate sensory equipment.
PURPLE	<i>KinSpirits</i>	blood relationships and mysticism in a magical and scary world.
RED	<i>PowerGods</i>	enforce power over self, others, and nature through exploitive independence.
BLUE	<i>TruthForce</i>	absolute belief in one right way and obedience to authority.
ORANGE	<i>StriveDrive</i>	possibility thinking focused on making things better for self.
GREEN	<i>HumanBond</i>	well-being of people and building consensus get highest priority.
YELLOW	<i>FlexFlow</i>	flexible adaptation to change through connected, big-picture views.
TURQUOISE	<i>GlobalView</i>	attention to whole-Earth dynamics and macro-level actions.

---

---

## KEN WILBER - STAGES OF CONSCIOUSNESS

After the Turquoise stage of development, that is, the Global Order, Holistic, 'We Experience' outlook, all of the previous theorists did not attempt to go further. Maybe due to the fear of conceptualizing the metaphysical-spiritual dynamics of consciousness, a prevalent fear at that time amongst the developmentalists and scientists in general. This is the territory that Ken Wilber wholeheartedly explored and theorised, the unknown metaphysical dynamics as openly practices, debated, and embodied in the Eastern spiritual traditions.

"Development is Evolution and Evolution is transcendence."

Ken Wilber brought the Integral Vision to this conceptualisation of consciousness. He explains, "Integral: the word means to integrate, to bring together, to join, to link, to embrace. Not in the sense of uniformity, and not in the sense of ironing out all the wonderful differences, colours zigs and zags of a rainbow-hued humanity, but in the sense of unity-in-diversity, shared commonalities along with our wonderful differences."

He further states, "A Theory of Everything - that makes legitimate room for art, morals, science, and religion, and doesn't merely attempt to reduce them all to one's favorite slice of the Kosmic pie."

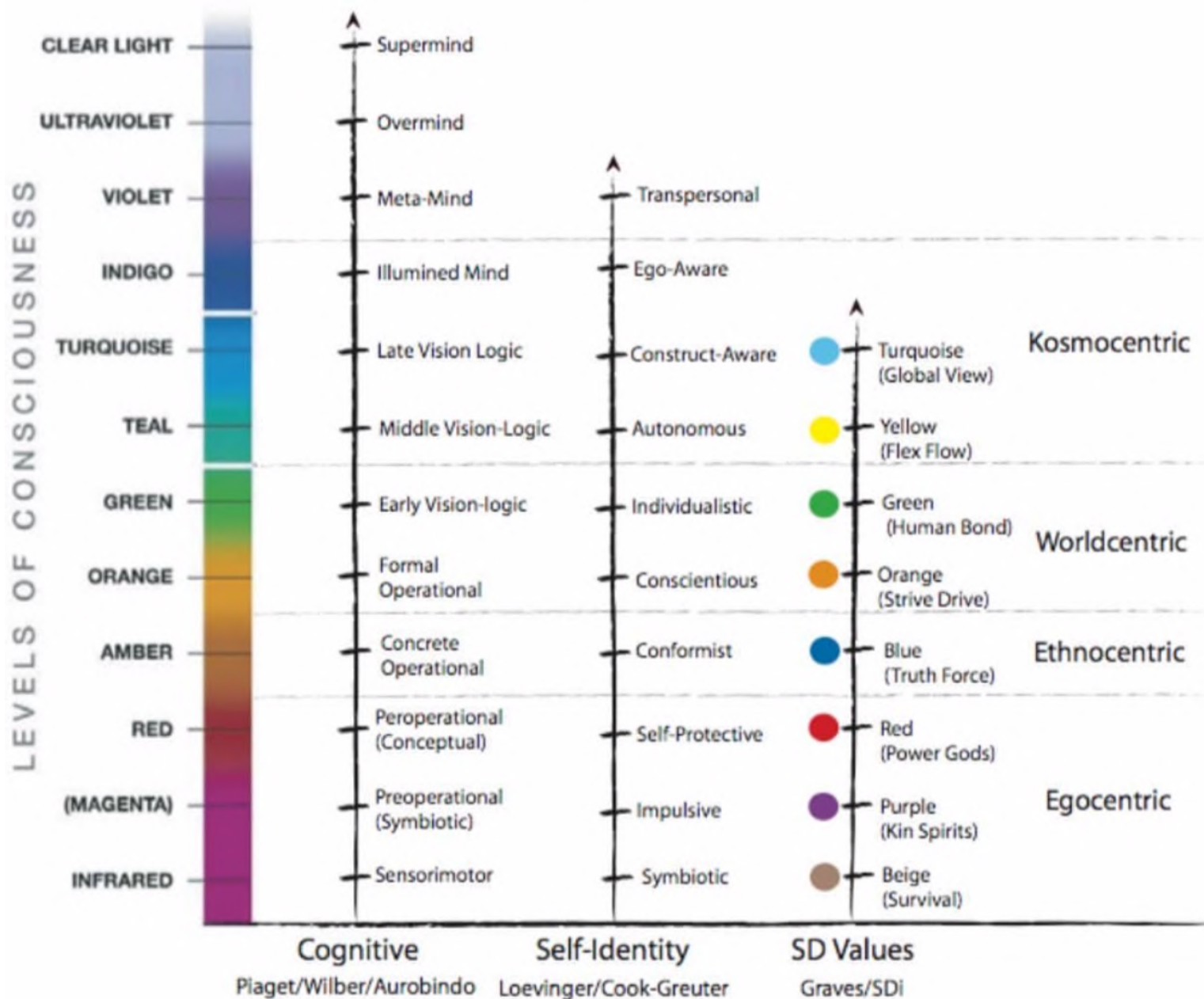
He also introduced the importance of psychotherapeutic work on the spiritual journey by differentiating between Growing up and Waking up - he suggests, that we must Grow up to our relative circumstance and Wake up to the absolute reality, and the two must happen simultaneously otherwise one can hamper the growth and progress of the other.

The integral Theory is such a phenomenal framework that allows any other theory to become well-structured, it is indeed a Meta-Theory or as Ken Wilber states a 'Theory of Everything.' It is ever-growing, adaptable, and indeed integrative of any and all of the other approached of conceptualizing consciousness - including Astrology.

---



# Ken Wilber's Stages of Consciousness



An Overview of Developmental Stages of Consciousness  
 Compiled by Barrett C. Brown, Integral Institute April 3, 2006

There is also the more integral part of the Integral Theory itself called the AQAL (All Quadrants All Levels). It is fundamental to the Theory of Everything developed by Ken Wilber, and requires a whole other level of exploration to fully comprehend. You can learn more about AQAL [here](#) and [here](#).

---

## The Egocentric stages

**Infrared** is based in survival - food, water, warmth, sex, and other animal instincts.

**Magenta** is based in safety and security. Tribal consciousness, keeping the spirits happy through sacrifice, allegiance to chief of the tribe, ancestors, mystical signs, and sacred objects, lineage, and so forth.

**Red** is based in power and action. Spontaneity, impulsivity, immediate gratification, receiving respect, conquering, dominating, rebellious youthfulness. It is energy being applied without any real understanding of the consequences.

## The Ethnocentric stage

**Amber** is based in stability and purposeful living. Life has meaning, aims, one acts to have predetermined outcomes. Self-sacrificial for the sale of a cause, absolutism rooted in right and wrong, loyalty, faith, judgment, disciplinarian, patriotic.

## The World centric stages

**Orange** is based on success and autonomy. Progressive, optimistic, self-reliant, rational, mastering a subject matter, exploiting the earth to create the "good life". This is where consumerism, materialism, futurism, scientific empiricism are rampant.

**Green** is based in community, harmony, and equality. Exploring the inner psychodynamics and generating empathy. Healing and helping professions are rampant. Natural hierarchies and interdependent systems.

## The Kosmocentric stages

**Teal** is based in the qualitative aspects of being, the magnificence of existence is glimpsed, dynamic systems interact with each other, chaos and complexity theories, systemic worldviews also take seed.

**Turquoise** is based in global order and renewal. Wholeness of existence is experienced. David Bohm ideas, Jiddu Krishnamurti's discourses, Rupert Sheldrake's research becomes a reality.

**Indigo** is based in non-controlling, Beingness, witness consciousness. Effortless interaction with the self.

---

---

## REMEMBER

Investigation of the matters of the Consciousness have remained a private matter for the Eastern Yogi-Philosopher or the Western intellectual, or such matters have remained a long forgotten farfetched dream for the layman. A layman often finds itself overwhelmed or disgruntled by the magnificence or the futility of such a search. The layman householder is burdened by the many untrue cultural presumptions surrounding spirituality, that all spiritual knowledge is to be remembered and researched after all material concerns have been taken care of, in a forest or a mountain-cave, when one is closer to the grave.

This is literally a grave-mistake, a mistake that causes one to reach the grave without having realised anything real about the nature of existence - nothing new enters the heart. Consciousness is the very basis of our existence - it must eventually become the first thing that is taught to a self-conscious child. How to be, feel, become, fully and wholeheartedly? It is not a luxury, it is a life skill, a survival skill.

This is a forgetfulness of how the psyche functions - by the time one is old and all the structures of the psyche are more confounded and convoluted by a lifetime of disappointments and miseries, it only becomes more difficult to break free - one must then either physically die or put in a Herculean effort to make progress. Do not wait to reshape or break the pot after it has been baked in the kiln. Attempt with all your heart to break it while it is still soft and reshapable - for in the Now, it is softer than the future.

Let me remind you dear reader - you within the confines of the fulfilment of your social duties, worldly desires and other tendencies can seek to know the nature of Consciousness. That is not my promise, that is a logical fact if one considers the words of the ancient and modern masters of consciousness to be of any value.

”THE INTEGRAL PARADIGM WILL  
INHERENTLY BE CRITICAL OF THOSE  
APPROACHES THAT ARE, BY  
COMPARISON, PARTIAL, NARROW,  
SHALLOW, LESS ENCOMPASSING, LESS  
INTEGRATIVE.  
– KEN WILBER





---

THANK YOU FOR SUBSCRIBING AND READING.  
I AM CURRENTLY OFFERING LIMITED ASTROLOGY READINGS.  
I AM CURRENTLY CHARGING 350 LIRAS, 3600 RUPEES, 40  
EUROS, AND 50 DOLLARS FOR A 90-120 MINUTE SESSION.  
THE PRICES MAY SOON INCREASE.

PLEASE FEEL FREE TO REACH OUT FOR MORE DETAILS.

[WWW.SEARCHINSACHIN.COM](http://WWW.SEARCHINSACHIN.COM)

[SEARCHINSACHIN@GMAIL.COM](mailto:SEARCHINSACHIN@GMAIL.COM)

