

## Conscious Evolution

Companion Worksheet & Resource List for use with DVD based on workshop by Cindy Wigglesworth  
(to order a DVD go to [www.deepchange.com](http://www.deepchange.com) under PRODUCTS)

1. What is the purpose of the Universe as it changes over time?
  
  
  
  
  
  
  
  
  
  
2. What is/are your life's purpose(s)?
  
  
  
  
  
  
  
  
  
  
3. Define a "good person" – write a single phrase to sum it up...
  
  
  
  
  
  
  
  
  
  
4. Define some terms for yourself:
  - a. Spirituality
  
  
  
  
  
  
  
  
  
  
  - b. Religion
  
  
  
  
  
  
  
  
  
  
5. Name some Spiritual Leaders you ADMIRE – can be alive or dead, fictional or real, and they don't have to be perfect. Just some people you ADMIRE as a Spiritual Leaders:
  
  
  
  
  
  
  
  
  
  
6. List the character traits that cause you to admire these people:

7. Write a GUIDING QUESTION which will remind you of your Life Purpose – your “True North” or “Magnetic Pull.” It should be based on the character traits you admire in Spiritual Leaders and your answer to Question 3. This question will help you to make decisions in difficult times.

(Note from Cindy: We don't cover this in detail on the DVD – but I wanted you to have a chance to express what you believe in one guiding question. My “True North” question guides me in making tough decisions...I ask myself “What would Love do?”)

## **YOUR SPIRITUAL DEVELOPMENT BY THE FOUR QUADRANTS:**

### **Quad 1 – Self-Development work (Upper Left):**

- 🍏 Therapy
- 🍏 Meditation
- 🍏 Centering Prayer
- 🍏 Journaling or other writing/self-reflection activity
- 🍏 Time in nature
- 🍏 Physical exercise – How many times per week? \_\_\_\_\_
- 🍏 Reading sacred or spiritual books
- 🍏 Listening to sacred or spiritual tapes/CDs
- 🍏 Watching spiritual DVDs or videos or TV programs
- 🍏 Studying my Personal **TYPE** (Myers Briggs, DiSC, Enneagram, etc.)
- 🍏 Receiving Coaching
- 🍏 Evaluating and developing my personal skills (e.g. using Emotional Intelligence, Spiritual Intelligence, or other assessments that address **LINES** of development)
- 🍏 Attending self-development workshops
- 🍏 Going on retreats
- 🍏 Artistic expression
- 🍏 Inducing Transcendent **STATES**
- 🍏 Other? \_\_\_\_\_

### **Quad 2 (Upper Right) 2A – Studying SCIENCE and its link to Spirituality**

- 🍏 Quantum Physics
- 🍏 Cosmology (study of the Universe)
- 🍏 Evolutionary Biology
- 🍏 Biology of Belief
- 🍏 Chaos & Complexity Theory
- 🍏 Molecules of Emotion
- 🍏 Brain Science / Consciousness Studies
- 🍏 Prayer Studies
- 🍏 Institute of Noetic Sciences – scientific research
- 🍏 Princeton Random Number Generator and like studies of collective power of thought
- 🍏 Other?

## Quad 2(Upper Right) 2B - Receiving feedback about my own observable behaviors

- 🍏 Feedback at work from boss
- 🍏 Feedback at work from peers
- 🍏 Feedback at work from employees
- 🍏 Feedback at work from others (customers, etc.)
- 🍏 Feedback at home from spouse/partner
- 🍏 Feedback at home from children
- 🍏 Feedback at home from others
- 🍏 Feedback from friends
- 🍏 Feedback from myself due to highly developed, honest and unflinching observations of outcomes and impacts of my choices
- 🍏 Other feedback

## Quad 2 (Upper Right) 2C – taking care of my physical BODY

- 🍏 I get enough sleep that I don't feel tired when I wake up
  - If I have a sleep disorder (e.g. loud snoring which can be a sign of sleep apnea) I have it evaluated and treated so that I am getting the rest I need to be fully available to myself and others as my highest and best self
- 🍏 I eat nutritious food
  - I observe if certain foods or beverages (like sugar, refined carbohydrates, caffeine or alcohol) have adverse effects on my mood, my energy level (e.g. an energy surge followed by a slump) or my attitude (e.g. create cravings/addictions)
- 🍏 I exercise 3 times a week at least
  - Can be as simple as 20 minute walks
- 🍏 I make sure I get out in the natural sunlight (this affects mood by affecting hormonal balances)
- 🍏 I use ergonomically correct chairs, tables, etc. so that my work doesn't impair me physically
- 🍏 I am careful about stretching periodically
- 🍏 Other?

## Quad 3 (Lower Left): Groups/Culture – “WE” influences – consider each one relative to your stated life purpose.

- 🍏 What magazines do I read?
  - Do they have a positive or negative influence on my growth?
- 🍏 What TV programs do I watch? Positive or Negative impact?
- 🍏 What movies do I go to see? Positive or Negative impact?
- 🍏 What groups do I associate with? (include work, family, church, bookclubs, professional societies, etc.)
  1. \_\_\_\_\_ Positive or Negative?
  2. \_\_\_\_\_ Positive or Negative?

3. \_\_\_\_\_ Positive or Negative?
4. \_\_\_\_\_ Positive or Negative?
5. \_\_\_\_\_ Positive or Negative?

**Quad 4 (Lower Right): Systems and man-made structures / human technologies:  
What spiritual systems are you involved with? (This might overlap with Quad 1  
self-development work, or Quad 2 Body Work, or Quad 3 Groups – that is fine!)**

- 🍏 Do you practice a religion? Which one? \_\_\_\_\_
- 🍏 “Alternative” medicine: e.g. Chinese, Ayurvedic, homeopathy, other
- 🍏 Yoga
- 🍏 Tai Chi
- 🍏 Biofeedback
- 🍏 Structured headphone-based meditation system (e.g. Holosync®, Hemisync®)
- 🍏 Diamond Path (Almaas)
- 🍏 Gateway (Barbara Marx Hubbard)
- 🍏 Integral Transformative Practice (ITP by Michael Murphy & George Leonard)
- 🍏 Landmark (formerly EST)
- 🍏 Quadrinity Process
- 🍏 Avatar
- 🍏 Other?

What do you notice? Do you want to focus more effort in any quadrant? Less effort in any quadrant? Do you want to increase or decrease some current activity? **WRITE DOWN YOUR CONCLUSIONS &/OR ACTION PLAN HERE:**

## Spiral Dynamics Integral (SDi) Summary Table: Gifts and Excesses of each Level up to Turquoise

Based on the work of Dr. Clare Graves as expanded by Dr. Don Beck. See [www.spiraldynamics.net](http://www.spiraldynamics.net)

Level	Gifts	Weakness or Excesses
Beige	Survival skills, heightened physical senses	No language yet – low problem solving ability
Purple	Language, sense of magic/awe, playfulness, ritual, aware of the aliveness of all creation, earliest religions, tribal connectedness, honoring ancestors and ancient ways. Shamanism, mystical states, psychic powers.	Blind loyalty to “tribe” by whatever description, unable to handle problems not solved by rituals – needed more complex ways to manage – especially as we moved away from hunting/gathering and human populations began to conflict with each other
Red	Courage, creativity, development of a separated sense of self (ego) and person power, ability to set boundaries, hero energy (when combined with Blue = “Superman”). Ability of the Red leader to defend him/herself and his/her people.	Impulsive, no deferring of gratification, tends to shed blood, power is everything, feels shame but not guilt. Graft in government or business. Gangs (purple/RED). Brutal dictators: Attila the Hun, Hitler, Idi Amin, Pol Pot. Patriarchy begins since power is the focus, and males have more physical power.
Blue	Discipline. Able to feel GUILT for first time. Defines Good vs. Evil. Creates order out of chaos of Red, focus on good of the larger group of believers or of the nation-state as more important than the individual. Has a noble purpose. Has a “Rule Book” for good living. Willing to DEFER GRATIFICATION – a key skill. Absolutely foundational for an orderly society. LAWS, justice systems. Structures created: armies, monarchies, authoritarian governments, one-party democracies. At their best these groups can be quite efficient due to strong leadership, clear procedures and rules-obedience.	“One true way” can be dogmatic. Heavy guilt, combines with Red to cause bloodshed “in the name of the true way.” Historically, 94% of Blue cultures in early phases have some form of slavery. “Out groups” are often dehumanized or considered infidels, heathens, pagans or witches. Patriarchy usually reaches its peak during blue historical periods.
Orange	Science, logic, technology, medicine – the removal of much pain and suffering, elimination of diseases and longer life spans. Food production leaps to new	Can make a “god” out of Science (Scientism) ...ignoring anything that it doesn’t know how to measure

	<p>levels. Material goods become abundant for the first time for the general public. BRAIN-centered. Individual right to question and believe what we want to believe. Beginning of world-centric thinking (trading partners, strategic alliances). STRIVE DRIVE – the desire to improve, achieve, be all we can be...but within the agreed rules set by Blue. Civil Right of INDIVIDUALS. Industrialization begins to create equal opportunities for women. Multiparty democracy. Innovation explodes with profit motive and scientific inquiry methods.</p>	<p>and validate. Can be materialistic, selfish, greedy (espec. if it combines with Red). Excesses: pollution, depletion of natural resources, damage to ecosystems, creation of sweatshops, may terminate employees w/o concern for community or feelings of the employee or family.</p>
Green	<p>HEART-Centered, egalitarian, pluralistic. Sees all paths to God as valid. Consensus and Harmony are key values. Nature-sensitive: issues include ecosystems, global warming, and animal protection. Defends the underprivileged, especially women and minorities. Non-violence. Diversity sensitive, sometimes called “liberal” in US. Women’s Movement. Gay Rights movement. Prone to depression and suicide. First level not likely to commit murder. Often prefers socialized democratic forms of government.</p>	<p>Consensus orientation can create paralysis and inability to reach decisions in a timely manner. Can be bigoted toward Orange and Blue in spite of language of “diversity tolerance.” Easily fooled by manipulations of Red people or governments. Can become trapped in intellectual elitism. Elitism ignites and activates Blue to push back. Blindness encourages Red.</p>
Yellow	<p>HEAD <i>with</i> Heart. Focus is on SURVIVAL again (like Beige) but at Tier 2 i.e. for the WHOLE spiral/planet. Destiny-driven, feels a NEED to express itself in the way it feels called to serve. An Express-Self level – so sets strong boundaries. Able to access for the first time ALL the levels within the individual, and to appreciate and work constructively with all the levels in groups. It breaks out of the paralysis of well-intentioned Green. Effective ACTION for survival of the whole Spiral will be it’s biggest gift. Will create Integral Government – knowing how to address horizontal growth (growth within a level) and remove barriers and create systems to assist vertical growth.</p>	<p>?? don’t know yet...but as an Express Self level (warm color) it will need some balancing with needs of the Group and the stronger Heart center of Turquoise.</p>
Turquoise	<p>HEART <i>with</i> Head. Nurturing. Holistic. Profoundly interconnected. Like Purple but at a Tier 2 level...”tribe” is now the whole living planet. Tribe is</p>	<p>?? don’t know yet – but as a Sacrifice Self level (cool color) it may tend to ignore some needs of the individuals.</p>

	<p>experienced in a transrational understanding (vs. pre-rational purple). A felt continuous <u>experience</u> of “there is only one of us here” - understanding that we are ALSO all unique individuals in separated forms. Compassionate and Wise . Many teachings of the Mystics speak from this level. Possible reawakening of psychic powers and more frequent experience of mystical states.</p>	
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Spiral Dynamics Integral (SDi)  
**Exercise One: Tier 1 levels and Recycling**

Level	Why would this level care about recycling aluminum cans?
Beige	
Purple	
Red	
Blue	
Orange	
Green	



## **SDi Exercise 2: Appreciating the Strengths & Weaknesses of Each Level**

**Circle the color you are addressing – start with Beige and move up one level at a time:**

**Beige Purple Red Blue Orange Green**

*(repeat this exercise on additional pages for each Tier 1 level so you can deeply internalize what is precious about each level of the Spiral – in you, in others, and in society and humanity at large. Use pages 5-7 to help you with Question 1)*

1. What GIFTS does this level (color) bring?
  
  
  
  
  
  
  
  
  
  
2. What is PRECIOUS AND MUST NEVER BE LOST about this level for society?
  
  
  
  
  
  
  
  
  
  
3. What is PRECIOUS AND MUST NEVER BE LOST about this level for ME (in my own life)?

## **SPIRITUAL WEIGHT LIFTING EXERCISE**

### **Take Home Exercise to Grow Your Integral / Tier 2 / Head-AND-Heart Self!**

or

### **Using Spiral Dynamics Integral for your Spiritual Growth**

(Spiritual Intelligence = “being able to act with Wisdom and Compassion while maintaining inner and outer peace, regardless of the circumstances”)

1. Notice when you get upset. What color level IN YOU just got activated?
2. What color level are you mad at?
3. What negative thinking do you have about that color level (the one you are angry with)?
4. What idea IMMEDIATELY jumps into your mind? (This would be something rather unkind usually!) Acknowledge the thought and release it....
5. Can you remember why that level is precious to society?
6. Can you remember what is precious about that level WITHIN YOU?
7. Can you tell a new story that is compassionate toward yourself AND the person who just made you mad?

### **Hypothetical Example and response:**

You are out walking in your neighborhood on a beautiful day. You are feeling very peaceful and at one with the world. The trees and flowers seem especially vibrant. You feel the world is a wonderful place.

Suddenly you jump as there are squealing tires, followed by a car with open windows speeding past you. Loud music booms from the car. Teens are inside laughing and paying little attention to the road. This is a school zone and in a residential area. Children are playing outside. The speed limit is clearly posted. Yet these teens disregard the limit for their selfish pleasure.

Your mood is ruined. You are furious. Where are the police? Why aren't they enforcing the laws? Children could be killed!

1. **What level in ME just got activated?** Answer: Blue – respect for order and rules.
2. **What level in the teens am I reacting to?** Red, impulsive, egocentric.
3. **What judgments do I have about Red?** Selfish, disrespectful, unlawful, harmful to children and the neighborhood.
4. **What thought jumps to my mind?** Where are the police? These kids should be arrested!
5. **Why is Red precious to society?** Red is precious because without it we could not differentiate as individuals. We need to develop a separate ego in order to set healthy boundaries with others and move into adulthood. We have to have an ego before we can transcend it! And we need to be able to defend ourselves. Red is the energy of Courage and Creativity.
6. **Why is Red precious in me?** Red is precious to me because I sometimes have trouble saying “no” – it helps me set boundaries. Red helps me claim my personal power. And it helps me to defend myself when that is necessary. Red is important in me. I had to become a separated individual as part of my growing up process.
7. **Tell a New story:** When I was a teen I thought I was immortal and all grown-ups were worrywarts trying to keep me from having any fun. To me at that time rules were stupid. Being a teen was a painful time in my life – I was very confused. I was torn between wanting to be an adult and wanting to be a kid. I didn't know it, but my brain was actually re-organizing. My brain really was as confused as I felt! Not to mention all those hormones! UGH! Remembering this helps me shift into compassion for those teens – they have suffering in their lives too. They too are confused. I still want to enforce the necessary safety rules in our neighborhood (healthy Blue – without anger and rejection – just appropriate concern). I think I will report this incident to the police and our neighborhood watch group. Perhaps we could lobby for some speed bumps. Those teens need to be reminded – even if they hate it – to slow down. And I need to pray that they survive and we all survive their teen years!

## RESOURCE LIST

### By Topic

Topic	Person or Author	Links, Books, Etc.
Adult Development	Abraham Maslow	<i>The Farther Reaches of Human Nature</i> – in this book Maslow discusses the “self-transcenders” as those people who have moved beyond self-actualization to being dedicated to service and who demonstrate behaviors and traits we might now call “spiritual intelligence.”
Adult Development models	Ken Wilber	<i>Integral Psychology</i> – the whole book is worth reading, but of special note are the great summary charts which show comparable developmental stages as described by various psychological theories, including Spiral Dynamics, and world religions.
Biology and Intention	Several authors	Bruce Lipton: “The Biology of Belief” – how our thoughts activate our genes and control our lives. Candace Pert: “Molecules of Emotion” Larry Dossey: on the link between prayer, faith and medical outcomes – multiple books.
Conscious Evolution	Andrew Cohen	<a href="http://www.wie.org">http://www.wie.org</a> home page for <i>What is Enlightenment?</i> – a magazine that is very popular with Integral Theory / SDi folks since Don Beck, Barbara Marx Hubbard and Ken Wilber are often featured. The website is packed with archives, articles that expand on the magazine, and audio interviews with thought leaders. Join “WIE unbound” and download the interviews to listen at your convenience on an MP3 player or on audio CD! <a href="http://www.andrewcohen.org">http://www.andrewcohen.org</a> – home page for Andrew Cohen
Conscious Evolution	Barbara Marx Hubbard	<a href="http://www.barbaramarxhubbard.com">http://www.barbaramarxhubbard.com</a> packed with definitions and useful information <a href="http://www.evolve.org/pub/doc/index2.html">http://www.evolve.org/pub/doc/index2.html</a> a global community for conscious evolution and information about the Gateway Program
Conscious Evolution	Dr. Deepak Chopra	<a href="http://www.chopra.com">http://www.chopra.com</a> Dr. Chopra integrates ayurvedic medicine and western medicine. He is also a best selling author and popular speaker regarding the spiritual journey.
Conscious Evolution	Others	Other authors/books mentioned: <i>Awakening Earth</i> : Duane Elgin <i>Conversations with God</i> : Neale Donald Walsch <i>The Celestine Prophecy</i> : James Redfield
Emotional Intelligence	Daniel Goleman	All of his books are good – including the first one <i>Emotional Intelligence</i> and the recent books <i>Destructive Emotions</i> and <i>Primal Leadership</i> . <a href="http://www.eiconsortium.org">http://www.eiconsortium.org</a> a website packed with

		free reports and lots of information.
Emotional Intelligence	HeartMath	A science-based approach to increasing brain/heart coherence and the impacts that come from that. Their Freeze Framer biofeedback tool allows people to bring their heart/brain patterns into coherence and reduce stress, be more productive, and improve personal relationships and physical health. <a href="http://www.heartmath.org">http://www.heartmath.org</a>
Ethics & Character	Michael Josephson	The Josephson Ethics Institute has wonderful books; resources for workplaces, teachers and coaches; and a great e-newsletter. You can subscribe to the e-newsletter and at no cost redistribute it within your organization. <a href="http://www.josephsoninstitute.org">http://www.josephsoninstitute.org</a>
History of al-Qaeda	Daniel Benjamin and Steven Simon	<i>The Age of Sacred Terror</i> – a national bestseller and an excellent history that shows how Osama Bin Laden and his kindred spirits first tried to attack secular “orange” governments in the middle east (“the near enemy”) and only later switched their focus to “the far enemy” (US and other “orange” countries)
Integral Theory	Ken Wilber	<a href="http://www.integralnaked.org">http://www.integralnaked.org</a> for audio interviews and recordings, video, articles, etc. Join and download the interviews to listen at your convenience! <a href="http://www.kenwilber.com">http://www.kenwilber.com</a> the master website with links to other sites. Sign up for the newsletter! Stay posted about developments at Integral University and Integral Institute. <a href="http://wilber.shambhala.com">http://wilber.shambhala.com</a> lots of information and excerpts available for download and full list of his books <a href="http://www.soundstrue.com">http://www.soundstrue.com</a> for the audiotapes and CDs – interviews with Ken and explanations of Integral Theory. Sounds True features a great list of recordings on world religions, philosophy, etc. that you may find fascinating.
Love	M. Scott Peck	<i>The Road Less Traveled</i> , I reference this book in the DVD. It was a formative book for me – helping to really understand what love is, and what it is NOT. Highly recommended. <a href="http://www.mscottpeck.com">http://www.mscottpeck.com</a> – his website...with link to the Foundation for Community Encouragement (FCE)
Love	“A Bird with Two Wings”	This definition of love as Compassion and Wisdom comes from the east. For a Buddhist explanation of this see: <a href="http://www.buddhanet.net/e-learning/qanda07.htm">http://www.buddhanet.net/e-learning/qanda07.htm</a> . For a Daoist explanation: <a href="http://www.taoism.net/theway/wisdom.htm">http://www.taoism.net/theway/wisdom.htm</a>
Meditation technologies	Misc	These systems use recordings that you listen to via headphones. Slightly different sounds are delivered

		to each ear, causing the left and right hemispheres of the brain to have to work together (synchronize) to make sense of it. Yields meditative states. Holosync: Hemisync
Spiral Dynamics	Dr. Clare Graves	The originator of the theory he called “The emergent double-helix model of adult bio-psycho-social systems development” – now called Spiral Dynamics. For more on Dr. Graves go to <a href="http://www.clarewgraves.com">http://www.clarewgraves.com</a>
Spiral Dynamics Integral (SDi)	Dr. Don Beck	This is the Adult Development model I explain in the 2 <sup>nd</sup> half of the workshop. <i>Spiral Dynamics</i> –book by Don Beck and Chris Cowan, now available in paperback <a href="http://www.spiraldynamics.net">http://www.spiraldynamics.net</a> – Don’s site –resource for training,events, articles, etc. <a href="http://www.wie.org/j22/beck.asp?sd=1">http://www.wie.org/j22/beck.asp?sd=1</a> article; very popular and excellent summary of SDi <a href="http://www.spiraldynamicsgroup.com">http://www.spiraldynamicsgroup.com</a> - the website for the larger community of people trained by Don Beck with additional information
Spirituality at Work	Miscellaneous	*Best website: <a href="http://www.spiritatwork.org">http://www.spiritatwork.org</a> – Site of Association for Spirit at Work, the professional society for those interested in this topic *Best book: <i>Megatrends 2010</i> by Patricia Aburdene describes the movement and why it is the future of business Other related sites: World Business Academy, based on the vision of Willis Harman who wrote: <i>Global Mind Change</i> and <i>The New Business of Business</i> . <a href="http://www.worldbusiness.org">http://www.worldbusiness.org</a> ; and Spirit in Business Association: <a href="http://www.spiritinbusiness.org">http://www.spiritinbusiness.org</a>
Spiritual Intelligence	Cindy Wigglesworth	Free articles at <a href="http://www.consciouspursuits.com">http://www.consciouspursuits.com</a> under ARTICLES. The CPI Spiritual Intelligence Assessment is available for purchase. This skills-based faith-neutral assessment generates an approximately 20-page detailed report. ALSO, sign up for Cindy’s newsletter on the home page – find out about training events, TV and Radio appearances, etc.
Values based leadership	Richard Barrett	I mention Richard as the one who runs a “center of gravity Yellow company” and made the comment “There is only self-interest. What changes is the self.” His website is <a href="http://www.valuescentre.com">http://www.valuescentre.com</a> . He has wonderful values assessment tools that are powerful when used with individuals or organizations
Values based	Jim Collins	Not mentioned in the DVD but highly recommended are his books: <i>Built to Last</i> and <i>From Good to Great</i> .

businesses		His website has lots of great articles as well: <a href="http://www.jimcollins.com">http://www.jimcollins.com</a>
Why did Europe end up colonizing the world?	Jared Diamond	<i>Guns, Germs and Steel</i> – a Pulitzer prize winning book that links the uneven power distribution of the colonial era to accidents of geography...an advantage that has disappeared. His newest book, <i>Collapse</i> , examines what causes successful societies to collapse. A powerful warning for all of us.
World Religions	Miscellaneous	<i>World Religions – an Illustrated Guide</i> by Dr. Huston Smith <a href="http://www.soundstrue.com">http://www.soundstrue.com</a> – audio resources, wonderful interviews and workshops – including an introduction to World Religions by Dr. Huston Smith <a href="http://www.beliefnet.com">http://www.beliefnet.com</a> – great site for learning about world religions. In addition to reading and articles, offers daily inspirations from many different faiths – a nice way to learn about them. Discussion boards are very helpful.
Worldviews: discovering your own beliefs and perceptions	Misc	<i>A Course in Miracles</i> : I do not recommend the text to most people as it's too hard to read. I highly recommend working through the exercises in the back called "The Workbook". They help you realize how much you create your own perceptions of the world by the beliefs you hold. Also any form of DIVERSITY training will help you realize your own world views. Studying World Religions is a form of diversity training.