

AZ ÖNTUDAT SZINTJEI

CSÓKA BENCE

2025.07.09.

Ark. Woman Befriended Mom's Killer Out of 'Spiritual Obligation' — and then He Murdered Her

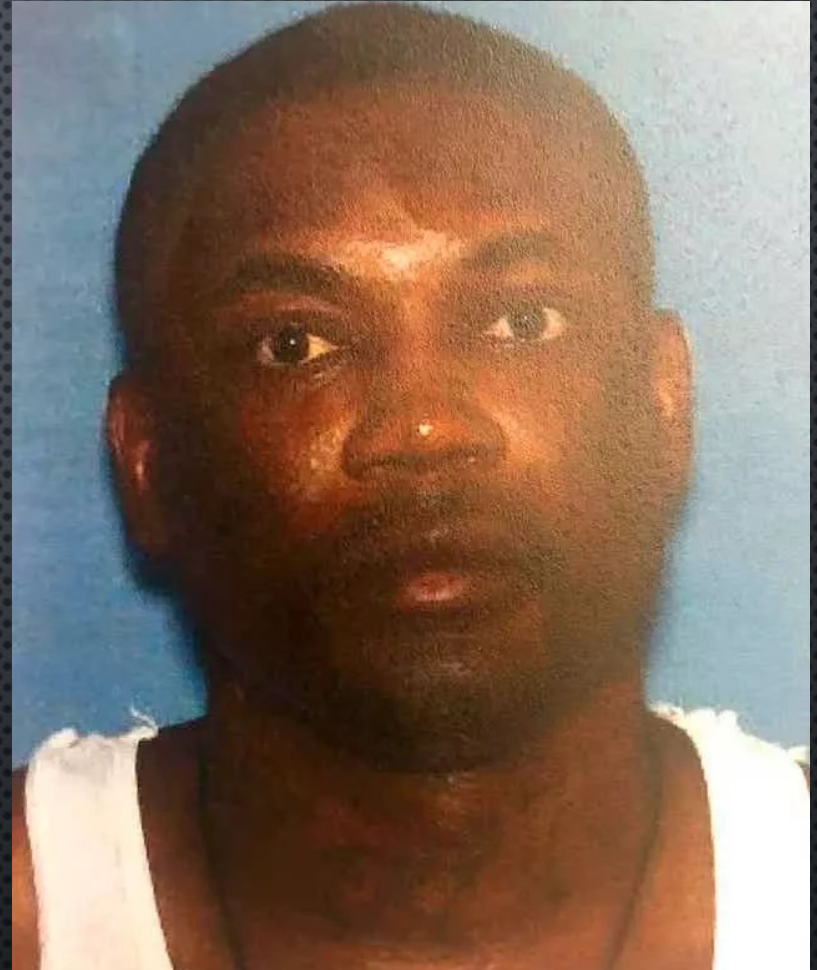
Martha McKay was kind to Travis Lewis, who was convicted and released after he killed her mother and cousin in 1996

By **KC Baker** |

Published on May 8, 2020 08:59AM EDT



Matha McKay



Travis Lewis

SPIRAL DYNAMICS DEVELOPMENTAL LEVELS

DON BECK, CHRISTOPHER COWAN, CLARE GRAVES
(TEXT REWRITTEN FOR SIMPLICITY)

SOCIAL STRUCTURE: Not yet formed (2023)
FOCUS: Observe, understand, protect, honor, and allow all beings and phenomena.
MENTALITY: Observation without perspective.
GOAL: Transform and develop processes in self and world.
METHODS: Identify pathology or insufficiency and provide the missing pieces if possible.

Unitive

3rd Tier

SOCIAL STRUCTURE: Collective individualism. Beginning late 1900s.
FOCUS: Draw understanding to be empowered from an ecology of perspectives.
MENTALITY: Trans-rational. Accept experience without need to respond.
GOAL: Peace in a world without answers. **METHODS:** Observe and allow being, and protect boundaries.
PATHOLOGIES: Spiritual/soul pathology.

Holistic -
Turquoise

SOCIAL STRUCTURE: World-centered social web. Beginning mid-1900s.
FOCUS: Live out the maximum possible expression of yourself.
MENTALITY: Put everything in its right place. **GOAL:** Balance and synergize all things, inside and out.
METHODS: Awaken capacities in self and others. Include everything as it most benefits everything else.
PATHOLOGIES: Incomplete self-actualization, existential angst, bad faith.

Integral
- Yellow

2nd Tier

SOCIAL STRUCTURE: Social democracies. Beginning 1800s.
FOCUS: Inner peace, expansion of care for others, human rights. **MENTALITY:** Radical inclusiveness.
GOAL: Consensus, communication, mutually beneficial relations.
METHODS: Include diverse views, listen to the powerless, emphasize group needs, eliminate marginalization.
PATHOLOGIES: Inauthenticity, lack of discernment, consensus seeking, narcissistic behavior.

Sensitive
- Green

SOCIAL STRUCTURE: Capitalist democracies, market-driven meritocracies. Beginning 1600s.
FOCUS: Life is a game, play to win. **MENTALITY:** Scientific, rational reasoning. Logic, measurement, proof.
GOAL: Material wealth and pleasures, defense of civilization, improvement and growth.
METHODS: Set measurable goals and achieve them. Success comes from producing a tangible effect.
PATHOLOGIES: Identity crisis, consumerism, environmental crisis, work addiction, hyperfixation on goals, denial of spirit.

Achiever
- Orange

SOCIAL STRUCTURE: Late mythic empires, nation-states, religious orders. 5,000 years old.
FOCUS: Purpose, direction, and ultimate meaning. **MENTALITY:** Do what is right to get what is good.
GOAL: Find or earn the final and ultimate peace. Win the battle of good vs. evil.
METHODS: Follow the rules. Don't step out of line. Control of self and others through faith and discipline.
PATHOLOGIES: Over-identification with roles, fundamentalism, fascism, script pathology.

Rules &
Roles
- Blue

SOCIAL STRUCTURE: Mythic, feudal, and exploitative empires. 10,000 years old.
FOCUS: Do what you want, take what you want, and get your way no matter what. **MENTALITY:** Climb the ranks of power.
GOAL: Obtain power and glory. Be worshiped as a hero.
METHODS: Align yourself with the powers that be when you must. Take by brute force when you can.
PATHOLOGIES: Anxiety, depression, phobia, guilt, terrorist vengeance.

Impulsive
- Red

SOCIAL STRUCTURE: Tribal order. 50,000 years old.
FOCUS: Keep your group safe and happy, and please the Gods. **MENTALITY:** Magical thinking.
GOAL: Safety, security, maintaining functional habits and dependable practices.
METHODS: Keep tribal traditions, and petition the Gods for favors through rituals.
PATHOLOGIES: Borderline, narcissism, delusions of omnipotence, tribal/family dysfunction.

Magic/Animistic
- Purple

SOCIAL STRUCTURE: Small survival bands. 100,000 years old.
FOCUS: Do what you must in order to survive. **MENTALITY:** Impulsive, reactive. Living in the moment.
GOAL: Acquire physiological necessities. Food, water, shelter, etc.
METHODS: Acquire what is needed in whatever way is easiest, including scavenging.
PATHOLOGIES: Primitive developmental psychopathology, autism.

Instinctive
- Beige

3rd Tier

2nd Tier

2nd Tier

1st Tier

1st Tier

1st Tier

1st Tier

Kosmocentric
Post-postconventional
Post-Symbolic / Immediate

Trans-Rational

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Worldcentric

Rational

Ethnocentric

Pre-Rational

Pre-Rational

Post-postconventional
Post-Symbolic / Immediate

Postconventional

Miért fontos ez a téma?

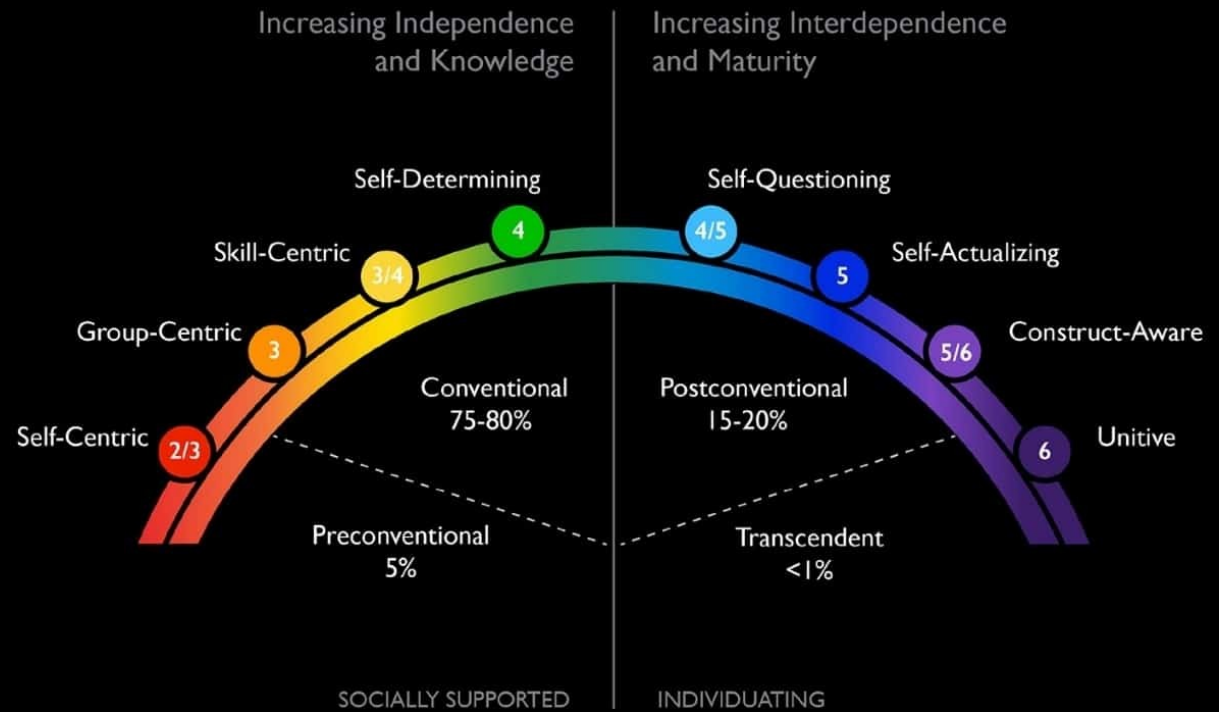
- Mentális fejlődés
- Önismeret
- Mentális egészség
- Mások megértése
- Emberi kapcsolatok
- Társadalom / kultúra fejlődése

Abraham Maslow: A szükségletek hierarchiája

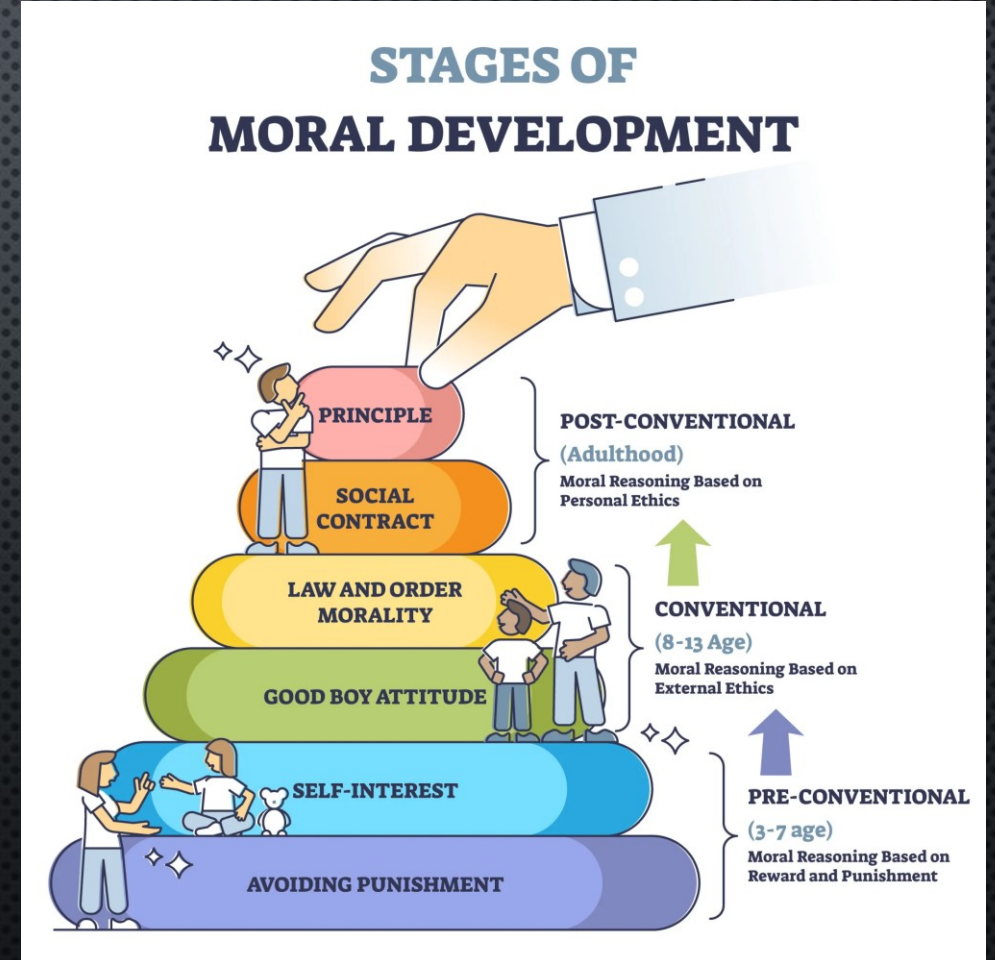


Maslow's hierarchy of needs

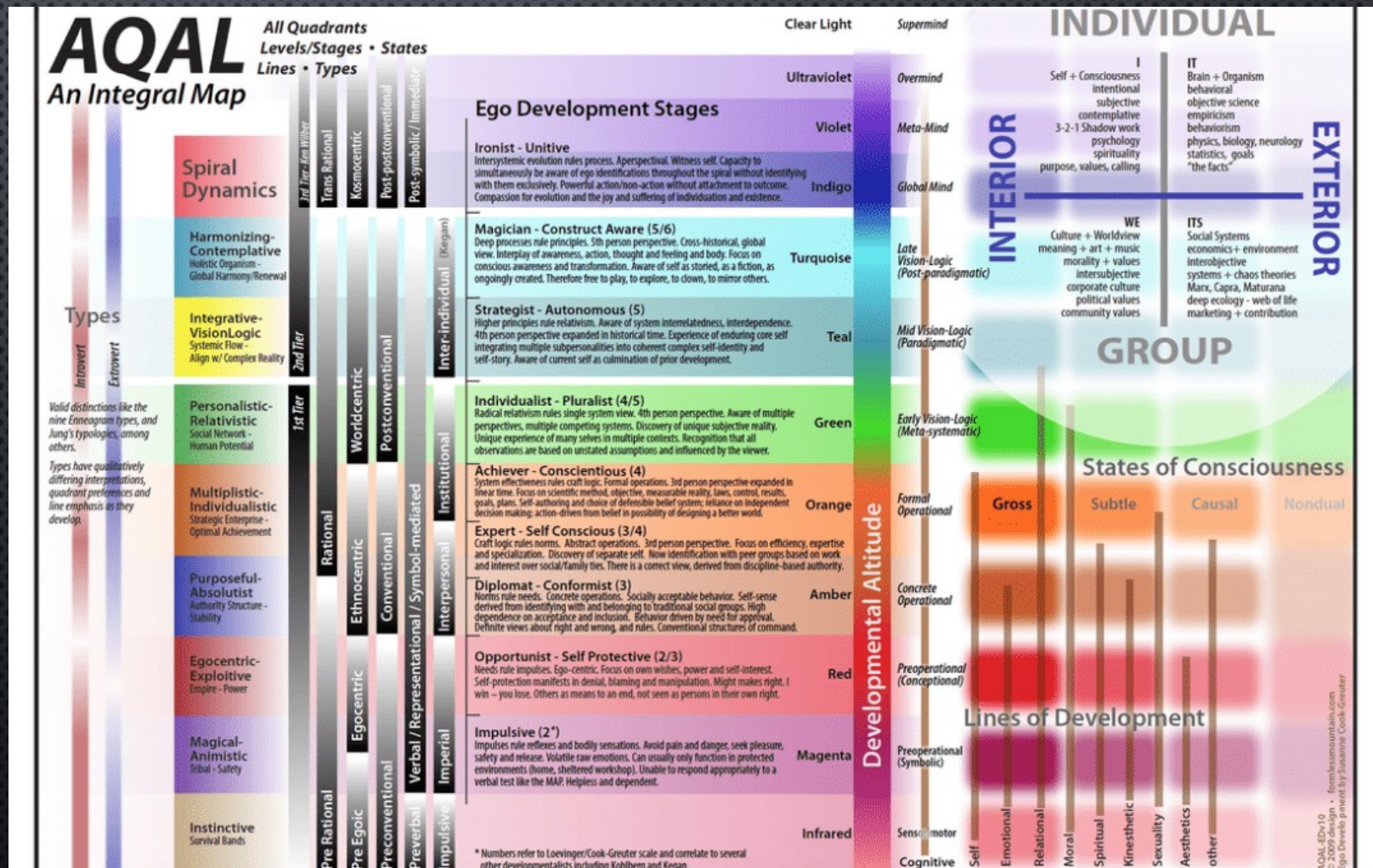
Jane Loevinger, Susanne Cook-Greuter: Az ego fejlődés szakaszai



Lawrence Kohlberg: A morális fejlődés szakaszai



A close-up portrait of a bald man with a light complexion. He is wearing black-rimmed glasses and a dark blue and black plaid shirt. He is looking directly at the camera with a neutral expression. The background is a soft, out-of-focus green and yellow, suggesting an outdoor setting.



10/10/2016

TEXT REWRITTEN FOR SIMPLICITY

Unitive

holistic -

Integral

11

100



- Con ware

Individuals

There is one... **nered Focus**

...can now

Reflexive

STABLE DAILY ACCESS



--	--	--

1

[illegible]

SIMPLIFIED



1

In an unpredictable world, everything we do is only a gesture or a wish, especially over long stretches of time. Sometimes we're good at what we do, and our wishes come true - or so we think. For now. Sometimes not so much. Sometimes, we don't even know. There is not always such a thing as "for" or "is not," "will" or "will not." There is only "seems to be," or "not. Or both. Or neither." The only certain thing is the watcher is us watching and the wished is us wishing. We are not what we do or what we make, we are the watchers of the doing and of the becoming. We are not the main character, I am just the apostle/M. What is revealed is what I fumble/m. It is what a better world would be a better life, what a better world would be a better life.

It would be nice if everyone could do what they wanted, but life isn't like that. We have to live with the people who are and what I want changes so often - I can't imagine one set of rules that works for everyone. People are different. We can't just let go and hope for the best. We have to take control of ourselves from our own perspective and decide what is going to happen, even if it means making a mistake.

...and "bad" is ...
...his good for ...
...work in your. So ...
...how to get ...
...and their ...
...is about ...

is full of different people, each with their own agenda. They all want what they want, and they're looking out for themselves, because they have to. That's what life is - it's about getting your way. Everyone has to work with (or around) the needs and feelings of others - or at least what they think others are feeling - to get what they want, and I need to win that game. I can get what I want by talking or creating advantages for myself, and I better do it because no one will do it for me.

I see, feel, smell, and hear through my senses. I feel reactions to these senses, like fear, hunger, curiosity, or sexual arousal. I want to get things that I like for myself, and I want to get away from things that I don't like. I get hungry, tired, warm, or cold, and feel motivated to get what I need to stop those feelings. Life is about dealing with my needs and feeling good by getting what I want.

COLLECTIVE MIND (CULTURE)

PEOPLE, CULTURE,

INDIVIDUAL CAPAC

TIVES OR VIEWPOINTS THAT A

PERSPECTIVES OR VIEWPOINTS THAT ANY PART OF REALITY CAN BE SEEN THROUGH. IGNORING ANY QUADRANT CAN RESULT IN INCOMPLETE AND POTENTIALLY DYSFUNCTIONAL RESULTS.

	FROM THE INSIDE	FROM THE OUTSIDE
INDIVIDUAL (ITSELF)	Upper Left (Mind)	Upper Right (Object)
TEXT (IT'S ABOUT US)	Lower Left (Culture)	Lower Right (System)

FLUCTUATING MODES OF FUNCTION IN MINDS
SYSTEMS, OR ANY KIND OF PHENOMENON

		
Awake	Drunk	Sun
		
Asleep	Sober	Rain

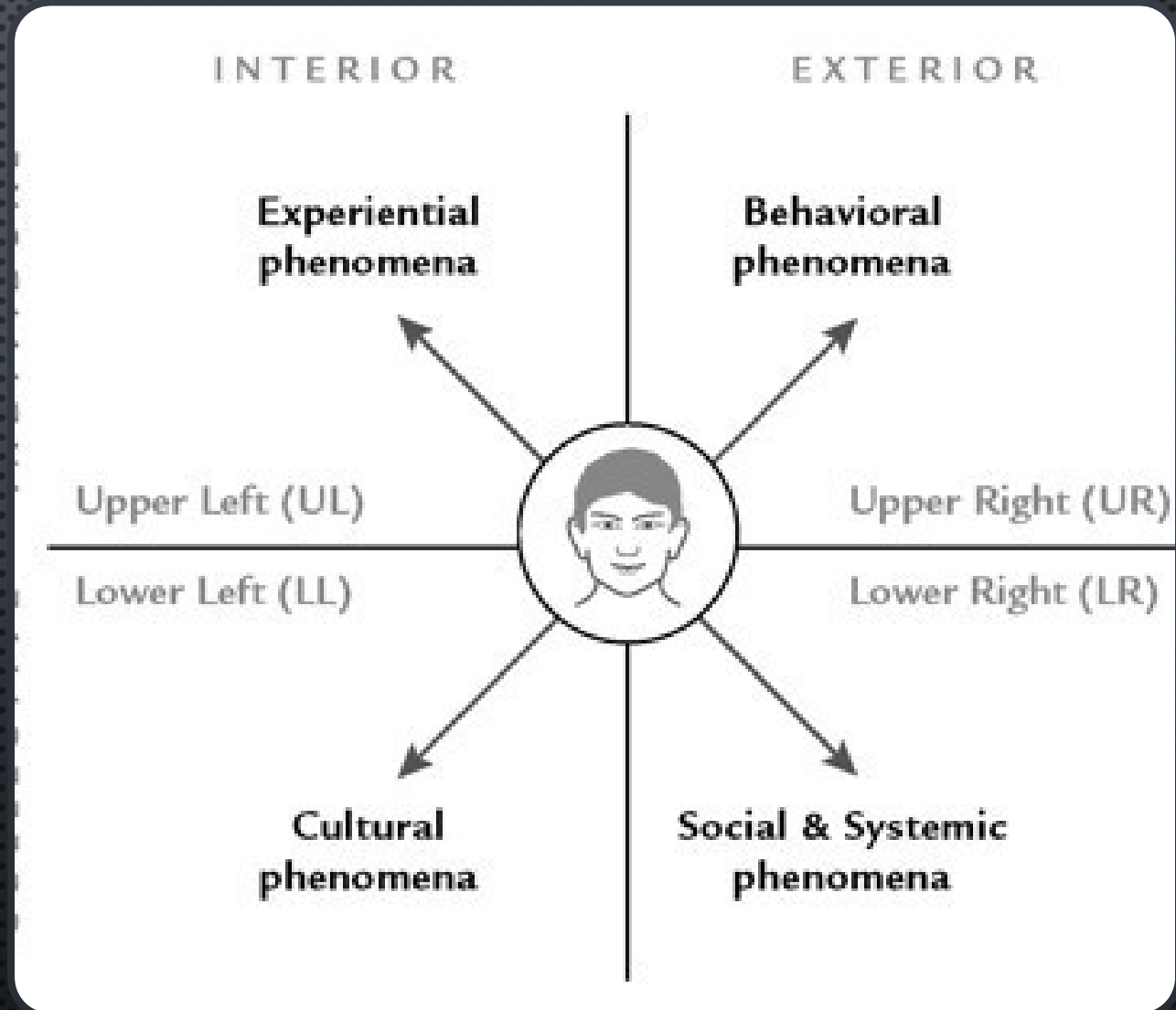
DIFFERENCES OR VARIATIONS IN SHAPE, FORM, OR STYLE OF ANY CLASSIFICATION

OF OBJECT, BEING, OR PHENOMENON

		
Male / Female	Rocky Planet Gas Planet	Personality Type Enneagram

Kvadránsok

- Belső/külső, egyes/többes
- Érzelmek, gondolatok
- Viselkedés
- Kultúra
- Társadalmi berendezkedés, intézmények

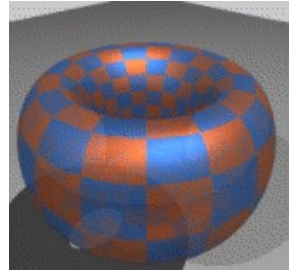
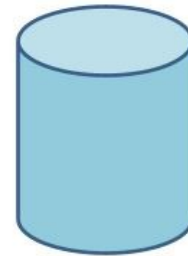
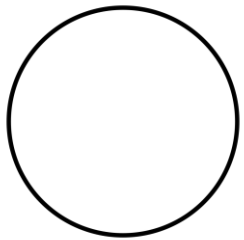


Szintek

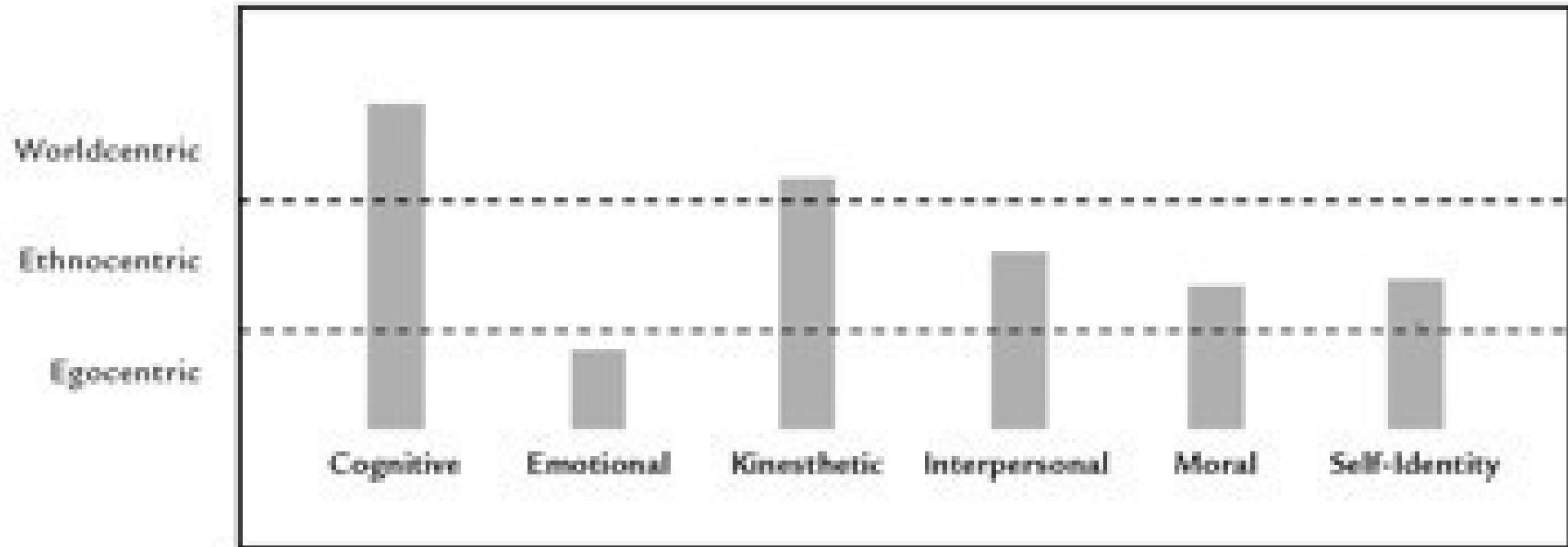
- Horizontális fejlődés
- Vertikális fejlődés: erről lesz most szó
- Szintlépés \approx paradigmaváltás

Szintek

- Horizontális fejlődés
- Vertikális fejlődés: erről lesz most szó
- Szintlépés \approx paradigmaváltás



Vonalak

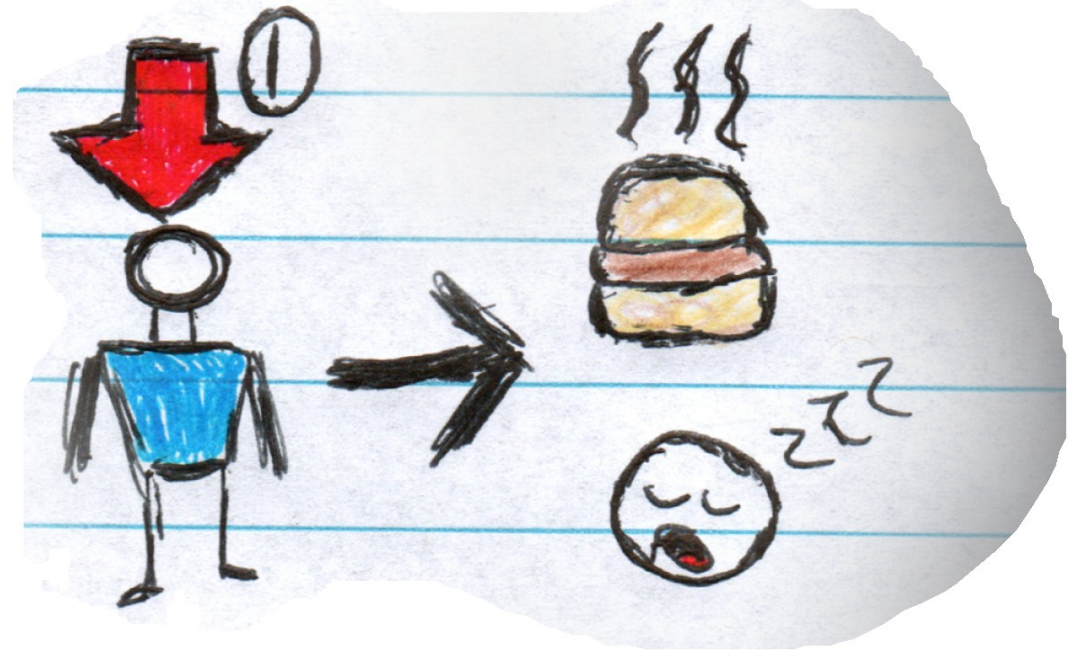
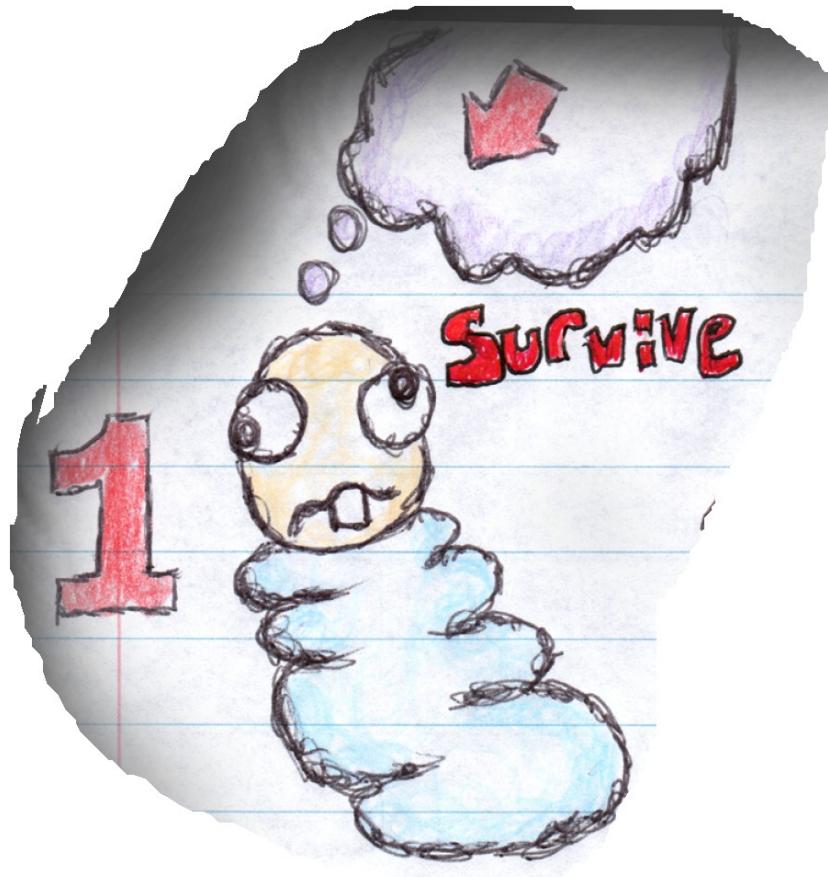


Néhány megjegyzés

- Nem lineáris fejlődés
- Az alsóbb szinteket mindig használjuk
- Nem mindenki jut el ugyanaddig
- Magasabb \neq jobb
- Magasabb \approx jobb
- Jellemzők/újdonságok, idézet, problémák

9 COMPLETE	In an unpredictable world, everything we do is only a gesture or a wish, especially over long stretches of time. Sometimes we're good at what we do, and our wishes come true - or so we think. For now. Sometimes not so much. Sometimes, we don't even know. There is not always such a thing as 'is' or 'is not,' 'will' or 'will not.' There is only "seems to me," or not. Or both. Or neither. The only certain thing is the watcher in us watching and the wisher in us wishing. We are not what we do or what we make, we are the watchers of the doing and of the becoming. I am not the main character, I am just the spotlight. What is revealed is what I illuminate. If we want a better world and a better life, we have to learn where and how to shine the light.
8 SANCTIFY	The world is too complex to control. Life is not a game, it's a show. You can't know for sure what will happen before you act, you can only learn and try. You can <i>intend</i> to do anything you want, and you can be as <i>careful</i> as you want, but to some degree, you have to watch what happens and see how you feel about it later. Life is an experiment. We're all figuring things out as we go. We should all have safe places to try new things, share what we learned, and do it again if it was good. All we can do is the best that we know, so we should all know more.
7 HARMONIZE	It would be nice if everyone could do what they wanted, but life isn't that simple. Who I am and what I want changes so often - I can't imagine one set of rules or one version of the truth that works for everyone. People are complex, and life is constantly changing. We can't just let go and hope for the best. We need to base our choices on what we know about ourselves from our past and build a world that's ready for what we're pretty sure is going to happen, even if that means making judgments and imposing restrictions. It might feel bad to say 'no' to people, but sometimes, it's for the best.
6 UNDERSTAND	Everyone's unique, and we should all be allowed to be who we are. Society's rules often hold people back from what they really want, and we should all just do our own thing instead. How can one person ever tell someone else what to do? You're not them, so that's not fair. You can't judge someone if you didn't live their life. I don't even have rules for myself! I'm a different person over here than I am over there. Maybe if we all stopped trying to tell each other what to do, we could have world peace.
5 ACHIEVE	When you think about it, what's "good" and "bad" is different for different people, and for different groups of people too. What's good for me might not be good for you, and what works in my country might not work in yours. Before we make any big decisions, we should look at the facts so we know how to get the outcome we want. After all, everyone really wants what's best for them and their own, not to be forced into a life of service to your boss or to some "God." Life is about knowing how to make good things happen, keeping the benefits, and always improving.
4 BELONG	We all have our own lives to deal with, and our own problems. That can make us pretty selfish, and sometimes we don't agree on what's right. If we don't stick to the rules and do what we know is good, life is chaos. It's every man for himself. Life is about knowing what's good and what's bad, what's right and what's wrong, doing the right thing for the common good, and making sure others do the right thing, too.
3 CONTROL	I live in a world full of different people, each with their own agenda. They all want what they want, and they're looking out for themselves, because they have to. That's what life is - it's about getting your way. Everyone has to work with (or around) the needs and feelings of others - or at least what they <i>think</i> others are feeling - to get what they want, and I need to win that game. I can get what I want by taking or creating advantages for myself, and I better do it because no one will do it for me.
2 CONNECT	I know that other people and animals also have senses and desires and feelings. I perceive feelings much like my own feelings coming from other sources around me. Sometimes, I make the mistake of experiencing a feeling in myself, but perceiving that it's coming from someone or something else, like a person, an animal, or even a tree or an unseen "spirit." I can now respond to the feelings I see in others, and to their needs. Life is about pleasing others (or the gods) so that they do what we want.
1 SURVIVE	I see, feel, smell, and hear through my senses. I feel reactions to these senses, like fear, hunger, curiosity, or sexual arousal. I want to get things that I like for myself, and I want to get away from things that I don't like. I get hungry, tired, warm, or cold, and I feel motivated to get what I need to stop those feelings. Life is about dealing with my needs and feeling good by getting what I want.

1. Ösztönös szint (Survive)



1. Ösztönös szint (Survive)

- Reflexek: automatikus válaszok a környezet ingereire
- Ösztönök: túlélést szolgáló, tudatalatti készítő erők
- Jelen pillanat béli érzékelés, fiziológiai szükségletek

1. Érzékelés

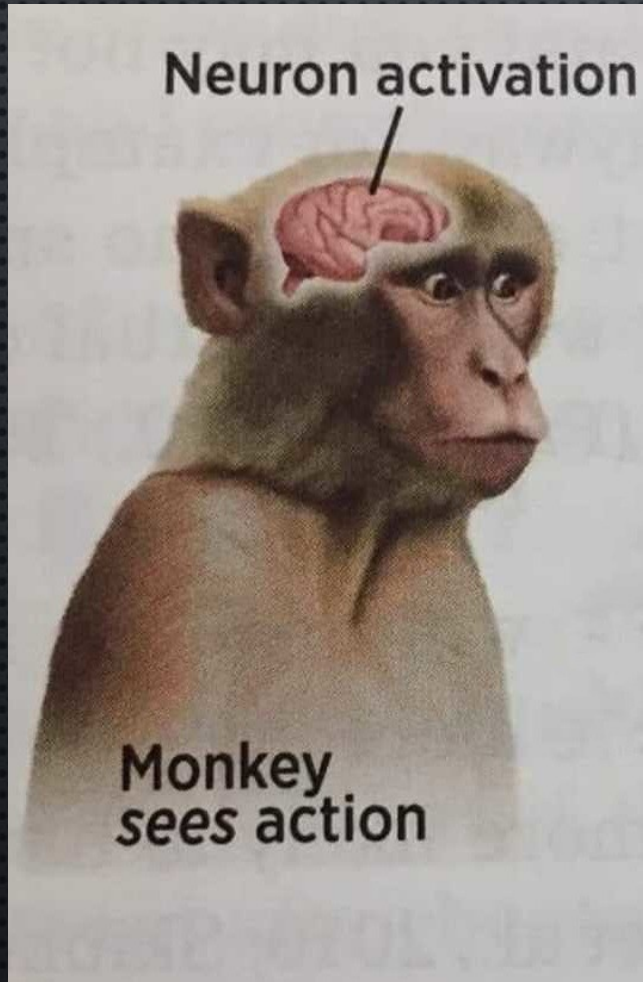
- Látás
- Hallás
- Szaglás
- Ízelelés
- Tapintás



1. Fiziológiai szükségletek

- Étel, víz
- Levegő
- Alvás
- Ruha / menedék a hideg ellen
- Szex
- Stb.

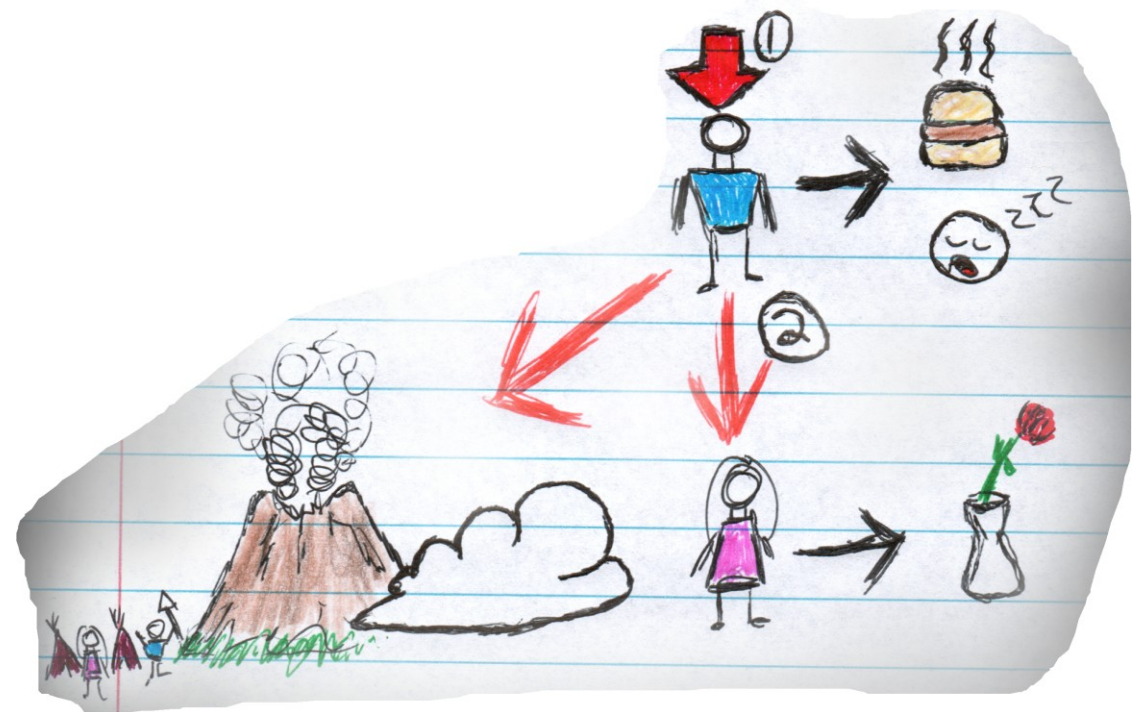
1. Milyen érzés ezen a szinten lenni?



1. Patológias jelenségek

- Súlyos fejlődészavar
- Pszichózis

2. Impulzív szint (Connect)



2. Impulzív szint (Connect)

- Impulzusok
- Reflexek
- Érzelmek
- Hirtelen, pillanatnyi hajtóerők



2. Impulzív szint (Connect)

- A viselkedés a következmények alapján formálódik
- Büntetés/jutalom
- A büntetés véletlenszerűnek tűnik
- Azonnali jutalmazás elvárása
- Könnyen lesz érzelmileg túlterhelt

2. Mágikus gondolkodás, animizmus

- Mágikus gondolkodás: a külvilág befolyásolása gondolatokkal
- Pl. szülinapi kívánság, pénzérmék a szökőkútba
- Animizmus: minden dolognak lelke/szelleme van
- Pl. felhő, eső, villám
- Primitív törzsek: esőtánc, áldozatok az isteneknek, stb.

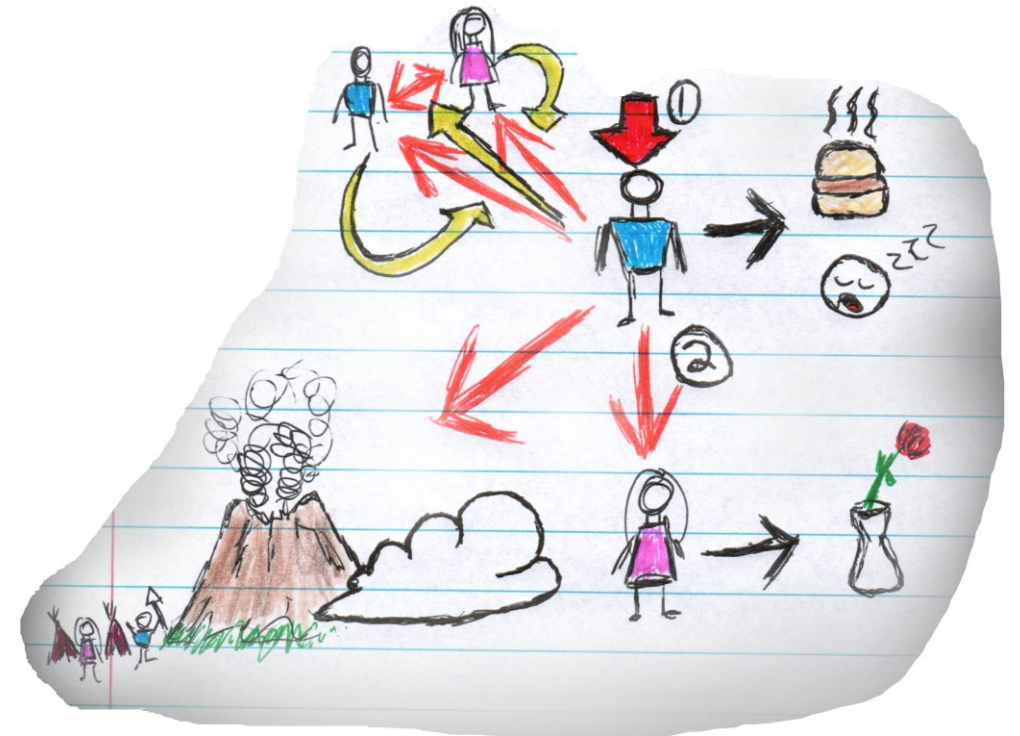
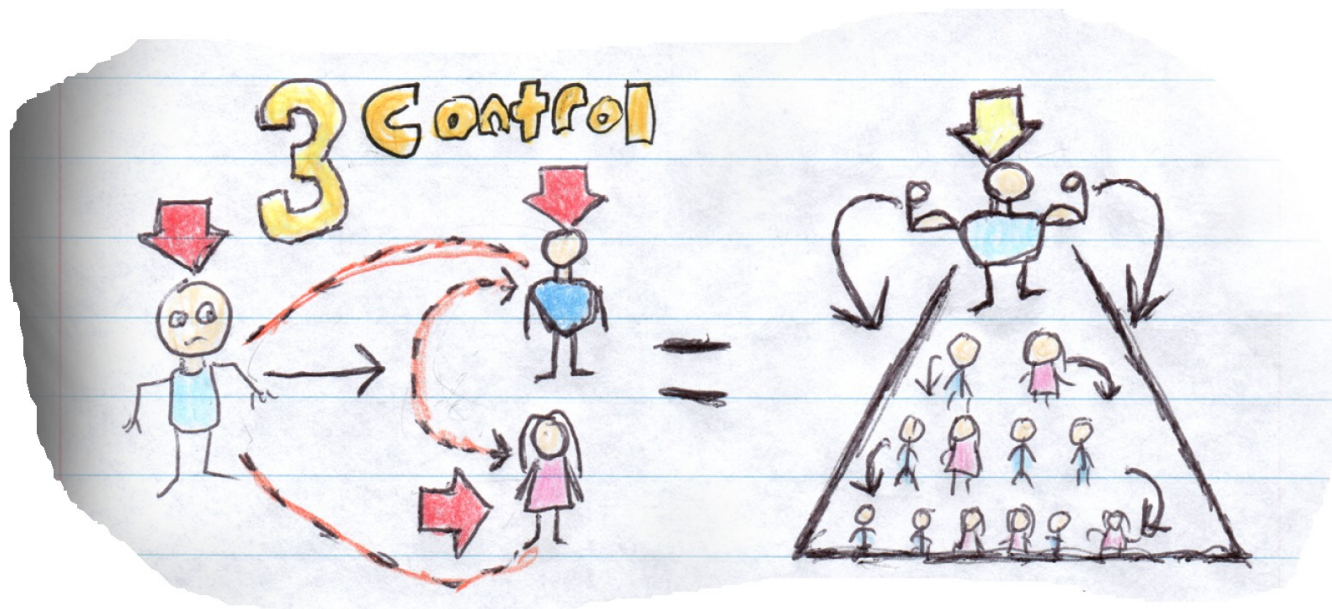
2. Milyen érzés ezen a szinten lenni?




2. Patológiás jelenségek

- Omnipotencia tévhite
- Borderline személyiségzavar
- Nárcizmus

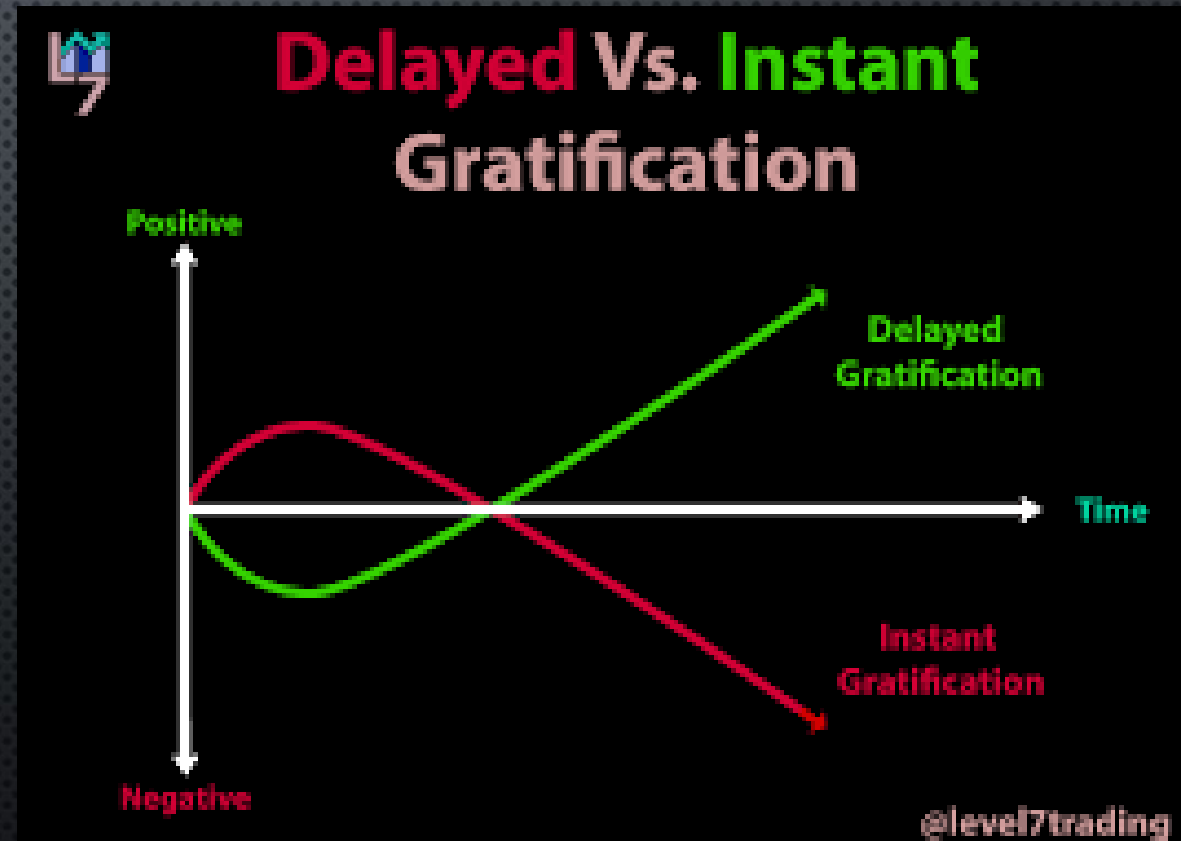
3. Egocentrikus szint (Control)



3. Egocentrikus szint (Control)

- Önérdék
Impulzusok 
- Közelmúlt és közeljövő
- Impulzuskontroll, késleltetett jutalmazás, türelem

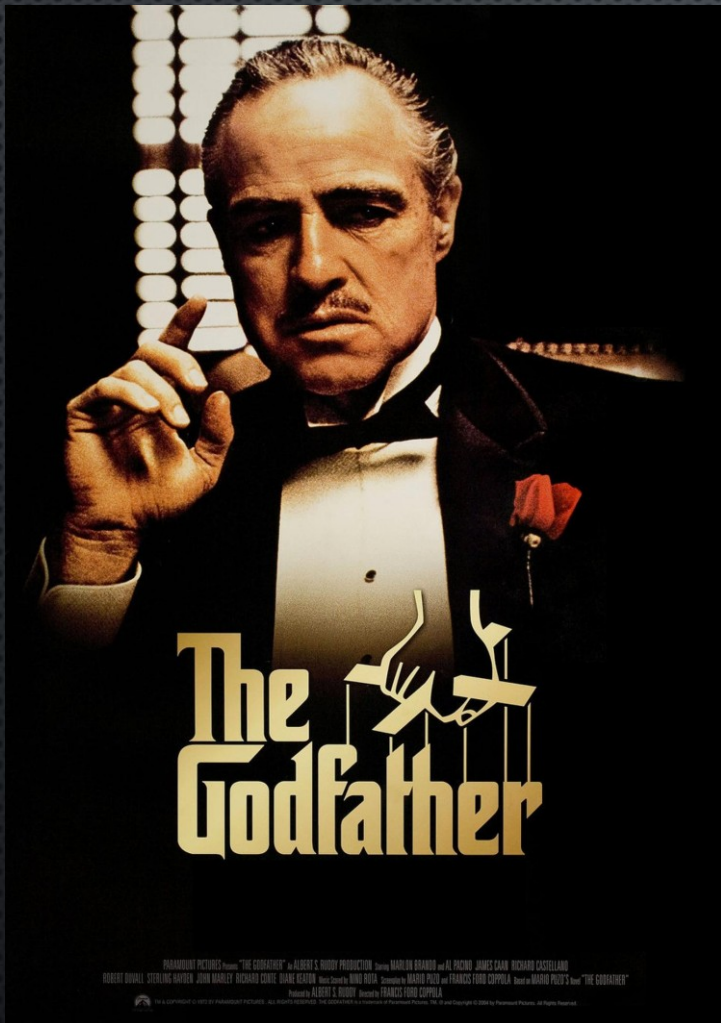
3. Stanfordi pillecukor kísérlet (Walter Mischel)



3. Egocentrizmus

- Önérdék-érvényesítés
- Mások érdekei nem számítanak
- Fizikai erőszak / manipuláció
- Jó viselkedés, kooperáció csak önző célból
- A világot veszélyesnek élik meg (mindenki mindenki ellen)

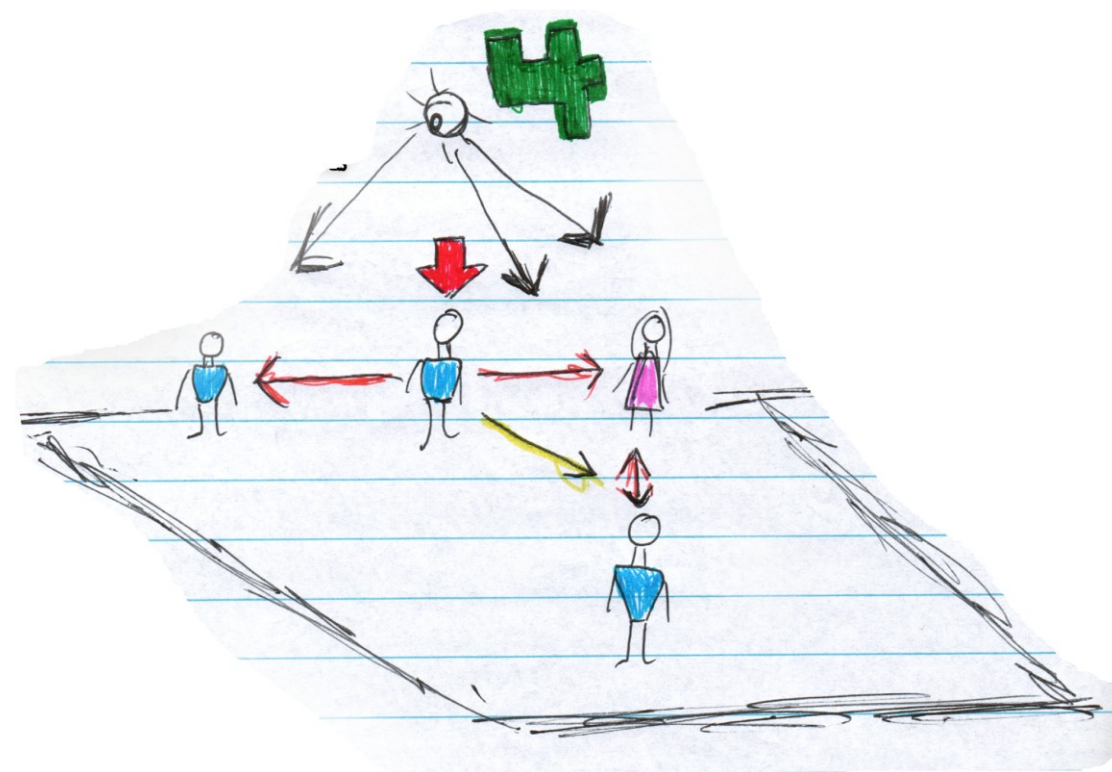
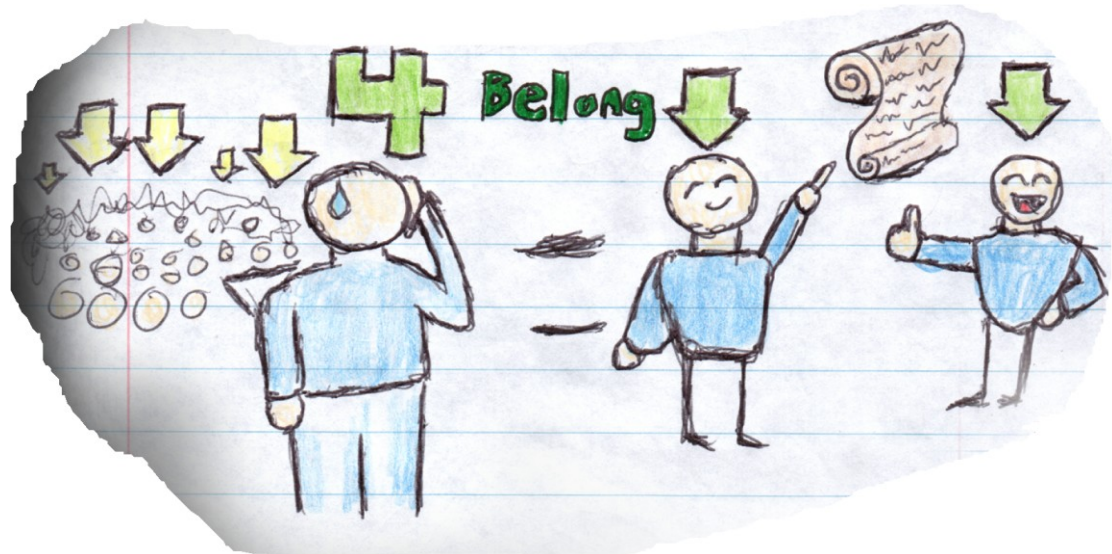
3. Milyen érzés ezen a szinten lenni?



3. Patológiás jelenségek

- Neurózis
- Bűntudat
- Szorongás
- Fóbia
- Depresszió

4. Konformista szint (Belong)



4. Konformista szint (Belong)

- Szociális normák 
- Önérdek
- Szabályok közös megegyezés alapján

4. Fogolydilemma (általánosított forma)

- Két játékos, kooperálás vagy defektálás
- Megélné kooperálni, de ha önzők, mindketten defektálnak
- Optimális stratégia ismétléses játék esetén: szemet szemért
- Kooperálás jutalmazása, defektálás büntetése

	Kooperálás	Defektálás
Kooperálás	3, 3	0, 5
Defektálás	5, 0	1, 1

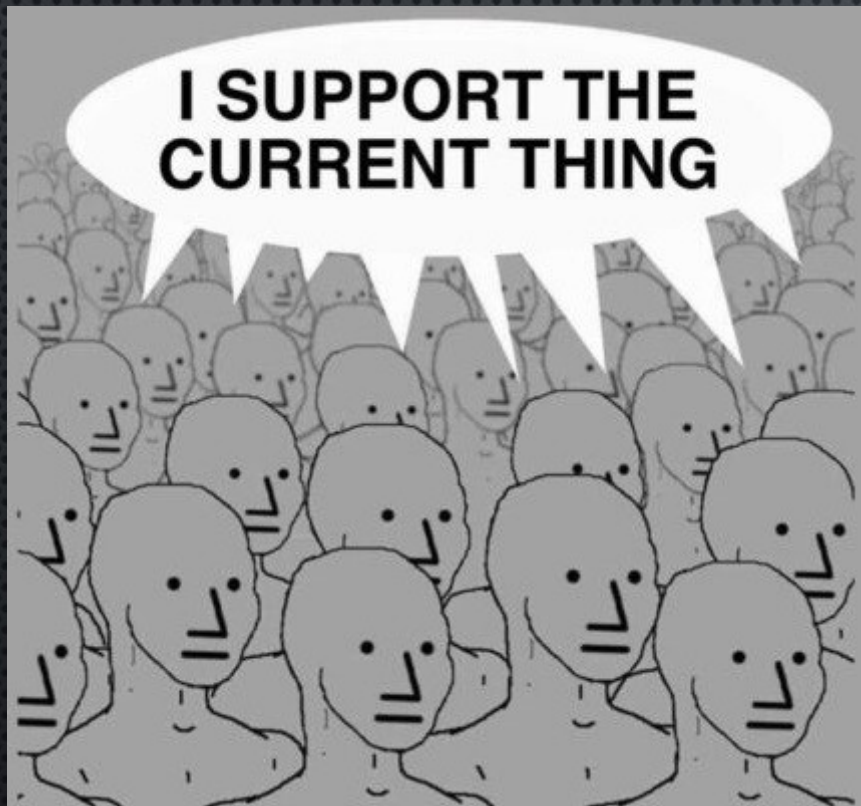
4. Csoporcentrizmus

- Csoporcentrizmus (pl. család, nemzet, stb.)
- Erkölc/moralitás: Mi a jó és mi rossz?
- Jó viselkedés → Rend és törvények
- Alkalmazkodás, együttműködés, fegyelem
- Feltétlen hűség, engedelmesség
- A jó és a rossz közötti harc megnyerése (mi ellenük)

4. Mitikus vallások

- Mitikus világkép: magyarázatok a világra mítoszokon keresztül
- Mitikus vallások: a hiedelmeket mítoszok határozzák meg
- Pl. görög, skandináv, keresztény, iszlám
- Morális keretrendszer
- Vallás \approx antidepresszáns?

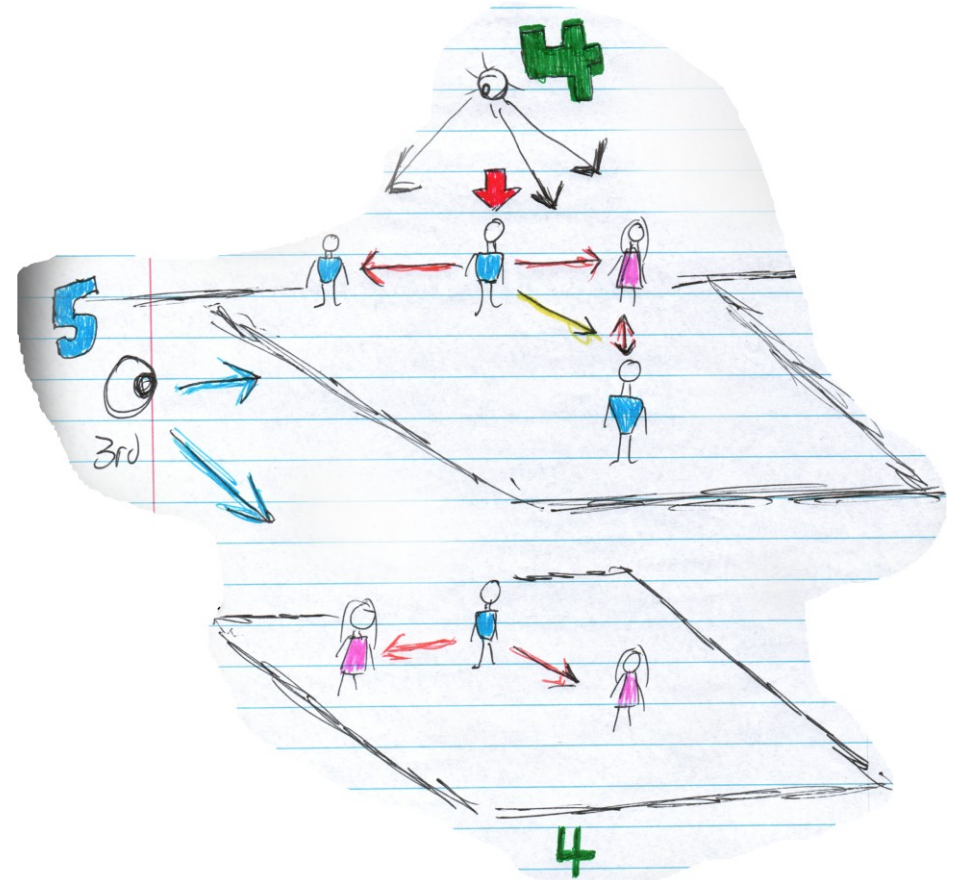
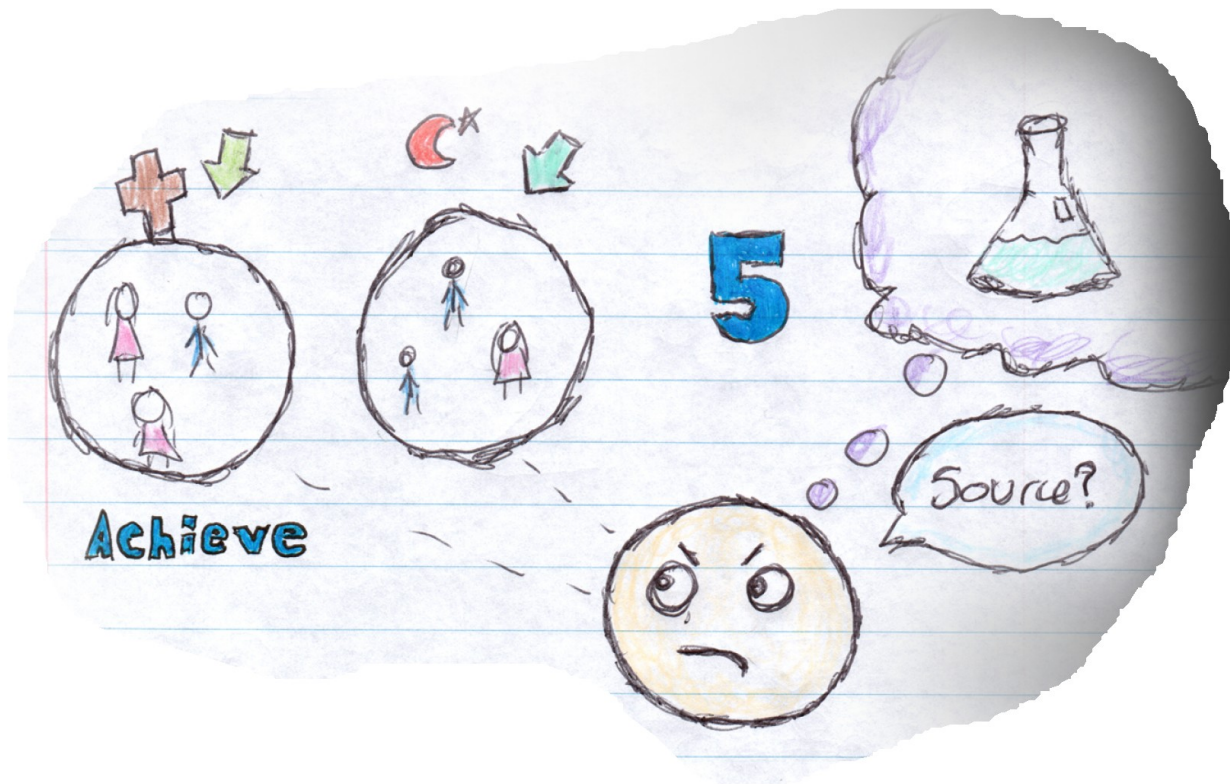
4. Milyen érzés ezen a szinten lenni?



4. Patológias jelenségek

- Vak konformizmus
- Előítéletek, elfogultság
- Semmelweis-reflex

5. Modern szint (Achieve)



5. Modern szint (Achieve)

- Racionális gondolkodás
- Szociális normák
- Szociális normák javítása, fejlesztése
- Egy helyes világkép keresése



5. Racionális gondolkodás

- Metakogníció (gondolkodás a gondolkodásról)
- Alternatív nézőpontok figyelembevétele
- Az igazság keresése: Mi az, ami igaz, és mi az, ami nem?
- Objektív megfigyelés
- Tények, bizonyítékok, mérések, logika
- Média \approx propaganda, agymosás?
- Természettudományok, modern technológia
- Szakmai sikerek, célok kitűzése, fejlődés, hosszútávú tervezés

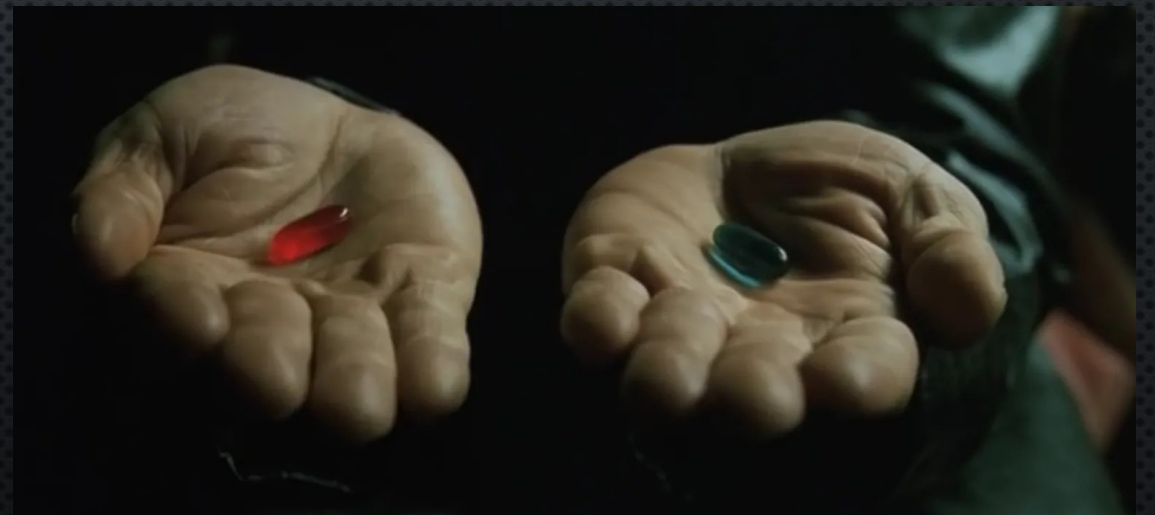
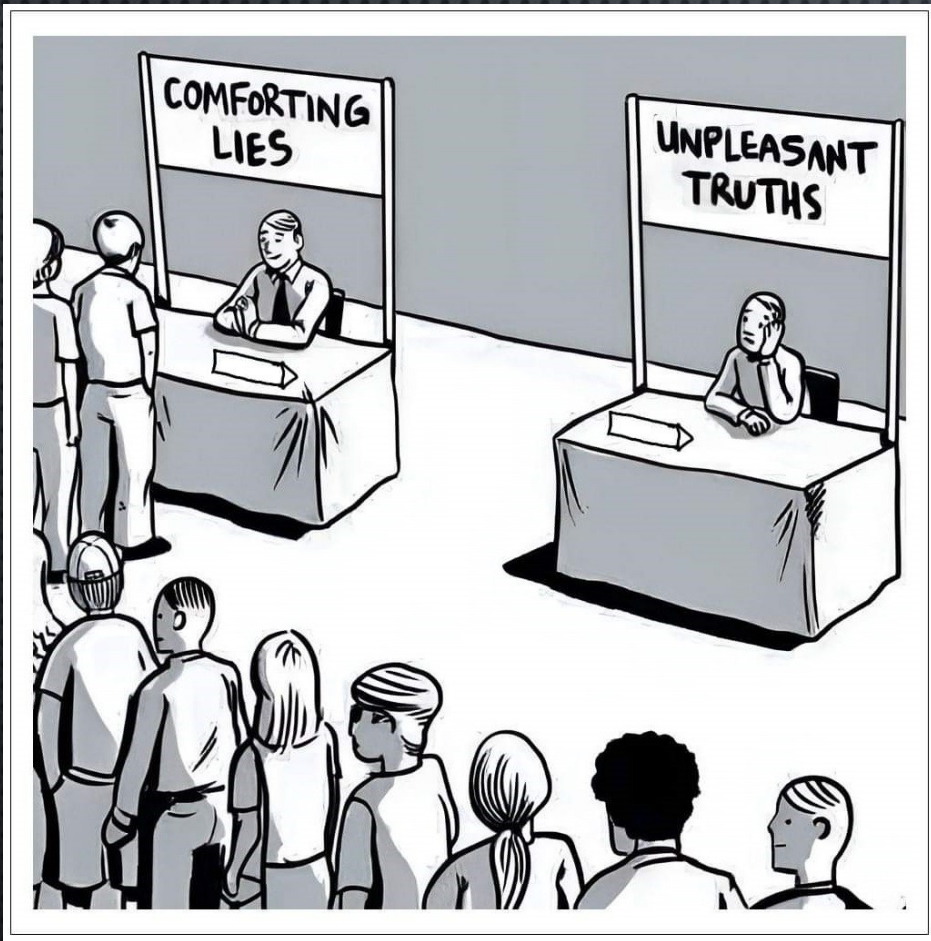
5. Racionalizációs hörcsög



5. Logikai/érvelési hibák

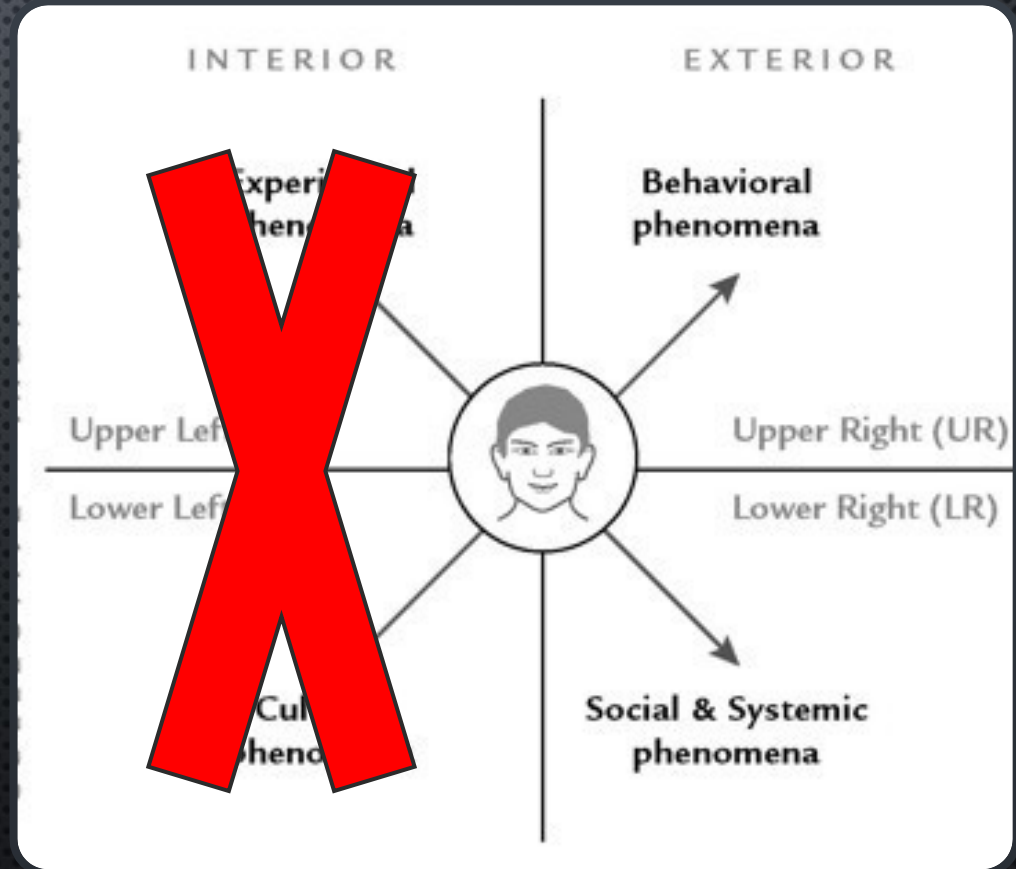
- Közvélekedésre hivatkozás
- Szakértőre/tekintélyre hivatkozás (nem mindig hiba)
- Általánosítás (nem mindig hiba)
- Szalmabáb érvelés
- Megerősítési torzítás
- Stb.

5. Milyen érzés ezen a szinten lenni?

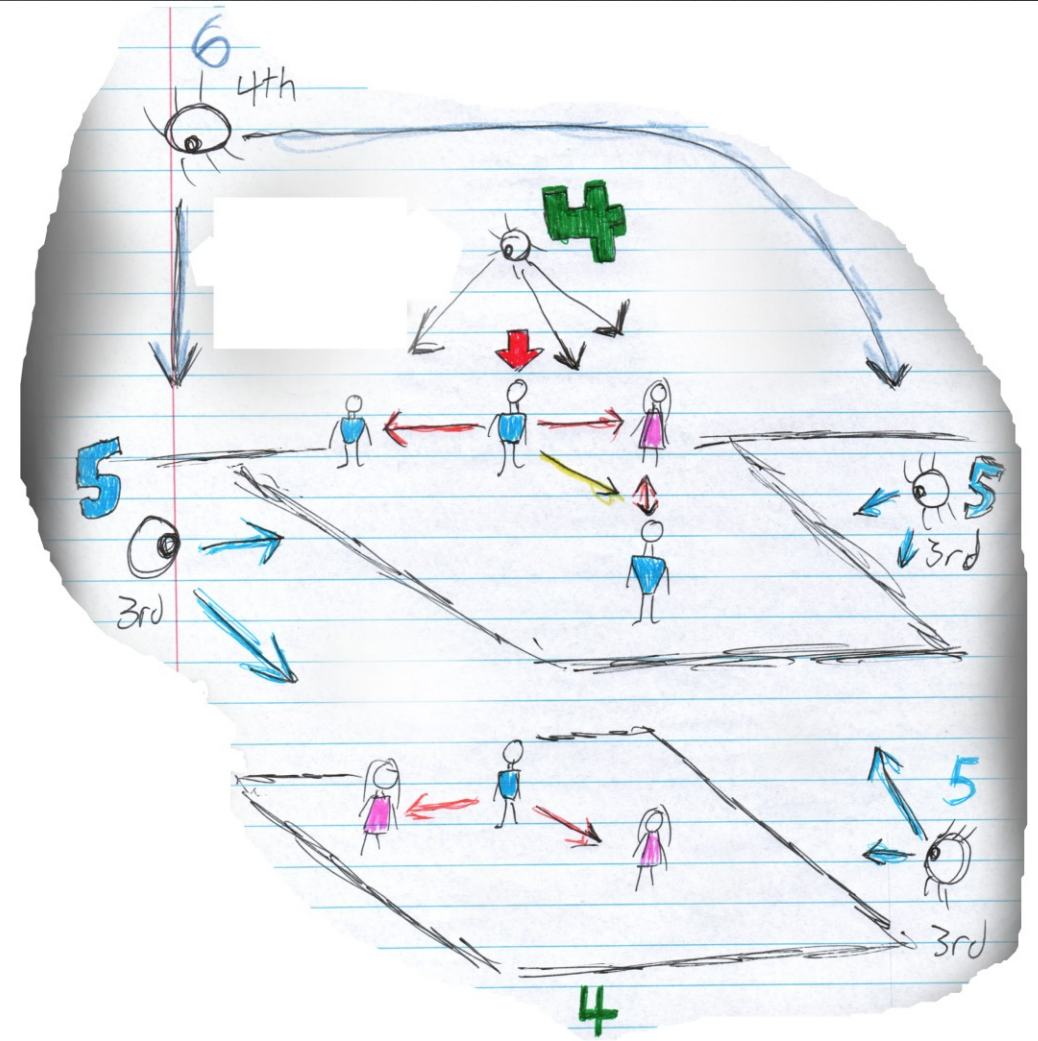
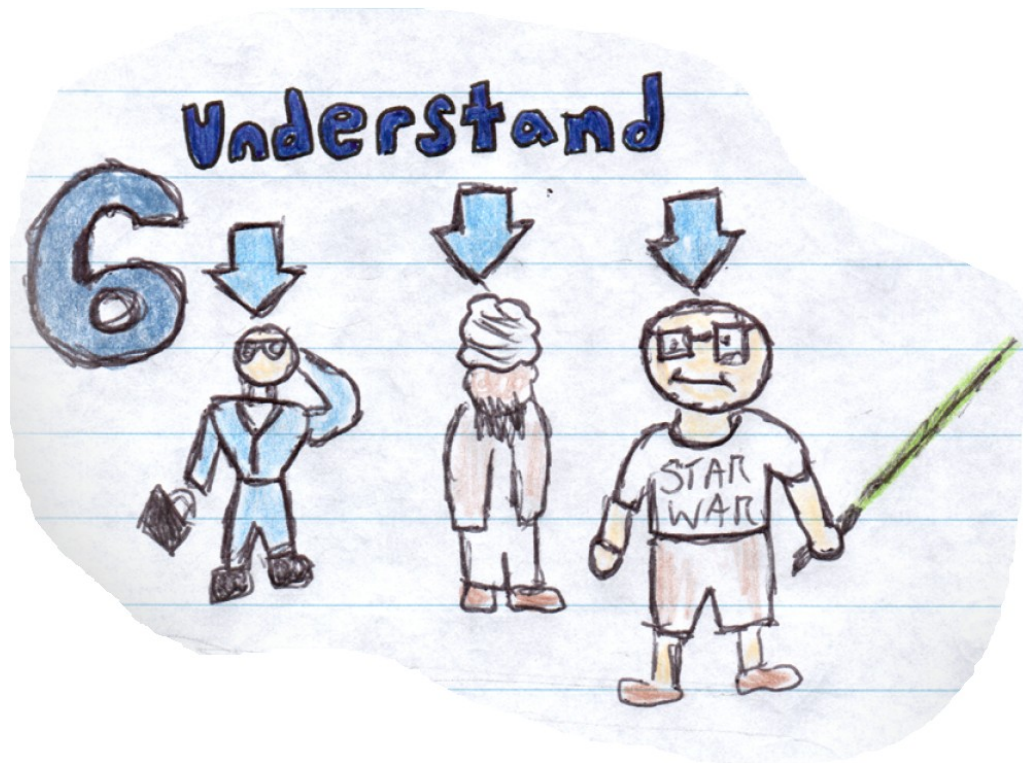


5. Patológiás jelenségek

- Munkamánia
- Túlzott célfókusz
- Perfekcionizmus
- Materializmus



6. Posztmodern szint (Understand)



6. Posztmodern szint (Understand)

- Radikális relativizmus

Racionális gondolkodás



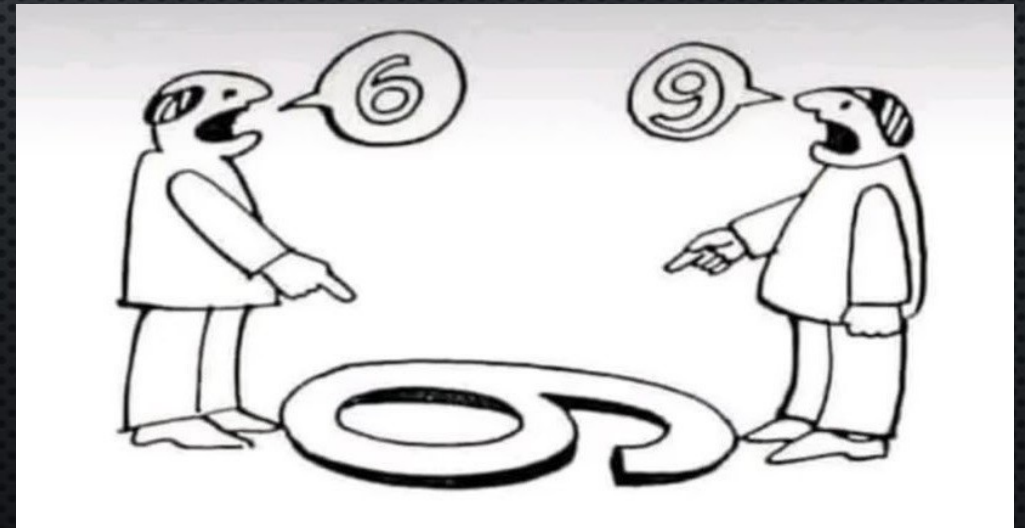
- Minden relatív, minden csak nézőpont kérdése
- Nem lehetünk függetlenek!

6. Miért nem tudunk objektíven gondolkodni?

- Tanult nyelv?
- Racionalizációs hörcsög?
- Felszínes gondolkodás?
- Buborékban élünk?
- Propaganda, agymosás?

6. Mik a következmények?

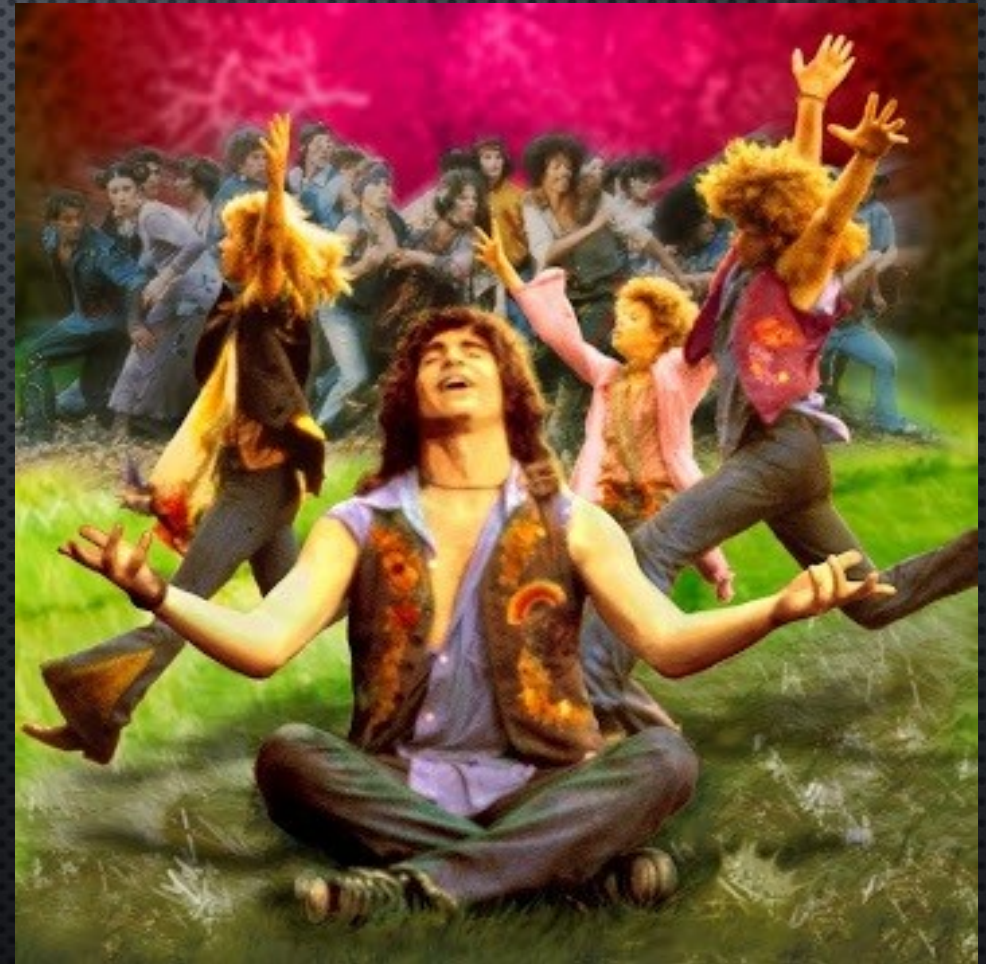
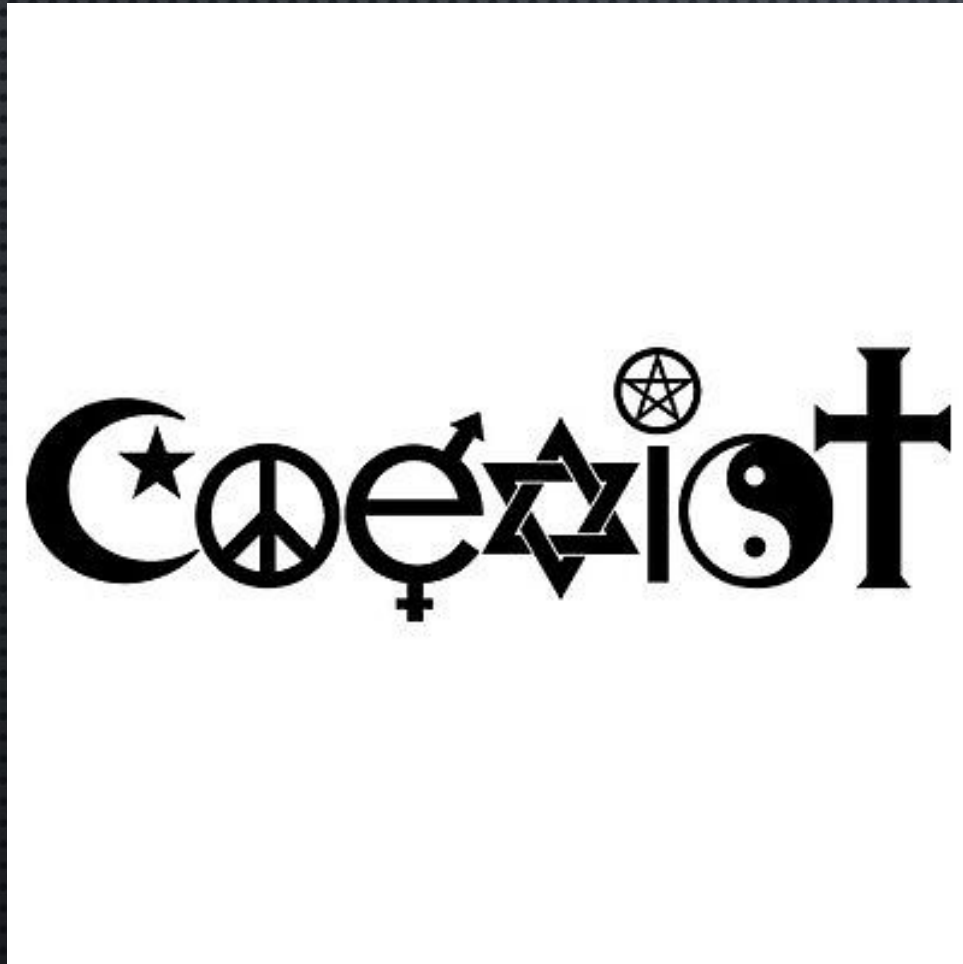
- Több helyes nézőpont, világkép
- Egy szituációt többféleképpen lehet értelmezni
- Az igazságot nem lehet megtalálni
- Bizonytalanság



6. Posztmodern szint (Understand)

- Vélemények, nézőpontok sokfélesége/diverzitása
- Tolerancia, radikális inkluzivitás
- Törődés, érzékenység, empátia
- Egalitarianizmus, emberi jogok védelme
- Önismeret, önfejlesztés, érzelmek tudatosítása, hitelesség
- Szociális normák \approx fölösleges korlátozások?

6. Milyen érzés ezen a szinten lenni?



6. Patológiás jelenségek

- Konszenzuskeresés
- Hierarchiaellenesség
- Tisztánlátás/ítélkezés hiánya



6. Kollektív morális regresszió

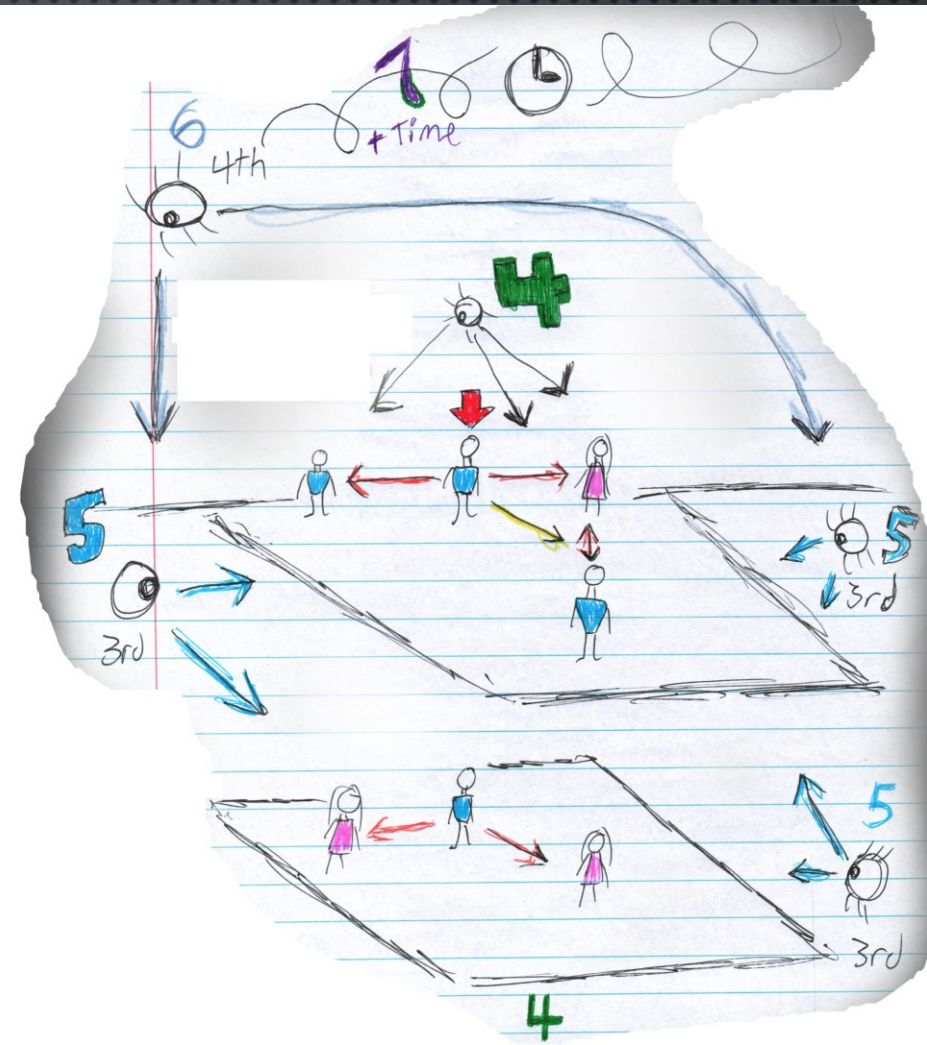
- Toleranciaparadoxon
- Kevés 6-os, nem mindenki az, aki annak tűnik
- Gátolja az emberek mentális fejlődését
- Egyre több éretlen ember
- Egyre instabilabb társadalom
- Összeomlás?

9 COMPLETE	In an unpredictable world, everything we do is only a gesture or a wish, especially over long stretches of time. Sometimes we're good at what we do, and our wishes come true - or so we think. For now. Sometimes not so much. Sometimes, we don't even know. There is not always such a thing as 'is' or 'is not' 'will' or 'will not'. There is only "seems to me." or not. Or both. Or neither. The only certain thing is the watcher in us watching and the wisher in us wishing. We are not what we do or what we make, we are the watchers of the doing and of the becoming. I am not the main character, I am just the spotlight. What is revealed is what I illuminate. If we want a better world and a better life, we have to learn where and how to shine the light.
8 SANCTIFY	The world is too complex to control. Life is not a game, it's a show. You can't know for sure what will happen before you act, you can only learn and try. You can <i>intend</i> to do anything you want, and you can be as <i>careful</i> as you want, but to some degree, you have to watch what happens and see how you feel about it later. Life is an experiment. We're all figuring things out as we go. We should all have safe places to try new things, share what we learned, and do it again if it was good. All we can do is the best that we know, so we should all know more.
7 HARMONIZE	It would be nice if everyone could do what they wanted, but life isn't that simple. Who I am and what I want changes so often - I can't imagine one set of rules or one version of the truth that works for everyone. People are complex, and life is constantly changing. We can't just let go and hope for the best. We need to base our choices on what we know about ourselves from our past and build a world that's ready for what we're pretty sure is going to happen, even if that means making judgments and imposing restrictions. It might feel bad to say 'no' to people, but sometimes, it's for the best.
6 UNDERSTAND	Everyone's unique, and we should all be allowed to be who we are. Society's rules often hold people back from what they really want, and we should all just do our own thing instead. How can one person ever tell someone else what to do? You're not them, so that's not fair. You can't judge someone if you didn't live their life. I don't even have rules for myself! I'm a different person over here than I am over there. Maybe if we all stopped trying to tell each other what to do, we could have world peace.
5 ACHIEVE	When you think about it, what's "good" and "bad" is different for different people, and for different groups of people too. What's good for me might not be good for you, and what works in my country might not work in yours. Before we make any big decisions, we should look at the facts so we know how to get the outcome we want. After all, everyone really wants what's best for them and their own, not to be forced into a life of service to your boss or to some "God." Life is about knowing how to make good things happen, keeping the benefits, and always improving.
4 BELONG	We all have our own lives to deal with, and our own problems. That can make us pretty selfish, and sometimes we don't agree on what's right. If we don't stick to the rules and do what we know is good, life is chaos. It's every man for himself. Life is about knowing what's good and what's bad, what's right and what's wrong, doing the right thing for the common good, and making sure others do the right thing, too.
3 CONTROL	I live in a world full of different people, each with their own agenda. They all want what they want, and they're looking out for themselves, because they have to. That's what life is - it's about getting your way. Everyone has to work with (or around) the needs and feelings of others - or at least what they <i>think</i> others are feeling - to get what they want, and I need to win that game. I can get what I want by taking or creating advantages for myself, and I better do it because no one will do it for me.
2 CONNECT	I know that other people and animals also have senses and desires and feelings. I perceive feelings much like my own feelings coming from other sources around me. Sometimes, I make the mistake of experiencing a feeling in myself, but perceiving that it's coming from someone or something else, like a person, an animal, or even a tree or an unseen "spirit." I can now respond to the feelings I see in others, and to their needs. Life is about pleasing others (or the gods) so that they do what we want.
1 SURVIVE	I see, feel, smell, and hear through my senses. I feel reactions to these senses, like fear, hunger, curiosity, or sexual arousal. I want to get things that I like for myself, and I want to get away from things that I don't like. I get hungry, tired, warm, or cold, and I feel motivated to get what I need to stop those feelings. Life is about dealing with my needs and feeling good by getting what I want.

Másodrendű öntudat

- Nem csak egy helyes világkép (most már tényleg)
- Nem magunkból indulunk ki
- Nem lehet komolyabb sérülés a korábbi szinteken
- Az összes korábbi szint megértése és integrálása

7. Integrált szint (Harmonize)



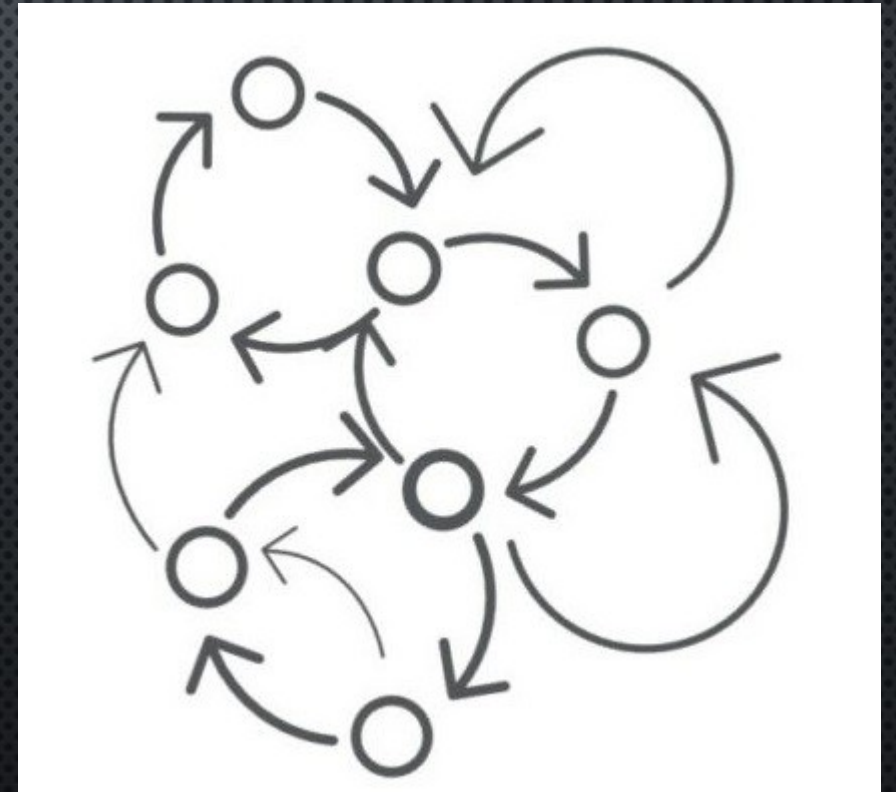
7. Integrált szint (Harmonize)

- Univerzális alapelvek
- Radikális relativizmus
- Mindenkire vonatkoznak
- Minden kontextusban használhatók



7. Rendszerekben gondolkodás

- Összefüggések, nagy összkép átlátása
- Mind a 4 kvadráns figyelembevétele
- Rendszerelemek közötti kölcsönhatások: ütközés (-) vagy szinergia (+)
- Optimális: minden és mindenki a megfelelő helyre
- Gondolkodás több generációval előre
- Történelmi perspektíva



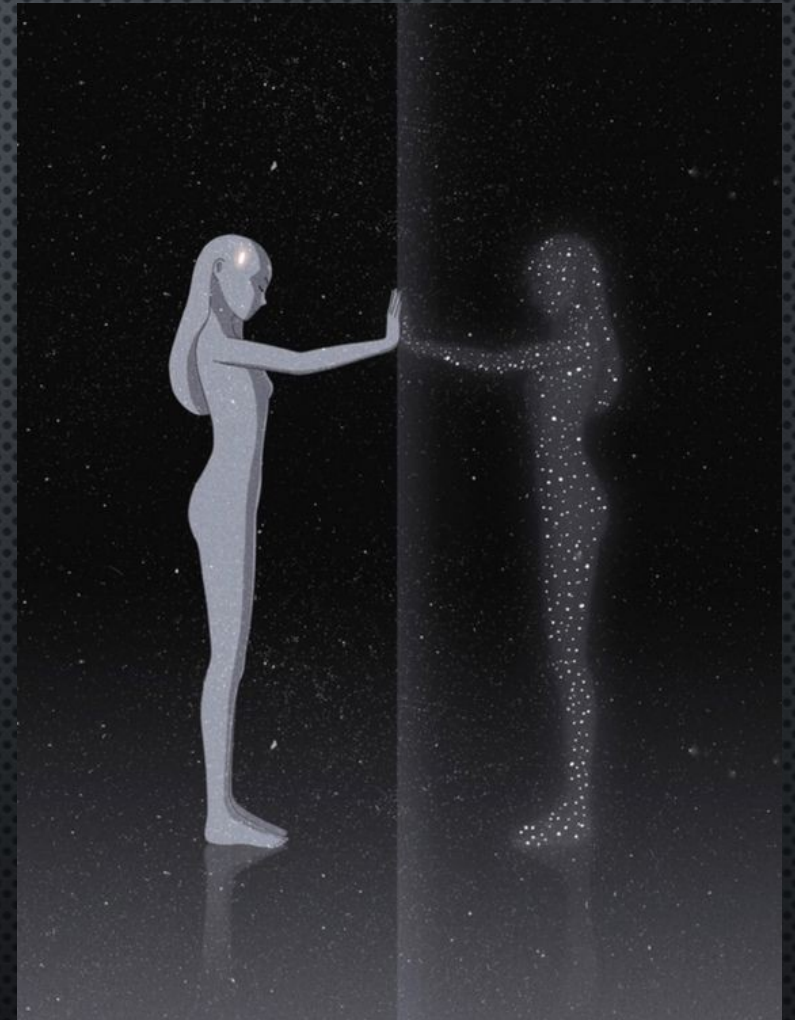
7. Carl Gustav Jung: Az árnyék

- A persona: a maszk, amit az ember a világ felé mutat, és ami elrejt a valódi természetét
- Az árnyék: az ember személyiségének nemkívánatos, „sötét” oldala, amit tudatosan vagy tudat alatt elfojt vagy ignorál
- Szociális normák, elvárások, vagy traumák miatt alakul ki



7. Árnyékmunka (Shadow work)

- 1. Azonosítás
- 2. Kiváltó ok keresése
- 3. Integráció
- Példa: agresszió



7. Az árnyékmunka pozitív hatásai

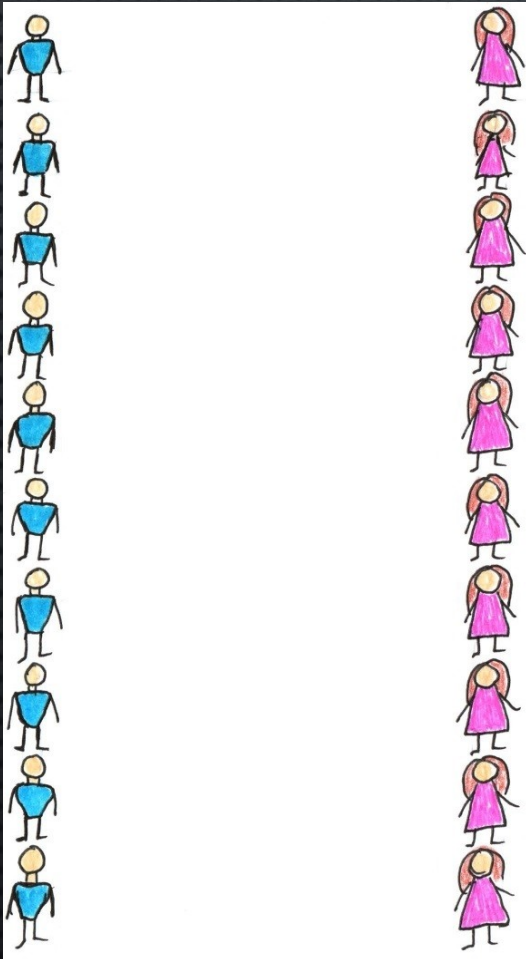
- Jobb önismeret, mentális egészség
- Nagyobb önbizalom
- Jobb düh- és stresszmenedzsment
- Negatív érzelmek toleranciája
- Az agresszió átalakul: bátorság, elszántság, céltudatosság, stb.
- Kihívások, nehéz időszakok toleranciája
- Könnyebb azonosulás másokkal
- Stb.



7. Integrált szint (Harmonize)

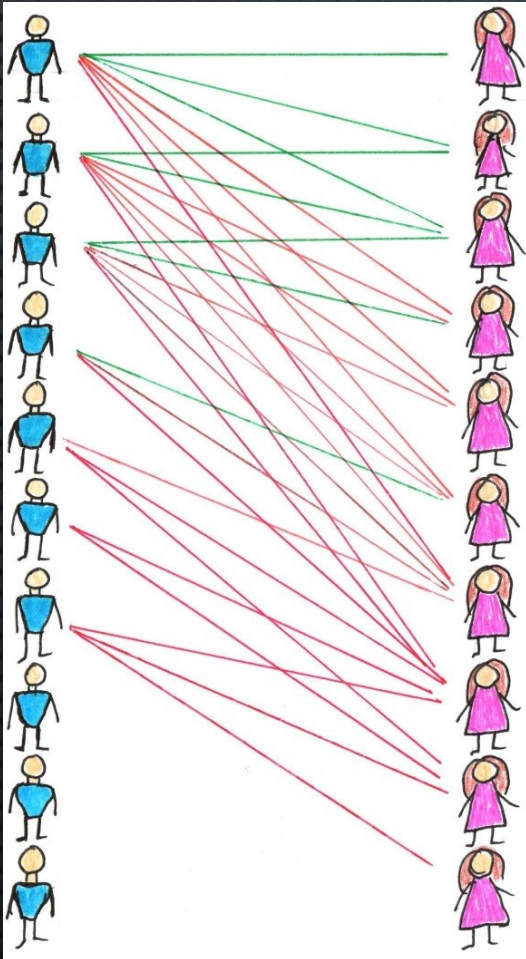
- Rugalmasság, kiegyensúlyozottság
- Az igazság közelíthető → A bizonytalanság tolerálható
- Szélsőséges felelősségvállalás
- Maximális önkifejezés
- Fejlődésorientáltság
- Önmegvalósítás

7. Hogyan választanak az emberek szexpartnert?



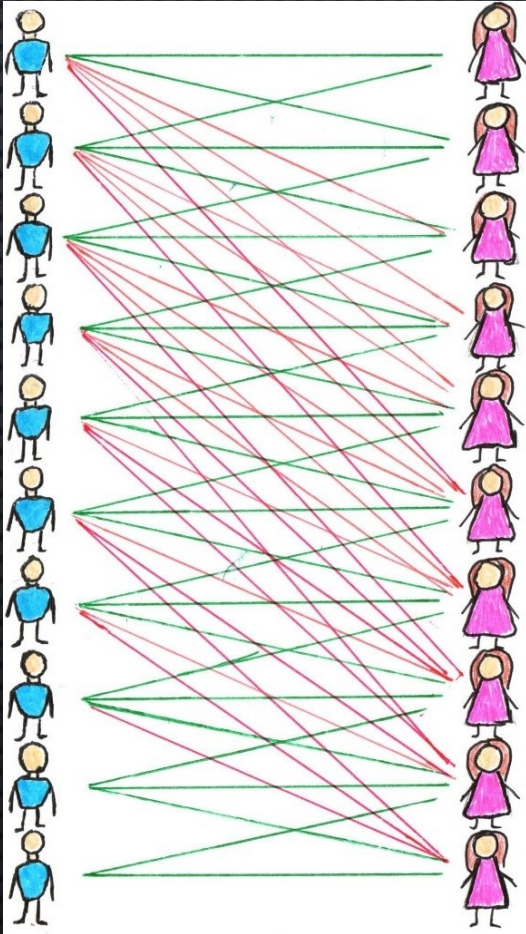
- A nők optimális stratégiája:
Minél jobban válogatni
- A férfiak optimális stratégiája:
Minél kevésbé válogatni

7. A problémák



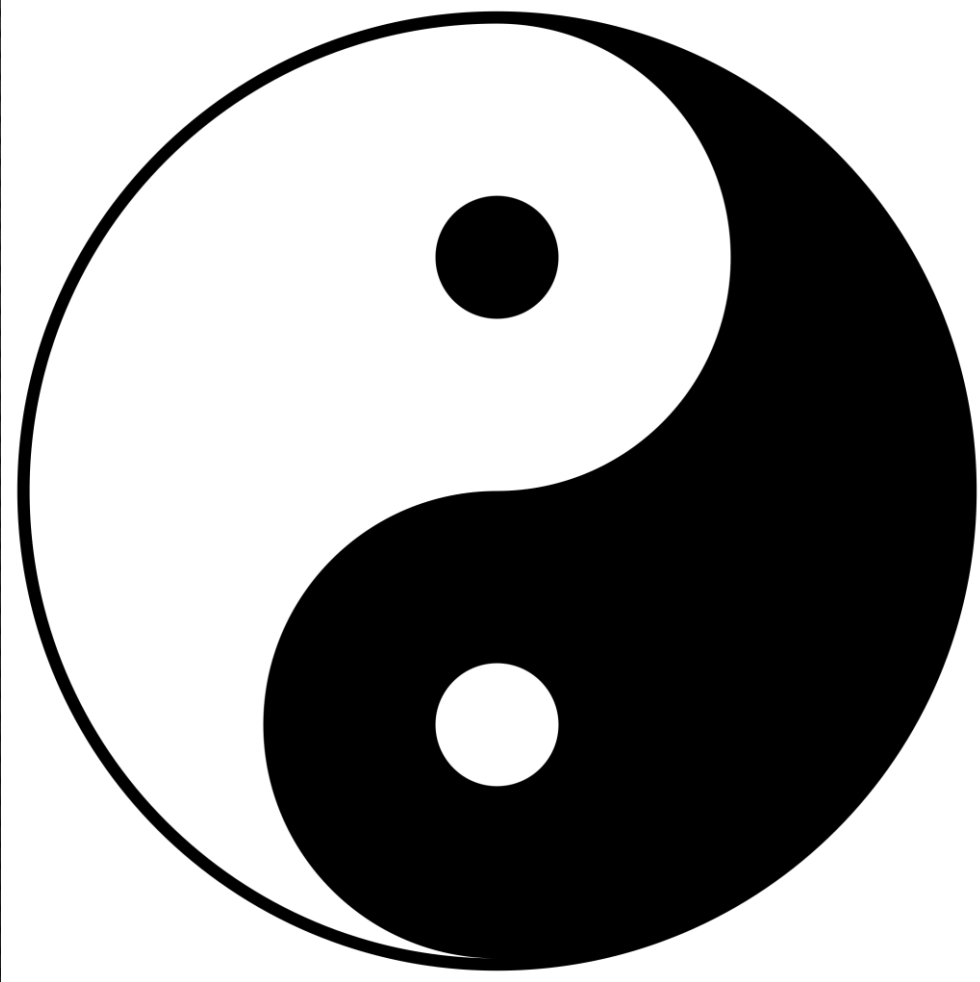
- Sok mellőzött férfi
- Sok szeretethiányos nő
- Vérfertőzés
- Apanélküliség

7. Monogámia, házasság, nukleáris család



- ~~Sok mellőzött férfi~~
- ~~Sok szeretethiányos nő~~
- ~~Vérfertőzés~~
- ~~Apanélküliség~~

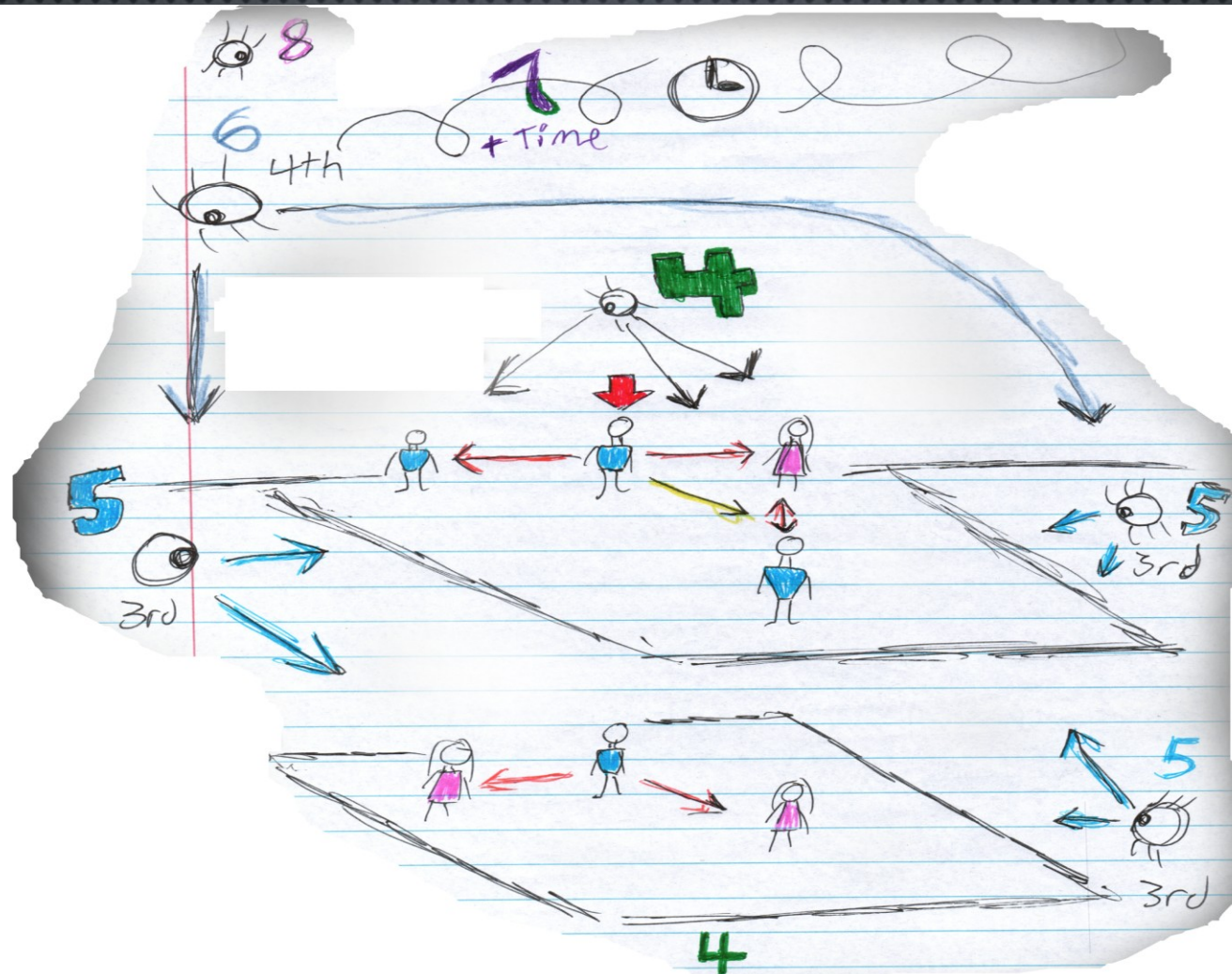
7. Milyen érzés ezen a szinten lenni?




7. Patológias jelenségek

- Beteljesületlen önmegvalósítás
- (Az emberiség még nem jutott el idáig?)

8. Holisztikus szint (Maximize)



8. Holisztikus szint (Maximize)

- Mély pszichológiai folyamatok 
Univerzális alapelvek
- Az emberi természet minél mélyebb megértése
- Az emberi elme mélységei
- (Nem csak pszichológia!)

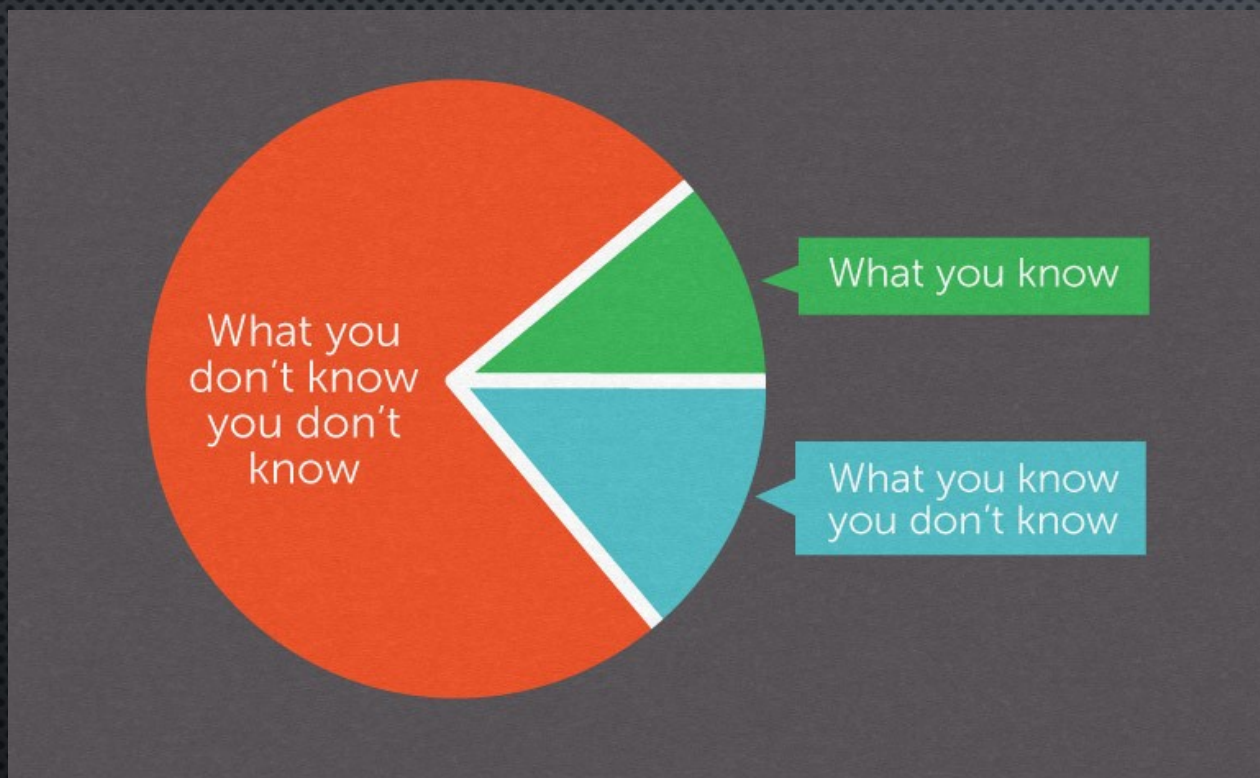
8. Holisztikus szint (Maximize)

- A tudatalatti tudatosítása
- Biológiai folyamatok
- A múlt befolyásoló ereje
- Evolúciós pszichológia
- Impulzusok, előítéletek, védelmi mechanizmusok, manipuláció, stb.

8. Holisztikus szint (Maximize)

- Az elme felépülése valós időben
- Intuíció, előérzetek
- Újra toleránsabb és bizonytalanabb
- Megbékélés a nemtudással

8. Milyen érzés ezen a szinten lenni?



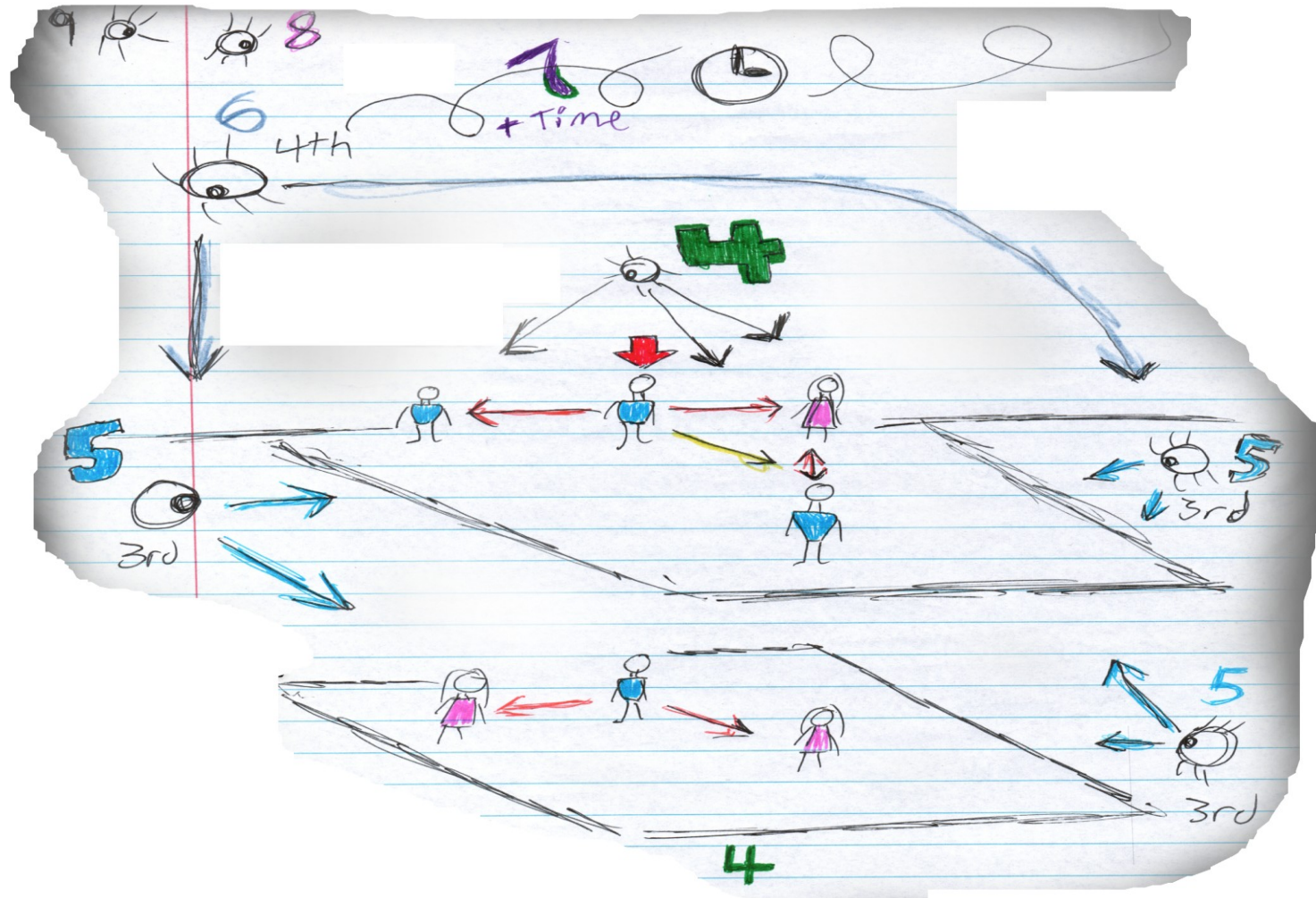
8. Patológiás jelenségek

- Spirituális kór / érzelmi kötelékek

Harmadrendű öntudat

- Megvilágosodott Buddha-állapot
- Nondualizmus
- Megszabadulás minden érzelmi kötelektől
- Az ego, az énkép elengedése
- Nem lehet erőltetni
- Valószínűleg több szint

9. Nonduális szint (Complete)



9. Nonduális szint (Complete)

- Interszisztemikus evolúció

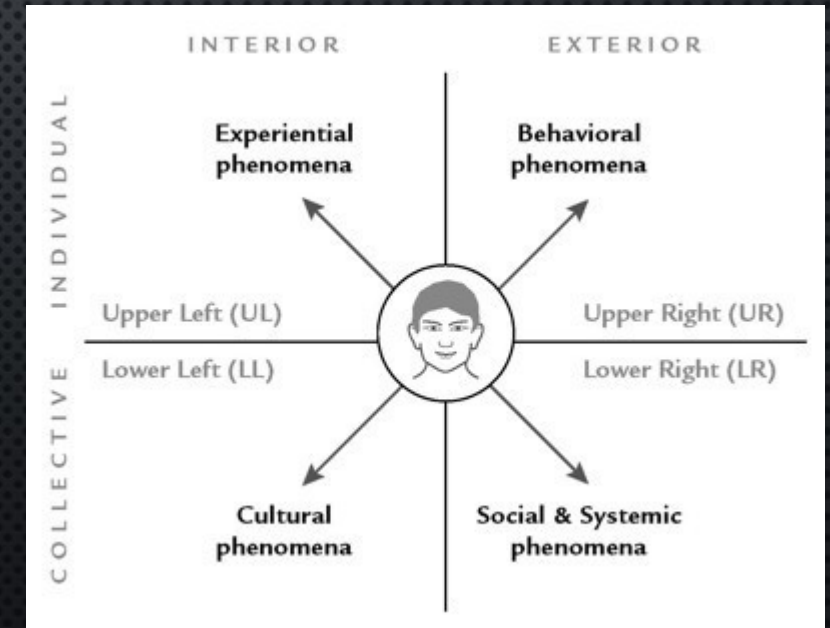
Mély pszichológiai folyamatok



- Rendszerek közötti interakciók által okozott transzformációk
- A transzformációk egy nagy evolúciós folyamat részei

9. Holonok

- Holon: egyszerre rész és egész (whole + part)
- Pl. atom, molekula, kő, sejt, élőlény, szó, gondolat
- Egy holon mind a négy kvadránsban jelen van
- Pl. farkas, gondolat

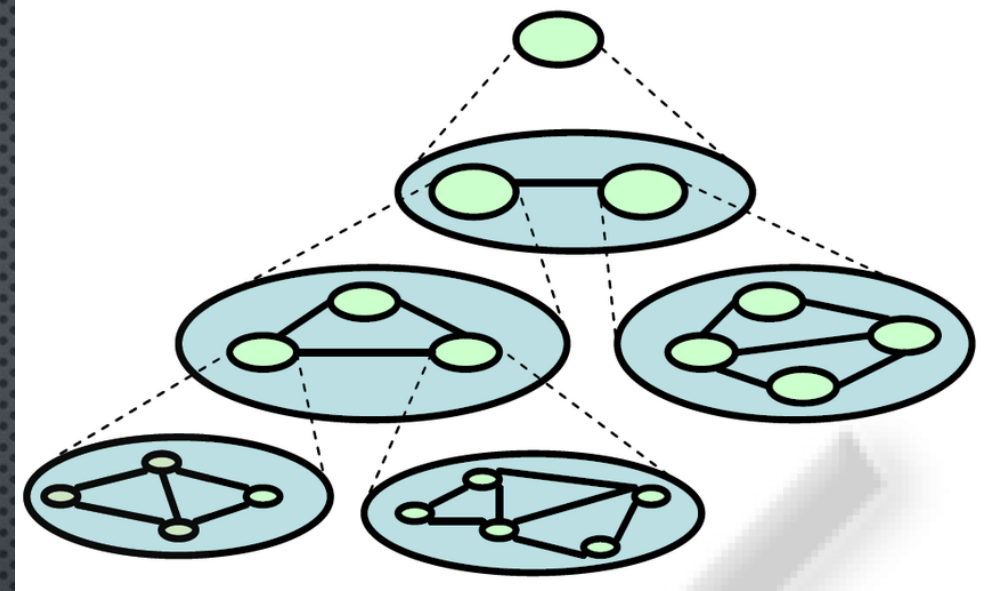


9. A holonok négy fő motivációja

- 1. Önállóság (horizontális)
- 2. Beilleszkedés (horizontális)
- 3. Feloldódás (vertikális)
- 4. Önmeghaladás (vertikális)

9. Holarchia

- Holarchia: holonok hierarchiája
- Mélység: szintek száma a holarchiában
- Alacsonyabb vagy magasabb szintek elpusztítása
- Kiterjedés: holonok száma egy adott szinten
- Minél nagyobb mélység, annál kisebb kiterjedés (és fordítva)
- Patológiás jelenség: holon rossz helyen; egy holon a természetes holarchiát dominálja
- Gyógyítás: a holon visszarakása a megfelelő helyre



9. A Kozmosz

- Fizioszféra: az anyagi világ
- Bioszféra: az élővilág
- Núszféra: az elme világa
- Teoszféra: isteni/spirituális területek
- A Kozmosz evolúciója: anyag → élet → elme → ...

Big Bang

9. A Kozmosz evolúciója

- Szubatomi részecskék → atomok → molekulák → égitestek → ...
- Egysejtűek → növények, gombák, állatok → ember → ...
- Ösztönös → impulzív → egocentrikus → konformista → racionális →
relativisztikus → integrált → ...
- Hoyle, Salisbury: 14 milliárd év kevés egy enzim kialakulásához?
- Az evolúció hosszútávú iránya és célja: önmeghaladás
- Növekvő komplexitás, mélység, egyre magasabb szintű öntudat

9. Nonduális szint (Complete)

- Nondualizmus: mindennel való egység érzete
- Felsőbbrendűség-érzet teljes hiánya
- A világ teljes elfogadása olyannak, amilyen
- Minden és mindenki feltétel nélküli szeretete
- Gyermeki kíváncsiság
- Patológias jelenségek azonosítása és gyógyítása
- Eredményfüggetlenség
- Mások fejlődésének hatékony katalizátorai

9. Patológiás jelenségek?

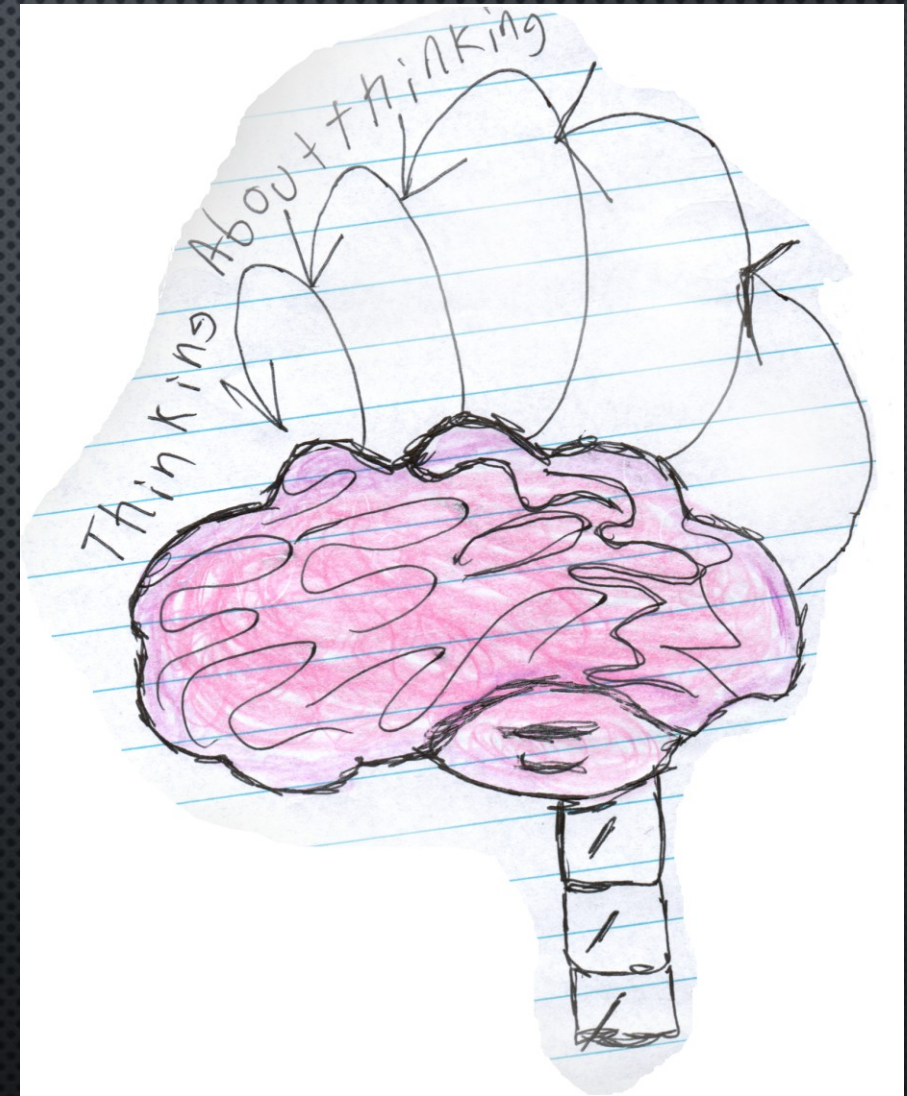
???

9. Milyen érzés ezen a szinten lenni?



Hogyan lehet szintet lépni?

- Gondolkodás a gondolkodásról
- Minden megkérdőjelezése
- Más nézőpontok minél mélyebb megértése
- +1: Az integrálszemlélet tanulmányozása



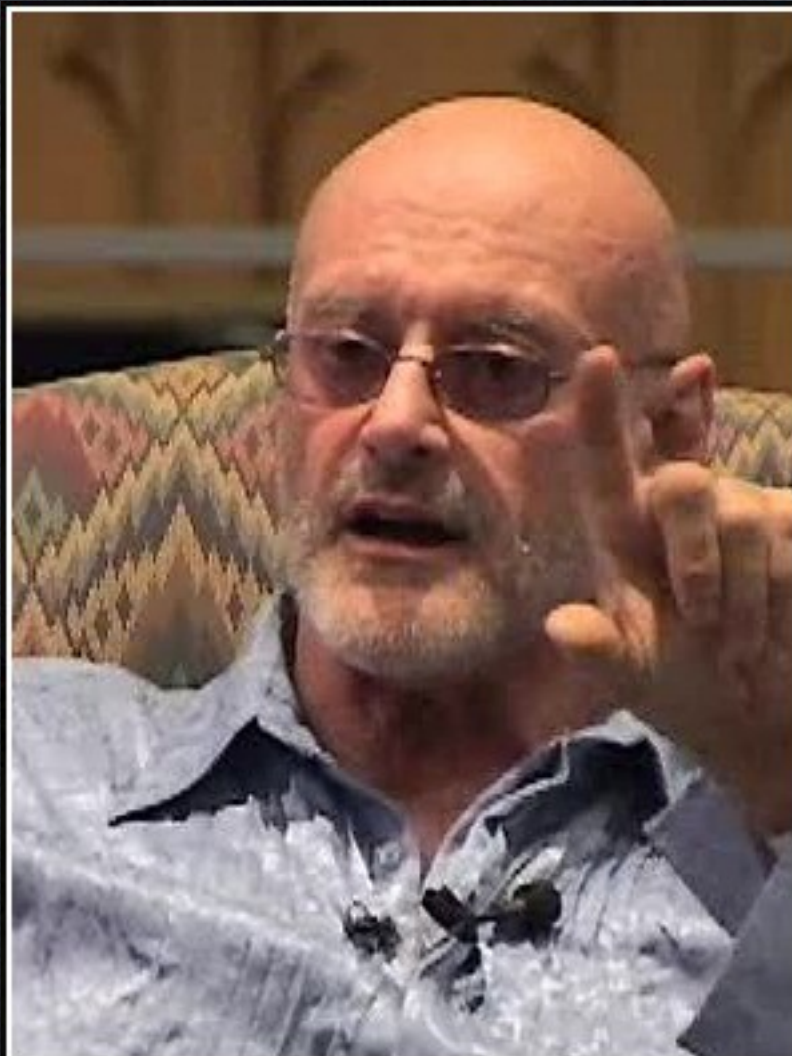
Amire érdemes figyelni

- Kognitív/érzelmi/viselkedési szint
- Nehéz magunkat becsülni
- Csúcsélmények
- Regresszió
- Szintlépés, fejlődés: lassú, stresszes folyamat
- Csak egy modell
- A fejlődésnek soha nincs vége!

Összefoglalás

Magasabb szint

- Komplexebb gondolkodás
- Jobb önismeret
- Jobb emberi kapcsolatok
- Általában jobb problémamegoldás
- Általában jobb mentális egészség
- Általában fejlettebb kultúra/társadalom



There is a way out, but the way out
is really a way within.

— *Ken Wilber* —

AZ QUOTES

Köszönöm a figyelmet!

Főbb források

- hoe_math: Levels (Basic Version)
<https://www.youtube.com/watch?v=kse87ocS0Uo>
- Ken Wilber: A Brief History of Everything
- Susanne R. Cook-Greuter: Nine Levels of Increasing Embrace in Ego Development

Kérdések?

SPIRAL DYNAMICS DEVELOPMENTAL LEVELS

DON BECK, CHRISTOPHER COWAN, CLARE GRAVES
(TEXT REWRITTEN FOR SIMPLICITY)

Unitive

SOCIAL STRUCTURE: Not yet formed (2023)
FOCUS: Observe, understand, protect, honor, and allow all beings and phenomena.
MENTALITY: Observation without perspective.
GOAL: Transform and develop processes in self and world.
METHODS: Identify pathology or insufficiency and provide the missing pieces if possible.

3rd Tier

Kosmocentric
Post-postconventional
Post-Symbolic / Immediate

DEVELOPMENTAL LEVELS

SCALE DEVELOPED BY LOEVINGER & COOK-GREUTER
MATCHES WITH SCALES DEVELOPED BY KOHLBERG & KEGAN
(TEXT REWRITTEN FOR SIMPLICITY)

Ironist - Unitive

Inter-systemic evolution rules over deep psychological processes. Focus on the process of interaction causing transformation. Identifies as witness of awareness of various conscious processes. Non-exclusively aware of multiple parts of ego (identifications at various levels of awareness). Capable of conscious action or non-action towards an intended result without attachment to actual outcome. Capable of compassion for the process of development itself. "A perspective" / 6th-person perspective creates perception of potential selves-as-not-self, or how the self would be different with a different history or a different perception of history.

ESTIMATED
HUMAN POPULATION
PERCENTAGE AT THESE LEVELS
(LOWER LEVEL = MORE ACCURATE ESTIMATE)

STABLE, DAILY
ACCESS
<.4%

TOTAL HUMAN
CONSCIOUS-TIME
<.001%

hoe -
math
SIMPLIFIED

9
COMPLETE

HOW THIS LEVEL FEELS FROM THE INSIDE

In an unpredictable world, everything we do is only a gesture or a wish, especially over long stretches of time. Sometimes we're good at what we do, and our wishes come true - or so we think. For now. Sometimes not so much. Sometimes, we don't even know. There is not always such a thing as 'is' or 'is not', 'will' or 'will not'. There is only "seems to me," or not. Or both. Or neither. The only certain thing is the watcher in us watching and the wisher in us wishing. We are not what we do or what we make, we are the watchers of the doing and of the becoming. I am not the main character, I am just the spotlight. What is revealed is what I illuminate. If we want a better world and a better life, we have to learn where and how to shine the light.

LEVELS

DEGREES OF COMPLEXITY
OF CO-OCCURRING
INDIVIDUAL MINDS,
COLLECTIVE MIND (CULTURE),
PHYSICAL OR OBJECTIVE
FORMS, AND SOCIAL OR
SYSTEMATIC ORGANIZATION.

AQAL

CREATED BY
KEN WILBER

"ALL-QUADRANT, ALL-LEVEL" MAP OF REALITY AS IT IS PERCEIVED THROUGH HUMAN CONSCIOUSNESS. FIVE ELEMENTS CONTAIN ALL POSSIBLE DESCRIPTIONS AND PERCEPTIONS OF ANY PHENOMENON THAT CAN BE SAID TO EXIST. QUADRANTS | LEVELS | LINES | STATES | TYPES
(THIS GRAPHIC IS AN INTERPRETATION OF THE AQAL INTERNAL MAP BY THE CREATOR OF [Johanna](#), [John](#) & [Ken](#))

LINES

INDIVIDUAL CAPACITIES
OR ABILITIES WITHIN
PEOPLE, CULTURES, OR
SYSTEMS THAT DEVELOP
TO DIFFERENT LEVELS
EITHER INDEPENDENTLY
OF EACH OTHER, OR NESTED
ONE INSIDE ANOTHER.

QUADRANTS

PERSPECTIVES OR VIEWPOINTS THAT ANY PART OF
REALITY CAN BE SEEN THROUGH. IGNORING ANY
QUADRANT CAN RESULT IN INCOMPLETE AND
POTENTIALLY DYSFUNCTIONAL RESULTS.

FROM THE
INSIDE

FROM THE
OUTSIDE

INDIVIDUAL
(BY ITSELF)



IN CONTEXT
(HOW IT'S
RELATED TO
SURROUNDINGS)

STATES

FLUCTUATING MODES OF FUNCTION IN MINDS,
SYSTEMS, OR ANY KIND OF PHENOMENON.



TYPES

DIFFERENCES OR VARIATIONS IN SHAPE,
FORM, OR STYLE OF ANY CLASSIFICATION
OF OBJECT, BEING, OR PHENOMENON.



Trans-Rational

Rational

Pre-Rational

Worldcentric

Ethnocentric

Pre-Egoic

Postconventional

Conventional

Preconventional

Inter-individual (Kegan)

Institutional

Verbal / Representational / Symbol-Mediated

Impulsive

Imperial

Impulsive

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious

Individualist - Pluralist

Achiever - Conscientious

Expert - Self-Conscious