

# Evolutionary Dynamics PRIMER

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**Lesson I**

Levels of Development

**Module**

Introduction

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Workbook



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We'll see, as we continue to outline these different levels or stages, how important they are for understanding ourselves and our world, and how much of an impact they're continuing to make on our lives right now.

**Ken Wilber**

# LEVELS OF DEVELOPMENT

## INTRODUCTION

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Welcome to the levels of development! In this introductory module, we'll cover the essential context needed in order understand how to apply the levels of development in your own life. This material will elucidate some of the key research and principals that went into the discovery of levels, including the evolutionary dynamic of "Transcend and Include."

We'll look at the general patterns of human development, such as the idea that development always moves forward with greater and greater levels of inclusion. We'll also explore the rationale for naming the levels after the color spectrum, and move toward a greater understanding of the unique insight this lens offers.

### Key Insights and Learnings

- The process of "transcend and include" is the fundamental form of evolution. The simplest fundamental particles evolve into higher and higher, more and more complex, more and more whole entities — with each new stage transcending and including its predecessor. Each more complex entity is also more conscious.
- In human consciousness, this evolutionary drive also moves toward larger and larger wholes, going from an identity with a self only, to an identity with various groups, to an identity with all human beings, and ultimately to identify with all living beings.
- Understanding which of these interior stages or levels we're at is crucial for our own self-understanding, as well as understanding the world at large.
- Psychologists have found that humans have several different important types of intelligences, or developmental lines, that all grow through these same basic developmental levels.
- Levels or structure stages were discovered approximately one hundred years ago, and can only be determined by studying large groups of people over long periods of time, in experimental circumstances. Hundreds of researchers have repeated these findings in dozens and dozens of different cultures, with no major exceptions ever found.





## INTEGRATION QUESTIONS

### VIDEO PART I

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**1.** After viewing Chapter 1: Part 1, how according to your understanding, does the evolutionary dynamic of “Transcend and Include”, influence your own growth and development?

**2.** Give one example of how you’ve transcended and included a previous phase, level, or stage in your own life.

**3.** How does this understanding of evolutionary dynamic of “Transcend and Include” influence how you perceive others?

## GLOSSARY TERMS

### **Transcend and Include**

The fundamental form of evolution; to include what came before while also moving beyond it.

### **Egocentric**

Identity with a self only

### **Ethnocentric**

Identity with various groups (the family, the clan, the tribe, etc.)

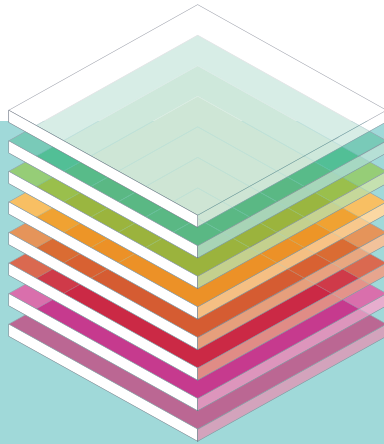
### **Worldcentric**

Identity with all human beings

### **Kosmoscentric**

Identity with all living beings





Evolutionary Dynamics

## 5 LESSON PRIMER

Lesson 1

### Levels of Development



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