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historically
from approx. 1995

developmental psychology
from about 50/55 years

Integral Consciousness II (*providing wisdom*)

Is the **physical** world of everyday life in the *visible 3rd dimension* not a unique, infinitely instructive and, at times, painful or joyful stage for experimentation and experience, brimming with beauty? – **turquoise** observes these challenges of life in their manifold antics and dramas, comedies and tragedies, plays of joy and sorrow, which trigger all those who identify, in their **feelings** and **thoughts**, with themselves and with this spectacle.

Do the worlds of joy of the **5th dimension** – which are *invisible* to the physical eye, such as the subtle realms of **feelings** and **thoughts**, **creativity**, dreams, intuition, beings of light (angels, ancestors and 'spirits', elementals, fairies and elves, etc.) – constitute realities that can be tangibly experienced? – **turquoise** recognises these realities as divine potential for learning and creation, for personal and collective development.

And does the enlightened primordial source of love in the **7th dimension** – which is formless, timeless and without shape, and which bears an infinite number of names yet is nameless – reveal parts of its secrets and **wisdom**? – In meditation, **turquoise** experiences this **spiritual** reality as the *stream of life*, as a force of being and action for humanity and all of creation, for the primordial source **IS everything!**

Life is a balanced system of interlocking forces, waves and vibrations, in which the triad **body**, **soul/psyche** and **spirit** is highly valued as a dynamic organism of the multidimensional human being. Everything is connected and interlinked with everything else in a living interaction: the **physical**, such as cycling, with **feelings** such as courage and compassion, with **knowledge** such as **swarm intelligence**, with the **spiritual**, such as basic trust, and with **creativity**, such as cooking.

Anyone who has *integrated* all previous levels of consciousness can *freely* utilise their positive powers and draw on them as the *situation* requires. Specifically, this means:

1. Providing Life – Reactivating

With a loving heart and eyes full of wonder, I live fully *in* the moment, fully *in* the here and now, **in BEING**, and reconnected to the web of life¹ *in* a natural sense of belonging, unity and security. I sense my **fundamental needs in life**, recognise them and fulfil them in a way appropriate to each situation. In this way, I feel consciously grounded and connected in harmony and balance with myself, the world around me and the cosmos – carefree and without intention, gracefully and with innocence and a sense of primordial, innate trust.

¹ Permanent **life-network of unity**, to which all living beings are always connected in a natural manner *unconsciously*, but to which the human being loses the memory due to his ego-development, but which one can *consciously* remember and *consciously* reconnect to later on.

2. Providing Connection – Reconnecting

With my spirit of inquiry and discovery, I question everything that seems clear as if it were unknown; I embrace the impossible as possible and the improbable as probable. I am constantly creating new possibilities, for example to **connect** with all four elements – **earth**, **water**, **air** and **fire** – and with all *five realms of Grandmother Earth* – the stones/land, the plants, animals, humans and beings of light – so that they may guide me and share their stories with me. I am present wherever these stories of life unfold, so that I may receive them with an open heart and interpret them. As everything is ‘sacred’ to me, I am open to those experiences that awaken within me **memories** of the **wisdom** for which my innermost being yearns deeply, and which help me to live out that wisdom without prejudice.

3. Providing Strength – Realigning

As a ‘noble knight’, a ‘peaceful warrior’² or a ‘selfless hero’, trained in ‘high **courtly love**’ – that is to say, in dance, music, song and poetry – and living a life of selflessness, virtue and discipline, responsibility and love, I train my physical **strength** and inner **fortitude** daily, because true happiness, inner peace and fulfilment do not lie in external success or the future, but in the conscious experience of the present moment and the harmony and balance of the triad of **body** (outer strength), **soul/psyche** and **spirit** (inner strength). In this way, I stand up to opposition, set clear boundaries and, when necessary, ‘bang on the table’; I ignore ‘naysayers’ where required and, with moral courage and a reconciled heart/**Ahimsa**, stand up for **Justice, Peace and the Integrity of Creation**.



Because my determination, clarity and courage to face my own shadow³ have led to all constraints and attachments dissolving, and all perceptions of the enemy and desires for possession becoming obsolete, and because I am able to distinguish between opposition and enmity, all encounters become win-win experiences for everyone involved.

Everything in everyday life is a mirror, because the illusion that anything exists separately from me has dissolved, and everything thus becomes part of my own training/learning process, so that every moment and every encounter is equally important and of equal value.

4. Providing Beauty – Rediscovering



Within the tension between freedom and obligation, clear values, rules and laws, the development of a strong **sense of self** was essential for leading a conscious, balanced life, so that, as I developed personally, my ‘I’ or **ego** could increasingly take a back seat and allow the Higher Self to take the lead.

At the same time, **beauty** and **divinity** become apparent in (almost) everything. It is a force that I sense in everything that is in inner balance or natural harmony – for example, in the harmonious balance of mandalas or in the **golden ratio** found in roses, **sunflowers**, snail shells... – as well as in the **aesthetics**, sensualism, grace and meaningfulness of nature (a rainbow, a leaf, a waterfall...), art (music, dance and movement, poetry, film and painting...) and arts and crafts, in gardening or cooking, in architecture (**Taj Mahal**) and design, and in the simplicity of stillness.

² See Millman’s two books: [Way of the Peaceful Warrior](#) and [Sacred Journey of the Peaceful Warrior](#) – the ideals of medieval knights of ‘high courtly love’ are similar to those set out in [Bushidō](#), the code of the Japanese [samurai](#) warriors.

³ Integrating the shadows: ‘**Shadows**’ are all the unconscious, traumatic and life-impeding aspects within us that we (had to) repress or deny during childhood as a means of self-protection, and which, as adults, we sometimes project onto others. They are mysterious, often elusive; they cause adults to behave like children; they destroy relationships; they drain our strength; they block our energy; they lead to addictions; and yet, at the same time, they harbour extraordinary potential, abilities and talents that can find expression once these dark aspects are recognised, integrated and thus *resolved* within the soul/psyche and *redeemed* through connection with the spirit.

I encounter beauty wherever balanced, clear structures are discernible, and wherever profound connections of various kinds or a sense of reverent wonder can be felt. Guided by the four principles of Zen Buddhism – • harmony (Wa) • order (Sei) • respect (Kei) and • tranquillity, peace and stillness (Jaku) – I *consciously* and *mindfully* bring **beauty** into all my personal and everyday affairs, in order to create soothing, harmonious and healing spaces and fields in which others, too, feel at ease.

5. Providing Understanding – Re-exploring

As a spiritual being, I have a variety of human experiences on this wonderful blue planet, Earth,⁴ and I experience the physical reality of everyday life as one of several levels of experience and sources of insight.

My sparks of **curiosity** lead me to initial ideas and fleeting **insights**, which I then examine, explore in greater depth and gather background information on. However, I do not stop at this static **knowledge**; instead, through my own explorations, experiences and insights, I try to grasp further connections in order to arrive at a deeper **understanding** – a process that sometimes takes years.



In order to tackle the many tasks, duties and challenges of everyday life conscientiously and responsibly, and to be able to express myself **creatively**, I make a conscious and efficient use of **technical** resources as a useful tool.

I value the fundamental **principles** of **humanism**, such as dignity (for both people and the world around us), freedom and personal responsibility, which foster our coexistence – a coexistence based on reason, idealism, conscientiousness, mutual respect, tolerance and trust, as well as a deep respect for life – and which thereby also strengthen democracy.

However, I refrain from constantly **judging** and **evaluating** – which only leads to tension and dissatisfaction – and recognise polar opposites as two sides of *the same* coin.

6. Providing Love – Reawakening

‘All you need is love’, sang the Beatles. This call during the ‘Summer of Love’ in 1967 for unity, peace and humanity, compassion and sensitivity, social commitment and spirituality touches (not only) my heart, but it also brings home to me the difference between *naïve love*, which seeks to tear down healthy boundaries and structures and yearns for artificial harmony, and *mature love*, which embraces all realities – with all their light and dark sides, their complexity and their contradictions – unreservedly and unconditionally.

From an integral perspective, love as ‘Eros’ is *the* evolutionary driving force of the universe, *the* flow of life – and thus far removed from being merely a feeling! **Love** is also the force that brings together what is separated or broken, and enables healing and wholeness.

This love flows from the reawakened inner perception and enables me to see diversity as an enrichment and to accept and respect all people, regardless of their age, background, education, religion or sexual orientation.

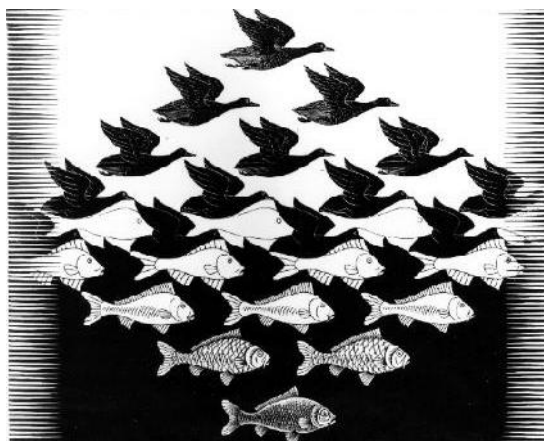
The humanisation of the workplace (from the 1970s onwards), with its **participatory management style** – which involves everyone actively, as equals and on an equal footing in decision-making, planning and design processes – I experienced very positively, as it fosters a sense of purpose and personal commitment.



⁴ Pierre Teilhard de Chardin: “We are not human beings having a spiritual experience, but spiritual beings having a human experience.”

Social engagement also gives life meaning when I volunteer my time, without pay, for the common good, a worthy cause, other people and nature. When I learn new skills, develop social skills and thereby foster my personal development, I also strengthen the community.

As part of my ongoing personal transformation and inner growth, the depth-psychological insight into the inner world of my **soul**/psyche enables me to recognise and interpret with understanding and loving care the 'collective shadows' of society's unconscious, historically evolved, shared values, rules and laws, taboos, belief systems and dogmas⁵. This process is akin to the painful **awakening** of the 'prisoners' in [Plato's Allegory of the Cave](#), who see through collective projections, constantly question shared idealised images, challenge shared illusions and begin to swim against the mainstream.



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A regular **spiritual** practice of stillness or meditation (in various forms) leads to a immediate form of **BEING**. This deeply felt **spirituality** or inner religiosity, which is based on inner experience, contemplation and insight, results in outward social and political engagement.



The ability to draw upon non-rational, inner sources such as intuition, dreams and flashes of insight opens up a second pathway to knowledge: **felt knowledge** (*right hemisphere, round thinking, feminine principle*), which reveals and unravels itself. It supports the making of meaning from experiences and the awareness of meaning in life. This **implicit knowledge** is action-bound, perceptual, process-oriented knowledge – 'without being able to say how' – such as the correct 'moisture' of a dough,

or the highly complex ability to ride a bicycle or to compose music, and is just as significant as **rational insights** (*left hemisphere, linear thinking, masculine principle*).

These initiatives are: • [Integral Politics](#) • [Switzerland in Silence](#) (german) • [Foundation for Integral Peacebuilding](#) (german)

Urban

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⁵ Take, for example, the 'culture of fear' in the 20th and 21st centuries: from the *Red Scare* of the [McCarthyism](#) in the USA in the 1950s, the [Cold War](#) (1947 to 1989), the '[Satanic Panic](#)' (the 1980s and 1990s) with its global conspiracy theories, the [War on terror](#) following 9/11 (from 2001 onwards), right up to the algorithm-driven fears on social media today, including fears of the so-called '[cancel culture](#)'.