

SELF-ACTUALIZE.COM PRESENTS

Science of Self-Actualization

The 5 Essential Truths of Your Full Potential

WITH KEN WILBER



COURSE WORKBOOK



THE SCIENCE OF SELF ACTUALIZATION

Course Overview

MODULE 1	Introduction to the Science of Self Actualization
MODULE 2	What is the Science of Self Actualization?
MODULE 3	Truth 1: You are Evolving
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MODULE 5	Truth 3: You are Awakening
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BONUS	Module Biofield Meditation Audio [20 Minutes] *Gift for Completing Training*

INTRODUCTION



In the mid-20th century, the pioneering developmental psychologist, Abraham Maslow, triggered a groundbreaking shift in the field of psychology when he introduced his “hierarchy of needs.”

Maslow’s research shifted the study of the human psyche from one of pathology focus, to one of growth focus.

He recognized a massive shift in human development, from “deficiency needs” to “being needs.” The individuals who made this leap, he recognized, functioned with a novel and profound set of capacities rarely seen.

In the decades since his work, his ideas have been proven, and we now know more than ever about the Science of Self-Actualization. We will explore the 5 essential truths of our full potential in this training.

THE CHARACTERISTICS OF SELF-ACTUALIZING PEOPLE

Throughout Maslow's work, he identified a growing list of the emerging characteristics and capacities of self-actualizing people. He identified up to 20 characteristics, we will briefly highlight some of the most important.

10 Characteristics of Self-Actualizing People

1. They have a superior perception of reality
2. They have an increased sense of autonomy and individuality
3. They are comfortable being themselves
4. They have better interpersonal relationships
5. They have increased identification with humanity
6. They are more creative and innovative
7. They cultivate their unique skills & talents
8. Live on purpose with a sense of mission
9. They have a higher frequency of peak experience
10. Constantly moving towards unity and integration

The evidence for Self-Actualization is fairly well known, however, very few people fully understand what it means, and how they can begin the process of self-actualization themselves.

In the Science of Self-Actualization, we will explore the many ways that you can self-actualize.

YOUR GUIDE: KEN WILBER



While the subject of self-actualization is taught in many high school and college programs, the science behind it is not well understood.

If you are one of the rare few who are interested in learning more about this developmental process, there is no better person to help clarify what it self-actualization is, and how you can cultivate it than one of the world's most preeminent scholars of human growth and developmental, Ken Wilber.

Praised by Bill Clinton as "brilliant," and referred to as the "teacher of teachers," by Marianne Williamson, Ken is an inspiration to millions worldwide who've studied his work.

Deepak Chopra has called him a mentor, Tony Robbins referred to Ken as a "genius" with "a desire to serve humanity that is virtually unmatched." John Mackey has said Ken's ideas have "transformed Whole Foods Market," and The Wachowski's were inspired by his Philosophy when creating the Matrix trilogy.

Referred to by some as "the Einstein of consciousness" and the "Plato of our time," Ken is likely to be remembered alongside the great thinkers of both Eastern and Western philosophy and developmental psychology as one of the most significant thinkers who has ever lived. There is no better guide as we explore the subject of the self-actualization.

YOUR IMPULSE TO SELF-ACTUALIZE

Self-actualization is the highest stage of Maslow's hierarchy of needs. Maslow defined a developmental need as something, that if it goes unmet, creates a pathology or dis-ease in the individual. By this, he meant that it is not simply a luxury, desire, or an optional pursuit. It is a core motivation, that either needs to be fulfilled or it will fester to create bigger issues down the road.

If you're in this training and engaging with the course material you are almost certainly motivated by this rising Self-Actualization impulse. Once we sufficiently met our foundational needs (Physiological, Safety, Belonging and Esteem needs) we gradually become more and more motivated by this powerful evolutionary impulse

If you can sense this impulse within yourself, then you are in the right place. In this course, we explore the many ways in which you can accelerate your unique process of self-actualization.

THE SCIENCE OF SELF-ACTUALIZATION

In this course, we will explore The Science of Self Actualization and the Five Essential Truths of Your Full Potential. By the end of this training, you'll have a greater degree of understanding of each of the five truths, how they influence your growth and development, and how you can leverage them to become the greatest possible version of yourself.

In the following sections, we encourage you to take notes on the key insights that emerge for you as you listen to the course materials.

MODULE 2

WHAT IS THE SCIENCE OF SELF ACTUALIZATION?

Module 2 Insights



MODULE 3 TRUTH 1: YOU ARE EVOLVING

Most people understand evolution as a process that happens over centuries or millennia. And at a macro-scale that's true. But the research is clear, developmental evolution is a process that happens throughout your lifetime as well. Discover what the research reveals about your process of growth and development.

Module 3 Insights

MODULE 4

TRUTH 2: YOU ARE MULTITALENTED

We live in a society that emphasizes and celebrates cognitive development, however, humans are far more vast than that. There are many dimensions of capacities and talents that we can grow through and develop. We each have strengths and weakness in this area. Learn what the research reveals about the full spectrum of your potential.

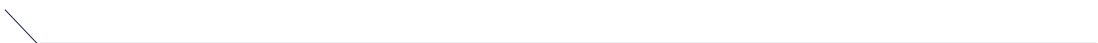
Module 4 Insights

MODULE 5

TRUTH 3: YOU ARE AWAKENING

Researchers at the University of Madison brought Buddhist monks into the laboratory to study their brains. What they found was shocking and confirmed what the mystics have been saying all along. In his research, Maslow defined them as "peak experiences." Today the evidence is quite clear, as you grow from childhood to adulthood, you have expanded capacity for altered states. Learn what the research is revealing about your higher states of consciousness.

Module 5 Insights



MODULE 6

TRUTH 4: YOU ARE UNIQUE

Have you ever wondered why one author or teacher might be incredibly inspiring for a friend, but they don't seem to help you at all? It's because we are all wired a little differently. There is a wide range of potential personality types and unique balance of masculine and feminine that make up who you are. And the right growth path for you is one that serves your unique essence. Learn what the research reveals about your unique growth path.

Module 6 Insights

MODULE 7

TRUTH 5: YOU ARE WHOLE

Education, culture, social conditioning, government, economics, personal development, spirituality, etc. How does it all fit together, and where do you fit within it? There are so many schools of knowledge. So many potential paths and lineages. But the truth is it is all part of one comprehensive whole, and you are part of that whole. Learn about what the research says about how you can integrate all that you are.

Module 7 Insights

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CONCLUSION - YOUR NEXT STEPS

Once you've completed the Science of Self-Actualization course you'll have a much better understanding of the key areas of your potential that you can self-actualize. If you find this information inspiring we encourage you to continue your learning and to participate in a community of self-actualization.

Expand Your Actualization Network

One of the most powerful things you can do is to identify and build your self-actualization network. As we explore in the final module, the evidence is clear - your network is one of the most powerful influences on your process of growth.

We strongly recommend that you identify five individuals that you can share this work with, and verbally commit to self-actualization with.

Join our Facebook Community

If you are looking for other like-minded people from around the world to contemplate this transformative work with we invite you to join our facebook community at

<https://www.facebook.com/actualizeos>

UPGRADE YOUR OPERATING SYSTEM

If you're inspired to go deeper with Ken to install this powerful mental operating system in a global community of learning and practice, we invite you to enroll in Ken's 10-week Actualize OS training.

This powerful new 10-part training has been designed to teach the essential tools, information, and practices that you'll need to upgrade your mental operating system, understand the full spectrum of your potentials and greatly accelerate your journey towards all that you are capable of being.

If you've ever asked yourself how you can fulfill your potential in this lifetime, this is one of the most effective ways you can do it.

Self-actualization is a deeply unique and personal journey, so, before you begin, you'll need the best possible map of your potentials currently available. You'll need an internal "GPS" that shows you everything you are capable of so that you can chart your own unique path towards the greatest possible version of yourself.

If you have a sincere desire to cultivate all the full spectrum of your potential in a global community of learning and practice, Actualize OS is available to help you with that process.

You can learn more and register at

<https://actualizeos.com/>

CONGRATULATIONS!
THE SCIENCE OF SELF-ACTUALIZATION

