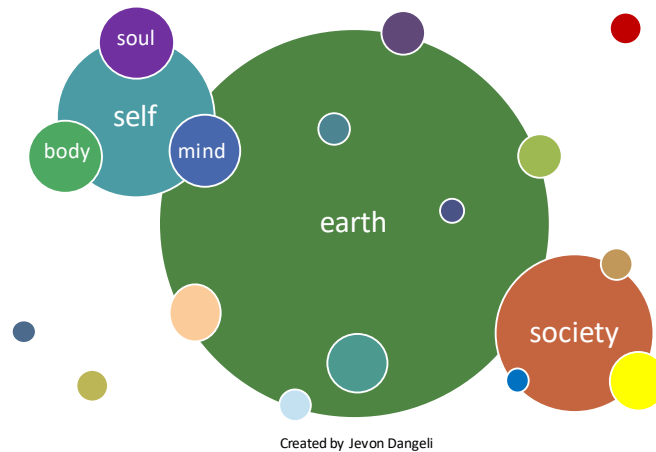


Holistic Integration

for self, society & earth



Holistic Integration is a variation of the [Open Awareness Integral Process](#) which can serve as a transpersonal coaching method for facilitating sessions with individuals or groups.

Explanation of the key terms:

Will (with a capital W, aka *big Will*) can be understood as clear, conscious, purposeful and *ecological* intent (described similarly by Assagioli, 1993) originating from the source of life - however one perceives the source - which can be experienced directly as the expression of our Authentic Self, our true nature (Dangeli, 2018). Small will is ego/self-centred and fuelled by the limited force of individual willpower. In contrast, big Will is Self-Society-Earth-centred and fuelled by the unlimited/universal force behind Authentic Will Power.

Ecological in this context means operating from an eco-centred perspective, as opposed to being ego-centred, espoused in Theory U (Scharmer & Käufer, 2013). Ecological outcomes involve individuals and groups acting in ways that are mutually beneficial for themselves, and for society, and for Earth - win-win-win. Authentic Will Power is inherently ecological (Dangeli, 2019).

Open Awareness (OA) is an expansive state and perception that promotes the following qualities:

- *Introspection* – metacognitive awareness in which we can mindfully observe mental activities, emotions and somatic experience
- *Outrospection* – heightened awareness of others and the ways that we relate to them, which cultivates empathy and compassion
- *Envirospection* – broad awareness of the space around us which connects us to everything in the environment and the cosmos

These 3 qualities of OA describe the trifocal lens of Will, which brings into focus the values associated with the Authentic Self (perceived through introspection), Society (perceived through outrospection) and Earth (perceived through envirospection). On this basis, OA can serve as a means to identify and align with the values of Will (Dangeli, 2019).

In Holistic Integration facilitation it is presupposed that Will is both an emergent property of OA, as well as a universal wellspring (*Willspring*) of energy, creativity, love and wisdom that can be accessed via OA.

Holistic Integration process steps

Pre-process step

- i. Enter OA with the intention to experience Will ([see example](#)).
- ii. From the perspective of OA, looking upon your life as a whole, identify an experience/challenge that needs to be addressed in your life.

With that experience/challenge in awareness, proceed as follows:

Step 1. Explore 3 responses

1. How are you (body, mind, soul) responding to the experience?
2. How are those around you (partner, family, peers) responding to the experience?
3. How is Earth (environment, nature, ecosystem) responding to the experience?

Step 2. Unveil 3 insights

What insights stem from each perspective:

1. Insight from your perspective?
2. Insight from other's perspective?
3. Insight from Earth's perspective?

Step 3. Synthesize the 3 insights

Merging all 3 perspectives, what is the core insight for you to embody?

While in open awareness, identify the core insight and how you can begin implementing it.

Step 4. Integrating the core insight

With your core insight in awareness, what is your new response to the experience/challenge?

Step 5. Holistic flourishing

Visualise what impact your new response can have ecologically – for yourself – for those around you – for Earth (win-win-win) ...

Stay connected to Will and live an inspiring life!

Related resources:

[The Will to Live - contemplative meditation](#)

[The OA Hub](#)

References:

Assagioli, R. (1993). *Psychosynthesis: The definitive guide to the principles and techniques of psychosynthesis*. Thorsons.

Dangeli, J. (2019). *Open Awareness Handbook*. Retrieved from: https://jevondangeli.com/product/open_awareness-handbook/

Dangeli, J. (2018). *Authentic Self Empowerment Facilitator Training Manual*. Retrieved from: <https://jevondangeli.com/product/ase-facilitator-training-manual/>

Scharmer, O. & Käufer, K. (2013). *Leading from the emerging future: From ego-system to eco-system economies*. Berrett-Koehler Publishers.