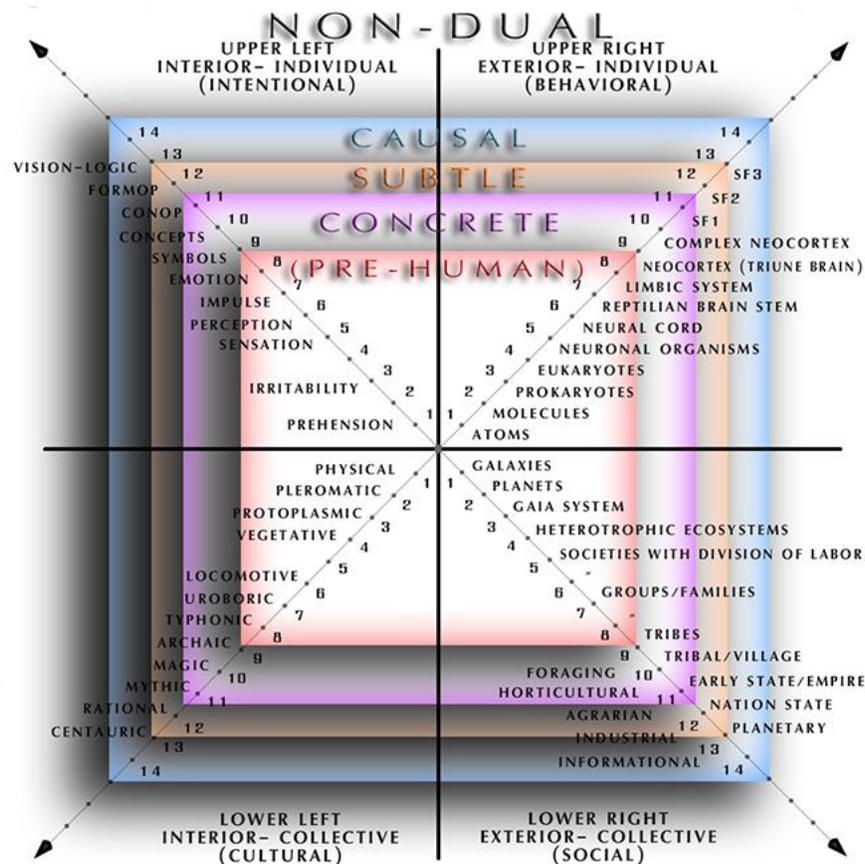


Wake Up, Grow Up Clean Up  
 From Shadow to Spirit  
 Terri O'Fallon PhD  
[Terri@pacificintegral.com](mailto:Terri@pacificintegral.com)  
 Kim Barta MA  
[kestrelvision@gmail.com](mailto:kestrelvision@gmail.com)

## Introduction

The Stages Matrix is a developmental model that integrates states, stages, and can help to identify shadow. Based on Ken Wilber's Integral model, it describes 12 stages, two of which are new later stages. It foregrounds repeating patterns in four tiers, each one an octave later than the one before it. Because the stages are based on the four-quadrant model, the developmental description is less like climbing stairs and more like blowing up a balloon. We evolve around, not just up.



## The First Two Days

This workshop will begin with a lively description of the states, stages, repeating patterns, person perspectives and the four tiers. Then we dive into descriptions of each of the 12 stages. The first four stages are more concrete: 1.0 Impulsive, 1.5 Egocentric, 2.0 Rule Oriented, and 2.5 Conformist. From there we will move into the Subtle Tier and the stages most often embodied in adults: 3.0 Expert,

3.5 Achiever, 4.0 Pluralist and 4.5 Strategist. Finally we will describe the later stages that rest on Awareness of awareness: 5.0 Construct Aware, 5.5 Transpersonal, 6.0 Universal and 6.5 Illumined. Unique to the stages model is the ability to explore parameters that define and construct a stage.

These two days are stand-alone days that are the bedrock of the next two days.

### **The Third and Fourth Days of Application**

For those who want to go more deeply, in the next two seminar days participants can expect some practical ways to recognize, practice and utilize the iterating patterns related to states and stages in individuals and collectives, to select appropriate psychological, coaching, mentoring and parenting practices for their clients with agility, as the client dances between different levels of development, shadow, regressions (etc.) from moment to moment.

This includes developmentally scaled mindfulness practices to provide experiential experiences at various developmental levels and to challenge to new levels. We also provide guided practices to accomplish experiences of robustness at familiar stage levels and group exercises to increase personal skill levels at applying the stages model.

Role-play, movies, and personal narratives to illustrate various developmental levels and skills will be used as well as experiential exercises to embed lessons into everyday life. Throughout, questions, critiques, speculations and discussions for use and practice will be welcomed, recognizing the benefits of continuing research and practice for the evolution of this work.

### **The STAGES Inventory**

The Stages inventory will be available to all participants at a discounted rate of \$350 USD. Having this information in hand for each person will greatly enhance the value of the workshop but it isn't required for attendance.