

# Awaken Your Integral Heart

**Brad Reynolds**

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Main topic(s): **Spirituality**

Emphasizing intelligence(s): **Cognitive, Ethical, Spiritual**





Everyone Is Right

PREVIEW: Awaken Your Integral Heart ...

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In this profound presentation by Brad Reynolds, we explore the essence of integral consciousness and its implications for personal and societal transformation. Delving deep into the heart's role in spiritual awakening, the conversation emphasizes the interconnectedness of the head, heart, body, and spirit, with the breath as a conduit for circulating spiritual energy. The discussion touches upon the rich tapestry of human development, drawing from the wisdom of ancient traditions and modern integral thought. Brad's emphasis on love as a transformative force is particularly moving, with the assertion that to truly be integral, one must embody love.

Brad repeatedly underscores the importance of genuine spiritual practice, urging individuals to find their path to access higher states of consciousness. As the world stands on the cusp of a new integral age, the responsibility to infuse love into the fabric



of our civilization becomes paramount, potentially serving as the salvation of our society. This presentation serves as a beacon for those on the integral path, offering insights and guidance for deepening one's understanding and practice.

## Key Questions:

Here are some questions you can contemplate while listening to this discussion. We suggest you take some time to use these as journaling prompts.

- **Self-Reflection on Consciousness:** How do I perceive the evolution of my own consciousness, and where do I see myself on this journey?
- **Responsibility with Depth:** As I delve deeper into consciousness, how am I taking on greater responsibility in my interactions with the world?
- **Heart-Centered Living:** How am I integrating the teachings of the heart in my daily life and practices?
- **Interconnectedness of Teachings:** How do I see the teachings of various spiritual lineages connecting and contributing to a global cultural heritage?
- **Role of Spiritual Teachers:** Which spiritual teachers or lineages resonate most with me, and why? How have they influenced my understanding of integral theory?
- **Balancing Knowledge and Wisdom:** How do I balance the acquisition of knowledge with the cultivation of wisdom in my spiritual journey?
- **Navigating Sorrow and Love:** How do I oscillate between experiencing the sorrow of the world and the all-pervading love in my own life?
- **Integration of Polarities:** In what ways am I actively working to integrate the polarities in my life, such as knowledge and wisdom or sorrow and love?
- **Application of Integral Maps:** How am I using integral maps and frameworks to navigate my spiritual and personal growth?
- **Engaging with the Collective:** How am I contributing to the collective evolution of consciousness in my community and the world at large?



# Insight Map Awaken Your Integral Heart

Brad Reynolds

## INDIVIDUAL

INTERIOR

- **Awakening the Heart:** The journey of spiritual growth is deeply rooted in the awakening of the heart and the embodiment of love. This awakening is not just an intellectual understanding but a profound experiential realization that transforms one's entire being.
- **Three Eyes of Knowing:** To achieve a holistic understanding of consciousness, one must integrate insights from the Eye of Flesh (sensory perception), the Eye of Mind (intellectual reasoning), and the Eye of Spirit (transcendent awareness). Together, they provide a comprehensive view, blending the tangible, conceptual, and spiritual realms of existence.
- **The Interplay of Knowledge and Wisdom:** True spiritual insight arises from the harmonious interplay of intellectual knowledge and experiential wisdom.



EXTERIOR

- **Taking Responsibility:** With the emergence of integral consciousness, individuals can witness their personal and cultural conditioning and take responsibility for it, leading to conscious and grounded responses.
- **Three Stations of the Heart:** The left side is said to represent the physical heart affected by worldly sorrows, the center awakens into subtle realms, and the right side is said to be where consciousness resides.
- **Physiological Foundations of Spiritual Experience:** The process of spiritual awakening is not just a cognitive or mental shift but has physiological underpinnings. Breathing, for instance, is highlighted as a key practice, emphasizing the interconnectedness of body and spirit.

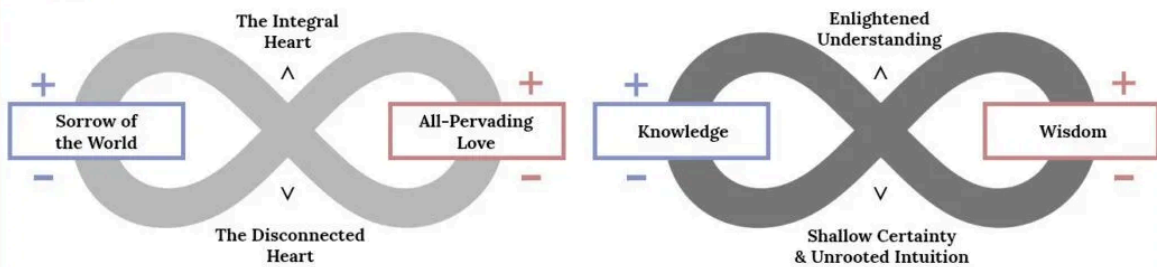
- **Global Spiritual Inheritance:** The teachings of spiritual masters, from Buddha to Jesus to Krishna, are not isolated to their respective cultures or times. They are a collective inheritance of the entire human race. These universal truths, passed down through generations, transcend cultural boundaries, reminding us of our shared spiritual journey and the interconnected wisdom of all traditions.
- **Cultural Conditioning and Responsibility:** As individuals become aware of the various structures of consciousness in their lives, they can also discern the cultural conditioning that influences their perspectives. Recognizing this conditioning allows individuals to take responsibility for it, leading to more conscious and informed interactions within their cultural milieu.

- **Balancing Individual and Collective Needs:** A key challenge for modern societies is striking a balance between individual freedoms and the needs of the community, ensuring a harmonious coexistence.
- **Integral Mission:** Through collective perspectival consciousness, societies can merge historical and contemporary structures, fostering communal growth and systemic harmony.
- **Integral Consciousness in Societal Structures:** The emergence of integral consciousness offers the potential for healing and integrating current political and cultural divisions. By embracing an integral perspective, societies can navigate the complexities of modern challenges and foster unity amidst diversity.

## COLLECTIVE



### Core Polarities



### Wake Up

**Gross State:** The *Eye of Flesh* pertains to the realm of the physical and is associated with what is perceived through the five senses and their instrumental extensions. It is the most basic mode of perception, grounded in the material world. This eye provides us with direct sensory experiences, allowing us to interact with and understand the tangible aspects of our

**Subtle State:** The *Eye of Mind* is the realm of thought, reason, and intellect. It encompasses activities such as thinking, reasoning, reading, and engaging with philosophy and theories. This eye allows us to process information, conceptualize ideas, and engage in abstract thinking. It is through the *Eye of Mind* that we can understand complex concepts, theories, and philosophies, providing a deeper layer

**Causal State:** The *Eye of Spirit* is the realm of the transcendent, providing insights gained through meditation and contemplation. This allows us to access deeper spiritual truths and perceptions that transcend both the physical and mental realms. Through the *Eye of Spirit*, we can connect with the divine, access higher states of consciousness, and gain insights into the ultimate



understand the tangible aspects of our environment.

and philosophies, providing a deeper layer of understanding beyond mere sensory perception.

and gain insights into the ultimate nature of reality.



## Open Up

**Cognitive Intelligence:** The more developed our cognitive intelligence, the better we can grasp the nuances of integral theory, the stages of consciousness, and the interconnectedness of all things. However, as we gain a deeper understanding and awareness, we also bear a greater responsibility to apply this knowledge ethically and for the betterment of all. It's not just about knowing; it's about applying what we know in a way that uplifts humanity.

**Spiritual intelligence:** The heart is the key to the mystical path. By inhabiting the heart we become transparent to previous stages and worldviews. This transparency allows for a deeper understanding and connection to the universe and all its inhabitants. As our spiritual intelligence deepens, our responsibility to act with compassion, love, and understanding also grows. We are called to not only awaken our minds but our hearts as well, leading to a more holistic and interconnected view of the world.

**Ethical Intelligence:** As our consciousness expands, so does our responsibility to act ethically. We are called to strike a balance between individual freedoms and the needs of the community. A developed ethical intelligence ensures that as we gain more knowledge and awareness, we use it for the betterment of society, ensuring that our actions are in alignment with the greater good.

<https://integrallife.com/awaken-your-integral-heart>

## Related Polarities

Here are some of the most critical polarities to consider while listening to this broadcast.

± **Sorrow of the World & All-Pervading Love** (*click to expand*)

✕ **Knowledge & Wisdom** (*click to expand*)



Polarity is Harmonized  
**Enlightened Understanding**

Rewards of Focus

Rewards of Focus

**Understanding:** Knowledge offers insights and comprehension, shedding light on complex issues.

**Depth:** Wisdom provides profound understanding and insight, allowing individuals to see beyond surface-level information.

**Clarity:** Knowledge provides clear and structured information, illuminating subjects and topics.

**Guidance:** Wisdom offers direction and guidance, helping individuals navigate complex situations with discernment.

**Empowerment:** Being informed empowers individuals, enabling them to make decisions with confidence.

**Integration:** Wisdom merges disparate pieces of knowledge, creating a cohesive and holistic understanding.

**Progress:** Knowledge is the catalyst for technological and societal advancements, pushing boundaries forward.

**Known Unknowns:** Wisdom brings an awareness of the vastness of what one doesn't know, fostering humility and continuous learning.

## Knowledge

## Wisdom

**Overcertainty:** A reliance on knowledge alone can lead to overconfidence, neglecting the humility wisdom might offer.

**Inaccessibility:** The profound insights of wisdom might be challenging to convey or share with others.

**Narrow Focus:** An excessive focus on knowledge can lead to specialization without a broader, holistic understanding.

**Intangibility:** Wisdom's intangible nature can make it difficult to measure, quantify, or validate.

**Detachment:** Knowledge without the guidance of wisdom may lack practical or ethical application, leading to potential missteps.

**Elusiveness:** True wisdom, being profound and deep, can be elusive and challenging to attain consistently.

**Lacking Mastery:** Knowledge without wisdom is akin to possessing a tool, but not knowing how to wield it effectively.

**Abstraction:** Wisdom, without the grounding of knowledge, can lead to perceptions that are too abstracted from tangible reality, causing misalignment with practical needs.

Risks of Neglecting Wisdom

Risks of Neglecting Knowledge

## Shallow Certainty & Unrooted Intuition

Polarity is Balkanized



The polarity between “Knowledge” and “Wisdom” encapsulates the tension between the acquisition of information and the deeper understanding and application of that information in meaningful ways.

### **Polarity Description**

Knowledge represents the collection of facts, data, and information. It’s the groundwork, the foundation upon which deeper understanding can be built. It’s tangible, often measurable, and provides clarity and structure.

On the other hand, Wisdom is the profound understanding and realization of people, things, events, or situations, resulting in the ability to apply perceptions, judgments, and actions in keeping with this understanding. It’s intangible, often immeasurable, and provides depth and insight.

### **Integrated Polarity**

**Enlightened understanding** represents the perfect fusion of knowledge and wisdom. It’s where factual information is enriched with profound insights, and deep understanding is anchored in verifiable truths. This harmonious state offers a comprehensive perspective, allowing individuals to navigate complexities with both clarity and depth, ensuring decisions and perceptions are both informed and insightful.



## **Disintegrated Polarity**

**Shallow certainty & rootless intuition** depict a fragmented state of mind where knowledge lacks depth and wisdom floats without validation. In this disintegrated state, the mind might cling to facts without truly understanding their significance or gravitate towards insights that lack a solid foundation. This can lead to superficial perceptions and misguided intuitions, resulting in potential misjudgments.

## **Tips for Harmonizing**

To harmonize Knowledge and Wisdom, it's essential to oscillate between acquiring information and reflecting on its deeper implications. While it's crucial to gather facts, it's equally important to pause, contemplate, and seek the deeper truths behind this knowledge. By consciously moving between these poles, one can achieve a balanced perspective that's both informed by facts and enriched by wisdom.





## Tips for Integrating

To truly integrate Knowledge and Wisdom, one must cultivate a mindset of Enlightened Understanding. This involves not just collecting information but deeply internalizing it, seeking the wisdom within. Similarly, when tapping into wisdom, it's vital to ground these insights in verifiable truths. Over time, this practice can lead to a natural fusion of knowledge and wisdom, resulting in a holistic understanding that transcends the limitations of each pole individually.



## About Brad Reynolds

Brad Reynolds did graduate work at the California Institute of Integral Studies (CIIS) before leaving to study under Ken Wilber for nearly a decade (1995-2004), and published two books reviewing Wilber's work: *Embracing Reality: The Integral Vision of Ken Wilber* (Tarcher, 2004) and *Where's Wilber At?: Ken Wilber's Integral Vision in the New Millennium* (Paragon House, 2006). He recently published a book reviewing the world's wisdom traditions called *God's Great Tradition of Global Wisdom: Guru Yoga-Satsang in the Integral Age* (Bright Alliance, 2021). Brad is also a graphic artist, laying out books and designing a wide variety of graphics for publication as well as continuing his work in Integral Philosophy and the study of world religions.

