

iConscious Human Development Model

Subjective	Dual								Unified				Singular		
	1 Survival	2 Self-Centric	3 Conforming	4 Rational Striving	5 Equality Harmony	6 Inclusive	7 Awakening	8 Oscillating	9 Embodied Unity	10 Transforming	11 Individuating	12 Living Potential	13 Singular Realization	14 Flow	15 Unknown
Observable	Primary focus on staying alive	Impulsive and self-absorbed	Conforming to identity group	Drive to know, prove, succeed, achieve, or win	Promoting "oneness" by battling hierarchical differences	Identities crumble, creating flexibility, depth, and capacity for integration	Fundamental shifts and openings into boundlessness	Leaning into the discomfort of apparent opposites	Nonseparate realization brings wholeness, wellness, and presence	Core duality-based conditioning surfaces for healing	Fundamentally untangled and liberated into life	Serving from alignment of purpose and power	Dissolution of subject/object perspective	Life in fluid motion	Ongoing evolution
Relational															
Systemic															
Consciousness	Attention focused on immediate needs	Awareness absorbed in one's own immediate wants	Awareness developing within the limits of identity group	Controlling awareness to achieve wants	Seeking universal connection, learning to witness experience	Expanding awareness starts dissolving limited sense of self	Awareness awakens as itself	Trying to hold the tension of being both finite and infinite	Consciousness is experienced as unified with personal domains	Awareness illuminates and transforms deep wounds and conditioning	Deeply embodied presence in most situations	Serving from fully engaged presence	Awareness released from self-referencing	Awareness flows without resistance	?
Uniqueness	Uniqueness expressed unconsciously	Limited awareness of the value of my uniqueness	Recognizing uniqueness acceptable to identity group	Using uniqueness to achieve wants	Valuing uniqueness to promote egalitarian ideals	Starting to accept who one is and is not	Realizing and appreciation one's uniqueness	Identity alternates between personality and universal Being	Personality is realized as a non-separate expression of being	Fundamental healing of self negation	Liberated to live one's unique truth	Serving by living deepest purpose	Personality expresses without attachment to sense of self	Free flowing personality	?
Mind	Thinking occupied with survival needs	Absorption in one's own thoughts	Only allowing thoughts & beliefs acceptable to identity group	Trying to rationally optimize one's life	Seeking peace of mind through positive thinking	Making sense of conflicting concepts	Able to witness thoughts from identity with spaciousness	Trying to hold the paradox of known and unknown	Thoughts are known as aspects of Being	Releasing self-deceiving beliefs	Liberated from internal chatter to think clearly and authentically	Serving from potent clarity	Thoughts happen without attachment to sense of self	Freely-flowing Intelligence	?
Emotions	Survival-based instinctive emotional reactions	Emotionally self-absorbed	Only allowing feelings acceptable to identity group	Minimizing emotions to avoid complexity and achieve goals	Prioritizing love and positivity over disharmony	Learning to stay present with all emotions	Universal love is the space for all emotions	Trying to hold the tension of universal love and personal emotions	Feeling emotions as waves of being	Unified awareness enables core healing of emotional wounds and conditioning	Continuous unconditional self love	Serving from unconditional love	Emotions happen without attachment to sense of self	Love in continuous flow	?
Body	Instinctive survival-based physical reactions	Exclusive focus on satisfying physical wants	Physical development shaped by social norms	Ignoring or over-managing one's body	Seeking harmony through physical disciplines	Noticing unaligned physical conditioning	Experiencing spaciousness in the body	Trying to hold awareness of body and spaciousness simultaneously	Recognizing the unity of body and Being	Healing and transforming deep physical conditioning	Moving from body's unconditioned wisdom	Serving from deeply embodied Presence	Body moves without attachment to sense of self	Body flows freely through world	?