



MASTERY, COLLABORATION, AND FINDING YOUR UNIQUE HEALING STYLE

Dr. Keith Witt ♦ Corey deVos



INSIGHT MAP

Mastery, Collaboration, and Finding Your Unique Healing Style

Dr. Keith Witt and Corey deVos

INDIVIDUAL

INTERIOR

- Regular practice of multiple kinds of state training such as meditation is crucial for normalizing access to state experiences, maintaining an open channel to these states, and opening new worldspaces within ourselves.
- Personal growth can be significantly enhanced by facing and overcoming challenges, as well as exploring and addressing blind spots in one's perspectives, which can lead to a deeper understanding of oneself and the world.
- Your unconscious shadow will guide you to greater wholeness, either directly or through feelings of distress that will expose any wounds that may need to be healed.

- The blind spot of Integral: Dr. Keith points out that collaboration is key in any field, but it can be challenging at the Teal altitude. By embracing diverse perspectives and contributions, we can address this integral blind spot and enhance our collective understanding.
- Recognizing, appreciating, and inhabiting every perspective's unique understanding is a critical aspect of projects like the GigaGlossary, which aims to foster a more inclusive and comprehensive understanding of the many ways we see ourselves, our reality, and each other.
- There is a collective shift in the values of the younger generation, with an emphasis on authenticity and transformation in political candidates, reflecting evolving societal expectations and norms.

- In psychotherapy, it's vital for therapists to identify their areas of interest and pursue mastery in their field, enhancing their therapeutic efficacy and contributing to their personal growth and understanding of the human psyche.
- The influence of social media has led to a trend of body and cultural dysmorphia in young girls, reflecting the profound impact of digital technologies on individual self-perception and self-esteem.
- Karma Yoga is a powerful practice to help align your behaviors with your innermost sense of purpose, and can help organize our efforts in service to something greater than oneself.

EXTERIOR

- There is potential for creating a larger, more integrated construct around psychotherapy, indicating a collective movement in the field towards a more holistic understanding of mental health and well-being.
- When practitioners wholeheartedly embody healing systems congruent with their values, their clients experience equal health improvements, emphasizing the systemic impact of congruence in therapeutic practices.
- The internet and social media include a number of perverse incentives that have a perverse impacts on our collective behavior and mental health, including reduced attention and memory abilities, increased anxiety and depression, exposure to sensitive issues, and increased moral absolutism in younger generations.

COLLECTIVE

LINES OF DEVELOPMENT



COGNITIVE: Understanding and integrating various psychotherapeutic systems and integral theories is crucial for cognitive development, as it fosters a more comprehensive and nuanced understanding of the self and the world.

INTERPERSONAL: For therapists, finding their own natural healing style that resonates with their clients is a key aspect of interpersonal development, as it enhances their ability to connect with and support their clients effectively.

MORALS/VALUES: People develop through moral stages that affect their behavior, often due to changing environmental and social conditions, and it is important for therapists and practitioners to remain open to morals and values that they may not share.

STATES OF CONSCIOUSNESS



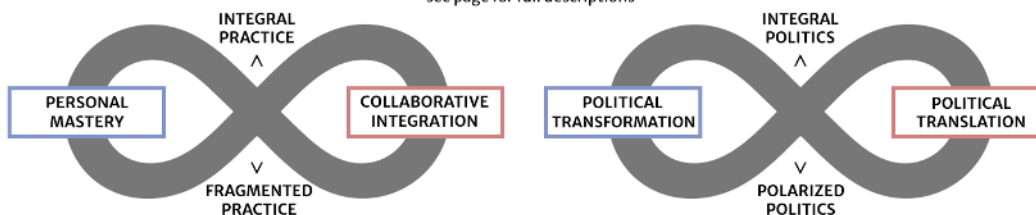
GROSS: Maintaining physical vitality is crucial for sustaining spiritual practices, underscoring the interconnectedness of physical health and spiritual well-being.

SUBTLE: The process of knowing and channeling one's personal cosmology is a key element in achieving mastery depth of consciousness, and more integrated understanding

SUBTLE: Internalizing an integral cosmology can result in a sense of interior abundance that allows you to "channel" deep insight and bring greater wholeness into the world.

CORE POLARITIES

see page for full descriptions



[00:00:00] **Corey deVos:** Lift off. Here we go. Here we are. Dr. Keith. Good to see you, man. How you doing?

[00:00:06] **Keith Witt:** Good to see you. I'm doing great, Corey. Good to see you.

[00:00:09] **Corey deVos:** How was your month?

[00:00:11] **Keith Witt:** Well, I had Covid for two weeks,

[00:00:15] **Corey deVos:** Oh, yikes.

[00:00:16] **Keith Witt:** So Becky and I had Covid, and we weren't vaccinated, we didn't like the science around the mRNA, so we decided to risk it. And so we got sick. I have never been... in 50 years of practice, I've never had to cancel two weeks of work. And I did. And I have never been scared for my life or my health before when I've been sick, and I was this time. And it hit my emotions and my spirit more than other things, which blew my mind. You know, it was fascinating journey. But then we got better.

[00:00:47] **Corey deVos:** That's always the best part, right? Like, yeah of course it feels good to get better after being sick, but there is something like really precious in those sort of moments, you know, that transition from feeling like death, right, and then finding recovery, it's a... I notice that whenever it happens to me, it's like, it feels like New Year's Eve, like I have a whole set of resolutions that... you know what I mean? "Never again! I'm never gonna let this happen again."

[00:01:16] **Keith Witt:** When I wasn't being distressed by them, the emotional effects were most fascinating to me. It really underlined to me, there has to be a certain amount of physical vitality to sustain your spiritual practice. And you know, that's good lesson to me, you know, that someday my body will not be able to sustain my spirit, and then that's the time to leave the body, you know, go someplace else.

[00:01:37] **Corey deVos:** Well fortunately that time is not coming anytime soon, and I'm so glad that you made it through your journey through the underworld and you have re-emerged to join us today. I'm so glad

[00:01:49] **Keith Witt:** It was, it was a dark night of the soul, Corey.

[00:01:50] **Corey deVos:** No doubt. No doubt. Well let's get into what we're actually here to talk about. You know, you sent me, as you always do, is just this wonderful prep material in advance of the show, and I think really what we're gonna be talking about today is how therapists, healers, really, of any walk, I think could relate to this discussion today. But how healers and therapists and so forth go about basically tapping into, and learning their own "natural healing style". Which really means finding their own unique ways, right, to apply these skills and their expertise and to transmit their wisdom, really, in a way that can actually help people to grow, to heal, to live into their greatest potential. I think that the trick here really is to help these therapists and these healers to live into their own greatest potential.

One of the things that you and I were talking about before the show Keith, is I've been working on this project called a GigaGlossary which is basically... I talked about actually just a few days ago, we did our first in a series of episodes on artificial intelligence, and I was talking about one of the projects I'm working on with AI, which is creating Ken's thought experiment of a "GigaGlossary", which basically is largely a thought experiment that's lived in Ken's head for the last 20 or 25 years...

[00:03:16] **Keith Witt:** One of many I assume

[00:03:18] **Corey deVos:** Yeah exactly, one of many, a whole cascade of thought experiments.

[00:03:22] **Keith Witt:** ...of Ken thought experiments.

[00:03:24] **Corey deVos:** That's right, that's right. But the idea, the basic idea is that every object or every occasion or every subject or idea or phenomena, whatever it is you want to be looking at, all of these objects and occasions can be seen from a nearly infinite number of perspectives. And in fact each of those perspectives will see the

object very very different ways. You know, I often use the example of an iPhone, right? I can I hold up an iPhone I can show that iPhone to a baby, a baby is gonna have a particular phenomenological experience of the iPhone. Right? It's gonna be a pretty shiny object with lit up icons on it, and it's a toy.

[00:04:06] **Keith Witt:** Yeah, that doesn't taste very good.

[00:04:08] **Corey deVos:** That doesn't taste very good. And you know they're gonna try.

[00:04:10] **Keith Witt:** yeah.

[00:04:12] **Corey deVos:** Versus when I use an iPhone, I see the iPhone very differently. Because I'm gonna see the iPhone in terms of the productivity tools and the communication tools and the entertainment that I get from it. And then, you know, someone who actually is paid to design things like iPhones in the first place is gonna have a completely different experience of an iPhone when they look at it, because they're gonna see elegant sort of integration of multiple systems that have to work together perfectly or else it's just a lump of glass and metal and silicon.

So the idea is that this is true for every phenomenon, whether we're talking about things, physical objects like iPhones, or we're talking about ideas like the square root of negative one, or we're talking about spiritual experiences of luminous emptiness for example, all of these are seen and enacted in very different ways according to the perspective that you are looking at it from.

So I think what this really means, Keith, is that we see these objects from a number of perspectives, or phenomenological worldspaces, and again, we'll see something very different from each of these perspectives and worldspaces. Which means the name of the game is figuring out ways to open up these perspectives and worldspaces in ourselves so that we can see more of the reality that we're in, so that we can see more of each other. And I think this is a huge part of developing the kind of natural healing style that you're gonna be talking about today. I think the ultimate lesson here is that we never can fully see each other, or any thing in reality. We have this cascade of perspectives that we can take on something. In other words, it's all relative, it's all

relational Every step of this is relational.

[00:06:06] **Keith Witt:** Every step is relational. And we can't always see ourselves either.

[00:06:11] **Corey deVos:** Exactly I think and I think that's the point here. It's sort of like general relativity, right? The motion an object can only be defined as being 100% relative to the position of all the other objects in spacetime. In the same, our experience of each other is also 100% relative to our positions in AQAL space and AQAL time, I guess. And therefore what we're capable of seeing in each other is 100% determined by the number and the kinds of perspectives and worldspaces that we can ourselves inhabit. Again, it's relational.

Which is I think basically what you wanna talk about today, how we can use the integral map and the integral model to open up and inhabit these multiple world spaces within ourselves first, which then in turn allows us to see more of each other, so that both of us can find our own unique ways play our instruments together and make music together.

[00:07:12] **Keith Witt:** Yeah, that's exactly right. Also, I've often said "what are the blind spots of integral?" Which is hard, you know, like the closer you get to your kind of level of your center of gravity, you know, it's harder to see blind spots. And I think Integral has specific blind spots that come from the awakening experience itself, when you do integral. And so I wanna talk a little bit about that as a organizing principle. And then I wanna use my first book, *Waking Up*, as an example you know, how it happened, as an example of one developing your own natural healing style, and two, of this potential blind spot that I've had, and I imagine other people in Integral have had, and and I'll talk about it in just a second.

So when I did my doctoral research, my doctoral research said people that were practicing systems, healing systems, that were congruent with their values, and they were embodying it in wholehearted fashion, the people that they worked with all got healthy, but they all got healthy equally. So that convinced me that if going forward I want to help people develop their natural healing style... And even moreso I began to understand more and more that somebody's natural healing style is basically them channeling. And by channeling I mean, when you internalize your way of helping people the extent that you just open that up and start doing that in relationship with another

person, then you're enacting your system. I mean it makes me think of, what were the three things with Ken? Enactment, enfoldment, and embodiment.

[00:08:54] **Corey deVos:** Non-exclusion.

[00:08:55] **Keith Witt:** Non-exclusion. There you go.

[00:08:56] **Corey deVos:** Non-exclusion, enfoldment, and enactment.

[00:08:58] **Keith Witt:** Enactment, okay. So those things. Now what happens when we break through into integral? One thing that happens when you internalize the integral system is, from that position, if you have any skillset... I was an accomplished psychotherapist when I learned integral. I'd done tens of thousands of therapy sessions, studied and written a lot about psychotherapy. In retrospect, when I look at my earlier stuff, most of it's written from an integral altitude, But I hadn't heard about integral, and I didn't have those last bits. Okay? And so when that happened to me, and I reorganized, what happened is, there was an integrally informed cosmology that became my cosmology. And out of that cosmology came downloads. And there's just a particular feeling to a download; the download the way it is experienced to me is, I'm putting my mind on an area or on a problem, and then all of a sudden there's a flood of insight and direction. And it's intensely pleasurable, usually happens me Thursday, Friday afternoon when I'm doing Tai Chi. But it happens other times too. And that's always informed my work.

So when that happens, and you're integrally informed, what you do is you take that download and you run it through AQAL. You run it through the four quadrants, you know, you run it through the Beautiful, Good, and True. You run through states, types, and levels on multiple developmental lines. And you know you just keep doing it until everything works together, it completely cross-validates.

Now here's the blind spot: you do that when you're at Teal and the subjective experience is "oh, I've got a cosmology now that's kind of like integral, but it's not like integral." Integral is a metatheory. When you get the download and you get a cosmology, and in your area it expands it, what you have is a theory within a synthesis of systems, within the metatheory. But it feels like a metatheory itself. And so you go,

"well I wanna teach it to everybody, and when everybody learns this they'll go 'yeah I wanna do that.'"

You know, I've been teaching natural healing styles since, you know, whatever, since 1980. But the same thing happened to me. And what happened is, we were the first Integral Psychotherapy conference, you were there I as I remember, you know I met Jeff there, you know a lot of people that...

[00:11:33] **Corey deVos:** What was that Like 18 years ago

[00:11:35] **Keith Witt:** I think 18 or 19, yeah.

[00:11:38] **Corey deVos:** We could have had a kid together who's going to college now, Keith.

[00:11:41] **Keith Witt:** Yeah we could have. That's right. Anyway. So In the last night that we were all together, somebody, it might have been Bert, Bert Parlee was running it, you know. And I was a pain in the ass in that conference, and I know I was. And I apologized to everybody who was listening who was part of it. I wanted to be presenting. I came there with an 80 page outline of a book on integrally informed sex therapy. You know, and I just kept challenging people and going back and forth, and finally Willow just couldn't stand it anymore, you know and busted me.

But in the last night that we were together somebody said "the books haven't been written yet." I went "okay." I mean, I had just had a lucid dream the night before with Ken told me "I want you to do the one and the two." You know like, there's ascending and descending spirituality. Descending spirituality is very much Vajrayana, finding God in everything.

And I'm a real relational person, I think everything's relationships, so I went home and started having downloads. And these were big downloads. I was personally inspired and challenged. I went home and started having downloads. And as that stuff came, you know like for instance, I said "psychotherapy is cultivating compassion and depth of consciousness to support healthy perspectives and actions." And then I thought, no that's not enough. So I put another definition in, "psychotherapy is co-creating a culture

where the client and the client's universe is cherished, where every moment is experienced as a gift and an opportunity, and where healthy perspectives and actions are considered Beautiful, Good, and True." I went okay that fit all the AQAL standards. The purpose of therapies to remediate symptoms, enhance health, support development. The manner of therapists pursue these things is by relating, teaching, inspiring, confronting, interpreting, and directing. So there were a lot of core principles that then got expanded into a basically a 500 page book. And this book had everything, it has everything. You know, it's called Waking Up: Psychotherapy as Art, Spirituality, and Science. And I should have put integral in the title, and I didn't.

Anyway, it just kept expanding, and I kept on cross-validation it around integral, and the mistake that I made is I went "okay, any therapist who reads us is gonna say 'God this is the greatest', because I was basically writing the book that I wanted to read when I was 24 and 25 coming up. And a couple of people have read it and loved it, but you know, hardly anybody's read it. Certainly nobody in the Integral movement that I know of has read Waking Up. And so I've finished it sent it to everybody, and you know, the most common response was "who are you again?" You know like I hadn't like stayed connected. I had some social skills that I needed to learn, that's why I got into therapy at that time and was you know kind of learning how to be a more mature human being.

[00:14:26] **Corey deVos:** How's that working out for you?

[00:14:27] **Keith Witt:** Well, you know, three steps forward two steps back

[00:14:30] **Corey deVos:** There you go.

[00:14:32] **Keith Witt:** I think I would describe myself as a mature human being most of the time. Now you know, all it is all subjective isn't it? So...

[00:14:41] **Corey deVos:** It's all relational.

[00:14:42] **Keith Witt:** It's all relational. So I made that mistake of thinking "whoa, you know, this system is a cosmology, sure it is, but it's not a metatheory it's a theory within a synthesis of theories within an integral informed cosmology.

And I thought well I don't want people to think that I just want 'em all to be therapists like Keith, so I wrote a companion book for waking up called Sessions. And in Sessions this guy cheats on his wife and then him, the lover, the wife, the kids all get into therapy with different therapists for a year. so in that one I gave examples of lots of different kinds of integrally informed therapists doing trauma work, doing couples work, working with adolescents, that kind of stuff. But from integrally informed standard, basically trying to make the point that it expands who you are. It doesn't necessarily... it's not like a system, but it feels that way when you do it, when you have the download.

And I think that one of the issues around this is that makes it hard for the integral psychotherapy community to have any kind of coherence. You know, I probably have read more integral psychotherapy books than anybody on the planet, because the Journal of Integral Theory and Practice always called on me to review the books

[00:16:04] **Corey deVos:** Oh interesting.

[00:16:05] **Keith Witt:** So... because I said yes, you know, my position with Integral has been "Keith, when somebody asks you to do something, say yes." It's worked out really well, it really has.

[00:16:19] **Corey deVos:** And look at us now.

[00:16:20] **Keith Witt:** Well here we are! Okay? We're saying yes. And so I, you know, those books, some of them were really hard to read. Highly technical, you know, therapy stuff, some of them were easier to read, and each one of them gave me some thing that was useful for me. And I noticed this with everybody's systems, you know Cindy Wigglesworth, the spiritual levels, that was so great. I took her test to talk to her. Terri OFallon's four tier thing, and you know, Kim Barta, the way that he conceptualizes moving through the different states. You know, integration...

[00:16:54] **Corey deVos:** Just real quick, both of whom have recently been featured on IntegralLife.com, being interviewed by Keith Martin Smith. And I encourage everyone to check out those interviews, they're absolutely wonderful fascinating discussions that really get into Terri and Kim's models of development

[00:17:11] **Keith Witt:** Yeah! Diane's mediation, Marcelo Cardoso's meta management system, Marcelo's stuff kind of blew my mind more than most stuff, cuz I do a lot of leadership training books, you know, and I help CEOs and people, but it's not really my area. So the meta management model that that Marcelo presented really expanded my understanding, and it really helped include and transcend a lot of other systems, you know, Logan system all those kinds of things.

But those systems kind of are theories within synthesis of theories with in an integrally informed cosmology. Sean's stuff on oncology, I mean I could go on and on. You know, Mark Forman's books, and there's some stuff in his book that was I found quite useful. But it's almost as if we're not quite at Turquoise, because we're not fascinated with each other's styles, systems, we prefer our own, cuz it's our own. It's our own cosmology, our own system. It's hard to find a framework that brings multiple cosmologies together and blends these particular kinds of systems. I think we have to work more on an energetic basis as human beings to do stuff like that. I think I've done that interestingly, for me, mostly with you and Jeff. Why is that? We've had lots of conversations, and in the conversations we're open to being influenced. And so that changes it, cuz this this integrally informed cosmology that we all have, where we have our system, whatever we've downloaded and whatever we transmit It's always changing It's always...

[00:18:51] **Corey deVos:** Can I ask you a question real quickly? I don't I don't mean to interrupt you right in the middle of your thing here. But you know, one of the reasons I love doing this show with you is because you have such a talent for taking the wisdoms from your vocation as a therapist and bringing those insights to bear into this show, and sharing with our audience, which has just been absolutely wonderful. It's been wonderful for me, it's wonderful for the integral life audience, you know, it's a fantastic thing that we do here every month. But as I hear you talk, I find myself wondering, do you then take the insights generated in shows like this and shows, you know, with Jeff for example, and bring those back into your practice? In other words is there a feedback loop that is going all the way around?

[00:19:35] **Keith Witt:** Absolutely. First of all that happens anytime I teach. Anytime I teach, I'm just listening, because I'm just opening up a channel, you know, Keith kind of steps aside, and I'm kind of listening. Sometimes I'll hear it again later. It's especially true with you and Jeff, because we have relationships and that there's more of a back and forth in shared areas in the end, the nature of that aliveness is really yummy. And then it leads to more questions, it leads to more downloads, which leads to more

experiments, which leads to... you know, all of us in integral are constant students. You know I really love things that cause me to change my paradigm. You know, the Gregory Lester stuff on personality disorders, the Jonathan Haidt moral foundations, Carol Dweck's growth mindset stuff, a lot of the current parenting...

The level of granularity around parenting. I was talking to a mother today at the pool and she was following this little like, I don't know, 12 13 month old kid, which is exhausting. I mean if anybody's anybody who's tread has been with a 13 14 month kid at a pool who's not scared of the water knows. And so I told her about you know kids here know about once every nine minutes, and she said well here's what we do. We don't say "stop doing that", we'll say "start doing this". We'll keep it within about six words, and she said they hear the last part of the sentence. And so if she's throwing her food on the floor, we'll say keep your food on the plate. And so the last thing she heard was "keep it on the plate". She didn't hear "don't" she heard "do". Okay. I thought, the level of self observation of this mother, to be able to do this, is pretty seriously impressive. Okay? And I go whoa, this is integral parenting here. You know, she is really in an intersubjective thing where all four quadrants are being looked at, and God knows if you wanna become a developmentalist, have a kid.

[00:21:35] **Corey deVos:** And you're maintaining an awareness, a capacity to think about how you're thinking about your interactions with your child, which is fairly advanced.

[00:21:44] **Keith Witt:** Pretty great. Okay, so that's a new standard. If she was my client I wouldn't have to teach her that, I could go to something more sophisticated around parenting with her if she was my client, which makes therapy more fun.

But the point I'm making about Integral is that I think that's a integral blind spot that when you get to that place and you have that download and you have your system within a synthesis within an integrally informed cosmology, it's really hard to go to somebody else who's doing the same thing and say "how do our systems fit together?" Okay? In a way you have antibodies there. And for me partly it's ego, right? I mean what I want somebody to do is say "Hey, I read your book and it blew my mind and it was really great, helped me be a great therapist and so on." Okay? But if there's somebody else that's done exactly the same thing, which is pretty much everybody in Integral that we know of that's done any writing, the integral coaching people, Andre Marquis has

written a written a couple of books, I mean pretty much everybody's had the download, had the experience, read the book or done the system, and we all want people to come and say "Hey your system is so great!" And look I read the books, I reviewed them, I studied them, I found stuff that was valuable, but I think there was enough ego in me that I wasn't saying "this is how we could blend our cosmologies to make them a larger cosmology." I think I was resisting that, I think that was me being more Teal and not Turquoise enough.

[00:23:15] **Corey deVos:** I'm feeling an analogy coming on Keith, I'm feeling an analogy bubbling up right now which is, you know, as you're learning sort of all these different techniques and models and cosmologies and metatheories and all of that, each of which is sort of, you know, analogous to learning different styles of music notation, or learning different kinds of scales.

[00:23:33] **Keith Witt:** Exactly, that's exactly right.

[00:23:35] **Corey deVos:** Right? But there's a difference between learning 30, 40, 50 different kinds of scales, versus internalizing all of that, and then playing music from that knowledge. Right?

[00:23:49] **Keith Witt:** That's right

[00:23:50] **Corey deVos:** And playing music not just according to your own sort of style and, you know, tempo and et cetera, but actually then bringing your music in participation with someone else's music to create something that is bigger than the both of you. Because here your internalization of whatever models that you've been exposed to and their internalization of their own models, are coming together in this sort of alchemical way, and creating these unique combinations and constellations of sound that allow sort of a unique kind of relationship to emerge there.

[00:24:23] **Keith Witt:** Well here's another that is similar. You know, way back when the Beach Boys, the Beatles, the Who were all working at the same time, they were all influencing each other. You know John Lennon listened to Pet Sounds, just blew his mind. Now, unconsciously they were creating a larger cosmology of music, you know, cause they were listening to classical also and that kind of stuff. Which was a very

integral activity. Now that cosmology never really coalesced anything other than we could see it happening.

And at least in terms of theorists and practitioners of psychotherapy, my hope that the underlying principles... you know when you hear those two definitions of what therapy does, you know, relate, teach, inspire, that stuff, and what the purpose of therapy was, what I was looking for, are there shared understandings that we can all agree on? Can all therapists agree that we're co-creating a culture? You know, can all therapists agree we're relating, teaching, inspiring, confronting, directing, interpreting? An integral understanding is, let's start with fundamental principles, like the 20 precepts, right? And then build upward from that in our own way. That was the attempt in *Waking Up*. You know, that that was my *Sex Ecology and Spirituality* if you want. After that I realized that didn't land. You know, as far as I can tell it didn't excite people enough to read it. It certainly didn't excite therapists enough to read it, partly because there wasn't a context. You know, if I was at a gestalt institute and wrote a book on gestalt therapy it would publish my book and there'd be a lot of gestalt people or transactional analysis or internal family systems or whatever. Really wasn't an integral psychotherapy institute, there wasn't really a coherent group, there still isn't to some extent.

And so for me it was a blind spot to go "okay I want people to kind of get excited about Keith's core principles", rather than say "core principles is a good idea, why don't you and I come up with some that work even better?" Okay? There really wasn't that. It was like "well you know, look at my book." Okay? Sure! I can see intersections, but I didn't feel this excitement of co-creation.

[00:26:40] **Corey deVos:** Right.

[00:26:41] **Keith Witt:** To this day I haven't felt it, and I'd like to. And I think... now I might be projecting, it's a Keith blind spot. You know, my discovery of this was "whoa, you know, you thought you were getting your you're getting ego out of the way, but you really didn't Keith." And certainly in my subsequent books I went "okay so I don't have to teach people integral in each book, but I can speak from an integral altitude to make points." And I realized if I was gonna transmit a cosmology I had to do it with multiple books, cuz it was just too big. And in a way the last trauma book *Trauma Into Transcendence*, kinda completes the Keith cosmology transmission. I might write other books, there's a couple of things I'm interested in, but you know, there was missing that

element, now it all fits together. Okay, well I really love that cosmology of course cuz series of you know thousand Keith downloads into whatever, 11 books, 12 books.

But I'm beginning to feel there's an absence of me meeting somebody else who thinks like me, which is pretty much everybody in integral, I mean in terms of being, you know, systemic thinkers, you know, visual, spatial, cross-modality synthesizers. Is there a larger construct around psychotherapy, around helping, around change work? I don't know. Is there a way where me and other people, some of the people I mentioned, some not, could get excited about coming up with some fundamental stuff that feels more true to us than what we had individually? I don't know. I mean, I've grown enough to be interested in the idea, I don't know if I've grown enough to be able to do it.

Now what this brings me back to is the whole natural healing style thing. If you're looking at an art form, what's the form that most reliably produces the best artists? What does? And you know, the the place that I have to go is to the Renaissance The Renaissance only lasted 80 years, but it completely transformed the zeitgeist, the artistic zeitgeist of the time. And so how did they teach it? How did that happen? The way that it happened is they had guilds, and at the beginning they just learned basic skills.

[00:28:58] **Corey deVos:** Right

[00:28:59] **Keith Witt:** When I used to teach psychotherapy, the first thing was okay, it's good to look in somebody's eyes but not stare in their eyes. You know, we talked about facial expression, eyes, vocal tone, reciprocity. We talked about listening, understanding, you know, basic kinds of things. Then as the apprentices develop more of these skills, then they let them like put the plaster down on the frieze, and they tell 'em how to do it right. The therapy equivalent was you begin to watch sessions, or even participate. And then they begin to have 'em do a little bit of color, you can see where we're going with this. And so as they went, as they went, as they went, then they started getting commissions of their own. Now at that particular point, a lot of those artists took off created their own natural art. You know they just exploded. Michelangelo, you know, the famous ones. Leonardo. Now, independent of whether they were autistic or not, which is one of my favorite conversations about that stuff, that system of you embody another system that excites you until all of a sudden something happens, and you're

channeling something else. Okay?

[00:30:12] **Corey deVos:** Right

[00:30:14] **Keith Witt:** And it's kind of like an enlightenment experience. You know, you can learn and study stuff all your life, you can meditate all your life. So meditation makes you accident prone for enlightenment. At some point there's that breakthrough into "not only do I have a system, I have a cosmology that supports this system." And so they went ahead and created their own schools, some of them. And it spread like that. And I was thinking "well that's really how I learned psychotherapy, I learned system after system and embodied it, embodied it, embodied it, and then included it, included it into an emerging way of being with the different clients that, you know, you have to deal with all kinds of variables with the people you're working with, of course. Socioeconomic variables, cultural variables family circumstance, all that kind of stuff. But then at a certain point it became clear, particularly after my doctoral dissertation, it was like, whoa, this is basically a channel that you're opening, and then you're trying to help other people develop that.

I think that all integral psychotherapists if they were on this call would agree with that. You know, you go through stages, you learn systems, you develop a channel, you have an integral understanding that you bring to bear in however you do it. We all do it in different fashions, and you know, that I feel like that's an inadequate saying. What you said earlier in the session, I think, is more... We now have access to infinite perspectives, and we're now allowing perspectives to coalesce around our purpose to help somebody, which then creates a transmission of some sort, which then translates into helping somebody grow. Okay? And everybody has their ways of doing it. You know, integral coaching has one way of doing it, I have another way, other people have other ways. There's something really beautiful about that, but you see how at each stage you kind of have different challenges.

[00:32:07] **Corey deVos:** Yeah.

[00:32:08] **Keith Witt:** Okay And then when you get to your own cosmology, the challenge is "am I willing to open that up, to blend it with somebody else's?" I mean, I don't know if I'm open to that. I feel like I am, but I don't know. And so that little place to me feels like a Teal blind spot. Okay? I feel like I can see the Turquoise experience, and

I've had it with other things, but I haven't had it with this.

And I think that's why integral psychotherapy as a field doesn't really exist as a field the way that Gestalt therapy exists, or couples therapy, or you know the Gottman method. I mean, because it's a metatheory with these different cosmologies that are systems within synthesis of systems within an integrally informed cosmology, and they're all different. And just the understanding of that has raised questions to me, about if we all wanna grow as therapists, but we kind of have to figure out what level we are. What I mean by that is we gotta figure out what's the input now that lights me up the most? And you know, it changes. Sometimes it's just a system. if a system comes my way... you know internal family systems, when I was studying Richard Schwartz, it was similar enough to other stuff that I had done, but there was an elegance to some of his constructs, an elegant simplicity, and I really liked it. Or EMDR. EMDR is a radical departure from previous trauma treatment, but combined with the brain imaging studies that have been done, the idea of opening up your thalamus and your hippocampus to reconsolidating memories by bilateral stimulation or any kind of rhythmic stimulation, it was so similar to how people have always been when they're distressed, they get together and they sing and dance. So what are they doing? They're activating those areas, obviously. You know when they did their truth and reconciliation, they would sing and dance and pray and then the people would tell the stories until they got stressed, and then the head person would say let's sing and dance and pray for a while. It was that reciprocating stuff, very much like Peter Levine's reciprocating treatment with trauma. I see that kind of stuff and I go "that's really beautiful."

So when you find something like that you wanna learn it and incorporate it, but pretty much any therapist, there's gonna be some area where "ah this is where I wanna grow." And if I'm helping them grow I'm interested where that spot is, or those spots. And then using whatever I have to help them do that .

But what happens when we have our own kind of mastery? Two people with their own mastery and their own cosmology and their own theory within a synthesis within a cosmology, how are we gonna go larger than that with each other? Haven't done it yet, but the idea of it is exciting to me. And so I wanted to mention that, and I wanted to acknowledge that I had an I found a blind spot for me in Teal, maybe other people have it maybe they don't.

[00:35:17] **Corey deVos:** It's so well stated, Keith, and it's important because, you know, as I hear you talk I'm just sort of noticing... you know, here in Integral Land we love using fancy words like, you know, paradigmatic, cross-paradigmatic, meta-paradigmatic...

[00:35:32] **Keith Witt:** Non-exclusion.

[00:35:33] **Corey deVos:** That's right! And we love the idea of inclusion and integration, non-exclusion, and putting everything in its right place and finding clever ways to tie it all together and put a nice bow tie on it, and now it's something new and bigger and more than it ever was and could have been. And the blind spot you're pointing to is making me realize how much easier that is to do when you're looking at just other people's paradigms. I love the idea of taking the 30 smartest people out there and tying their paradigms together into sort of my own enactment of that. Right? My own cross-paradigmatic or meta-paradigmatic enactment of all of that sort of complexity. But now I have my own paradigm.

[00:36:20] **Keith Witt:** Yeah you do!

[00:36:21] **Corey deVos:** And I don't necessarily want it to be cross-paradigmatically or meta-paradigmatically integrated with someone else's, because well this is what's mine to do, right? And you wrap sort of a bit of an identity around that.

[00:36:34] **Keith Witt:** There's ego!

[00:36:34] **Corey deVos:** Yeah it's your own internalization of that cosmology. And on the one hand it gives you something truly unique, right? Like now I have a unique contribution, right? I have my own way of constellating all these different influences and sources into something that is uniquely sort of "me" in a way. And we can get attached to that uniqueness, I think that's sort of the danger, there's a polarity sitting here somewhere. We can get attached, and a little bit maybe overly precious when it comes to our own unique enactment of whatever it is we might be talking about.

[00:37:12] **Keith Witt:** You know when I first sent Waking Up to Annie McQuaid, she had the flu at the time which was bad timing, and she sent it back and she says "this isn't

integral kosher enough." And I thought "well you know poor woman has the flu, but I'll take the feedback." So I went and read some more of Ken's books, you know, why not learn Spiral Dynamics, and then basically rewrote the whole book. So thank you Annie McQuaid for that feedback. You know, putting it out into the world. And what I wanted to do is I always wanted... in all my work I wanna find where that edge, the fractal edge. And one of my favorite talks with Ken was when he was interviewing me about the Shadow book and was pissed off because he disagreed with me about two or three things. And so we had an argument. I had pressed the element to the end, and so, you know, I won a couple of points, you know he said I didn't have stages in the book, I said "well you obviously didn't read page 89 where I have..." You know, okay. Then he said "I really don't like this thing that you say about, you know, you become thoroughly yourself and become archetype, and that's you know going into... you know we went back and forth. But for me it was like "okay I've pushed the edge enough now that Ken and I are co-creating. Even if it's him disagreeing with me, you know, and kind of scoffing at my position, which was fine, but I was pushing back, you know, I won a couple of points, he won a couple of points, and we went forward. I still have that recording, it's one of my favorite things.

[00:38:39] **Corey deVos:** Sorry, my cat is coming in to say hi. So

[00:38:41] **Keith Witt:** Well you know cats... Talk about a cosmology, and their cosmology is "me me me."

[00:38:47] **Corey deVos:** A hundred percent, me me me.

[00:38:50] **Keith Witt:** You know there's an innocent meanness to that. You know three and a half percent of their brain is frontal cortex, is cerebral cortex. 7% with dogs. That extra three and a half percent with dogs means "oh there's you there too, Oh me you, me you, me you!" Cats, mostly "me", a little bit of you.

Anyway I like that argument. Why? I felt like there was a little bit of expansion for me going on. And I think that at least going forward, integral psychotherapy needs more of that. And I'm gonna try to do it, I don't know how well I'll do it, I don't know anybody who wants to do it with me who's an integral psychotherapist, who's written all written the books and stuff. They'd have to read my books. Several people said "well I'd like you to kind of review my book." I said, "well sure if you read mine", and they go "nah that's too

much trouble." I went "okay." And I understand, it was a pain in the ass to read their book, so they don't wanna have a pain in ass reading my book. Now maybe it wouldn't be a pain in the ass, you know, I try to be entertaining and everything, but you never know until you try, right?

So going back to the whole natural healing style, part of that natural healing style is recognizing as I move forward no matter how whatever I get, no matter how much mastery I have, I've got blind spots that I can discover at some point or another. And what am I gonna do with them? Well hopefully have a talk with Corey about 'em! that's a good thing to do with a blind spot.

[00:40:13] **Corey deVos:** We were talking about these different perspectives and worldspaces within us that we inhabit whenever we're sort of looking at an object or occasion or what have you. When it comes to blind spots, you know, basically what we're talking about is identifying particular worldspaces that we have some degree of access to, that may be a little bit more opaque than we would like. Right?

[00:40:35] **Keith Witt:** There you go.

[00:40:36] **Corey deVos:** We can't fully see through it. Right? There's some kind of distortion in that worldspace that's preventing us from fully inhabiting it and fully enacting the world from that sort of phenomenological position. And the good news is, there's work that we can do to clean up those worldspaces and to sort of liberate, right, to bring this blind spot sort of into our awareness consciously, so that, you know awareness is curative in so many ways, and just simply sitting with a blind spot is oftentimes enough to sort of uncoil it and to let, you know, sort of that constriction relax enough for us to operate within that worldspace in a slightly different way than we could when it was, you know, largely blind to us. And the good news there is when we actually do that sort of cleaning up work within ourselves, to sort of bring awareness and attention to a blind spot, all of a sudden we have a whole new way of enacting the world. And once again the world looks different to us because we now have this perspective, this cleaner perspective on the world that we didn't have yesterday. It's profound.

[00:41:47] **Keith Witt:** In all four quadrants.

[00:41:48] **Corey deVos:** In all... that's right.

[00:41:50] **Keith Witt:** You know Jeff and I last couple of Shrink and Pundits, we've been talking about the iGen generation and even the generation after, Jean Twenge calls that the "polar generation" because the polar ice caps are melting and they're all polarized politically. I don't know if that's a great name for the kids born after 2012, but you know Jean Twenge has a right to say whatever she wants. But one of the reasons that we led into that stuff is that I was looking at the developmental research and it was giving me data that didn't make sense. It was saying that there's a big genetic component to personality and temperament. Okay, that's fine, it was bigger than I thought, but not that much. But then it said that other contingencies, other events in the culture, seem to have a more profound effect on the development of personality and of habits than your family of origin. Wait a second. If you're a psychotherapist, that flies in the face of a lot of the works. When you go back to do redecision stuff with people, when people are resolving trauma, when people are trying to make their autobiographical narratives coherent, when they wanna have a deeper understanding of themselves than other people, it's almost always going back to family events. So what is this? What do you mean, "other stuff"? Well if you look at Twenge's work and other developmental people, you find out that as you move through the generations, there are different moral standards that get absorbed. The Silent Generation, Boomers, GenX, Millennials, iGen, and now, you know, the polar, if you call 'em that, or Gen Z they're calling him now, or GenA, actually, they're saying "alpha".

[00:43:28] **Corey deVos:** Yeah I like Gen Alpha.

[00:43:29] **Keith Witt:** Gen Alpha. So Gen Alpha, all of those have their own systems on the six foundations, you know, harm, right and wrong, what's sacred what's not. And then those don't line up with Keith's six moral foundations. And so it really helps to know that if I'm working with a Millennial person, I am more likely to feel a little bit uncomfortable, there might be a little bit more narcissism that I'm comfortable with. If I'm working with an iGen person, it's gonna be a little confusing to me that they don't wanna have federal regulations on the environment or on guns, but they want people to be able to have abortions and smoke pot. Okay? And they want everybody to be able to drink and legalize drugs, but they don't drink hardly as much as any other generation, and they use less pot. And they want people to be able to have sex with whoever they want but they have less sex than anybody else. And they're getting relationships and married, they're really obsessed with financial security but they have fewer jobs when they're

teenagers and when they're young adults than any other generation. Almost...

[00:44:33] **Corey deVos:** See, that's interesting because their principles are not coming from a place of justifying their own hedonism in this case.

[00:44:39] **Keith Witt:** No not at all.

[00:44:40] **Corey deVos:** Which is sort of the story of the Boomers right? I mean the boomers got very liberal, very progressive, and it was oftentimes to justify their own sort of hedonism. And you about the narcissism of the millennials, I just saw a study recently that was saying, you know, guys, the Millennials are testing as less narcissistic than the Boomers did.

[00:45:01] **Keith Witt:** Oh Boomeritis is Boomer narcissism, right there. You know, Ken nailed it as he usually does. And you know, I had Boomeritis you know I didn't have a fatal case, but you know, it was lingering, it was kind of the equivalent of chronic fatigue syndrome. I had to slowly work through my Boomeritis as the years passed. I think finally in my sixties it began to get, you know, below measurable standards. Though I'm sure it's still in there, you know, like a residual in the cells or something.

[00:45:33] **Corey deVos:** See, as a Gen Xer, I have the equivalent of... probably my entire cohort has the equivalent of like middle child syndrome, where no one thinks of us, all the cultural, you know discourse out there is about the Boomers and the Millennials and the Zoomers, and no one even thinks of the Xers

[00:45:49] **Keith Witt:** Yeah what about the Xers?

[00:45:50] **Corey deVos:** Which is kind of funny.

[00:45:52] **Keith Witt:** I mean I always think about Dazed and Confused, you know Dazed and Confused? You know it's like, so you know the Xers kind of got relegated to Dazed and Confused. I went wait a minute, that's just the dark side, you know, there's always a light in the dark side.

Anyway seeing the different generations and recognizing that I need to be alert to when one of my moral foundations starts tweaking a little bit, really helps me bond and relate with these different... Because what matters more to me is about whether somebody is being true to their own various moral systems, which as you know we develop in stages. You know, we got a magic, we got a mythic, we got a rational, we got a pluralistic, we got an integral, all those moral systems included and transcend each other. I focus much more on whether you're being consistent with your values. And if one of your values is something that is a little weird with me, so what? But if you're not being consistent with your values, ah. Okay? And now you know my Integral Psychology self goes, "oh boy!" Okay? This is where we bring the light of self-awareness onto this, and see there's obviously an opportunity for growth here.

[00:47:00] **Corey deVos:** Right.

[00:47:01] **Keith Witt:** And you notice how I get excited? This is why I love being a therapist. I actually get a little anxious before therapy every single day, and you wouldn't think I would after 70,000 plus sessions. But I do, because it's such an altered state, and I go "well am I gonna be able to hit it again like I did the last 70,000 times?" And of course when it starts I find an opportunity to help somebody. I find an opportunity to expand, I'm finding an opportunity for better love, better sex, better fun, better health. And then I get excited. And then I'll, you know, one thing leads to another and then it's five o'clock and I go home. I mean it's like that. And I think for most therapists who have a calling, that's probably their experience. I mean certainly it's been for the ones that I've talked to. And what is that? You open up the channel, you enact your natural healing style.

Now are there any questions? Does anybody wanna say anything or have a conversation about this?

[00:47:58] **Corey deVos:** Yeah, so just to let people who are in here in Riverside with us know, we would love for you guys to interact here. So there's a couple ways you can do this, you can either type in a question into the chat, or you can press... there should be a button somewhere on your screen allowing you to call into the show, in which case we can actually talk in real time and have a nice little back and forth. So we'll see if anyone chimes in Keith.

But you know I find myself thinking about when you're talking about when you're working with some of the younger kids, you identify that, you know, their moral principles don't necessarily align with yours, and that's okay, they don't have to. And I just wanted to comment on that, because I think even that right there requires a certain amount of perspectival dexterity.

[00:48:43] **Keith Witt:** Yes it does.

[00:48:44] **Corey deVos:** To be able to step into another perspective that is totally unlike yours, because younger people grew up in conditions that are completely unlike yours. Right? I mean I think one of the things that we have to take into account is that the events affecting a generation really do have a deep impact on how that generation organizes itself, culturally and socially.

[00:49:09] **Keith Witt:** That's exactly right.

[00:49:10] **Corey deVos:** But not just sort of in the in the bottom quadrants, but also, I mean, it determines our actual perception of the world. The information systems that we depend on, right, change our actual in-the-moment phenomenological perception of the world. Growing up with the kind of media, for example, that you grew up with, is a completely different experience than, you know, being 16 years old with a smartphone in your pocket.

[00:49:36] **Keith Witt:** It changes your circuits. It changes the anatomy, the anatomy and physiology of your brain. We've measured this from no TV to TV, to no computers, to computers, to iPhones, and we found changes in people's stimulus thresholds, in their attentional abilities, in their memory, certainly the biggest shift that's ever been measured was 2012 when everybody had an internet connected cell phone, all of a sudden there were 20 hours more spent by yourself on social media mainly, 20 hours less with other people, that all of a sudden anxiety and depression and suicidality took off, off the charts.

[00:50:21] **Corey deVos:** Especially when you also consider it's not just sort of the behavioral, like what you're doing with the technology, but it's actually the type of stories and narratives that the information technology is bringing to you in the first place. Like I

cannot imagine growing up, going to school every day with the knowledge that shootings take place at school, and oh by the way, the grownups don't seem to care very much about it, at least enough to do anything about it. Right?

So when I was a kid growing up, you know, news was boring, kids didn't watch news, we didn't pay attention to that stuff. So sort of the...

[00:50:56] **Keith Witt:** that's true.

[00:50:57] **Corey deVos:** You know, some of the worst things that would happen in the world would never make it to us in the first place, because honestly we didn't care. Right? That's not the kind of media that we consumed. But now it is ubiquitous. You can't get away from it. Like 14 and 15 year olds have very strong opinions about political matters, about, you know, ecology, about climate change, about gun violence, about about fentanyl, about, you know what I mean? There there is a number of conditions that young people today are aware of that previous generations had the luxury of not having to really care about until they, you know, were more mature in moving through the world as adults.

You know, we sometimes like to sort of poke fun at our younger friends in the iGen or Gen Z or whatever. You know, but we have some fairly I think hopefully insightful criticisms into things like wokism and the sorts of moral absolutism that we can sometimes see coming particularly from those generations, particularly on like college campuses, right?

And as much as we wanna be critical about that, there's another side of me that sometimes feels like, you know, there's the old analogy, which is... we'll see how useful it is here, but there's the old analogy that if you drop a frog into a pot of boiling water...

[00:52:17] **Keith Witt:** Oh yeah. here we go.

[00:52:18] **Corey deVos:** ...it jumps out right away. Right? But if you put a frog in water and slowly raise the temperature, they're gonna stay there until they until they boil themselves alive There's a part of me that thinks that iGen, right, that Gen Z, these are frogs that we're dropping into boiling water, and us who are in the pot already are like

surprised that they're jumping out right away. Because they feel the heat in a way that we don't feel the heat, because we've been acclimated to it over time.

Now just to kind of you know, square that circle, the actual analogy is flawed, because what they were actually doing is they were studying frogs who had their brains removed who were in the pots while the temperature was rising. Now I think that that makes this analogy even more appropriate in a certain kind of way, that all of us who've been in the pot have been slowly sort of lobotomized as the temperature increases. But the idea being that new generations, you know, they just sort of "poof", appear in the world, and are dropped into the pot of all of just this stuff, all of this heat, right, that they're inheriting from previous generations. They're inheriting the climate change issues, they're inheriting the gun violence issues, they're being born into a lot of these crises, metacrises, and conditions that we ourselves weren't aware of until we sort of matured as human beings. The natural rational response to that, is to jump out of the pot as quickly as you possibly can.

[00:53:49] **Keith Witt:** Well first of all, at least with the iGen, the people born between 95 and 2012, they're growing up way slower. Adolescence has been extended into the twenties. They're having sex later, they're having intimate relationships later, they're getting jobs later, they're marrying later. When they have kids generation is gonna have fewer kids almost certainly than any other generation that's been studied. They have more political awareness than other generations, most of them are independents but there's 20% of them that are extremely conservative or extremely progressive, and those are the ones that make all the trouble. And that's 20% being extreme is a lot of problems. Now interestingly, they're obsessed with safety and equality, and they are the safest generation that's ever been measured. They drive later, they take fewer risks, they've been more supervised, they're more cautious than other generations. They don't see physical fights at school. The bullying that takes place is cyberbullying, physical bullying has reduced dramatically. So they don't see physical violence. When I was in school there were people, you know, punching each other over... not all the time, but you know, there was enough that physical violence was part of... as a guy especially, it was part of the culture and it was something that I had to take into account. One of the reasons I became a martial artist.

Not the case with this group. And they're obsessed with financial security. Unlike millennials, where they want a job that's meaningful, they just want a job that pays the bills that they can tolerate. An incredible shift. Now, that extra awareness and lack of

involvement... they're aware of things, they have positions, but they're way less likely to get involved physically or to write letters and stuff. And they're socially isolated. When they start having kids and start having to relate with other families, when they start voting or feeling a sense of responsibility to vote, what's gonna happen?

You know, I'm fascinated with this, because it could go in so many different directions. Cause we all thought the millennials would make sure that Democrats would win the presidential election, And a lot of millennials voted for Trump. Why? He was more authentic. Trump was, I mean, he's a vile, you know, sociopathic asshole, but he's authentic. Hillary is authentic if you talk to her personally, and she's not when she presents herself publicly. People voted for authenticity. Authenticity is very important to iGen. If a teacher isn't authentic, they dismiss them out of hand.

[00:56:17] **Corey deVos:** Yeah. Yeah, I think there's an authenticity piece with that. You know, I was recently asked, you know, what do you think, Corey, of all the previous Obama voters who then voted for Trump afterwards? And there's actually you know a decent plurality of those people.

[00:56:29] **Keith Witt:** Yeah Bernie Sanders voters voted for Trump!

[00:56:34] **Corey deVos:** Yeah that's right. And that gets to what I'm, you know... I don't think it's an authenticity thing, I think it's a transformation thing. I think that every one of these, you get two candidates. One of them is gonna be the transformative candidate, and the other one's gonna be the translative candidate. And we're used to associating transformative with progressive, but that's not always the case. When it came to Trump versus Hillary, Trump was the transformative candidate.

[00:56:58] **Keith Witt:** And she was translative.

[00:56:58] **Corey deVos:** He's the one who promised to take a wrecking ball, whereas Hillary was like "no we need to keep sort of this thing that we have going, we gotta do it better." Right? But she wasn't like "let's completely disrupt the system." And I think there is a plurality of people out there who are just so beaten down economically that they're gonna be looking for the chaos agent, regardless of whether the chaos that's being created is going to pull us up or down. They might not have sort of the perspectives and

worldspaces available to them that allows them to discern whether this is gonna be a positive disruption or a potentially regressive disruption. All they want is a disruption. So in a certain way, these folks I think are something like state chasers, right? I mean...

[00:57:41] **Keith Witt:** Well stop a second, I wanna like underline what you just said, because this just changed my perspective. So you know, I value that. It makes super good sense to me that he was a transformative person, candidate, she was a translative candidate, and people wanted transformation. Now I wonder how that... because, you know, that's kind of when we talk about mass formation psychosis, okay, so you know group influence is not all mass formation psychosis. This is another perspective that I find fascinating, and I agree with that, it fits all the data that I've had about that.

So wait a minute, thank you for that Corey! It makes 2016 make more sense to me than it ever did before. Well done.

[00:58:30] **Corey deVos:** I'm glad that was helpful.

[00:58:32] **Keith Witt:** Oh boy!

[00:58:34] **Corey deVos:** You know the other thing too that um I wanted to throw in there too as we're talking about, you know, the the benefits and the challenges of the younger generations today. Because I don't think we can sort of characterize it as being entirely one or the other, right? I think on the challenges side, you know you mentioned bullying for example, that you know, sort of physical punch in the face bullying is sort of down. I remember when handicapped kids would get bullied on the playground, which just seems like something that most likely would not happen today, at least as much as it did in, you know, the 1980s.

[00:59:08] **Keith Witt:** No, it absolutely is not happening as much as it did, that has been measured and studied.

[00:59:14] **Corey deVos:** But there are other kinds of bullying that do exist today.

[00:59:16] **Keith Witt:** Yeah Cyberbullying

[00:59:18] **Corey deVos:** And in some ways, honestly, honestly, in some ways a punch to the face might be better.

[00:59:24] **Keith Witt:** Mm-hmm.

[00:59:25] **Corey deVos:** A physical altercation in some ways might be preferable to some of these kids with the cyberbullying. Because at least with that, right, if you get punched in the face, if you have a bully who's physically threatening you, you have a choice to stand up for yourself, you know, the old cliché that the Boomers taught all Xers, you gotta stand up for yourself, you gotta punch that bully back, and once you do they're not gonna mess with you anymore. When you're dealing with cyberbullying, that option doesn't exist. There's really no intervention that exists for that kind of thing.

[00:59:53] **Keith Witt:** It's also not a good option.

[00:59:55] **Corey deVos:** Right, yeah, so that's one thing. The other thing I wanna just bring into the conversation, just in terms of the conditions that are shaping these generations differently, Mark Fischler and I just had a discussion about this, about how for the last 10 or 15 years we have been creating and co-creating together, what I have been calling an era of dysmorphia.

[01:00:18] **Keith Witt:** Okay.

[01:00:19] **Corey deVos:** And this dysmorphic era is emerging from social media and all of the various perverse incentives that go into trying to maximize engagement with these social media apps So all the different sort of breadcrumbs and incentives that exist to try to keep people on apps longer.

So for example, girls today are growing up with things like Instagram and TikTok, which have these filters, and you can press a button on the filter and it's going to take that image of you, and it's gonna make it like 20% more beautiful. Right? It's gonna make your face a little bit more symmetrical, and it's gonna make your eyes a little bit bigger,

and it's gonna make your lips a little bit redder and a little bit larger, and it's gonna... you know what I mean? So it does these things, and it's now creating a dysmorphic effect with the people, subtly in the background, until suddenly it's not so subtle anymore.

[01:01:19] **Keith Witt:** Well first of all social comparisons are always disastrous, and that's true in relationship.

[01:01:25] **Corey deVos:** Imagine comparing yourself to a more idealized version of yourself.

[01:01:28] **Keith Witt:** Exactly. And in social media people tend to present themselves as great and then privately have doubts. There are a couple of things in the comments that I wanna respond to if that's okay.

[01:01:38] **Corey deVos:** Yes, so we actually have a call in right now with Carolyn, and she's got a question in chat so she can actually ask it to us live. Let's bring her in

[01:01:47] **Carolyn:** I'm here. Can you, can you,

[01:01:51] **Corey deVos:** We don't see you, or I don't see you, but we can hear you.

[01:01:55] **Carolyn:** Well, my camera is on, but anyway, you can hear me, I think that's good enough. This is my bad hair day anyway, so anyways, I really love this discussion and I might have gotten lost near the end here, but I wanna come back to your earlier presentation, Dr. Keith, on how you develop your own personal style. And I was really intrigued with that, cuz I remember therapists that had sort of like a very narrow focus. Like, you know, you had this gestalt method or this method or that method, but no other method. But my thinking, and I think this is what you're saying, I just wanna clarify, is that if you're an integral therapist kind of reaching up to tier two, then what you're really doing when you're studying any of these other systems, family constellation work or Gestalt or whatever, it is sort of like "your system", but it's like that autobiographical narrative. You're collecting these databases of stories of how to interpret perspectives, filling it, and then as you meet each new client, that client is unique. They don't get one system or the other system as an integral therapist, you're reaching for the system that they're gonna connect with best, because their system has told you so. Somehow in

that open channel, you know what they're ready for. I mean the baby steps that I'm at with Integral, I've begun to feel that in my sessions with my clients where, you know, there's certain clients, there is no way I'm ever gonna say the word, even the word "integral".

[01:03:38] **Keith Witt:** Right.

[01:03:39] **Carolyn:** But with others, you know, there's lots of things to say, even in the idea of the levels, helps them to understand what happened in their family dynamic or whatever. And they get it, and they're excited.

[01:03:54] **Keith Witt:** Well one thing I wanna point out, so Carolyn, you have a natural healing style, and a channel you're familiar with and that is clear, and you know, developmentally, you know, you study stuff that you like. But basically if you wanna go further, look at what your cosmology is. Because you've got one. And you've got a natural healing style within that, and you embody it every time you do your work. And it's there, that channel opens up. I can tell. And that's a beautiful thing, and you know, it's important to be aware of how beautiful that is. Own that. We need to own our powers as well as our weaknesses.

[01:04:32] **Carolyn:** Yeah, no, thank you. Thank you.

[01:04:34] **Corey deVos:** Then Carolyn you had a question that you typed in chat too, which I would actually love Keith to respond to which is what is dysmorphia anyway?

[01:04:43] **Carolyn:** Thank you.

[01:04:45] **Keith Witt:** Dysmorphia is distress that you feel because something doesn't fit. If you have body dysmorphia, you feel bad, because your body isn't fitting with your vision of how you want your body. If you have a cultural dysmorphia you're feeling distressed because you're not fitting in with the culture, and instead of going you know, "the culture probably has a problem", you go "I have a problem." And now either one of those positions could be a source of distress, but that's what dysmorphia is. It's most commonly known recently around body dysmorphia. And one of the reasons that it does

is because of what Corey said.

Bodies are really a big deal. Think about it, adolescence starts at nine and goes to about 23, and during that time, puberty is only about three years. But you go through huge physiological changes. And as you go through those changes, the person who sees your body all the time isn't anybody else but you. And people are intensely self-critical when it comes to how they present themselves physically for a variety of reasons in this culture, mostly because of TV and media, we see people that are presented as optimal people, and we may unconsciously make social comparisons, and then develop dysmorphia around us not meeting that skinny person or that beautiful person or that person without acne and so on and so on and so on. And so in the absence of face-to-face contact, which tends to help stuff like that, when there's so much more indirect contact, it allows those kinds of dysmorphia things, it allows them to intensify. And that intensification is a central part of a lot of the anxiety, depression, and suicidality that we're seeing in this cohort. That's a big deal.

[01:06:28] **Corey deVos:** Particularly with young girls.

[01:06:30] **Keith Witt:** Oh yeah, particularly.

[01:06:32] **Corey deVos:** So one of the things that we notice is that, we've always had a certain sort of baseline in our society of people who identify with dysmorphia, and that trend ---in recent years has been growing, but predominantly with young girls. There are more young girls that are coming out as having, as self-diagnosing in a way, with body dysmorphia, and who therefore want to have gender-affirming solutions available to them so that they can live their life as a boy or what have you. This is one of I think the recent emergence in the transgender discussion, which is what Mark Fischler and I talked about in our previous episode together. Which is really challenging, cuz I think we need to do two things. We want to extend as much compassion to the actual individuals who are struggling with this, and we wanna ask some very, I think, challenging sometimes questions about what is it about how our society is self-organizing itself right now that's producing so much of these dysmorphic experiences in the first place.

[01:07:41] **Keith Witt:** So thank you Carolyn

[01:07:42] **Carolyn:** Okay, bye for now!

[01:07:44] **Corey deVos:** Thanks Carolyn.

[01:07:45] **Keith Witt:** You know there was a question about the generations. Briefly, there's the Boomers that were born in the fifties. In the sixties there was Gen X that were born in the seventies, there was the millennials that were born in 80 to 94, and then there's the iGen generation, 95 to 2012, and now the newest ones that Jean Twenge calls the Polars, but some people are saying Generation Alpha, which I like better and Corey likes better, the ones that are born after 2012. If you wanna know about this, Jean Twenge has two books that are interesting, one is called iGen the other one is called Generations. And Jeff Salzman and I had a couple of Shrink & Pundit talks about this that we're gonna be publishing in the next month or so, and there'll be a lot of information about it in those.

[01:08:32] **Corey deVos:** I think this kind of generational theory is really really important, cuz we're looking at basically like cultural typologies. Right?

[01:08:39] **Keith Witt:** That's right.

[01:08:40] **Corey deVos:** And again, different kids are gonna relate to different... like, if you were five years old when 9/11 happened, versus 22 years old like I think I was when 9/11 happened, those are two very very different kinds of experiences that are going to inform sort of your emerging identity in very very different ways. So yeah, I'm fascinated by this.

And you know Keith you pointed to books I'm gonna I'm gonna do the Gen X thing and instead of books, cuz no one reads books anymore...

[01:09:04] **Keith Witt:** Yeah, nobody reads books anymore!

[01:09:06] **Corey deVos:** We were just talking about that problem with your own books! Movies might be a better way to look at it.

[01:09:11] **Keith Witt:** There you go.

[01:09:12] **Corey deVos:** you mentioned Dazed and Confused earlier Keith, I think you called it a Gen X movie, but actually it's a movie made by Gen X about Boomers, cuz those were, you know, it was 1979, those were all high school students, so those Boomers.

[01:09:23] **Keith Witt:** That's true. Well those the later Boomers That's right, I guess I was an early Boomer.

[01:09:28] **Corey deVos:** Sure. I was a later Xer. If you wanna understand the Gen X generation, there's a lot of great nineties movies I would suggest Singles...

[01:09:35] **Keith Witt:** That's true.

[01:09:36] **Corey deVos:** ...as being a really good movie. Reality Bites, classic Winona Rider, Ethan Hawk movie.

[01:09:42] **Keith Witt:** Oh I love those.

[01:09:43] **Corey deVos:** So those are kind of classic Gen X movies. So I think comparing Dazed and Confused with like Singles or Reality Bites is probably a good a nice comparison between boomers and Xers.

[01:09:53] **Keith Witt:** And then Nedra had a question, "Why is it so important to know and channel your cosmology and to open it, say a little bit more." Well first of all, it 's not like it's important, I mean, it's what you do when you develop mastery. People who develop mastery are operating from the deep unconscious, which is connected to other morphic fields, in my opinion, that just come through you. And so it's a description of what happens when people have mastery. And what's important about opening it up, anytime that we're closed to a new perspective, anytime we're closed to examining anything in ourselves, we've created a blind spot. And our unconscious creates blind spots to protect us, and so that blind spot is associated with self-protection, and so we'll defend it. Now what that will do is shrink us. It'll shrink our worlds. If we notice that

happening, we go "oh there's a blind spot", and and go into it and explore it until we find something interesting. Interest is not distress, interest is fun. Interest is exciting. Sometimes an insight releases a little dopamine in your brain, you know in your hypothalamus, just little bit... And so that's why it's important to open, and stay open, to allow yourself to transform. Because out of that transformation will come depth of consciousness, will come love and wisdom, will come joy. And the more you do that, the more you're open to the deeper voices, and we all have 'em, of our wise Self that are telling us what we're about in this world. What's our purpose, what we want and who we are. And that's a big deal.

One of the reasons I write books is that's an organizing principle, and then that organizing principle leads in a million different directions. And one of the reasons, when I was writing *Waking Up*, I was imagining every therapist in the world reading this and going "oh God" and then expanding as a result of it. Now that didn't happen, but the fact that I was imagining it really spoke to the spirit of what was going on at that particular point. And so that's an answer to your question Nedra, and thank you for asking it

[01:12:11] **Corey deVos:** Yeah that was great. And actually Nedra had another question that I think is related, might be a nice thing to close on, Keith.

[01:12:17] **Keith Witt:** Sure.

[01:12:18] **Corey deVos:** What are your daily practices of basically being your calling? So what are daily practices we can do that help us further and more fully align ourselves with this thing called "calling"?

[01:12:33] **Keith Witt:** Well I'll tell you what I do, okay? I do morning prayers in the morning where I learned from a shaman friend of mine named Jay Wahoo, where I, you know, take water outside and stand in the earth and connect with the infinite, and then experience "I am love, I am joy, I am wisdom, I am humor, I'm courage", pour water on the ground, and I quote the old Roethke poem, "I wake to sleep and take my waking slow, and learn by going where I want to go." When I swim I do a meditation that involves about 60 different states of consciousness, gross, subtle, causal, non-dual, and nine chakras, plus working on my dreams. In the evening at sunset I do Tai Chi and ask for downloads. And when I have them, I'll use them.

means something significant, and when I do those chants at different parts of the day, or when I'm sleeping, or when I'm waking up, or when... and so on, meanings of those are experiences that I practice. Because I know that if I allow myself to enter all these different states of consciousness, I'm strengthening those circuits. And then when I need those states, they'll show up. And so then when I'm doing my work, I have access to hundreds of states that I've practiced. And there's about, you know, I guess about 80 or 90 of 'em that just get practiced every day. Okay? And so that's what I do.

There was a study that was done with psychotherapists that I found was fascinating. They were meditating and they found that their empathy scores went up when they meditated. But then a bunch of 'em stopped meditating, their empathy scores went down. And so, you know, Jeff says we don't do our practices to be successful, we do them to be faithful. I'm faithful to the idea that if I continue these practices, that I'll have access to those states and to that wisdom at different times. And everybody finds practices that works for them, I happen to be somebody who likes to train. Some people like to do different ones every day, I like to have ones that work for me and I'll do them for many years. Other people have other practices to do, but if you have ones that feel like they connect you to the other world, you want to do those daily so that that becomes an ordinary experience. You want feeling connected to the infinite or nondual reality or pure emptiness to be an ordinary experience for you. You want a kensho experience when it shows up to be an ordinary experience. As you do that, then normalizing that, it enchants the world. And you want the world to be enchanted, because it's pretty damn great when it's enchanted. So that's an answer to your question and I you're right Corey I think that's a great thing to end on.

[01:15:41] **Corey deVos:** Yeah, and I'll just add sort of a brief reflection of my own to that, because that was beautiful Keith I really resonated with that.

[01:15:47] **Keith Witt:** Well thanks.

[01:15:49] **Corey deVos:** You know I feel like every one of the practices that you just described is its own way of, again, like we were talking about earlier, stepping into and inhabiting a different kind of worldspace. Right? Every one of these. You know Aldous Huxley famously talked about, you know, the door of perception and why we wanna keep that door of perception open and unobstructed. However I think the thing we have

to realize is we don't just have a door of perception.

[01:16:15] **Keith Witt:** We have hundreds of them!

[01:16:16] **Corey deVos:** We have an entire mansion of doors, of windows, of arrow slits slits sometimes, right? And every single one of those doors and windows and apertures is giving us a unique perspective on the world. And it requires practice, I think, to familiarize ourselves with those various kinds of openings, and to actually be willing to, you know, look through it and to describe the world that we see from that particular unique point of view. And so in a certain way, it's not just about keeping your door clean and unobstructed and open, it's about keeping your entire sort of inner mansion cleaned and, you know, and hopefully fully mapped out to you, so that you know where to go when you need to take a certain kind of perspective on a certain kind of phenomenon, just in order to have some basic ability to interact, or to relate to, or, you know what have you. Whatever the needs happen to be.

[01:17:14] **Keith Witt:** Well that's trusting your unconscious to do that, Corey.

[01:17:16] **Corey deVos:** That's right That's...

[01:17:17] **Keith Witt:** You know, your unconscious will give you, your shadow self, will either give you the place to go or they'll give you distress, then if you focus on the distress you'll find the place to go. And that's trusting your personal channel that's what it is, right there.

[01:17:32] **Corey deVos:** And what helps me with that is trying my best to hold on to the frame of something like what I guess Roger Walsh might call Karma Yoga. That for me has become sort of the organizing force that helps me manage all of those doors and windows and so forth. You know, I feel like any practice that I'm doing is in service to my capacity to be in service to hopefully all of you in the integral space. So that's a posture that I try to consciously and and sometimes even unconsciously take, in order to allow whatever goodness and whatever challenges, whatever struggles emerge in my own life, to somehow make that to the benefit of, you know, of my community.

[01:18:22] **Keith Witt:** And that's what we love about you, Corey. That's what we love about you. We love that you do that. You know, and Arjuna is with Krishna on the chariot, and Arjuna asked Krishna about what is the yoga, what is Karma Yoga? Basically Krishna said "Karma Yoga is making everything that you think or do as much as possible an expression of God." Which is exactly what you just said.

And so on That note much love to everybody, and we'll see you next month.

[01:18:51] **Corey deVos:** Thank you everyone for joining us. This has been absolutely fantastic. yeah, we will see you next month!