



# TOWARD AN INTEGRAL META- PSYCHOTHERAPY

Dr. Keith Witt ◇ Corey deVos



# INDIVIDUAL

INTERIOR

- **Understand Meta-Types:** Meta-types are overarching typologies, like the masculine and feminine energies, that influence, inform, or permeate other typological systems. They serve as foundational patterns, providing deeper context and understanding to various psychological and behavioral classifications.
- **Navigating Meta-States:** Meta-states refer to overarching states of consciousness that influence our reactions and interactions. Recognizing and regulating these meta-states is crucial for maintaining healthy interpersonal dynamics and self-awareness.
- **Teal Mastery:** At a teal altitude, individuals not only achieve a profound capacity to observe their own ego, but also the capacity to absorb and integrate intricate ideas.



EXTERIOR

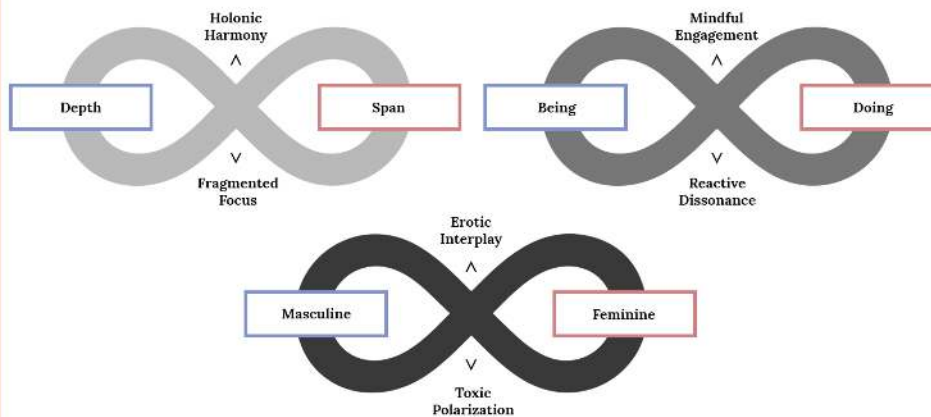
- **Affect Regulation in Psychotherapy:** When our nervous system perceives a threat, within 40 milliseconds, we enter a defensive state. This ancient adaptive response prepares us with amplified or numbed emotions, distorted perspectives, and impulses to fight or flee. To counteract these effects and restore balance, physiological soothing is essential. Without it, our capacities for self-reflection and empathy are significantly diminished.
- **Inherited Tendencies:** Research indicates that a significant portion of our psychological traits are predetermined. For instance, personality disorders are found to be 80% heritable, while most temperamental traits are 40 to 60% heritable. An intriguing discovery is that one's tendency to divorce is 30% heritable.

- **Everything Is Relationships:** Psychotherapy is about co-creating a culture where the client and the client's universe are cherished, where every moment is a gift and an opportunity, and where healthy behaviors and perspectives are considered beautiful, good, and true.
- **The Role of Intersubjectivity:** The shared understanding between individuals, plays a crucial role in group cohesion. It allows for fluid communication, mutual respect, and efficient decision-making.
- **Subtle Group Dynamics:** In group settings, subtle processes and dynamics can occur that might go unnoticed. For instance, the responsibility of group members to communicate their preferences or the ability to quickly incorporate good ideas into the group's discussions.

- **Evolution of Psychotherapy:** Integral psychology serves as a meta-psychology, providing a framework within which all other psychological theories can self-organize. The goal is to develop an integrally informed meta-psychotherapy that can serve as a guiding structure for therapeutic practices. This approach aims to create a transformative force of influence in the field of psychotherapy.
- **Power of Convening and Transforming:** The green stage embodies the ability to convene experts for rich discussions, while the teal stage represents the transformative power to harness collective insights. By integrating these stages, the combined expertise and feedback of the group can offer invaluable resources and perspectives for a broader audience.

# COLLECTIVE

## Core Polarities



## Open Up

**Cognitive Intelligence:** Integral meta-psychotherapy delves deep into the multifaceted nature of the human psyche. A sharpened cognitive intelligence allows therapists and clients to dissect complex psychological patterns, making sense of the interplay between thoughts, emotions, and behaviors. This cognitive clarity is essential for therapeutic breakthroughs and holistic healing.

**Intrapersonal Intelligence:** The success of integral meta-psychotherapy hinges on one's ability to introspect and confront inner challenges. By cultivating intrapersonal intelligence, individuals gain a clearer understanding of their internal landscapes, facilitating transformative self-reflection and personal growth within the therapeutic process.

**Interpersonal intelligence:** The therapeutic relationship is a dance of mutual understanding and trust. Enhanced interpersonal intelligence ensures that both therapist and client are attuned to each other's needs, emotions, and perspectives, fostering a therapeutic environment where profound connections and healing can occur.

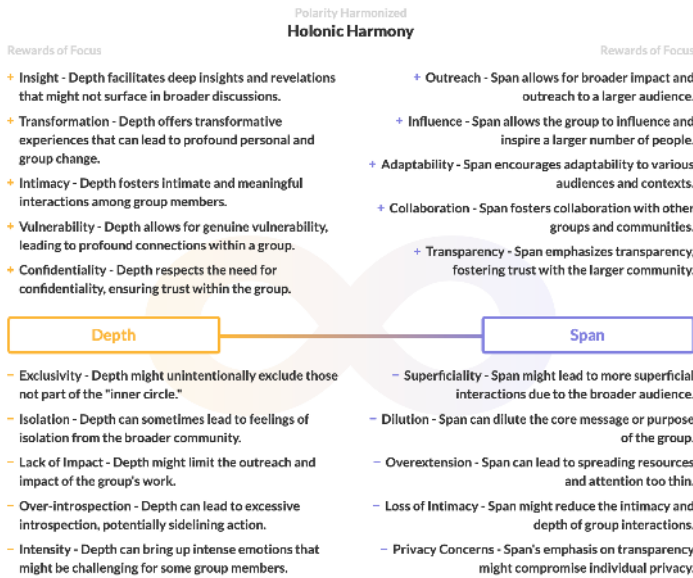
## Wake Up

**Subtle State:** Subtle states invite us into realms that transcend the purely physical, opening doors to emotional, visionary, and dream dimensions. These states offer a richer, multi-layered exploration of consciousness, challenging our perceptions and expanding our understanding, while deepening our connection to the myriad facets of our being.

**Witness State:** The witness state emerges as a pinnacle in personal development. As individuals delve deeper into their inner practices, they begin to cultivate a stable witness awareness. This unwavering consciousness not only acts as an ever-present observer, but also serves as an anchor, providing clarity and equanimity amidst life's fluctuations.

**Nondual State:** Nondual experiences transcend individual boundaries and reveal a profound interconnectedness that binds all of existence. Within this state, the illusion of separation dissolves, ushering in a deeper understanding of the universal nature of being, promoting compassion, empathy, and a holistic view of life's intricate tapestry.

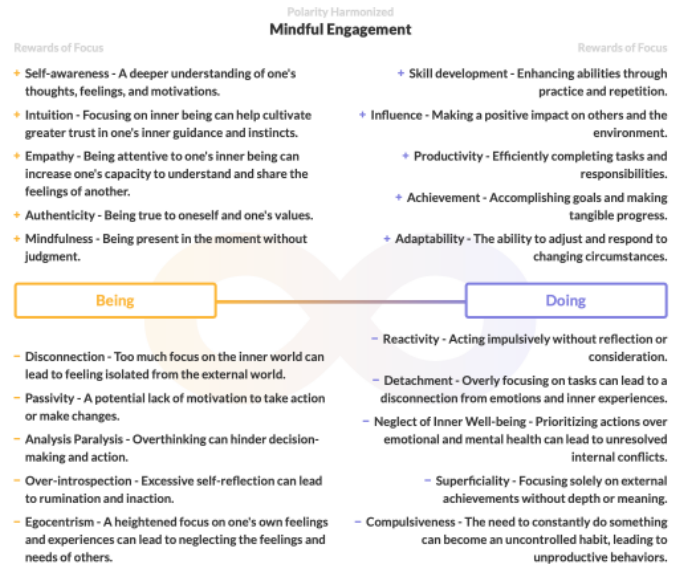
## Depth & Span



Risks of Neglecting Depth Pole

**Fragmented Focus**  
Polarity Balkanized

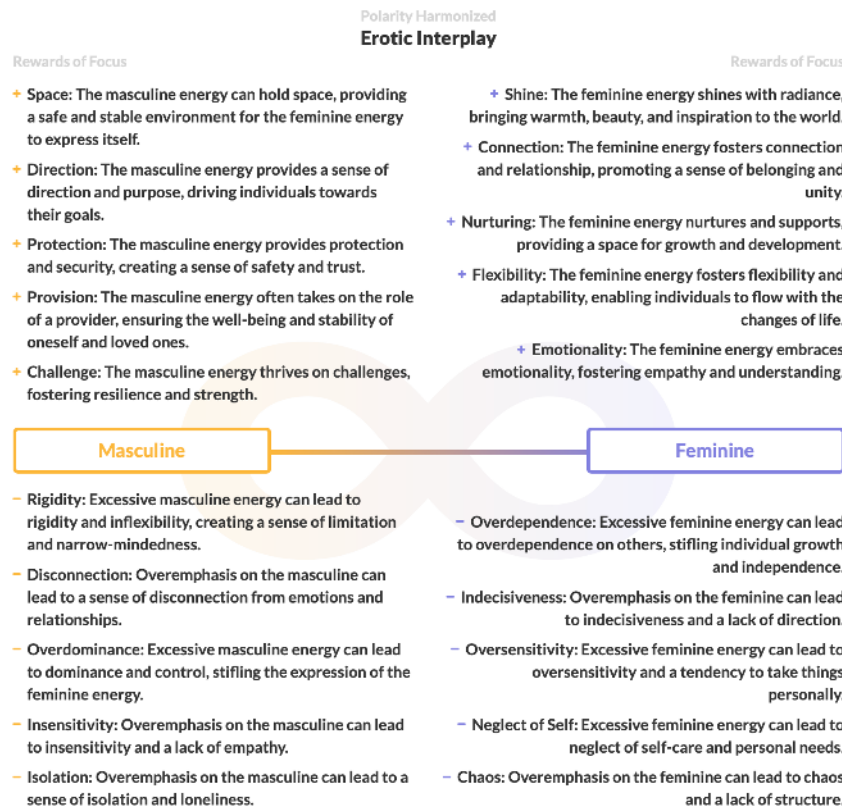
## Being & Doing



Risks of Neglecting Being Pole

**Reactive Dissonance**  
Polarity Balkanized

## Masculine & Feminine



Risks of Neglecting Masculine Pole

**Toxic Polarization**  
Polarity Balkanized

[00:00:00] **Corey deVos:** All right. Here we are. We have arrived. Dr. Keith. How you doing, man?

[00:00:03] **Keith Witt:** I have arrived here with you, Corey. I am having a great weekend.

[00:00:08] **Corey deVos:** It's really good seeing you again. We actually just saw each other yesterday.

Um, maybe we can, maybe we can talk a little bit about what we did yesterday and sort of this new project that we are getting off the ground right now, just among, you know, a few trusted friends and colleagues. Why don't you talk about that? What did we do yesterday?

[00:00:24] **Keith Witt:** Well, several months ago, Chad Bennett, a therapist in Boulder, integral therapist, and I found out yesterday also a Zen monk... You know, integral people, if you look at their antecedents, there's a lot of that kinda stuff, you know? You know, you look at Keith, oh, martial artist, you know, that kind of thing. He suggested that we do a group of practitioners, people that were experienced in doing integral, and each week somebody presents something from whatever that they find exciting, and then we talk about it. And I thought, ah, you know, a bell rang for me because for years I've been wanting to get a group of practitioners, you know, and I know a fair amount in the community, together to do do something like that. And out of that discussion, my hope is that a turquoise psychotherapy can arise.

[00:01:23] **Corey deVos:** As an actual sort of force of influence.

[00:01:27] **Keith Witt:** As a force of influence. Integral psychology is a meta-psychology, and what I talked about yesterday, what I'm gonna talk about today is my first book, Waking Up, which was designed to be an integrally informed meta-psychotherapy. A Meta-psychology is a scaffolding within which all other psychology self-organized, and I think integral psychology does that. And a meta-psychotherapy is a scaffolding within which all psychotherapies self-organize. And my book, Waking Up was about that.

So Chad suggested this and I went, yeah, let's do it. The thing that fascinates me about this is that usually when I ask myself a question like, you know, what would be a turquoise meta psychotherapy, I get an answer. You know, I'll get a download and I'll do a talk on it, and often once in a while, write a book about it. All I have is kind of a pregnant question.

[00:02:22] **Corey deVos:** Right.

[00:02:22] **Keith Witt:** I just have a yearning for that, and I can't feel the shape of it. And I believe that the only way I'm gonna have that is in a community of the adequate, you know, which is

[00:02:30] **Corey deVos:** Right.

[00:02:31] **Keith Witt:** fellow people, together in a particular kind of container. And after I talk about waking up, I want to talk about that container, which was the most important part of the meeting that we had yesterday. We had 10 people in the group yesterday, you, me, Chad, Beena Sharma, Tom Habib, Robert MacNaughton, Kimberly Lafferty, my favorite lama. Who else? Come on Keith. I forget somebody, they'll get mad at me, they might. Marcello Cardoso, Martin Ucik, and of course Bence.

So they all said that they wanted to do it, which just warmed my heart. I sent out a bunch of invitations and those guys said yes. And so we all got together and decided to have this group, and we recorded it, thought we're gonna edit it so that, you know, we can have confidential conversation, but we can also have parts of it that can be shared on Integral Life, because I think there's a couple aspects of this group that, have a great potential. One is just, when you hang out with people like that and you go and you start having conversations about almost anything, there's an awful lot of tracks being potentially laid down from an evolutionary standpoint. And so just that is quite interesting to me, and provocative in the way that I always like something that sends my attention into a new perspective that can expand with my research and my practice and my dialogue, my dialectic with you and Jeff and everybody.

There's that part of it, and also I have a feeling, that a turquoise psychotherapy will be characterized more by the mode of discourse and less by the content. And I feel like at

least yesterday in that group, I felt like we had that mode of discourse,

[00:04:28] **Corey deVos:** Mm.

[00:04:28] **Keith Witt:** That container had that particular energy about it. You know, I'm somewhat of a connoisseur of intersubjective energies, that that's all I do is adjust them, and haven't done a group like this. There's a whole bunch of normal-crazy functional people there for no other reason other than to grow and to share and to connect. And so I was excited about it, we all met, and it was just basically, it was so much fun. I had to basically be regulating my pleasure level to be able to facilitate the group, which is really great when that happens. It happens in therapy. Anyway,

[00:05:11] **Corey deVos:** was, it was a, Yeah, it was a really cool session. It was a really nice constellation of, you know, really healers in a lot of ways.

[00:05:18] **Keith Witt:** of us. All of us.

[00:05:19] **Corey deVos:** That's right. And, you know, I'm really interested to see Keith, where, you know, sort of where this goes, how it's gonna unfold. I don't think anyone knows what sort of shape it's gonna take ultimately as this moves forward. But that's kind of the exciting thing. And you know, what I'm particularly excited for is, this is something that's been sort of rattling around in my head for a couple years now, is in many ways if people who've been with us for a while remember sort of the halcyon days of Integral University and so forth, where the basic idea was, let's create a series of learning centers where, you know, we can establish these communities of the adequate in order to, you know, teach and enrich ourselves and so forth along any number of, you know, integrally informed topics, one of which was psychotherapy.

Now of course, for any number of reasons, Integral University didn't quite pan out, but there was always something about that model that I really enjoyed, and, you know, in recent years I've been sort of reinterpreting as almost an integral guild like model. So I'm really excited that you sort of took the initiative to convene this group of people, which might eventually turn into something like a integral psychotherapy guild that can produce any number of resources that'll be useful for other practitioners, other psychotherapists, other healers, et cetera. And again, I'm not exactly clear, I don't think



any of us knows exactly what form this is gonna take as we move forward in the future. But it's exciting that we're beginning to have these conversations and that we are assembling these sort of cadres of experts who can... I really like sort of your idea of everyone takes turns presenting. It's almost like a, sort of an internal integral TED presentation in a way.

[00:07:06] **Keith Witt:** Yeah. Every week.

[00:07:07] **Corey deVos:** But more than the presentation is the ability to gather feedback from everyone else in the group, because that's only going to make our contributions that much more relevant, engaging, insightful, et cetera. So I'm really excited.

[00:07:23] **Keith Witt:** Yeah. You know, Robb Smith said that the power of green was the power to convene. So you kick that over into adding hierarchy and flex flow leadership and, you know, making things happen, and here we are in teal and turquoise.

[00:07:37] **Corey deVos:** Yep. With teal and turquoise comes the power to transform. So hopefully with a group like this, we're capable of putting one in service of the other.

[00:07:44] **Keith Witt:** Yeah. Yeah, and I don't think, frankly, I was mature enough to do something like this until recently in my development. And now I am. And so, it came at a propitious time.

[00:07:58] **Corey deVos:** Hmm

[00:07:59] **Keith Witt:** And there is a quality, you know, it's hard to describe the lower left from the outside. You know, I can describe you and me from us, how it feels to be with Corey.

[00:08:12] **Corey deVos:** Yep. Our Zone 3.

[00:08:14] **Keith Witt:** Yeah. There, there's a feeling. It's warmth, it's, you know, there's humor in it, there's love and appreciation and respect, and there's a sense that, you

know, you and I are guiding each other into something cool. So that's my description of it from the inside, trying to describe some... but that doesn't catch the quality of that, of the feeling of Keith and Corey. And this group was like that. We were all talking about psychotherapy and confidentiality, all the things groups need to talk about it at the beginning. But the feeling on the inside of it, everybody's a high frequency person. Okay? And, you know, when the facilitator gets to feel, 'cause you're somewhat of a lens in a group like that, you get to feel the power of that. And there's just a purity to it.

You know, Almaas in his last book on the Enneagram, he uses a lot of sensory metaphors and analogies. You know, like the warm honey of the three or something. I forget which one that was. I'm not very good with that, but I was thinking, what if I was Almaas, how would I describe that energy yesterday? It was kind of like sparkling water, but a little thick, a little sweet, a little warmth, a little sepia in it, you know, with a certain kind of feel of almost anything is possible, everybody kind of maintaining a certain kind of frequency, like if you've ever been in a rock and roll band or a band of any sort or a choir, when everybody's like hitting their notes, um, you know, you're

[00:09:42] **Corey deVos:** I'll have, you know, I was in a band in high school. We were the, best Nirvana cover band in our entire town.

[00:09:49] **Keith Witt:** Whoa.

[00:09:50] **Corey deVos:** We were called...

[00:09:51] **Keith Witt:** wow.

[00:09:52] **Corey deVos:** We were called Full Frontal Nudity.

[00:09:55] **Keith Witt:** Well, I had a band for years called Blown Head Gasket. I wrote the songs and I was the lead singer and, you know, that was a lot of fun. No, though, back in, back in my thirties, we, I'd get together a band we'd do, if you really wanna have a fun get together, if you don't have any knowledge skills in it, get together and do a bunch of covers of Rolling Stones songs and Talking Heads and stuff, get a bunch of people together, give them all the beer they can drink, and then play till they start



dancing.

[00:10:21] **Corey deVos:** Right.

[00:10:22] **Keith Witt:** I did that a few times. That was so much fun. Talk about intersubjectivity. You know, that's, you know, I've been watching Taylor Swift videos because, you know, I admire her as a songwriter so much. And in those big stadiums, what she does is she creates this container and, you know, I'm shocked by her capacity to channel love. You know, I personally could not stand after a number and have 30,000 people like screaming adoration and allow that and tolerate that circuit, giving it back. I don't have the... I would break down, I would be sobbing uncontrollably in that moment. Um,

[00:11:03] **Corey deVos:** Yeah. It feels like you're either gonna figure out how to surf that wave, right, or you're just gonna get obliterated by it.

[00:11:10] **Keith Witt:** Yeah, she was surrendered in love to everybody in that audience. And, you know, good performers do that. But, you know, she did it to a level that was just staggering. I think you have to have some kind of natural skill.

So there's that kind of intersubjectivity, but then there's another kind of intersubjectivity where you're going to the evolutionary edge of something with other people. And I know that Keith by himself, I'm not gonna make it into that turquoise meta-psychotherapy. You know, I'm pretty good at Teal with all my books and Waking Up, I'll talk about Waking Up in a little bit in the same way. But for that next level, it needs to be out of that intersubjectivity, that particular feeling.

So if this group can maintain that and expand it, and I'm sure you know, there'll be other people that, once we publish a couple of them, people wanna join and we'll see if that's okay. If it starts getting over 15 or 16, I think that might be too many. So, uh, we'll have to deal with that if it happens. And also it's the sangha.

[00:12:13] **Corey deVos:** Right.

[00:12:13] **Keith Witt:** I mean, Jean Twenge in her books. The thing that she has noticed over the last a hundred years is that the US has become way more individualistic in relationship with their technology and in general, and there's been a lot of consequences. So every subsequent generation, part of their difference is more individuality. You know, going into now, you know, Gen Z and the Alphas, individual differences are tolerated in those generations, generally better than in any generation in the history of people that we know of. And so it's kind of staggering.

Unfortunately, when you're a hyper-individualist, and I, my parents were, and I was, and my brothers are, and everybody, it's hard to create sangha. You know, I've never wanted to be a boss of anybody. I never, you know, I didn't wanna join the organization, I didn't wanna be the vice president, you know, like that stuff. I was actually elected the president of the California Scholarship Association in high school and had literally forgotten about it until I went to a high school reunion and they're asking trivia questions. They say, "well, who was the head of the California Scholarship Association?" I went "who the fuck was that?" They say, "Keith Witt!" It's like, what? What?

Anyway, there's something there, and I am interested in traveling there, and with a bunch of people that are interested in doing it with me, and everybody in that group that I mentioned. I just respect their work so much. Yeah. Including you.

[00:13:44] **Corey deVos:** I really resonate with what you're just saying, Keith, just in terms of the individualism that we often just sort of inherit, almost like through osmosis just being exposed to our culture. You know, as an Enneagram type four, only child, you know, and we've talked previously about social anxieties and things like that, I've always been, you know, I'm not much of a joiner. I've always been sort of, on that kind of more DIY path, right? So it's always been challenging for me to not only find a sangha, but to fully relax into the sangha, and sort of trust that intersubjective space without that perpetual sort of self-criticism and so forth. So it's an edge for me, just being in a group such as that. Which is how I know it's exactly where I need to be, right?

[00:14:33] **Keith Witt:** Well, I'm stoked You're there. Like, I'm a six, right? I'm a counterphobic six. So for me, it's not being there to get into self-doubt. For me. It's in there and go, "okay, I'm just kind of waiting for somebody to go crazy that I have to deal

with," you know?

[00:14:47] **Corey deVos:** Right.

[00:14:49] **Keith Witt:** So that's why, that's why I left the APA, there were too many crazy people at the APA, and that's why, you know, I stopped being a a certified sex therapist. I left that organization. There was too many crazy people. You know, I go in an organization, pretty soon you're dealing with some extra crazy person. Not interested, but, you know, there are exceptions and, you know, we grow and we need Sangha. Corey,

I mean, people would be surprised that I have a lot of introvert in me, but I do, introvert and extrovert, by the way, are not a polarity. You can have a lot of introvert and a lot of extrovert. You can have a lot of extrovert and no, you know, it can go up and down, but they're separate continuum. But you

[00:15:30] **Corey deVos:** Wouldn't that, wouldn't, Wouldn't that count as a polarity?

[00:15:33] **Keith Witt:** Well, the thing is, is people have this vision that if you have more extroversion, you're, you have less introversion. Okay? not how it works.

[00:15:43] **Corey deVos:** Right.

[00:15:44] **Keith Witt:** if you have more extroversion, you can also, you can by nature also... Now they do operate in an energetic polarity, but in terms of dimensions,

[00:15:55] **Corey deVos:** Hmm.

[00:15:55] **Keith Witt:** don't affect each other. Okay? They're independent of each other.

[00:15:59] **Corey deVos:** I I see what you're saying.

[00:16:00] **Keith Witt:** Yeah. Now some things, you know, the more angry you get, the less loving you are. Okay? You know, the more frightened you are, know, the less relaxed. Like that. Most of our physiological emotional processes actually are arranged so that something goes up and something automatically goes down. Not to get too far down this particular rabbit hole, which is a great rabbit hole.

[00:16:21] **Corey deVos:** An interesting one. Yeah. Yeah. Yeah.

[00:16:22] **Keith Witt:** Yeah. This is why in psychotherapy, when you're dealing with affect regulation, it's not as much suppressing, say, raise your anxiety or panic or fear, okay? You go into those areas and what you do is physiological soothing, and then you activate another state. So I'm over a certain arousal, like over a hundred, my pulse goes over a hundred out of distress, I'm losing capacities the higher you go. I'm losing abilities to think, to self-observe, after about 120, 130 I'm losing abilities to do fine motor coordination. When Navy Seals were measured doing simulated combat, they could fight at 160, but they had lost the ability to put handcuffs on the person that they defeated. So if you start getting over about a hundred, you begin to lose the ability to self-correct, self-observe, and you need physiological soothing. But then you reach for compassionate understanding, an alternative state. Compassionate understanding is a reciprocal inhibitor of anger and anxiety and grief. And so you activate those states.

And so that particular dynamic is more accurate than a lot of the explanations of emotion that came out of the thirties, forties, fifties, sixties, seventies. You know, there was theories, psychoanalytic theories, and there were behaviorist theories and there was cognitive behavioral theories. But the research seems to support what I just said about states.

[00:18:02] **Corey deVos:** Mm-hmm.

[00:18:03] **Keith Witt:** one of the things I wanted to talk about yesterday, well, we'll get into that, is, you know, people misunderstand kind of the basic states that we all move back and forth from. And an integral informed psychotherapy has meta-states that apply to all states. And that's one of the things I'm gonna talk about. You know, once I, I start that little rap that I did yesterday,



[00:18:28] **Corey deVos:** Yeah. No, and that's important to remember, Keith, because you know, we use sort of you know, some terms usually to describe these states. Gross states, subtle states, causal states, witness and non-dual. And for many of those, those are actually really, they're sort of meta-categories. Right? So we could say something is a subtle state, but within "subtle state", you know, within sort of that phrase is any number of possible states that we could be experiencing. Emotional states or visionary states or imaginal states or, you know, dreaming states, altered states. So much of that gets fit into this umbrella term of "subtle states".

[00:19:04] **Keith Witt:** That's exactly right.

[00:19:05] **Corey deVos:** Which is actually a very, very inclusive sort of broad category for any number of different kinds of states that we wanna pack in there.

[00:19:14] **Keith Witt:** Well, now that we're talking about that, when you do contemplative over years, as most of us do, I don't think I'm ever gonna stop doing my practices, what happens is the witness more and more is witnessing from causal to nondual altitudes. So that means that there's always a causal nondual witness observing us as we enter other states, as we enter growth states, as we enter subtle states.

[00:19:46] **Corey deVos:** Mm-hmm.

[00:19:47] **Keith Witt:** For instance, if I'm taking a nap, or go to sleep, I will do practices and then focus on a particular growth state of sensation, and then feel the subtle state of the default mode, which is dream system,

[00:20:02] **Corey deVos:** Mm-hmm.

[00:20:03] **Keith Witt:** I can feel it happening, and I'm observing it from a causal or a nondual position. And then that's where I go to sleep, and then, you know, I have regular dreams, they're all happening simultaneously. Right. Where's the proximal self? You know, where's the, where's that? Mm-hmm. And where's our awareness of that? Okay. The observing ego. Okay. So where is the observing ego and who's observing the observing ego? Okay? And when we have a causal nondual self observing the

observing ego, we're operating an awful lot at teal.

Now, states are complementary. You know, we enter complementary states. So that means when you're around somebody else who can do that, all of a sudden that container is a way different container than having an intersubjectivity with someone who can't do that. It feels different. Different stuff comes out of it.

Uh, You know, I have really gifted clients. Everybody has superpowers. Some people have others. So they'll go into whatever their area is, if they're deep in that area, we create a container and all of a sudden I'm gonna be having insights about something that I don't even know anything about, but I'm sharing... we're the shared consciousness. And there's a different quality about that. It's very intense, it's very pleasurable. You know, that's why normal-crazy people are generally more fun to work with because extra crazy people, you gotta share more pain and stay at a lower frequency to help them grow. And the next step for them is a different kind of next step. Which is fine and legitimate and so on, it's just more painful and less pleasurable.

So that understanding, what I just said, is comprehensible to somebody that is operating at a teal altitude. Okay? If I said that to somebody and they weren't be able to receive it at teal altitude, it would be just "blah, blah, blah, blah." Okay?

And I think this is one of the reasons, by the way, that integral didn't like catch on like wildfire after a certain point. You know, all the people that could get it got it, and were having a great time, and everybody else was just "blah, blah, blah, blah."

[00:22:15] **Corey deVos:** Right.

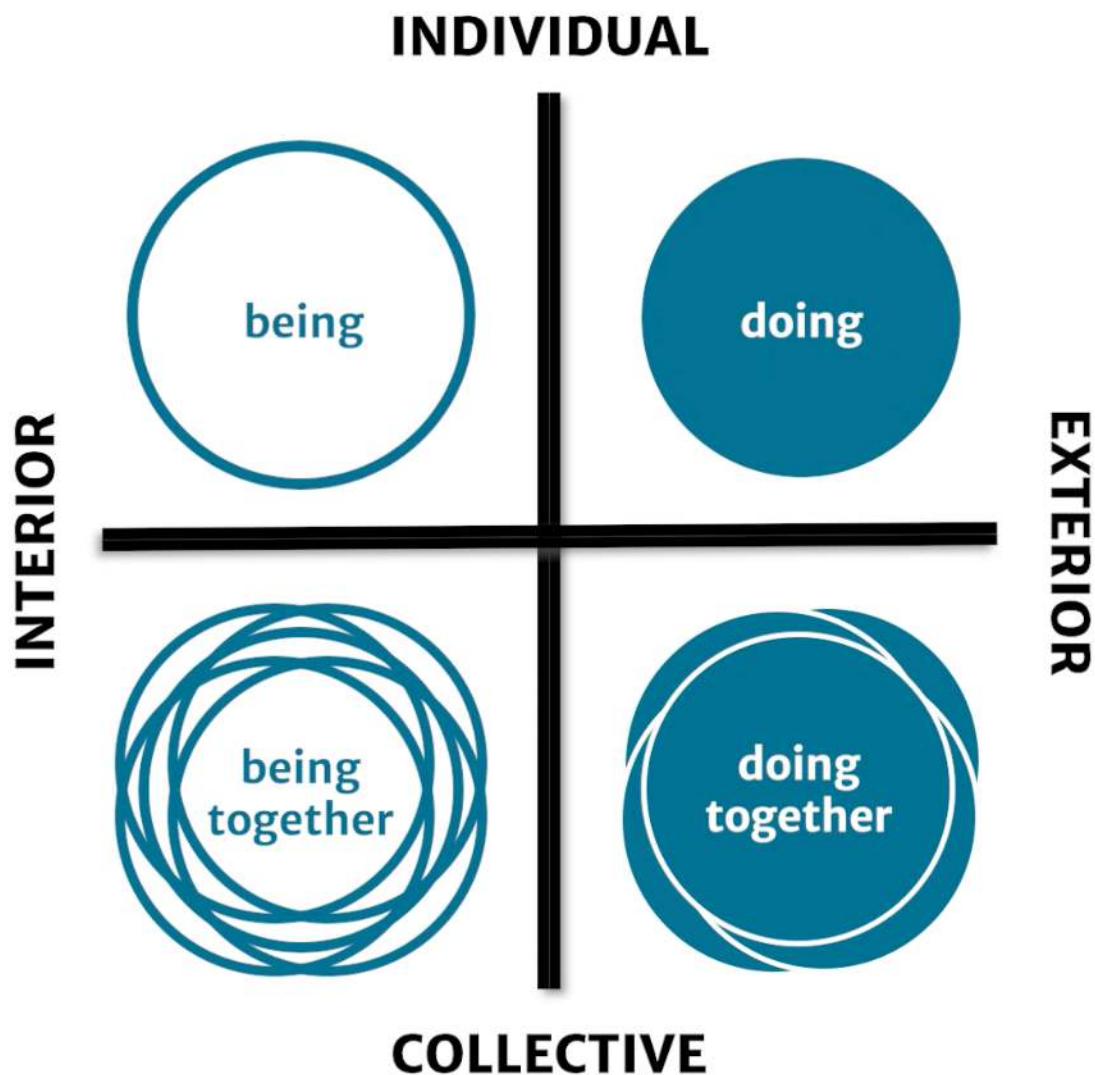
[00:22:15] **Keith Witt:** Not only that, then all these different kinds of groups were forming, and in the groups, people were not observing themselves in groups. All groups have tendencies to corrupt themselves. That's just nature of human groups. And so people not observing themselves getting corrupted, I mean, we all know what happens in those situations. You know, the first real personal defense is "don't be there." You know, I really wasn't there for an awful lot of group corruption. I left that organization, I don't know, 1980 or something, and they went on and did all their things. But, you know, I wasn't there for any of the bullshit that showed up. But now, you know, that's fine, but if

you want a sangha, you gotta be in a group and you gotta work with that stuff when it happens.

[00:23:02] **Corey deVos:** Yeah.

[00:23:03] **Keith Witt:** You know, if this group that we're doing yesterday, goes long enough, that kind of stuff will happen. I'm looking forward to seeing how we're gonna handle it.

[00:23:09] **Corey deVos:** Yeah. Well, real briefly, Keith, you know, what I like about how you're sort of laying this out, it actually reminds me, you know, I have a super simple way of introducing quadrants to people, which I feel like just resonates deeply with what you're saying. And it's so staggeringly simple, where, you know, the upper left quadrant



and the upper right quadrant, all that's describing is being and doing. This is how an individual is, and this is what an individual does. Right? So you have the intentional and the behavioral. Which means that the lower quadrants, the lower left and the lower right, it's really as simple as this: being together, doing together.

[00:23:50] **Keith Witt:** I love that.

[00:23:51] **Corey deVos:** And I think one of the, you know, one of the things that we're gonna be feeling out as this group continues sort of in the future, is how exactly, what is the quality of our being together? And then finally, what do we want to do together? Because obviously it's the "doing together" that takes all of that sort of, symmetry and complementarity and mutuality that we experience as a group, okay, so how are we now behaving together? What are we doing together? What kind of artifacts are we producing, et cetera. That's where the influence moves from within the group to outside the group. Right? That's how that morphogenetic field sort of spreads and begins to influence others, and begins to sort of tailor their behaviors according to the behaviors that are being role modeled by a group that people have a, you know, base level of respect for.

[00:24:47] **Keith Witt:** And by the way, this conversation is one of those artifacts. Because this conversation is now gonna go out to people outside of the group, and people in the group too, if they listen to it. And, you know, when I give my rap about Waking Up, now, this is just to our listeners, I'm gonna give the same rap I did yesterday. So Corey's gonna very carefully see which one he likes better, and then that's the one you guys are gonna see. So I'm being challenged, you know, can I do a better job? Yesterday, of course, yesterday there was everybody else on camera, and they all agreed that sure we'll be part of that thing as long as what we can ask for confidentiality when we want confidentiality. And that's fine, and and I are are good with that. And it was quite amazing how easily people trusted us with that, Corey. You notice that?

[00:25:35] **Corey deVos:** Yeah, I did.

[00:25:36] **Keith Witt:** Yeah. That was pretty, that was pretty beautiful.



[00:25:38] **Corey deVos:** Yeah. People were pretty good at identifying their boundaries and being able to, you know, 'cause one of the things I mentioned was there's a polarity here. There's a polarity between depth and span, really. Right? And in order to serve the greatest possible depth we need those kinds of boundaries. We need to feel like "I can say things in confidence that aren't necessarily gonna, you know, just get out there so I can be more vulnerable. I can, you know, what have you." Depth requires sort of that kind of container.

Whereas span, you know, the span project is like, "we want these conversations to serve something greater than ourselves, and greater than this group, to exert real influence in the world." Well, that kind of moves over into a more, you know, transparent model, right? Where like we want as much of what we do together to be public and to be visible to people. And I think part of the art of holding a group like this is figuring out how to serve the depth, and how to serve the span without letting those two sort of interfere with each other.

And what I really appreciated about this group that you convened, is there was, you know, there's enough dexterity in that group to understand that we can do both, it's not an either or. Like this is a polarity to be sort of managed and to be, you know, hopefully integrated. Because I think that's important, sort of that tension between private and public in a certain sense.

[00:26:54] **Keith Witt:** I agree. And you know, one way or another part of the conversation that we had yesterday is gonna be published in Integral Life. And if somebody watches that, which I encourage people to do, there's a lot of things that happen so subtly that you don't notice how cool they are. For instance, around the thing you're talking about, everybody assumed they had a responsibility to say, "oh, if I don't want this going out, I need to tell Keith and Corey." They just took that responsibility, just like that. Yep. Okay? People would bring up an issue, like the confidentiality issue, that was one. There was other about topics, there was an issue about inclusion, exclusion, all these kinds of things that happened at the beginning of groups. There'd be input from two or three people that would come up with something that seems like a good solution, now balance, move forward. We went through it. Just one decision after another was being made with a flex flow dynamic. You know, Beena suggested a couple of things, sounded like good ideas, incorporated them instantly into the group, and there it was. Okay? It was like that.

[00:27:55] **Corey deVos:** Yep. No friction.

[00:27:57] **Keith Witt:** Yeah. Now, if you don't know what you're looking for, you look at a group like that and you don't see those, processes that are so subtle. In another group you'd see it, because it would create conflict and argument and defensiveness and all that other stuff, and it looks like more is happening in that group. Complete opposite. Very little is happening in that group. Just a lot of smoke, you know, smoke and fire, but not much movement, because there isn't that intersubjectivity that creates that kind of flex flow fluidity, you know, around a central focus that is simultaneously a depth focus and a span focus.

[00:28:38] **Corey deVos:** Right.

[00:28:39] **Keith Witt:** I would say I'm still high and I'm looking forward, I'm looking forward to doing it, you know, Chad's presenting next in September. I'm looking forward what is he has to say, looking forward to other people have to say. One thing that Beena and Kimberly, Beena Sharma and Kimberly Lafferty said, we would like to send our attention to the confusion. We'd like to send our attention to the questions that we don't have answers for. And I was, I was just sitting there going, "God, I love you two so much saying that." And, and I was just going there with them as they said it, and kind of wanted to go there right then. But we were, we had to finish something else, and there'll be other times going ahead. So that's how, so let's do...

[00:29:20] **Corey deVos:** Well, yeah, Keith, I was gonna say, is the longest windup to your main presentation that we've ever done. So let's jump all right, into

[00:29:28] **Keith Witt:** All right. this is the setup. Okay, here we go. This is part of the story, right? And I've told parts of this story before on this show and other shows. So all of is, well a lot of us in Integral know that once you embody integral as a psychoactive system, it changes you. If you have mastery in an area, you are gonna start having downloads of whatever your area is, your mastery is, expanded. And in the new territory that's exciting to you. And you're gonna wanna share it. This happens all the time with Integral, it's one of the reasons I think that Integral didn't really create a university, people would have these downloads, which is a teal experience generally, and they just wanna go share it. They wanna go start their thing.

You know, Terri wanted to go do STAGES, and I wrote Waking Up and my next 10 books, and Tom Habib wanted to focus on couples stuff and his expanded understanding, I can go on and on. So that that happens at that particular level. And so it was happening for me, you know, the end of the last century while I was learning Ken's stuff and studying with, David Deida and stuff. And there was this conference, the Integral Psychotherapy Conference, which I think you were at. I'm pretty sure you were.

[00:30:57] **Corey deVos:** I think I probably was, yeah. Working the soundboard or something.

[00:31:01] **Keith Witt:** I think you were the last person I talked to before I left the hotel, and you said something, and at that point I knew... you know, I had a lot of my future mapped out ahead, you know, I had a mission. I said, "I'll see you around." You know, I'll be back. Anyway, this conference happened about 2006, 2007 or something. You know, I went, 50 people from around the world, I had the 70 page treatise on integrally informed sex therapy that I've been lecturing on in Santa Barbara. And other people brought stuff that they had worked on. It was an, exciting week. I had a headache the whole time. I had lucid dreams. I was a real pain in the ass member, I was interrupting and making comments all the time. And the last night, Bert Paree said "the books are yet to be written." And I just had shock energy go through all my chakras. And I went, "yeah, I got one to write."

You know, integral psychology is a neuropsychology. We need, an integrally informed meta-psychotherapy, and I have a vision of it, and I did. I went home and I spent the next year writing a 300 page book called Waking Up: Integrally Informed Individual and Conjoint Psychotherapy. And then naively I sent it to a bunch of people from that workshop.

Well, when you get a 300 page book from somebody, that's not the greatest thing in the world, that somebody wants you to look at their 300 page densely written book and give you an opinion about it. I know this because the Journal of Integral Theory Practice asked me to review all the integral psychotherapy books. And I'll tell you, that was a lot of heavy lifting. And I learned a lot with those books. But man...

[00:32:40] **Corey deVos:** It's like giving someone a horse as a gift. And it's like, "well, thank you, but like now I have to go take care of a horse."

[00:32:46] **Keith Witt:** Gotta take care of a fucking horse. I had to read those books and I had to understand them, and I had to write critiques of them, you know, ways that were fair and that expanded this stuff. You know, it, it was a real challenge, and it was a lot of work.

Anyway, some people went, who's this Keith guy? Other people went, you know, I don't have time to read a 300 page book, but a 10 page, you know, I don't know who you are. Poor Annie McQuaid had the flu, and I guess she drew the short straw, had to be the person to respond to Keith sending a 300 page book on integrally informed individual and conduit therapy. And what she said back to me was, this isn't integral kosher. Okay? And I felt all rejected. Now I was too immature to go, "well, what I need to do is get more personally engaged with everybody." You know, I had too much ego for that. So instead I just started reading more of Ken's stuff and having more downloads and writing more books. And I started working as a professor for the Santa Barbara Graduate Institute. And after a couple years they liked me a lot and they believed in my work and said they'd co-publish my books with me. And so I published my first four books. And one of them was Waking Up, which I went back and after I had read a bunch more stuff by Ken and listened to a bunch of Integral Naked stuff and, you know, had my own discoveries, my own development. And I'd been, I was in therapy and I was in the Evolutionary Collective, and I was saying I essentially needed to have more lower left and lower right depth, and I, you know, I needed help. So Patricia Albere provided that with the Evolutionary Collective for years, which is very difficult for me, but was mind expanding.

And so I put that book out. Waking Up was my vision in 2007 of an integrally informed meta-psychotherapy. And the 10 books I've written since then have all been informed by these principles. And I'm gonna talk about these principles and say what they are.

And those of you that are psychotherapists or helpers or healers or change workers, see if you agree with me that these things apply to all the change work, and all the systems that you've done. They do to me, and I've studied a bunch of 'em, but maybe they don't with some of 'em.



The first thing is, "everything is relationships." There's absolute truth. Pure unchanging suchness, pure consciousness, and everything else is relationships. And in this universe, if a group of linked, differentiated parts are energized, capable of chaotic behavior but not lost in chaos or rigidity, and arranged hierarchically, that's its complex system, which is your consciousness, my consciousness, and our consciousness, that complex system is biased to evolve to higher complexity. That there's self repeating fractal patterns, and every once in a while there's a pattern that's more complex and the system will morph into that new level, and that new level will be more energy efficient, and it'll look simpler. With human beings, as we evolve, we evolve towards more compassion and deeper consciousness.

[00:36:09] **Corey deVos:** Mm-hmm.

[00:36:09] **Keith Witt:** And you can see this on most of the developmental lines, certainly all the social ones, moral ones, all that stuff. And so this led into a meta definition of psychotherapy. Psychotherapy is cultivating compassion and depth of consciousness to support healthy perspectives and actions. And more specifically, is co-creating a culture where the client and the client's universe are cherished, where every moment is a gift and an opportunity, and where healthy behaviors and perspectives are considered beautiful, good, and true. There's a meta definition of change work. Okay.

And what does psychotherapy do? What does change work do? It remediates symptoms, enhances health, and it supports development. And how do change workers do this? Well, first of all, they relate. Every system says the relationship is the most important thing. One meta-analysis said that the positive of variance of change in psychotherapy, 30% of it was due to quality of the relationship.

So we relate. We don't just relate, we teach. When I was trained in the seventies, we were supposed to teach people stuff. It never made any sense to me. I followed that for about two weeks and then never did it again. I mean, it was just obviously wrong, you know? And if somebody wants to learn something that's gonna help 'em, we can teach 'em. We teach 'em happily. fact, a lot of psychotherapy is helping people to the point where they're willing to learn what they need to learn. Part of the way that we teach is we inspire people to be different and to take risks and to change. So we relate, teach, and inspire. And the way we inspire is we have visions of the people we work with having superior functioning, more love, more health, better relationships, more success,

all those beautiful things. And those visions help inspire our clients to take the risks they need to take to change.

Now how do we do that? We can confront people with what we believe is true about them and the universe. So we relate, we teach, we inspire, and we confront. And as we do that, we see the patterns that emerge in people's subconscious, their past, present, and future, their relationships. And with our clients, we interpret those patterns to help them understand themselves better, navigate more in their lives.

But therapists don't just relate, teach, inspire, confront, and interpret. They also direct. Non-directive therapy as taught by Carl Rogers was completely misunderstood in the seventies. It was misunderstood in that it was considered to be "you have to not have values." Well it was wrong. If you would ask Rogers, Rogers would've said the same thing, "of course there's values." Now, since the values were like level six Kohlberg values, they didn't look like the kind of values people were looking at.

We definitely direct. "Yes, that's a good idea, I think if you did that, something good would happen." "No, that's a terrible idea. Don't do that." My book, *A Hundred Reasons to Not Have a Secret Affair*, that book came out of a guy talk, trying to talk me into, for an hour, why he should have a secret affair and cheat on his wife. And he finally, at the end, he was leaving and he said, "Keith, you know, why shouldn't I have a secret affair?" I said, "there's a hundred reasons to not have a secret affair." And he said, "that'd be a great book."

[00:39:32] **Corey deVos:** I gotta say, that takes some gumption to be like, I'm gonna walk into my therapist's office and convince my therapist all the reasons why I should have a secret affair on my wife. That takes some guile right there.

[00:39:45] **Keith Witt:** That guy had a lot of hutzpah, I gotta say. And so I wrote that book. You can find it on my website if you're interested. You know, you can get the whole thing, my new website should come out anytime, my web guy got covid and everything's slowed down.

[00:39:58] **Corey deVos:** Oh, yikes.

[00:39:59] **Keith Witt:** Yeah, these things. So relate, teach, inspire, confront, interpret, and direct. Okay? in an integrally informed meta-psychotherapy, what are the meta-types? Well, 500 million years ago, male and female started, and evolution got all of a sudden accelerated by orders of magnitude. Pretty much all the drives are all wrapped around the sex drives.

[00:40:28] **Corey deVos:** Mm-hmm.

[00:40:30] **Keith Witt:** Pretty much all human society because humans take the drives and turn 'em into art, pretty much all human society, particularly when you throw in the pair bond, which is another series of intricate sex drives, turned into us. Okay? And you can look at a whole bunch. David Deida's understanding of this is superior, as far as I'm concerned, and the research has supported it in the three or four decades since I've learned it. You put up a bunch of qualities, and we're more attracted to, repulsed by, indifferent to these qualities. For instance, meaning at the edge of death, deep soul's purpose, emptiness, the many into one, being drawn to the feminine form, wanting to possess it and penetrate it, being true to your principles, being loved through the body, being an open channel of emotion, dance, the one into many, community, food, flowers, art, wanting trustable masculine direction, feeling relaxed in trustable masculine presence.

So we all have aspects of us that are masculine and feminine. I'm attracted to all those things that I just said. But in sexual occasion, we're generally more the leader in the sexual dance, you know, opening our partner or the follower, allowing ourselves to be opened. And so we all have masculine and feminine aspects, but in the sexual occasion, we're generally more masculine and more feminine, and that tends to reflect our sexual essence. So we have sexual aspects.

[00:42:11] **Corey deVos:** It's kind of like what you're talking about with introversion and extroversion. This can be held as a polarity. It can also be held as sort of a spectrum, because of course, masculine people can have some feminine qualities, and feminine people can have some masculine qualities.

[00:42:25] **Keith Witt:** We all do.

[00:42:26] **Corey deVos:** Polarity, spectrum.

[00:42:28] **Keith Witt:** Yeah. And now all these qualities exist in energetic relationship with everything else inside us and outside of us. And those are energetic polarities and between a masculine source and a feminine source, that polarity often has an erotic spark to it. You know? And my *Loving Completely: A Five Star Practice for Creating Great Relationships*, the first star is, "is there erotic polarity between me and this other person?" And in a way, Beena pointed this out yesterday, the anatomy of masculine and feminine is what I just described. The physiology of it is all these energetic connections happening all the time. And the masculine and feminine informs all the other types, informs Enneatypes, Hexaco, five factor, Myers-Briggs, all that stuff.

Now, in an integrally informed meta-psychotherapy, what are the meta-states? And there are two, okay, at least. But the two that are most important to me are one, states of health and response to the present moment. feel generally safe, generally present, socially engaged, you're moving on the road of life, you're able to receive influence somewhat or a lot. And if there's problems, you try to solve 'em, you try to learn from what happens. That's state of healthy response to the present moment, psychotherapy is all about helping people be in those states, expand those states, regulate to those states, like that.

If our nervous system, if our shadow self, our adaptive unconscious, decides that were threatened, feels threatened, in 40 milliseconds, we instantiate a defensive state. A defensive state is designed to... it's a primitive state, designed to protect us, really, really was adapted a million years ago. We have amplified or numbed emotion to prepare us. We have distorted perspectives where our story-making compulsion as human beings is hijacked by the defensive state to give us a story that supports action, action, and destructive action. We have destructive impulses to fight or flight. We have diminished capacities for self reflection, 'cause we don't have time to do that in danger. And for empathy, we don't wanna be empathetic with someone who scares us. These are defensive states. We don't decide to have them, we enter them spontaneously and discover them, if we do, half a second, a second later. And all psychotherapies, all change work, involves helping people identify when they're in a defensive state, and self-correct to a state of health and response.



And Allan Schore's whole thing on regulation theory, you know, he thinks that's the center of everything, a huge part of that is identifying and regulating defensive states into states of healthy response. So that's not his language.

Okay, so those are two, but that's not enough really to understand the intensity of these states, because we're ultra social, okay? Ultra social. We're the only ultra social primate. So if I entered a defensive state with you, your nervous system will read threat and enter a defensive state with me, and it will create a pattern, a relational defensive pattern.

[00:45:40] **Corey deVos:** Yep.

[00:45:41] **Keith Witt:** And if we don't interrupt that, we'll practice it, and within minutes we're beginning to embed that into the unconscious of our relationship. And they deepen and deepen and deepen and deepen. Now think about it. Couples have been having problems for six years on the average before they go to a therapist. That's six years of practicing and embedding these defensive relational patterns into their deep unconscious. And that's why in, in a couples session, I'll interrupt people 50 times in 60 minutes, know, they're attractor states, they keep pulling the people into them, I keep interrupting it and regulating, helping them regulate to a state of healthy response. And then at some point or another, if they stick it out long enough, they'll start noticing this themselves and learn how to do it without me there. Okay? And if two people can do it, the relationship gets better.

[00:46:34] **Corey deVos:** Yep. And it makes sense, Keith, 'cause once it hits that level of the unconscious, once it's been like totally internalized and sort of submerged into the unconscious, it produces sort of this endless parade of narratives, of limiting narratives, that becomes almost like a mythology of the relationship.

and it can be can be really, really difficult to challenge and to transform someone's mythology.

[00:46:58] **Keith Witt:** Yeah, it is absolutely a mythology, because remember, the stories, the distorted perspectives, you enter that state and that story has been

practiced and elaborated on.

[00:47:11] **Corey deVos:** Right,

[00:47:11] **Keith Witt:** And all the good stuff disappears, all the bad stuff gets put together, and you're convinced, This is debate, you know, umber. UMBER thinks they can receive influence, but they can't,

[00:47:22] **Corey deVos:** Right.

[00:47:22] **Keith Witt:** they think they can. And that's why I really like the modes of discourse thing that you did.

But even this isn't enough to understand healthy states, healthy response, and defensive states, because some people can receive influence pretty well, normal-crazy people like us, and then make an adjustment and learn from it and learn how to self observe. That's normal-crazy people. That's somewhere between 80 and 81% of the population.

Okay. But then there's people that can't self-observe, such limited capacity, they can't self-correct, make the same mistake over and over again, cause the same damn problem over and over again, with the same negative results, and they can't stop doing it. That's extra-crazy. This is easy to see with schizophrenias, with forms of mania. to see with the personality disorders, which is 15 to 19% of the general population and 30 to 70% of clinical population.

And every psychotherapy has some provision for dealing with normal-crazy, and extra-crazy, and some explanation for it. And the explanations for it are generally limited in these other psychotherapy is because a lot of people get tied into their system. Psychoanalysis overemphasized development. Okay? Behaviorists overemphasize behaviorism. The geneticists overemphasized genes. You know, this is where all the gene horrible stuff, you know, came over the last a hundred years. Cognitive behavioral people overemphasize the story-making part of it.

Well, if we're gonna look at lines and levels, which is our next meta thing, the meta thing of lines and levels, is everybody's always developing and everybody is developed on a lot of lines. And you know what, Ken was right about lines of development. You go from stage to stage, you can't skip stages. You can have peak experiences, but you can't skip stages. And I like Ken's nine fulcrum thing in Integral Psychology, that fits nicely with Spiral Dynamics, and it fits nicely with attachment research and interpersonal neurobiological research and the genetic research that has come out. And it looks like there's an awful lot of us that is predetermined psychologically. For instance, personality disorders are 80% heritable, most temperamental traits are 40 to 60% heritable. My favorite, which I mentioned yesterday, is your tendency to divorce is 30% heritable.

[00:49:50] **Corey deVos:** Wow.

[00:49:51] **Keith Witt:** Yeah. Well, what a mindblower that one is.

[00:49:53] **Corey deVos:** Seriously.

[00:49:53] **Keith Witt:** So there's that, and then there's your family of origin, and then there's your culture. We were talking about culture, the gen thing. Well, what factor analysis has told us is that culture has as much, sometimes more effect than family of origin on people's development, which blew our minds. Some people I think probably would disagree with that. You know, I changed my perspective when I'm given persuasive data, and so there's hundreds of studies now that support that.

So there's this amalgam of development that goes on. At some point people start taking charge of their own development, and that's very early. I mean, infants actually take charge of their own development through their physiological reactions, their temperament. But starting when they can think and talk, they're taking charge of their development one way or another. And if you commit yourself to development and to receiving influence and to changing opinion, you accelerate yourself through up the lines. And as we do that, good things happen. Interestingly, predictable things happen. For instance, more compassion and more depth of consciousness.

this is really significant because the psychotherapies of the 20th century basically means, "I'm a psychoanalyst, I'm a cognitive behavioral person. I'm a behavioral

person, and I'm, you know, whatever." To this day, there's people who goes, "I'm an OCD person." If you sign on to a system like that, you're signing on to a set of values, consciously and unconsciously. Which is fine, but an integrally informed meta-psychotherapy says there's many sets of values and many, many sets of perspectives. And I wanna tailor it to this particular person. Carl Jung, who was of course a visionary, said, "I come up with a new psychology for every one of my clients." I loved when I read he said that, because that's how it works.

And as an example I gave of your thing, of different modes of discourse, so there's red decree, there's amber doctrine, there's umber debate, there's orange dialogue, there's green discourse, and then there's teal dialectic. And I guess turquoise or something else, maybe what we did yesterday, maybe that's it. I don't have a word for it. And if I do, I gotta find one with a "D" because....

[00:52:19] **Corey deVos:** Yeah it has to iterate. That's very important.

[00:52:22] **Keith Witt:** You know, we have a tradition, you know, that's our amber self. Well relating, teaching, inspiring, confronting, interpreting, and directing shows up differently with every single mode of discourse. And effective therapists naturally do this. Integrally informed therapists, they do it, and then they have another awareness of it.

And it's not like we all have, you know, all the charts from integral psychology in our brain that we're referencing with people, nobody does that, is, nobody I've ever met does that. But our unconscious has been trained to notice these things and to make adjustments in those directions, to give us little hints about that next level for the 'cause. You always want someone to go that next step. Okay? You don't skip levels. You know, the value memes are gross levels, within those are hundreds of tiny little steps, many of which we can't skip. This is something that Terri really emphasizes in her STAGES stuff. There's a number of states that you have to be able to inhabit to be able to go to the next level. And if you're not having one of 'em, you're going to the next level with a built in regression.

[00:53:33] **Corey deVos:** Hmm.

[00:53:33] **Keith Witt:** think that was a seminal insight for those guys in part of their work.

And so what does that create? Well this is the waking up version of an integrally informed meta-psychotherapy. And, you know, I wrote that book, and I put an integrally informed sex therapy thing in the end, that 70 page treatise got expanded. And to this day, I look back at that book and I go, "I'm amazed that I agree with pretty much... I haven't found anything in that book that I disagree with yet." And I think that's something that happens when you're open to development, you tend to develop artifacts that kind of fit together like Legos.

[00:54:10] **Corey deVos:** Mmm.

[00:54:11] **Keith Witt:** You know, there have been things that I believed in that I've changed my mind when I got better data, but mostly it all hangs together.

And so I presented that to everybody yesterday. And then we talked about that and other things for awhile. And again, what stood out to me in the conversation was everybody kind of just absorbed what I just said, and went "Oh yeah" and it applied it to their work. I was watching people's eyes. It was "yeah, yeah." I mean, there were a few things that kind of caught people's attention, that kind of gave them a little download during the rap. I could see them doing notes. And I know that will show up in their work, you know, the next week or two that when you set up our Slack channel, I'm gonna ask people if that happened and see what people have to say about it. Certainly there's stuff that has occurred to me since the group. But what stood out the most, of course, was the intersubjectivity that we were in throughout that process. And I feel like I'm closer to that turquoise meta-psychotherapy than I was before, though it's still nebulous, I still think it's more of a process than it is a content, but there will be some content in it. And will that emerge in the months and years ahead? We'll see.

You know, Chad said "everybody like, sign up for your month where you're gonna present." And he was worried people wouldn't sign up. I said, look, Chad, I got 10 other books that I'd like to talk about, so don't worry about it. Don't worry about a month where somebody hasn't signed up. I, you know, I want that one.

And so that's what happened with that. And that's the story of Waking Up. It was interesting to me, the download of Waking Up, for me, that was somewhat of a peak experience. I'm very high on that line, the psychotherapy line, I was when I began and then when I learned integral, I went further. I wasn't high enough on the interpersonal line to sustain that download. I had to go work. I mean, I entered therapy and didn't stop until my therapist got cancer, you know, 10 or 15 years. I did the Evolutionary Collective for three or four years. And there was a lot of other stuff that I did too. I knew I needed to expand, and something shifted in me, I don't know how many years ago. I mean, before I kind of worried about people being critical of my stuff. And then I just wanted people to have an opinion. Someone was critical of something. I said, "oh, that's interesting. You know, maybe there's a better way of understanding this."

And that was me shifting into a teal and turquoise consciousness around those artifacts. And you know what an integral, you can see those steps in yourself. It's harder in the first tier to see developmental steps. And a lot of therapy often is someone will have gone up from, you know, like orange to green, and you point it out to them, "you're different, you have a different reaction." I tell in my Shadow Light book, I said "that's basically how we know we've changed." We have different unconscious reactions to things. Development is our unconscious growing, really, know, consciousness kind of tracks that. And of course that's another one of the books that I, I'm looking forward to talking about at some point. And so there it is. That was the Waking Up download.

[00:57:26] **Corey deVos:** It's beautiful. It's beautiful. And you know, it's returning to a theme that we often surface in these shows, which is, you know, you described as sort of the foundational insight of your first book and really, arguably, of all the books that followed, which is "everything is relational."

Um,

[00:57:43] **Keith Witt:** all relationship.

[00:57:44] **Corey deVos:** Everything is relational. We know this is true in physics, right, in the upper right quadrant, an object's motion, it only has motion in relation to the position of every other object sort of in, its in its field.



[00:57:59] **Keith Witt:** That's right.

[00:58:01] **Corey deVos:** This is as true for subjective realities as it is for objective realities. You know, I know we've mentioned this before in the show, but we have this concept of a GigaGlossary, for example, which emphasizes the fact that even the meaning of a word, even the sort of the signified, the experience of what is being signified when we're using a particular word, changes dramatically from perspective to perspective to perspective. Which means, in fact, even if we wanna talk about the universe as being one single whole, one singularity of a whole, still there are as many different enactments of the whole, there as many different views of that whole, as there are perspectives that are looking at the whole. Right? Everything is relative. There's no such thing as a being that's not connected in some way to being together. That's no such thing as a doing that is not somehow connected to a doing together. And it's, and it's a tremendously profound insight.

And you know, a lot of people might hear that and be like, "well that sounds actually a little bit sort of green, a little bit postmodern, 'cause postmodernism really likes to emphasize sort of the relativity of all phenomena."

[00:59:12] **Keith Witt:** That's true.

[00:59:13] **Corey deVos:** I think the difference here though is that the postmodern take would be "everything is relative, everything is relational, therefore we can know nothing." Right? Whereas Teal and Turquoise say "everything is relational, and therefore we can know anything."

[00:59:28] **Keith Witt:** And everything.

[00:59:30] **Corey deVos:** And everything.

[00:59:31] **Keith Witt:** See, this is the difference. So, you know, we all have our history and our ego, right? You know, all of us feel worthless once in a while, you know, you talk about "I felt worthless" once awhile, or this. Well, once you start going, "well, I guess I'm the universe." So when you're sourced in "I am everything", then you go, "oh, I'm having an 'I'm worthless' moment." Okay, "I'm worthless" and "I'm having an 'I'm worthless'

moment" is 180 degrees different. Because observing? "I'm worthless," I've regressed into identifying with a particular pain. "I'm having a worthless moment" is, you know, the Wise Self, which is, you know, connected to the infinite, goes "yeah, Keith's having a worthless moment. having a hard time. You're ashamed of something. Okay. You know what to do with that."

To me, what this does, now this just might be my psychology, to me it makes everything really fun and funny. know, like Dante did not write "The Divine Tragedy". called it "The Divine Comedy" he had this global understanding of the universe that he had to filter through his Catholicism, 'cause if you didn't do that, you got burned up back then. And You know, he was super genius doing that. And you know, his final analysis is, "yeah, you know, the universe is just having a really good time tickling itself." And, you know, here we are doing it, okay?

[01:01:00] **Corey deVos:** Lila, play.

[01:01:02] **Keith Witt:** Lila is play.

[01:01:03] **Corey deVos:** it.

[01:01:03] **Keith Witt:** Now taking that into everything else changes everything. And integrally informed psychotherapy understands that. What does that make us able to do? That makes us able to face everything. And that's important. And not just everything outside, but everything including our own limitations.

[01:01:25] **Corey deVos:** Yep.

[01:01:26] **Keith Witt:** You know, there's some groups I don't work with, I don't work with sexual offenders, for instance. Why? I don't care to. It's not because I'm not good at it. I'm really good at working with sexual offenders. I don't wanna do it.

[01:01:37] **Corey deVos:** Mm-hmm.

[01:01:38] **Keith Witt:** Why? I don't care to. Why? Who knows. Just not gonna go there. I don't work with people who are referred by the court. You know, I'm sure I'd do a great job with them. I have on occasion. Why? Don't wanna do it. Why? That's just me. That's just kind of the impurity and way of Keith's personality imprinting itself upon Keith's transmission. And all I can do is be aware of that and continue to grow in different ways. And I think every therapist, as they develop their natural healing style, discovers their own limitations like that, and, you know, accepts them and is interested in them.

And what does that mean? If you're an integrally informed psychotherapist, you're dedicating yourself to a life of discovery about yourself in the world. Because once you stop discovering stuff in yourself and in the world, you've reified something.

It's one of the reasons that I don't go out and beat the bushes around any of my books. It was so much fun, today, it's so much fun to go back and finally talk about one of my books. 'Cause usually I write it, send it out there, and then I'd be working on my next one, I wasn't that interested in the last one. Ken does that too, I understand that feeling. Well, you know, now this is different. If I'm gonna be part of a sangha, then I need to go back and have a different appreciation for that work. Because that's what was folding us into this container that I'm so fascinated with and I don't really understand.

[01:03:02] **Corey deVos:** Right, right.

[01:03:05] **Keith Witt:** So Corey, how are you feeling as I say this stuff? What's going on in you, on the inside? You know, upper

[01:03:10] **Corey deVos:** well, it

[01:03:11] **Keith Witt:** the upper left, Corey?

[01:03:14] **Corey deVos:** I mean, inspired and appreciative, and you know, if anything, you know, Keith, everything you're saying, I'm constantly trying to sort of, apply it to this present moment right now.

[01:03:25] **Keith Witt:** Yeah. Good.

[01:03:26] **Corey deVos:** it just makes me that much more deeply appreciative. I mean, this was also my reaction when he asked me the same question at the end of yesterday's session. It's just gratitude. I mean, just the fact that I have the opportunity to sit in this seat with you and have conversations like these, and to, you know, to see our audience sort of asking their questions and making their comments, and knowing that they're coming back to the show every month just to taste some of this sparkly syrup that you described at the beginning of the episode, I mean, it feels absolutely divine, and I just find myself feeling tremendously grateful for the opportunity to have this connection, to have this relationship, and to have the opportunity to express sort of all these secret little thoughts that, you know, bubble up in my own... that don't necessarily always have a place to go. But when I'm doing this show with you, it always feels like they have a place to go. And that's something that I really treasure in my life. I treasure this relationship with you, as I do my relationship with Ken, as I do with, you know, Mark Fischler and Ryan Oelke and, you know, everyone who's part of my sort of integral life.

[01:04:34] **Keith Witt:** Sangha. Your sangha.

[01:04:35] **Corey deVos:** Absolutely, it's precious, especially because I do tend to be sort of someone who, you know, for decades, self-isolation comes very easily to me. So the opportunity to step into relationship with, you know, amazing people such as yourself, is it just, it fills my heart. It makes me feel plugged into a deeper meaning, a deeper purpose that I'm somehow participating with in my life. And that's, and that's really... Nina says "so delicious." Delicious is a wonderful feminine word, I think to, to describe this.

[01:05:09] **Keith Witt:** You know, I feel the same. And by the way, you belonged in the group yesterday. You know, you belong, you belong in this company. I just wanna just wanna say, you know?

You know, there's this guy I work with, he's a little bit Asperger, but he's a super genius. And he's like me, he's a rogue realizer, you know, even more so because, you know, I had different traditions that I studied. And so he has profound nondual experiences a lot. And so the last few sessions, he and I have just been going into nondual together. He, you know, he, he really likes cosmology and physics and stuff, so we'll go there and,

you know, I'm somebody who knows enough about it, we can meet him and it's just, it gets to be so much fun. I feel this way when you and I talk. I did feel it Jeff too. Jeff Saltman. I told him last week when we were doing this, St. John and the Cross and Theresa Avila used to hang out together. Okay? And both of them had seminal experiences of source, you know, of unity with God, they couldn't really say that's what they did to anybody, because they get burned up.

[01:06:19] **Corey deVos:** Yep.

[01:06:19] **Keith Witt:** But they could do it because Jesus is coming through me. They would get together and they would talk about that with each other, and they both got the experience, and it was so much fun that they wrote about it. Even though they were writing hundreds of years ago, you could really catch the flavor of it. that's what you and I are doing.

[01:06:37] **Corey deVos:** Yeah.

We're "being together".

[01:06:39] **Keith Witt:** Yeah, yeah, yeah. That's what we did yesterday. This mode of discourse, there's something here that lends itself to a turquoise... I'm talking about integrally informed meta-psychotherapy, but I think it lends itself to all turquoise. People at turquoise altitudes probably function with this intersubjectivity, and it probably has some of the same characteristics, I don't know 'cause it hasn't been studied of course. know, you gotta identify it, then you gotta find people who do it. And then you gotta, you know, do all the brain scans and everything. I don't think the drug companies are gonna fund that or the government for that matter. But I think it's probably similar.

I think, you know, Ken, somebody asked Ken "what's the 21st century gonna be about?" He said, it's gonna be about subtle energies and about technology. And what is it Jean Twenge says? All these advances of these stages have been marked by certain technological things that operated on the unconscious and the conscious of the collective and changed everything. And what are we dealing with now? We're talking about subtle energies. Well, right again, Ken.

[01:07:49] **Corey deVos:** Well, Keith, this has been absolutely fantastic, man. Again, I really look forward to seeing what comes out of this "being together" project that we have just started. And I look forward to just being on this ride with you, man.

[01:08:03] **Keith Witt:** Yeah, well, it's been a great ride so far, and, you know, and in psychotherapy and in my book Trauma and Transcendence, which you can get free on my website when my new website finally comes out, whenever we're doing change work, we're actually wanting people to have the subjective experience of living a happy ending at the beginning of something wonderful. And so at this moment, I feel myself living a happy ending at the beginning of something wonderful with you. And so you're going to Alaska, have a great time in Alaska, and I'll see you when you get back. Bye-Bye everybody.

[01:08:40] **Corey deVos:** you so All right, everyone, take care. Thank you so much.

[01:08:42] **Keith Witt:** Much love, much love.