

# AQAL Map Modifications and Additions for Integral Relationships:

*Integral Relationships: A Manual for Men*, (2010) by Martin Ucik enables men to meet others-and especially women-by identifying their Kosmic Address and emotional needs, to reduce their suffering by making healthy relationship choices, and to co-create a sustainable future for all humanity by being in partnership with women in second-tier consciousness who have transcended their primary fantasy.

*Integral Relationships* closely follows Ken Wilber's AQAL model and makes the following modifications and additions to accurately describe the territory of male-female love relationships:

1. Differentiates more clearly between biological sex, learned gender roles, and feminine/masculine polarities.
2. Sees the feminine and masculine polarities as shifting during first-tier stage development (with a complete role reversal in green) and becoming both consciously accessible by males and females in second-tier, instead of fixed types.
3. Places the feminine and masculine polarities separately into the four quadrants.
4. Explains growth in human consciousness through our sexual selection process—based on the research of Geoffrey Miller (*The Mating Mind*).
5. Expands lines of development with needs, interests, and passions.
6. Adds a line with five stages of the male anima and female animus complex development based on the work of Poly Young-Eisendrath and Florence Wiedeman (*Female Authority*).
7. Defines five stages of sexual development.
8. Specifies various states/phases of falling love.
9. Uses *The Five Love Languages* (Chapman) as an additional type.
10. Outlines the increasing demands of women on their partner as they develop in consciousness.
11. Points to the importance of individual holons forming social holons as couples and having children to maintain the great chain of being.
12. Details how individual holons with four quadrants form various forms of romantic love relationships, indicated by Robert Sternberg's Triangles of Love (*The New Psychology of Love*), with variations in kind and degree of Intimacy, Passion and Dependence as the metaphorical sides of the triangle.
13. Outlines differences in male and female consciousness development (females tend to transcend and include, males tend to transcend and exclude, and males pioneered higher stages in response to the sexual rewards from women).
14. Constructs an expanded Wilber-Combs Lattice with five horizontal state-stages for spiritual, sexual, and anima/animus complex development.
15. Provides a compatibility matrix for men and women at different stages of consciousness development.
16. Reviews 30 relationship books, considering altitude from red to green and perspective.

Contact/feedback/questions/suggestions:

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