

# Abstract

## Integral Relationships: A Manual for Men

### Research Focus:

- Why are there an increasing number of singles and unhappy couples in our society (close to 50% of the adult US population now lives alone, only 15% of couples experience marital satisfaction over an extended period of time, and 50% of marriages end in divorce)?
- Why do many single women experience that there are no good available men out there?
- Why do many men suffer more after a separation/divorce and during singlehood than women do (the suicide rate of divorced fathers is ten times higher than that of divorced mothers), but frequently care less about what makes love relationships work?
- Why do humans continue to fight each other and destroy their ecosystem?
- What can men do to address these problems effectively?

### Research Methods:

During hundreds of dates I asked and listened to women about their relationship history, what attracted them to their previous partners, why and how their relationships ended, what they had learned from their previous relationships and wanted to do different now, what their dreams for the future and a new partner were, and why it seemed so difficult for them to find a new suitable partner.

Subsequently I founded [singles2couples.org](http://singles2couples.org), an Association for Healthy Relationships to explore approaches to conscious relationship with other singles and couples in weekly group meetings, often with visiting relationship experts and teachers.

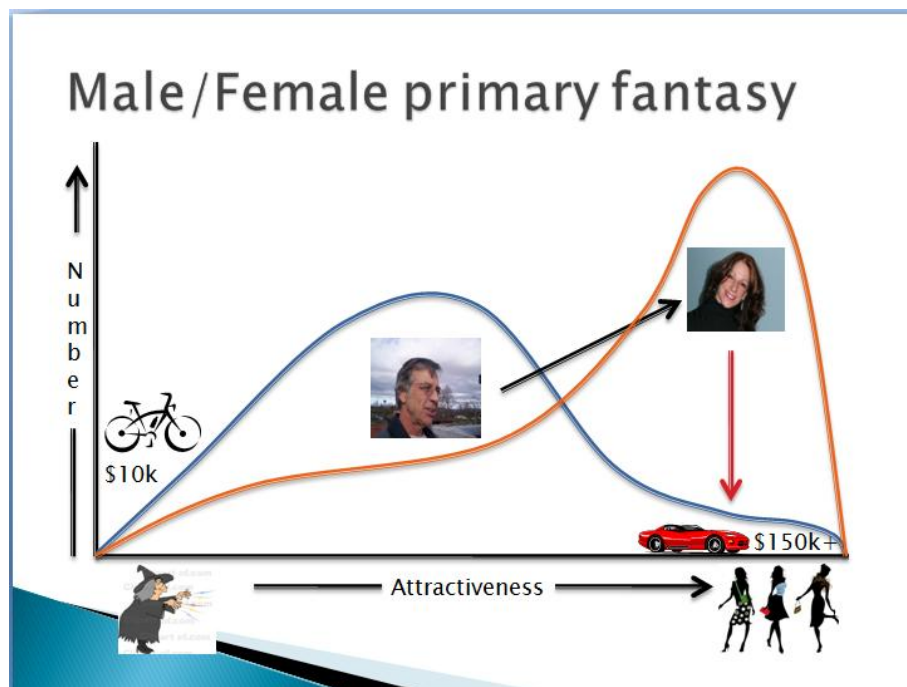
I also studied a large variety of relationship books, from profane to academic (my research library grew to over 200 books), and attended Integral, spiritual, and relationship oriented workshops, seminars, conferences, and groups.

### Results/findings:

Despite the fact that there are thousands of relationship books (of which 90% are read by women) who offer a multitude of approaches to healthy partnerships, many emotionally and financially independent modern and postmodern women have gotten tired of taking the lion's share of the responsibility for making their partnerships with men work. Such women no longer want to feel miserable, they blame men for their relationship problems, leave them in frustration (two thirds of divorces and even more breakups between non-married couples are initiated by women), and prefer to remain single rather than live with relationship morons.

A modified version of Ken Wilber's Integral model allows singles and couples to integrate all the dispersing perspectives on love relationships and provides them with an answer to the questions about the many relationship, and subsequent socioeconomic and environmental problems that we face today.

The primary reason for these problems lies in the differing sexual fantasies of males and females as illustrated below:



While the male/female population is rather balanced in numbers, an ever growing number of sexually attractive, well established and independent women try to attract an ever smaller number of successful, good looking, charming and available men with social status and financial wealth.

The secondary reason is a lack of Integral understanding by men about the differences in human growth and potentials in men and women. Integrally informed men can meet women with ever more presence, curiosity, understanding, empathy, kindness, integrity, strength and compassion at their level of consciousness, and so reduce their own and the suffering of others by making more responsible relationship choices.

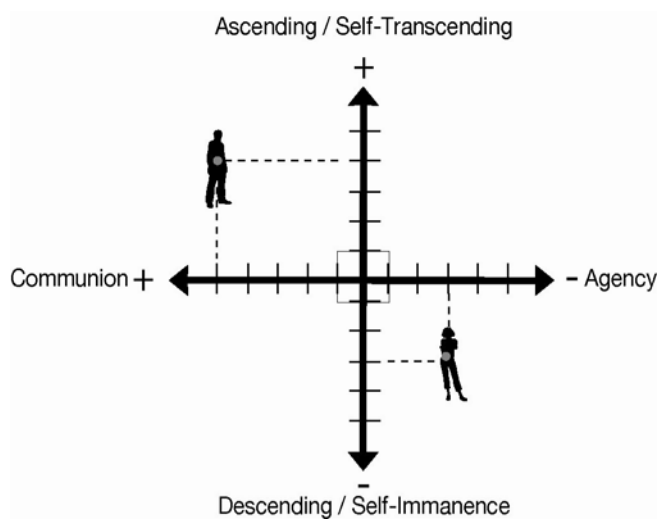
*Integral Relationships: A Manual for Men* (and curious evolving women) provides the first, and so far only Integral approach to love relationships.

The manual is based on four general premises:

1. **We are only self-aware through our relationships.**
2. **We are here to procreate or to support procreation.**
3. **The meaning of life is to grow in consciousness towards awakening to our authentic life purpose and full capacity to love unconditionally.**
4. **Love may be unconditional but relationships are not.**

Set into this larger context, *Integral Relationships* provides the reader with the following Integral map of the relationship territory:

1. Everybody is right from their own view, and certain views are more viable, accurate and inclusive (loving) than others.
2. Our sexual selection process (men want sex objects, women want success objects) drove the evolution of humanity, and deeply impacts our social behavior and cultural norms to this day.
3. To understand the sexes, we need to differentiate between our hardwired biological differences, learned/conditioned cultural and social gender roles, and the feminine/masculine polarities that can be equally embodied by men and women.

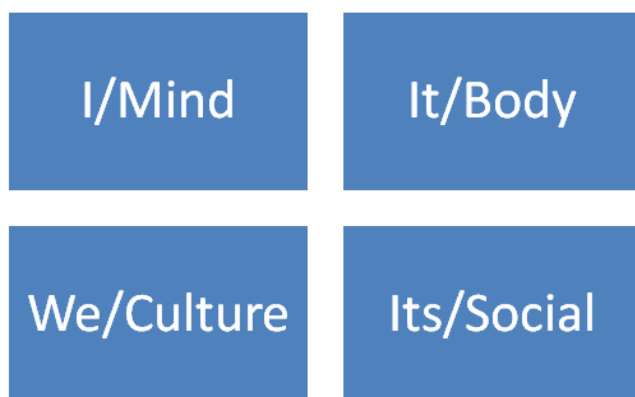


#### Feminine and Masculine polarities

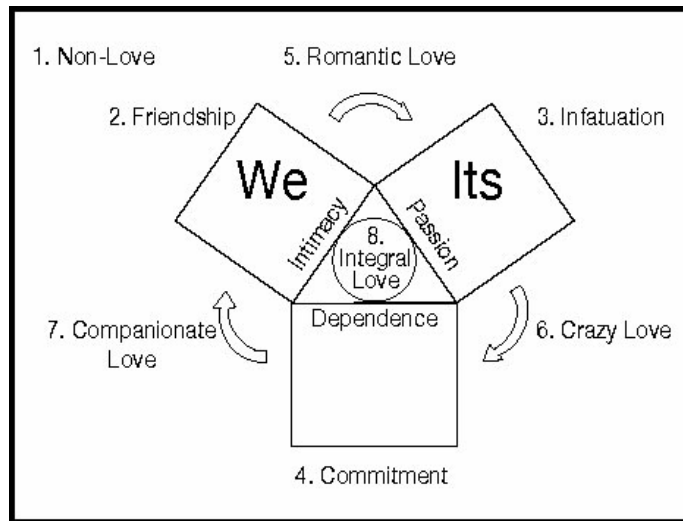
4. The primary emotional reaction in relationships is fear of abandonment in women and shame for the inability to make their partner happy in men.
5. Humans have multiple competencies (skills, traits, intelligences, needs, passions, values etc.) called "lines of development".
6. Compatible interests, passions, and needs are crucial for couples to get along.
7. Development in the major lines occurs in sequential, hierarchical and predictable stages.
8. Similar levels of (1) consciousness (from archaic to magic, egocentric, conformist, rational, pluralistic, integral, and transpersonal); spiritual (from gross to subtle, causal, witness, and non-dual); (3) sexuality (from repressed sexuality, to fucking, having sex, lovemaking, and transcendental/tantric sexuality); and (4) anima/animus complex (in men: women as mother, sex object, wife, challenger, and equal partner; in women: men as alien outsider, father figure, hero/husband, independent being, equal partner) are crucial for relationships to thrive. Couples who are at different levels of their individual development in these lines often experience irresolvable relationship conflicts.
9. Love relationships evolve through several phases (states), from lust to attraction, romance, conflict, engagement, and commitment/marriage.
10. Individuals have different personalities, indicated by typologies such as the nine Enneagram, sixteen Meyers-Briggs, three NLP, and Five Love Languages. An

understanding of their different types creates more tolerance and empathy between couples.

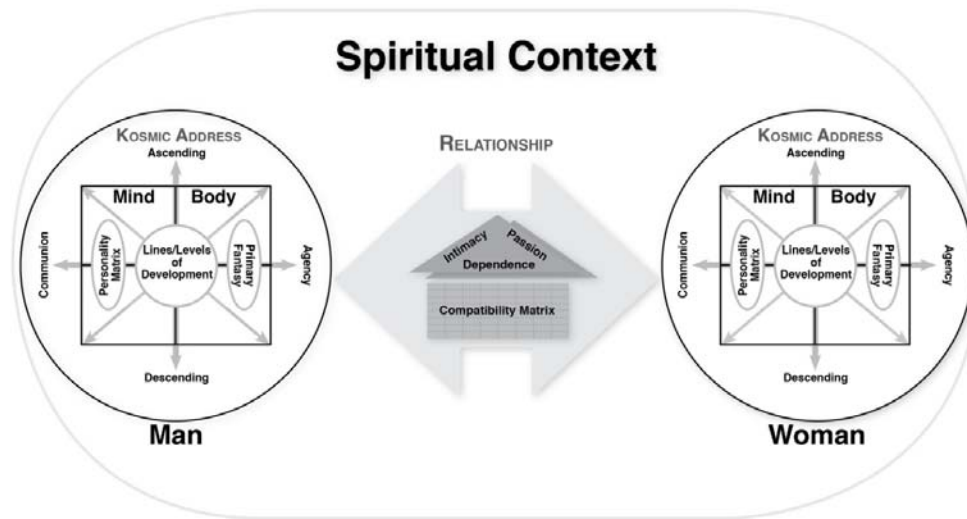
11. The demands of women to get their primary fantasy met by men increase as women develop in consciousness (from protector, plus provider, plus supporter of their fulfillment, plus allower of their freedom/independence), while it stays fairly consistent for men (sexual attractiveness and support of his mission/purpose).
12. The five stages of sexual, spiritual, and anima/animus complex can develop independently at each level of the eight vertical stages of consciousness development, creating an extended Wilber/Combs lattice.
13. Feminine and masculine polarities are shifting differently for men and women during growth in consciousness (with a complete role reversal in the pluralistic stage), and become both consciously accessible by males and females in the Integral and higher stages of development.
14. The capacity to balance and harmonize the feminine and masculine polarities at each level of development is crucial for a healthy partnership.
15. Humans are simultaneously whole/complete in themselves and part of their cultural and social environments.
16. Humans have four essential dimensions, (1) an individual mind (interior), (2) an individual body (exterior), as well as an extension of these two dimensions through their (3) collective interior (culture), and (4) collective exterior (socioeconomic environment). These four dimensions can be graphed as four quadrants:



17. The four feminine and masculine polarities need to be placed separately into the four quadrants to better understand the differences in our interior thoughts/feelings and outward behavior.
18. Five forms of the unconscious (including “shadows”) point to the cause of the magical, irresistible and magnetic “oneness” that infatuated lovers experience towards each other through their mutually compatible pathologies.
19. Love relationships are formed through (1) intimacy in the lower left “we” quadrant, the sexual passion through the lower right “its” quadrant, and dependence through an unconscious fit. These three dimensions form a metaphorical triangle that indicates eight variations of love in kind and degree (non-love, friendship, infatuation, commitment, romance, crazy love, companionate love, and integral love).



20. Males and females grow differently in consciousness (females tend to transcend and include, males tend to transcend and exclude, and males pioneered higher stages of consciousness in response to the sexual rewards from females).
21. The great chain of being needs to be seen as a process that continues from healthy individuals to responsible couples who provide the foundation for functional families, thriving communities, diverse societies, peaceful nations, and a sustainable future for all humanity (while recognizing that only individual holons have a dominant monad).
22. By asking specific questions, men can identify the needs, passions, interests, levels of development, state, type, and perspective of women that they relate to, which defines their Kosmic Address. This allows men to meet women with ever more presence, curiosity, kindness, strength, and integrity at their level of consciousness and to make responsible relationship choices.
23. A compatibility matrix provides pointers to the potential conflicts, challenges and the sustainability of relationships between men and women at various stages of consciousness development.
24. Relationship books (of which 30 are reviewed in Appendix I of the manual) address men and/or women at different levels of consciousness from various perspectives. These books provide helpful support for various relationship challenges if their advice is seen as true but partial and taken into a larger Integral context.



The complete Integral Relationship model—set into a larger spiritual context—with Kosmic address, triangle of love and compatibility matrix.

## Main Conclusion:

There is overwhelming evidence that the sexual selection process and the subsequent co-creation of male-female partnerships have defined our evolutionary past and will shape our future. Only if men learn how to meet women at their level of consciousness can they solve the relationship problems of the 21<sup>st</sup> century and alleviate their own suffering. And only if more humans enter into the transpersonal and higher stages of consciousness development— in which men transcend (not repress) their desperation around sex, and women transcend their desperation around affirmation, and both sexes subscribe to Gender Mainstreaming— which honors the differences between men and women while giving them equal social and political rights **and** responsibilities— can we effectively address the global challenges that humanity is facing today.



The *12 Core Values for Integral Relationship Evolutionaries* below outline the relationship potentials for integrally informed men and post-postmodern (evolved) women. They were inspired by Elizabeth Debold's *10 Core Values for Evolving Women* which you can find at [www.integralrelationship.com/ten\\_core\\_female\\_values.asp](http://www.integralrelationship.com/ten_core_female_values.asp)

1. We choose to love (instead of something that happens to us) and see the quality of our relationship as an indicator of our psychological health and spiritual realization.
2. We transcend our primary fantasy and base our relationship on Being values, versus material, sexual, or emotional neediness.
3. We use our relationship for ongoing mutual learning, healing, growth and awakening towards the capacity to love unconditionally.
4. We hold an evolutionary perspective and have reached or strive towards an integral, transpersonal or higher level of consciousness.
5. We continuously develop, balance and harmonize our healthy feminine and masculine polarities.
6. We meet each other as opposites and equals to create synergy at the level of all seven chakras.
7. We share a purpose for our relationship that is larger than either individual and offered in service to the world for the greatest good of the largest number of people.
8. We subscribe to an Integral Life Practice (ILP) with modules for the health of our body, mind, spirit/soul as well as our shadow, ethics, sexuality, work, emotions, and relationships.
9. We make an explicit agreement to tell/listen-to each other's truths without the need for validation or acceptance from our partner, and to own our emotional reactions to our partner's reality.
10. We set and respect each other's healthy boundaries.
11. We share material resources and pursue an environmentally sustainable and socially responsible lifestyle.
12. We engage in sacred/tantric sexuality and practice monogamy out of choice instead of fear.

Contact/feedback/questions/suggestions:

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