



# talking about...

September 2006

... designing better relationships for better outcomes

A newsletter for those interested in ontological coaching

## To Transcend and Include

*"And at each stage of development the world looks different because the world is different..."*

... Ken Wilber, "A Brief History of Everything"

What do you think of when you hear the words "personal development"? Even though there is a huge industry involved in this area, there is no shared well defined answer to the question, "What is personal development?" Does it mean new skills, a new way of being, a higher level of consciousness, increased spirituality or something else altogether? At Talking About, we look on personal development as an unfolding journey in dealing with complexity in the world as an individual observes it. As a person develops, he or she is able to observe greater complexity in the world they see, generate more options to deal with that complexity and therefore take more effective actions.

What is amazing to many people is that the idea of personal development has little or no appeal for some. They just do not see the need. There are many reasons for this, ironically starting with the need to have achieved a certain level of personal awareness to even recognise that development is an option. However, even when some people see a need they do not want to willingly embark on a personal development journey. One reason for this is that for some people they see such a journey as an admission they are "not ok" "in some way and they are not willing to admit to this. When this perspective is examined, we can come to the conclusion that people who feel this way may be taking a black and white stance. What they do is right or wrong, and they do not want to be wrong. From within their black and white world they cannot see the complexities of the shades of gray. Such a binary point of view lends itself to a way of being based on clear, though quite possibly unseen, values but where any evidence that might contradict that view is ignored.

One of the great insights coming from the domain of developmental psychology has been an understanding of human development through various stages of consciousness or our ability to observe and deal with complexity. A common theme throughout these studies has been a transition from an egocentric to an ethnocentric to a global centric worldview. Each stage of development does not replace previous stages rather, as Ken Wilber has indicated each stage transcends and includes the previous stages. Rather than there being right and wrong worldviews, the earlier one was adequate and the new one is more adequate.

One of the major daily challenges facing those of us in the "personal development" industry and those who hire us is to recognise the stage of development of individuals, groups or organisations and to design change processes to deal with that understanding. One of the major mistakes we make is to assume everyone can reach a certain and same level in a given time rather than reaching their own higher level based on where they currently are and whether they are ready for such a transition. When we recognise that we can tailor our efforts and generate a more effective impact and improved outcomes.

*"The measure of mental health is the disposition to find good everywhere."*

... Ralph Waldo Emerson

## Did You Know ...

*Thanks to Greg who sent this one our way. We do not vouch for the validity of any of these!!*

In the 1400's a law was set forth that a man was not allowed to beat his wife with a stick no thicker than his thumb. Hence we have "the rule of thumb".

Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden" and thus the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the US Treasury.

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow.

The average number of people airborne over the US in any given hour: 61,000

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Intelligent people have more zinc and copper in their hair.

The first novel ever written on a typewriter: Tom Sawyer

Each king in a deck of playing cards represents a great king in history:

- Spades - King David
- Hearts - Charlemagne
- Clubs - Alexander, the Great
- Diamonds - Julius Caesar

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Q. What do bullet-proof vests, fire escapes, windshield wipers, and laser printers all have in common?

A. All were invented by women.

Q. What is the only food that doesn't spoil?

A. Honey

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase... "goodnight, sleep tight."

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." It's where we get the phrase "mind your P's and Q's"

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

~~~~~AND FINALLY~~~~~

**At least 75% of people who read this will try to lick their elbow.**

***"The more you depend on forces outside yourself, the more you are dominated by them."***

... Harold Sherman

## More Interesting Links

This month, we would like to introduce you to a web site with a view to the future. Ray Kurzweil has been exploring the future and the impact technology is likely to have on us as the future unfolds. He predicts, with a considerable amount of research to support his predictions, that rather than technology being a linear progression as most futurists believe, it is an exponential progression. With that in mind some of his predictions for the near future are astounding. If you have an eye to the future, we invite you

to go to Ray's web site at <http://www.kurzweilai.net>.

## Our Web Site

More articles and information about our work can be found at our web site, [www.talkingabout.com.au](http://www.talkingabout.com.au). We invite you to take a look.

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