



Coalesce Podcast

Episode 048 – Spiritual Maturity

Note, terms, scripture, practice



[Luke 6:8; 9:47](#)

[Matthew 13:1-23](#)

[Mark 4:1-20](#)

[Luke 8:4-15](#)

[Matthew 10:34](#)

[2 Peter 1:4](#)

Egocentric Early Levels:

1. Beige: Instinctive/Survivalistic (0.1% of adults in the world)
2. Purple: Magical/Animistic (10% of adults)
3. Red: Impulsive/Egocentric (20% of adults)
4. Blue: Purposeful/Authoritarian (40% of adults)

At this point, some minor death of egocentricity is required in order to move forward.

Sociocentric Middle Levels:

5. Orange: Achievist/Strategic (30% of world population; 50% of people in power)
6. Green: Communitarian/Egalitarian (10% of world population; 20% in developed countries; 15% of people in power)

Wisdom or Non-Dual Consciousness

7. Yellow: Integrative
8. Turquoise: Holistic (Less than 2% of the world population and less than 1% of those in power are at the level of second tier consciousness.)

Practice: Heartful Decision-Making

When you are feeling anxious or stressed, try these simple steps, adapted from HeartMath's "Freeze-Frame" technique, to help you connect with your heart's intuitive wisdom. Set aside five to ten minutes when you can be alone in a quiet place. Choose a posture that is comfortable, perhaps sitting or lying down, and close your eyes.

Recall the stressful situation and "freeze-frame" the thoughts, feelings, and sensations that arise. Observe where and how the stress appears in your mind and body.

Shift your focus from your anxiety to your physical heart area. Imagine your heart pumping each breath through your body. Relax into your breathing and feel your heart warm. Hold your attention here for about ten seconds.

Now remember a happy time or picture someone you love. Feel the sensation that comes from such joy and love. Send that feeling to your whole being.

Ask your heart, "What would be an effective response to this stressful situation that would help reduce future stress?"

Listen to what your heart says. Visualize yourself taking this action and feeling peaceful. Say to yourself, "I am letting go of tension. Peace is within me."

When you are ready, open your eyes. You might want to journal about this experience so you can return to these insights later and act upon them.

Adapted from Doc Childre and Howard Martin, *The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence* (HarperCollins: 1999), 67.