



THE SIX STREAM MODEL & THE FOUR AGREEMENTS

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The premise of this model is that humans develop along multiple lines or streams of development. In *Integral Psychology*, Ken Wilber identifies several dozen streams that have been experimentally validated. "Streams are the various developmental lines (such as cognitive, interpersonal, spiritual, and so on) that develop relatively independently through the basic levels or orders of development. Thus a person can, for example, be brilliant intellectually, yet completely out of touch with their emotions; or extraordinarily adept with their bodies yet unable to sustain satisfying relationships with others. Development is anything but a linear, step-by-step affair." In a healthy process of development, these streams will develop at roughly the same pace, though as Wilber points out, not necessarily in tandem. In an unhealthy process, for instance where an individual has suffered some sort of trauma in a particular stream at some stage, there can be an arrested development of that stream. Integral Coaching has found it helpful to use a model call the Six Streams focusing on streams that show up most often in coaching and are central to clients' effectiveness and fulfillment.

Including interpretations from *THE FOUR AGREEMENTS*, by Don Miguel Ruiz.

1. **Cognitive** - The ability to make observations in a particular field of activity (engineering, sales, philosophy, cooking) and then to synthesize the observations into a coherent understanding. "Understanding" means that possibilities for taking action are seen, accurate predictions can be made and potential breakdowns foreseen.

You have the power to make yourself what you are, right now. But it's not your reasoning mind that controls your power, it's what you believe. What is important are not all those opinions from other but your own opinions. You are beautiful, no matter what your mind tells you. That is a fact.

2. **Somatic** - The ability to observe what is happening in our body (e.g. energized, tired, heavy, open, tight, etc.), and, in the present moment, to tap into this somatic wisdom which may provide different insights into what's happening than our intellect or emotions.

The physical body has an alarm system to let us know something is wrong with our body. We call this pain. Heaven or hell is here and now. You don't need to wait to die. If you take responsibility for your own life, for your own actions, then your future is in your hands, and you can live in heaven while the body is alive.

When you eat, take a bite. Close your eyes, and enjoy the food. That food is an offering to your own body, to the temple where God lives. Do this every day, and you will feel your love for your body growing stronger each day, and you will never again reject yourself.

To create a relationship that takes you all the way to heaven, you have to accept your body completely. You have to love your body and allow your body to be free to just be. To be free to give free to receive without being shy, because "shy" is nothing but fear.

3. **Emotional** - The ability to discern our own emotional states, our feelings in this moment, the background emotional tone of our life, our emotional responses to particular events. Also, the ability to discern the emotional state of others, even when they themselves are oblivious to it or denying it. This includes the ability to stay present and available in relationship and in communication in the midst of strong emotional events. It also includes the ability to connect feelings with needs, and to advocate effectively for them.

The emotional body is like a radio that can be tuned to perceive certain frequencies or to react to certain frequencies. The normal frequency of humans before domestication is to explore and to enjoy life. We are tuned to love.

If you catch yourself in the track of fear, just by having that awareness you can shift your attention into the track of love. Just by seeing where you are, just by changing your attention, everything around you will change.

We are born with the right to be happy, with the right to enjoy life. We are not here to suffer. Whoever wants to suffer is welcome to suffer. But we don't have to suffer. As Haruki Murakami said, "Pain is inevitable; suffering is optional."

Perhaps you cannot control what is going to happen around you. But you can control your own reactions. Those reactions are going to guide the dream of your life, your personal dream. It's your reactions that make you so unhappy or make you happy.

4. **Relational** - The ability to initiate and sustain rich, mutually satisfying contact with others across all domains of your life. This includes the ability to listen deeply, communicate profoundly, and support others' intentions while maintaining one's own dignity. Also included is the ability to compromise and see the world from different points of view.

To become masters of love, we have to practice love. The art of relationship is also a whole mastery, and the only way to reach mastery is with practice.

If you take your happiness and put it in someone's hands, sooner or later, he or she is going to break it. If you give your happiness to someone else, that person can always take it away.

That is the mistake most of us make right from the beginning. We base our happiness on our partner, and it doesn't work that way. We make all those promises that we cannot keep and we set ourselves up to fail.

Every relationship in your life can be healed, but it's always going to begin with you. You need to have the courage to use the truth, to talk to yourself with the truth, to be completely honest with yourself.

If you are in a relationship and you work with your half, and your partner works with the other half, you will see how quickly progress is made. Love is what makes you happy, and if you become the servant of love, and your partner becomes the servant of love, you can just imagine all the possibilities.

5. **Spiritual** - The ability to connect to meaning and purpose beyond individual self-interest, to sense the interconnectedness of all life, and to embody wisdom and compassion in one's life, relationships and service to the broader human community.

Thought is not a religion. The Toltec tradition honors all the spiritual masters who have taught on the earth. While it does embrace spirit, it is most accurately described as a way of life, distinguished by the ready accessibility of happiness and love. Rooted in the wisdom of the Toltec, The Four Agreements will help you (and your clients) heal emotional wounds, recover the freedom and joy that are your birthright, and give you greater access to happiness and love.

You must forgive those who hurt you, even if whatever they did to you is unforgivable in your mind. You will forgive them not because they deserve to be forgiven, but because you deserve to be free – you don't want to suffer and hurt yourself every time you remember what they did to you.

A Toltec is an artist of love. An artist of the spirit. Someone who is creating every moment, every second, the most beautiful art – the art of dreaming. Life is nothing but a dream. And if we are artists, then we can create our life with love. And our dream becomes a masterpiece of art.

6. **Integrating** - The ability to undo all the ways we compartmentalize our lives, so that our commitments, learning, and values are consistently reflected in our words, thoughts, actions and relationships across all domains of our life. The ability to remain congruent in thought, word and deed, means that I'm the same person at work as I am with my friends, as I am with my family.

You have to accept yourself and love yourself just the way you are. Only by loving and accepting yourself the way you are can you truly be, and express what you are. You have the power to create your power is so strong that whatever you believe comes true. You create yourself. Whatever you believe, you are. You have practiced all of your life to be what you are, and you do it so well that you master what you believe you are. You master your own personality, your own beliefs, you master every action, every reaction. You practice for years and years, and you achieve the level of mastery to be what you believe you are.

QUESTIONS TO CONSIDER:

1. What is the most important stream in your life right now? What work do you have to do on it?

2. Choose a client you're working with. What is the most important stream in his/her life right now? Why is that? What "homework" from *The Four Agreements* might be helpful?
