

# Understanding Complexity

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Let me begin our discussion with the sincere hope that applying the following principles will help the reader come to better understand, and therefore create empathy, for the processes within ourselves and in our environment that we have trouble with. Most of the following can be covered in greater depth at <https://integrallife.com/>. Ken Wilber and the staff at this site provide an incredible service to humanity by providing an experiential knowledge based approach to integral life practices as the foundation for an integrative medicine practice.

First let's start by providing a working roadmap to existence lovingly called AQAL (think aqua with an l at the end). It stands for all quadrants, all levels, all lines, all states and all types. The following chart shows the quadrants as the interior and exterior of the individual and the collective.



Any subject matter that we can discuss falls within one of these quadrants, all subjects can hold a unique perspective, and no subject can make assertions about the validity of the other quadrant, yet all of reality plays out in a wondrous interconnection of these dimensions. Life, consciously and evolutionarily, grows in complexity and organization.

The same four quadrants, adding some complexity:

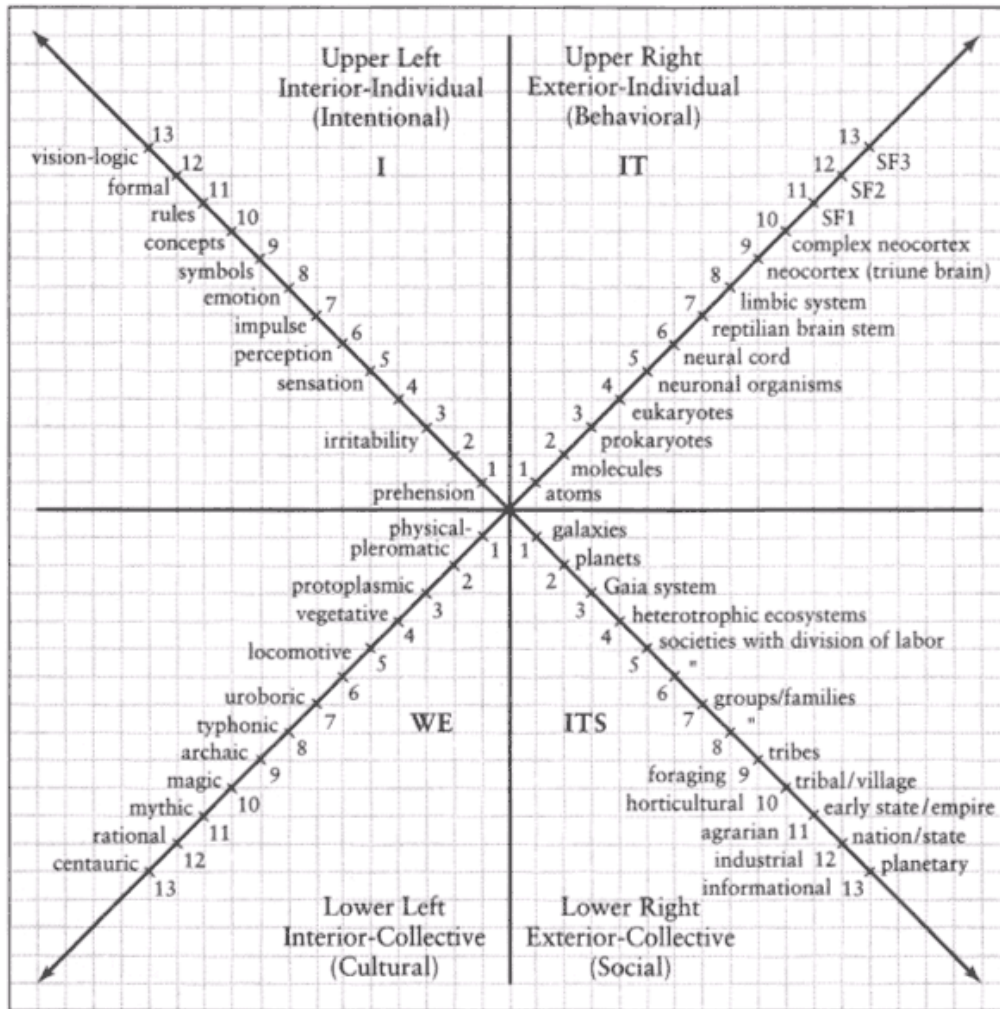


Figure 1. *Four Quadrants.*

As an integrative physician I cannot attend to my patient by merely understanding the upper right quadrant, I must also consider all the other levels which drive the mystery and complexity of the human being! No function or dysfunction within an individual can be understood without delving into all levels of our existence. This is also why one can feel so poorly and have such good lab tests – the dysfunction often occurs at a quadrant/level which we do not even acknowledge, let alone test at!

In order to understand any issue, one must know from what quadrant the question pertains, which validity claim applies to that quadrant, and (as importantly) what level

of development does that person you are asking exist within that line of development!  
As for **validity claims** they apply as follows:

- Upper Left: **I – Beautiful/** Truthful
- Lower Left: **We – Good/** Justness
- Upper and Lower Right: **It and Its - True/** Objective Truth

Hold on to validity claims as we come to decision making itself, but first a way to get ahold of this practice would be to look at something like rain.

On an “It” level, we can objectively verify its existence through measurement.

On an “I” level, you must tell me what you think of the rain (Is it beautiful?) and get a sense of your truthfulness about your interior reaction to the rain.

On a “We” level, entire mystic belief systems exist about the intersubjective “Good” – ness of the rain.

On an “Its” level, the rain can be further understood at an ecosystem/ climate level that the individual may not perceive.

Do you see how any subject can have interpretations that can be validated at the level of The Good, The True, and The Beautiful? Do you see how profoundly the level of development of the individual can sway their answers as to what their truth is? Assume everyone performs to the best of their abilities given their level of development.

This is where the “**Three Strands of Knowledge**” come to play, some might understand this as the scientific method! One can apply the scientific method to any quadrant, not just the right hand side of objective truth. The strand follows:

1. Injunction (Exemplar-Experiment)
2. Illumination (Data)
3. Confirmation (Reproducibility)

For anyone to develop knowingness of anything from physics to medicine to consciousness, one must understand and do the injunction, get results, and discuss those results with a group of peers for confirmation.

Finally today we must apply this methodology to the “**Three Eyes of Knowing**”:

- Eye of Flesh
- Eye of Mind (Reason)
- Eye of Contemplation (Spirit/Gnosis)
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Awakening the eyes of knowingness in any person remains my primary purpose in life. We must all develop our meditative eye of contemplation, this is the only answer I can see to overcome such powerful forces in our “Its” world that drives the illusion of how

different and unlike we are, when nothing could be further from the truth. No one can inform people who remain stuck at mythic/religious levels (left lower quadrant) or whose disinformation systems such as Fox news/ Breitbart/ etc. (right lower quadrant and to some extent left as a religiosity comes with these terrorist organizations) have devolved their disciples into tribal political systems based on hatred of others.

The key to our understanding the complexities of our day comes from witnessing people at their level of development, treating them with kindness as they are fellow humans, and creating a loving, nurturing environment that fosters their growth as the only solution to our world crisis. If you have witnessed the deafness of those who enshroud themselves in the cloak of disinformation, no level of knowledge can get through without their growth first!

Peace in the world starts with peace within. Open all your “Eyes of Knowing”, acknowledge and practice The Good, The True, and The Beautiful within your own life! Live fully and joyfully for true knowledge engenders empathy within the knower. As your healer, follow the practice of neutral self-inquiry for any sign or symptom as these symptoms, and yes even illnesses serve as our teachers if we let them. Continue to inquire and love your complexities as you gently and kindly explore your depths!

Your Journey to Health and Healing,  
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