



WHAT SHAPES MY THINKING

Ken Wilber

A Brief History of Everything · Integral Theory · The AQAL Framework

Every exterior action has an interior cause. Every doing emerges from a state of being.

CORE INSIGHT

Ken Wilber is the architect of Integral Theory — one of the most ambitious attempts in modern philosophy to map all of human knowledge into a single coherent framework. His AQAL model (All Quadrants, All Levels) organises reality across four irreducible dimensions: the individual interior (I), the individual exterior (It), the collective interior (We), and the collective exterior (Its). In plain terms: consciousness, behaviour, culture, and systems — and none of them can be reduced to any other.



THE CONNECTION TO DOING · BEING

Wilber makes visible what most change efforts miss entirely: you cannot transform the exterior without transforming the interior. Every act of doing — every decision, every habit, every leadership behaviour — is the outer expression of an inner state. Culture change fails when it addresses only structure and process (the exterior) while leaving consciousness (the interior) untouched. Awareness is not a soft add-on to performance — it is the foundation on which all sustainable doing is built.

"The exterior and interior arise together. You cannot change one without eventually changing the other."

This is one of the thinkers whose work shapes how Rolf-Alexander Schimrock approaches leadership, awareness, and the relationship between inner growth and outer performance. Learn more at youalreadyknow.de