

## Program Reviews Notes:

- Each program's course outline has been reviewed using the three chosen metrics: (a) Body-Mind-Spirit (BMS), Chaudhuri's Triadic principle (URT), and Wilber's 4Q.
- Each program's course outline item was labeled in three independent rounds. First, the BMS metric was used, then the URT, and finally, located in each of the 4Qs.
- Although the BMS metric seems self-explanatory, some clarifications are needed. Just as it is not the same to read about swimming as actually swimming, in labeling something, the criteria were not simply if the item had the word corresponding to the category (e.g., the body) but if the program actually engages with it. This means that a lecture about how a PDs affects the body would not necessarily earn a "body" label since it is a mental exploration, not directly engaging the body (they are talking *about* the body, not *using* their body as one would, for example, in a somatic/movement practice). Another example may further clarify this. If the program includes a historical review of how Indigenous people have dealt with the sacramental use of PDs, the corresponding label would be Mind. However, the label would be Spirit if the program engages in an actual ceremony (instead of simply talking about it). Only practices (as opposed to conceptual presentations) merit the label. Although each item was considered individually within the context of the whole program, in principle, if a topic is merely lectured about, the corresponding level would be "Mind" or "Relatedness" and most often would fall in the UR. The obvious shortcomings of this approach will be discussed in the limitations section.

- When applying URT, the following general elements were considered as included in each aspect (see Banerji, 2023; Chaudhuri, 1977; Ryan, 2005; Schwartz, 1978; Shirazi, 2018, 2011):
  - **Uniqueness/Intrapersonal:** physical, mental, instinctual/emotional, volitional/agency, and psychic/soul.
  - **Relatedness/Interpersonal:** Social/Legal/Ethic, Scientific/Technological, Historical/Cultural, Cosmic/Harmony in Diversity.
  - **Transcendence/Transpersonal:** [The ability to hold paradox or multiple points of view simultaneously] Experiential/transcendental, Relativity, Complementarity, and Unity/Integration.
- Often the labeling process was not clear-cut. E.g., the Uniqueness label applies to practices that engage self-exploration, while Transcendence refers to practices that directly engage and explore God, the Divine, Kosmos (Wilber, 2017), Ultimate Reality (Diller & Kasher, 2013), Ground of Being (Emmet, 1998), or the “Mystery from which everything continually arises” (Ferrer & Tarnas, 2001, p.4), however in fact it is difficult to divorce one from the other.
- When applying Wilber’s 4Q scheme, since quadrants tetra-arise (Esbjörn-Hargens, 2010; Wilber, et al., 2008), the label was based on what is most characteristic to each quadrant. For example, anything dealing with legal or medical matters was located in the Mind and Relatedness label; however, in 4Q, legal fell in LR while medical (pharmacology, neuroscience, etc.) in UR. Historical topics were always included in the LR, while self-exploration was in UL. Topics concerning Indigenous traditions, since they refer to

cultures, usually were included within LL, while psychologic and psychotherapeutic topics usually fall within UL.

- In applying the 4Q metric, some of the following general elements were considered as included in each aspect (Esbjörn-Hargens, 2009; Wilber, 2001c, 2007a, 2007b; Wilber, et al., 2008):
  - **Individual interior (UL):** Phenomenological, psychotherapy, psychological, meditation, personal transformation, somatic, spiritual, self-reflection, first-person mystical experiences, etc.;
  - **Collective interior (LL):** Culture, worldviews, arts, philosophical, ethical, religious, sociological, collaboration, social interactions, etc.;
  - **Individual exterior (UR):** Sciences (including medicine, psychiatry, biology, neurology, chemistry, etc.), behaviors technological, skills, in short, anything that can be materially observed; and
  - **Collective exterior (LR):** Systems (including social, legal, educational, etc.), historical, ecological, economical, etc.
- Experiential work, with or without PDs, is complex and bound to affect multiple levels. To honor this, any time I found experiential activities, I included them in all BMS and URT categories since they have the potential to promote growth in every aspect of being. This creates some overlapping, particularly in the Spirit and Transcendence, and even with Body, since it is conceivable that somatic practices may impact those other realms.
  - The same does not apply to Wilber's 4Q, where experientials were included in the UL and sometimes, when the experience had a marked cultural/ceremonial aspect, in the LL quadrants.

- Although there are clearly some overlaps between metrics (e.g., Body aspects are frequently also included in the Uniqueness category and often in the UR, and Spirit and Transcendence often coexist), the value of using three different conceptual maps allows for more nuance in the way the program's content is represented. Therefore, programs should never be judged based on one metric alone but consider all of them together.
- As noted in the limitations section, I encountered situations where the existing program's information was unclear, equivocal, incomplete, or refused. Whenever details on the course outline were inaccessible or not provided, I tried to apply the labels as accurately as possible, utilizing all the available data.