

The AQAL model pays attention to:

Quadrants: four fundamental dimensions of being-in-the-world—I, We, It, Its—also known as the individual and collective interior dimension of being and the individual and collective exterior ways of knowing. These can be simplified to the Good (We), the True (It/s), and the Beautiful (I).

Levels: degrees of complexity and integration that can be found in any of the quadrants, but most often used to refer to stages of development in people (from archaic, to magic, mythic, rational, pluralistic, integral, and beyond).

Lines and talents: various capacities in individuals that may develop relatively independently of each other, such as cognitive, emotional-sexual, moral, interpersonal, kinesthetic, musical, mathematical etc.

States: various phenomena in any quadrant marked by their transitory nature, particularly referring to states of consciousness in the individual and shared in groups (waking, dreaming, deep sleep; flow states, mystical states, etc.).

Types: different modes of being-in-the-world in individuals, such as masculine-feminine, the Enneagram, Myers-Briggs, 5-factor model, and so on.

The 4 Quadrants (AQ)

