

**Chart comparison for  
Ken Wilber's Levels vs Realms (Mikael Kvist - Time Warriors II)  
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**Stages of Existential Worlds Cosmic Evolution**

*Ken Wilber's Levels*

1. Body
2. Mind
3. Soul
4. Spirit

*Mikael Kvist's Realms*

- R1. Plane of Origin (Materia, Plants, Animals, Humans)  
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- R2. Aliens  
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- R3. Arch Angels  
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- R4-R7. Creators - Blue Copy - Creators Creator - The Total

Note: "-" means realm of death, transformational path (middle layer -interlink ) for the being into the other realm.  
Realms are most of the time closed for beings in other realms, Realms are thus *separated*.  
Beings in specific realms can be in different densities (links to the *material* not consciousness) - Heavy to lighter.  
Lighter spreads longer, heavy ones get attached to material bodies (as planets)  
Note: Kvist mentions knowledge planes/surfaces comparable to Wilber's All-Quadrants.

R1-R4 are realms in movement  
R5-R7 are realms in static manifestation

R1-R2 are realms of limitations  
R3-R7 are realms of freedom (no boundaries)

The need to shift realm from R1 to R2 when higher brain structures are required explains the difficulties for the Behaviour evolutions charts to know what's going on over the trans-rational level of consciousness. Thus the vibrations are too high and need another Realm of being to escape self destruction.

Kvist's Middle Layer or Interlink manages to link beings into the proper realm.

The charts are difficult to compare since Wilber starts from a psychological development chart and Kvist starts from a theological chart.

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*sources:*

**1. Sex, Ecology, Spirituality: The Spirit of Evolution  
by Ken Wilber**

Second Edition, paperback, 880 pages Publisher: Distributed by Shambhala Publications  
ISBN: 1-57062-744-4, (2000)

**2. Tidkrigarna II (Swedish language)  
by Mikael Kvist**

ISBN: 91-88422-09-7 (print: AIT Falun, 1998)  
Distribution: Spektra-Art, Box 56, SE-770 70, Långshyttan, Sweden