

Pathwork™ in Texas

The Function of the Ego

Notes for Teleconference Tutorial on Ego

January 13, 2009

Ego Lectures:

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Key points within each of these lectures are listed below.

*These notes contain **only** quotes from the lectures,*

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The Function of the Ego in Relationship to the Real Self , pgl 132:

Real Self = spontaneous creation, nature, 'everything great and generous... life expanding, beautiful and wise"

Ego's function is paradoxical; "only when the Ego is sufficiently developed can it be adequately dispensed with. While not developed, it cannot be dispensed with." "you use this ego in order to transcend it." "You first reach out with your ego faculties."

Spiritual Principle: "you have to reach a certain state and fully be in that state before it can be abandoned for a further state". "You first have to shed these desires or strivings before you can realize them and come to them all over again."

Accepting our own imperfections, as well as this life's imperfections... the doing with the lesser is an acceptance of this reality, of this dimension. For that, ego faculties are necessary.

"Awakening to truth is possible only when you have found and then let go of the childish distortions"

Spiritual Principle: "working out of abundance produces abundance, but working out of poverty and need produces more poverty and need. The weak ego considers itself annihilated when its wishes for omnipotence remain unfilled. Therefore the wish is negative."

"The ego is necessary to change its own mind and intent. The ego alone is capable of exchanging the false idea for a truthful one."

"Not only your body, but your life conditions are a result of what you are." (=Your life does not lie)

“Self-punishment is a substitute for giving up the guilt producing anxieties. If you say often enough how bad you are, if you suffer enough from your guilt, you will feel you are still a nice person in spite of maintaining what is, in actuality, of no conceivable advantage to yo and to others.”

Connection between Ego and Universal Power, pgl 152:

The ego says "look - it manifests." The reality is that "man begins to notice."

Universal life principle is always spontaneous.

“Man finds himself in the ironic position of, on the one hand, deeply yearning for the manifestations of these unvolitional processes and, on the other, fearing and battling against them. This is a terrible and a tragic conflict. It can only be resolved when the fear is being given up. The yearning can only be fulfilled when the fear is being given up.”

“it is not a question of first having to have removed the defects so that then something else can happen. It is a question of being able to quietly see oneself in the defect.”

Universal life principle: “the more they give of their energy, the more renewed energy is generated within.”

“The unmoving seems safe, the moving perilous. This is why life is feared, for life is eternally moving. When the moving is found to be safe because it carries you, you have found the only real security there is. All other security -- trust in and leaning on the static -- is illusory and breeds forever more fear.”

“The law of gravity parallels, or expresses on the physical level, the emotional reaction and the apprehension of falling and crushing when the ego is being given up as the sole form of individual existence.”

The Ego's Cooperation with or Obstruction to the Real Self, pgl 158

Ego can	Ego cannot (and the Real Self CAN)
Memorize	Feel, Produce deep feelings
Learn	Deeply experience
Collect creative knowledge	Give a deep flavor to living
Repeat	Deeply know
Copy	Be creative
Remember	Be spontaneous
Sort out	Reconcile all apparent opposites
Select	Always have answers
Make up the mind	Always have solutions
Move towards a certain direction	Render man more alive, fulfilled
Die	

Fear of pleasure:

Pleasure can only happen when you are connected and identified with the Real Self, with the eternal, creative substance of your being. This necessitates letting go of the direct ego controls. The heightened moments in your life... was precisely due to this letting go and being animated by something other than the usual faculties under the direct determination of the outer self.

Fear of letting go:

If one's sense of self derives exclusively from the ego, the personality is unable to let go. Letting go would then mean annihilation. Feelings can never respond to any must, issued either by other people or by the self. They come about indirectly and seem to have their own independent life, their own laws, their own logic and wisdom.

Real Self = life force, denial of the pleasure supreme of life = death.

Function of the ego is to deliberately seek contact with the greater self within. It must know its position. It must know that it's strength, possibility, and function is to seek contact, to request the help from the greater self to establish contact permanently with it.

After its task is fulfilled of deciding to pay the price of truthfulness, integrity, honesty, efforts, and good will, it must step aside and allow the real self to come forth with its intuition and inspiration that set the pace and direct the individual path.

It must know its limitation... and call upon the unlimited resources of the real self. The ego can be likened to 'arms', arms that move toward the source of life and stop moving when their function is no longer anything else but to receive.

Unconscious Negativity Endangers Surrender of Ego to Involuntary Processes, pgl 161:

Whenever the ego is in predominant control of the business of living and of the life functions, it dries up, it starves, it withers. For it cannot replenish itself at the life source (= the universal divine self within each individual being, the real self)

Ego is unconnected from the total being. Unconnectedness causes the ego state, thus material life, thus the cycle of life and death. If a human being overcomes the separation then the process of dying must equally be overcome. It is a state of consciousness.

Overactive ego prevents

- sleep = rest from the ego tensions and ego chores.
- mutual involvement and love between the sexes = total accepting of, the transcending good will toward, and the consequent melting into another human being.
- deep, profound meditation. All of these replenish through melting the ego with the universal forces, giving up the mind to the divine.

When the distorted and fearful personality hinders this natural process, then unnatural processes are looked for. This is why people yearn for the sensations that drugs give... self-destructive aims... courting death. Death is unconsciously longed for to the precise degree that it is feared the longing is there because the perpetual wakefulness of an isolated ego becomes unbearable.

There is a lawfulness that makes it indeed hazardous for the ego to let go of itself as long as the ego is attached to attitudes which are incompatible with the laws of the greater reality. ... perpetual unpleasantness may lead to unhealthy ego liberation and to insanity because the thus liberated ego is unsupported by anything that can give it real sustenance.

It is absolutely necessary to see yourself in this destructiveness. See yourself in that way for a while with the detached, objective self-evaluation that comes from a deep self-acceptance and the determination to do away with self-glorification and illusions about self.

Without the ego, there is no will if either the greater divine will is negated or unconsciously defeated... this is why there is such a deep fear of letting go.

This activity of catching one's own little hidden dishonesties is the kind of constructiveness that is compatible with the divine substance. Saying "I want to give my very, very best to the process of living, to every aspect of my life and contribute the very best forces that are within me. Wherever I do this and am too blind to be aware of it, I wish that the universal intelligence in me guide me to this awareness. I wish to pay attention to it." Puts something new in motion. In that moment!

Therefore fear of letting go of the ego diminishes proportionately because man has then something much larger and more reliable to trust in. This undivided intelligence and inexorable fulfillment is deeply safe and trustworthy.

The Meaning of the Ego and Its Transcendence, pgl 199 (often nicknamed ‘*Ego Tricks*’)

Man’s average state of mind is a fragmented piece of consciousness. The split off ego consciousness fears that going beyond, expanding this limited state, will dissolve his life and annihilate his existence. He ardently protects this limited state of consciousness, while it is this very limitation that creates fear and suffering.

It is his task, in the cycle of reincarnations, to reintegrate this split off ego consciousness and to regain forever wider and deeper portions of his real self, his cosmic existence with its unlimited, infinite possibilities for life experience, joy, and creation of the self.

Awareness has to be fought for. It does not come easily nor gratuitously. Remaining in the isolated ego state may appear safe and easy, but it leads to stagnation and death – ever recurring death.

The ego uses any number of tricks in order to maintain its separated, limited state:

Negativities and faults of every conceivable kind, summed up in the triad of pride, self will and fear (pgl 30).

Instinct of Self-Preservation (pgl 85 & 86) to preserve its present awareness.

Living for the sake of appearance rather than for the sake of truth, real feelings, interests.

Pride includes all attitudes of mask and defense, pretense and false shame

Self-Will includes stubbornness, resistance, spite, defiance, rigidity, expressing ‘I will stay where I am’ including staying isolated, separate and in status quo positions.

Fear includes all worry, anxiety, apprehensiveness so that any movement appears threatening and life-annihilating. These ego-tricks prevent joy, peace, freedom.

Negative Intentionality (pgl 195) to preserve the limited present state, and deny all desirable life experience.

‘Safety’ through denying pleasure, bliss joy, expansion, creative movement into life

Inattentiveness, lack of power of concentration, abstractedness, absent mindedness. To transcend it’s present limited state, the ego requires a good deal of one-pointed focusing.

Laziness, tiredness, passivity make movement impossible, undesirable, exhausting.

Fear of exposure, denial of showing real feelings perpetuate isolation and deny oneness.

Distrust and suspicion to remain in the unmoving, present state.

Connection Between the Incarnatory Process and the Life Task, pgl 216

Fragmented consciousness is a result of the total consciousness spreading and filling every nook and cranny of 'space'. It is the task of every fragmented, apparently disconnected aspect of consciousness to realize its true identity and connection with the real self.

These fragmented aspects of consciousness, of divine light which have lost their connection, float around in space. These aspects become personalities. The fragmented aspect of consciousness needs purification on many levels such as feelings, understanding, knowledge. It needs to spread its awareness to its full capacity.

You are all total entities, but your manifest consciousness with which you identify is an aspect that you total entity, your total being, seeks to reunite with.

Life, in its broader sense, is very much concerned with the process of spreading divine consciousness and reuniting with apparently disconnected aspects. That process is often called the divine plan or the evolutionary plan or the plan of salvation.

In order to follow through the process of spreading and reunification, the aspect to be purified is 'sent out' into a realm of consciousness that is commensurate with its own state. And that is the material level of life, as you know it in your conscious being.

The flow of energy rigidifies and makes things and people fixed. The flow becomes visible. The same with the entity itself. It is invisible and only the grossly condensed form of its essence appears as the sole reality.

There are unalterable basic common denominators such as love, wisdom, beauty. Each entity makes different dispositions, deals differently with its fragmented aspect.

The task always lies where the personality is still separate from the essence. The decision to integrate must be made by the conscious ego. The higher self will not and cannot force it upon the conscious mind. This would be against all spiritual law.

The gauge with which to measure the completion of the task is inner peace and fearlessness and organic living and dying.

First, the disconnected, conscious mind must make a deliberate effort and be ready for other possibilities. The conscious mind, as it is now available to you, contains possibilities to widen its scope to see more; to think in different ways; to expand its present limited circumference. This is its task.

Why understand Reason, Will and Emotion Personality Types?

Compiled from Pathwork Guide Lecture #132 and #216

- They are clues to your own personal misconceptions
- They are clues to the whole structure of the human personality
- They are clues to your personal transformation process
- They are clues to knowing what your task is in order to be enlightened.

When you are connected to what your essence is, and you know what your personality type is, you know what your task is to be enlightened.

What value does the Ego Personality have in Enlightenment?

Weak Ego = incapable of coping with life;
too small; 100/100, Either/Or; All or Nothing

Overgrown Ego = hinders reaching towards the real self;
ego too big; 100/100; Either/Or; All or Nothing

Healthy Ego = it 'knows' it's 'place'. The Healthy Ego

a) chooses to accept life

b) choose to want to understand itself;
knows there's a 'package' inside.

50/50; AND; Empathy for different agendas / needs

Integrated Ego = the Ego is integrated with
divine consciousness and moves out into life
as the **Real Self**.

100; Oneness; Sensing into a Unitive State of Consciousness

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The Ego's Cooperation With or Obstruction To the Real Self

Worksheet for Lecture #158

1. Are you afraid of dying? What do you imagine will truly be lost from **you** by your own death? (as opposed to what others might feel about your death, or have to manage because of your absence)
2. Are you afraid of living? Can you even imagine your own fear of living? If you are not afraid of living, what stops you from pursuing your heart's dreams? Are your excuses real, or a disguise for your fear of living?
3. What would 'pleasure supreme' look like for you? What would happen to you if you received everything you ever dreamed of?
4. What does the phrase 'letting go' bring up for you? Are you excited at the idea? Frightened? Depressed?
5. We all carry our past into the present and future. We also carry the hopes and expectations of others, plus some sense of obligation to family, friends, co-workers, authority figures, and even of national identity and pride. Do you have any sense of who you are in your Real Self, away from all these images and obligations?
Spend some time contemplating: Who Am I?
Note how many times titles and external descriptions appear as answers; wife, husband, mother, son, provider, professional, Catholic, Italian.
Allow these external labels to fall away, and consider: Who Am I?
6. Can you identify your ego as separate from your inner self? From the list of functions that the ego provides, can you sense a central place that is not ego?
7. “[The Ego’s] main function is to deliberately seek contact with the greater self within”. Can you “request the help from the greater self to contact permanently with it?” Spend some quiet time considering this. What did you sense?

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