

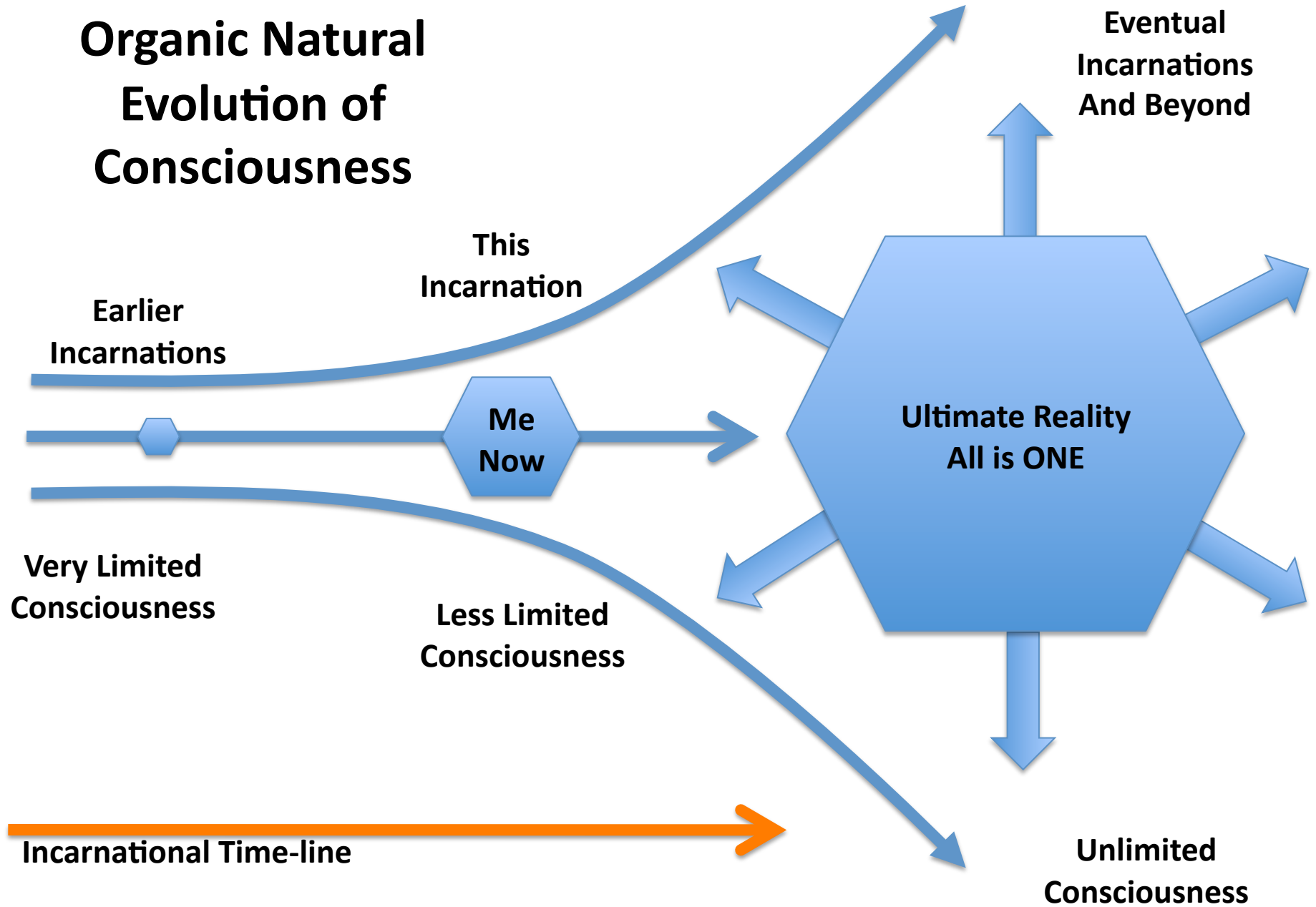
Pathwork Lecture 199

The Meaning of the Ego and Its Transcendence

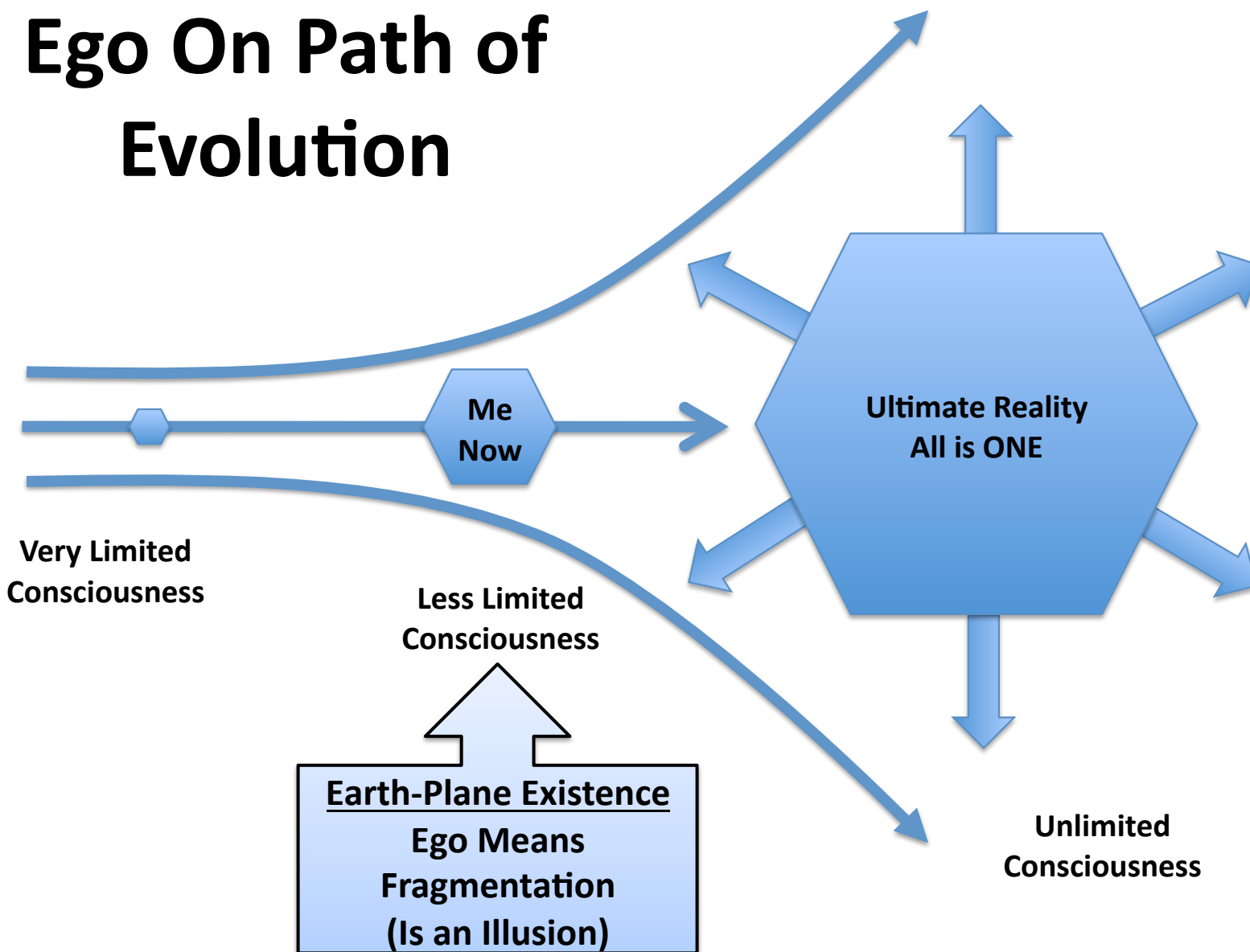
Gary Vollbracht

September 21, 2010

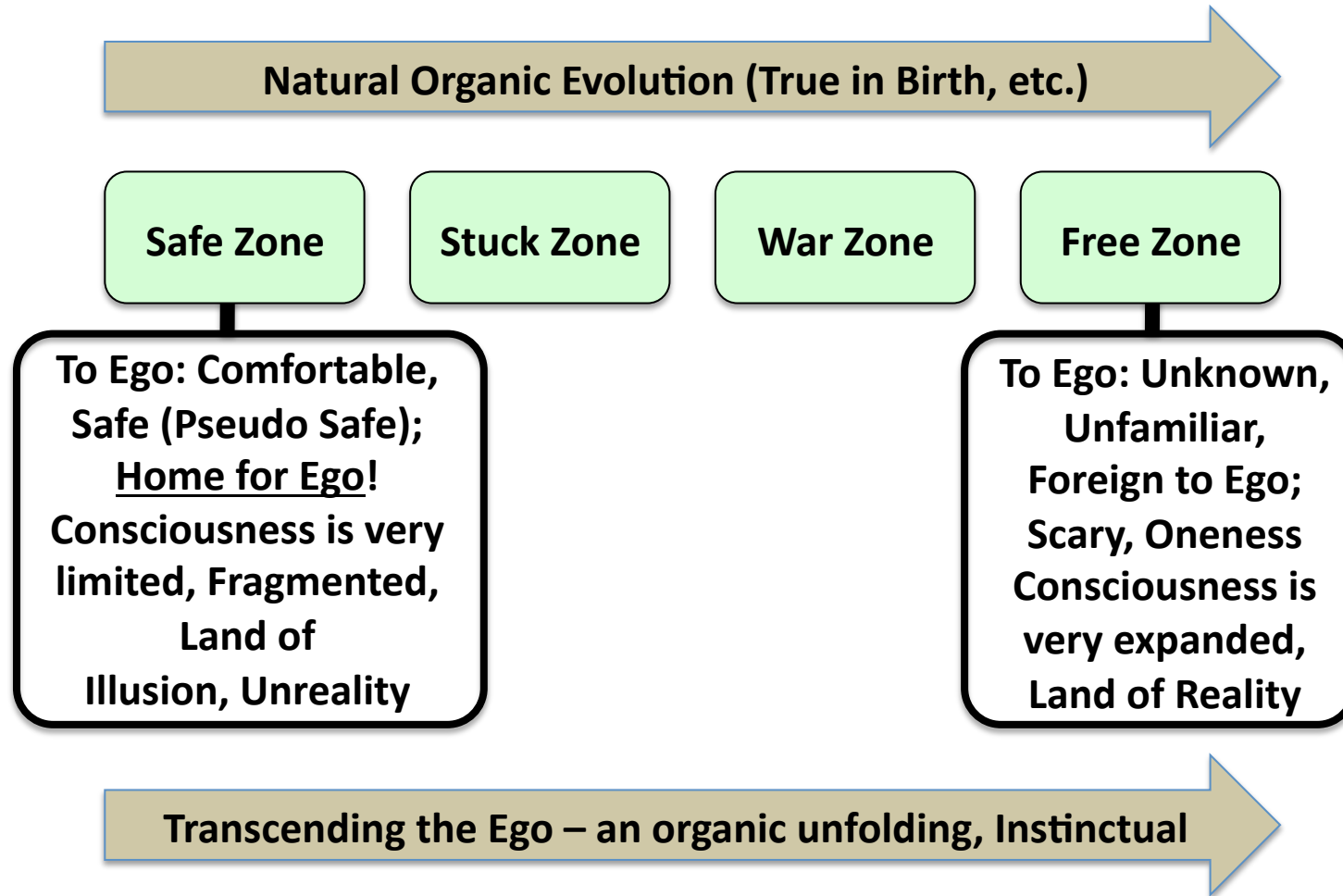
Organic Natural Evolution of Consciousness



Ego On Path of Evolution

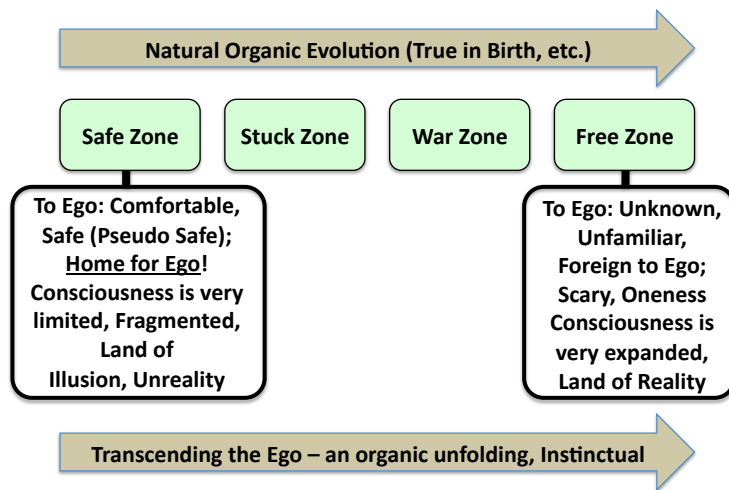


Transcending the Ego – The Deal



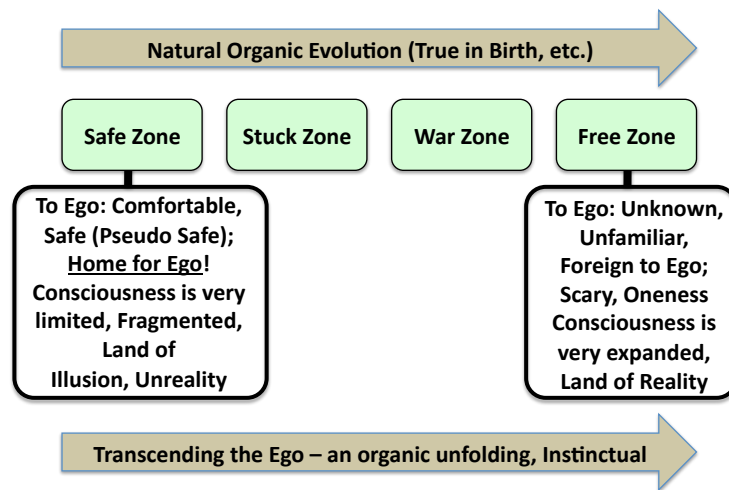
Credit: Four Zones from Tav Sparks – See *Movie Yoga*

Ego Resists Its Transcendence



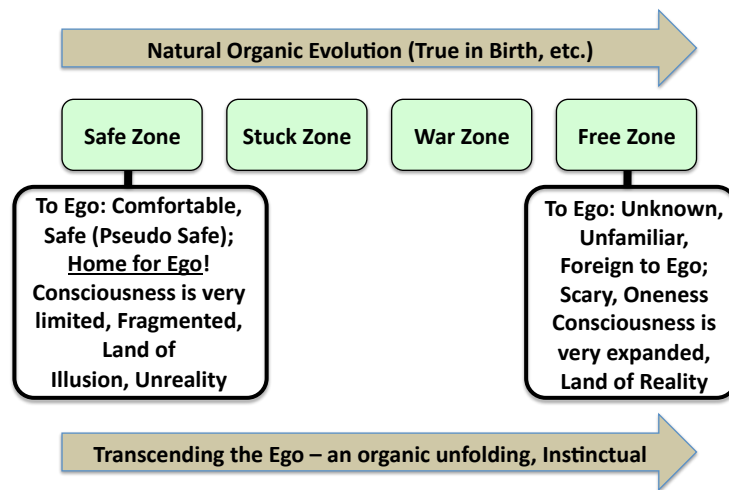
- Ego is comfortable in illusory fragmented space it has created and resists its instinctual drive to transcend itself and evolve to a higher consciousness

Tricks of the Ego to Stay in Safe Zone



- Fear of unknown
- Terrified of change
 - House is built on illusions of separateness – house will come tumbling down if separateness is not true
- If I change I shall be annihilated

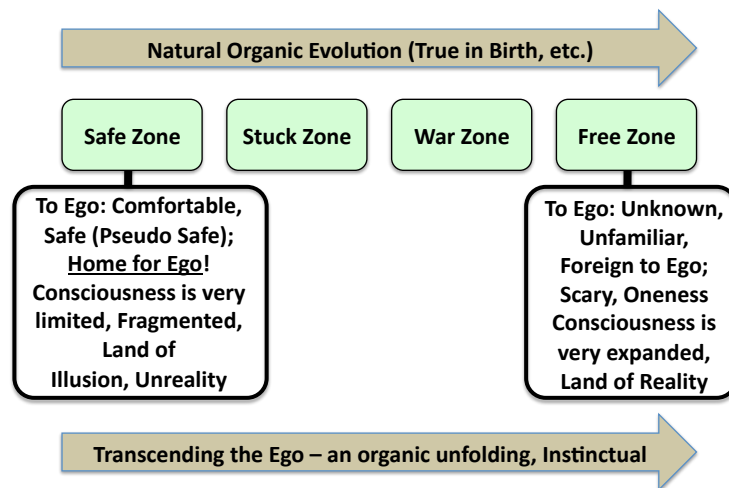
Tricks of the Ego to Stay in Safe Zone



- **Pride**

- Maintain illusion of separateness by being superior, competing with others, I must impress others
- Refuses to believe that what is truly good for me is good for all
- If I am separate, I must look out for ME first

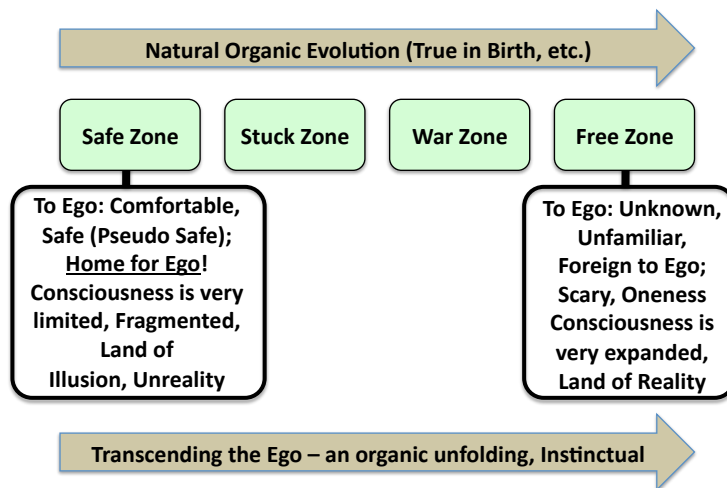
Tricks of the Ego to Stay in Safe Zone



- **Self-Will**

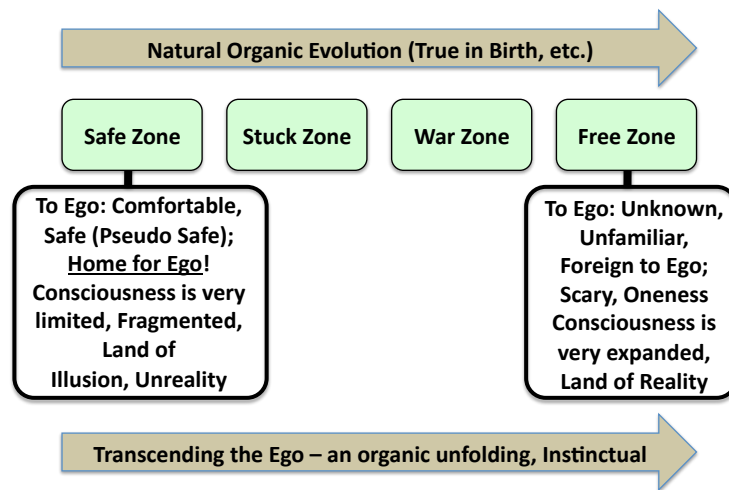
- I must fight to keep my consciousness what it is – not allow it to expand
- **Stubbornness, Resistance, Spite, Defiance, Rigidity**
- I “know” where I am and I’m sticking to it!
- I feel threatened by movement or being open or flexible

Tricks of the Ego to Stay in Safe Zone



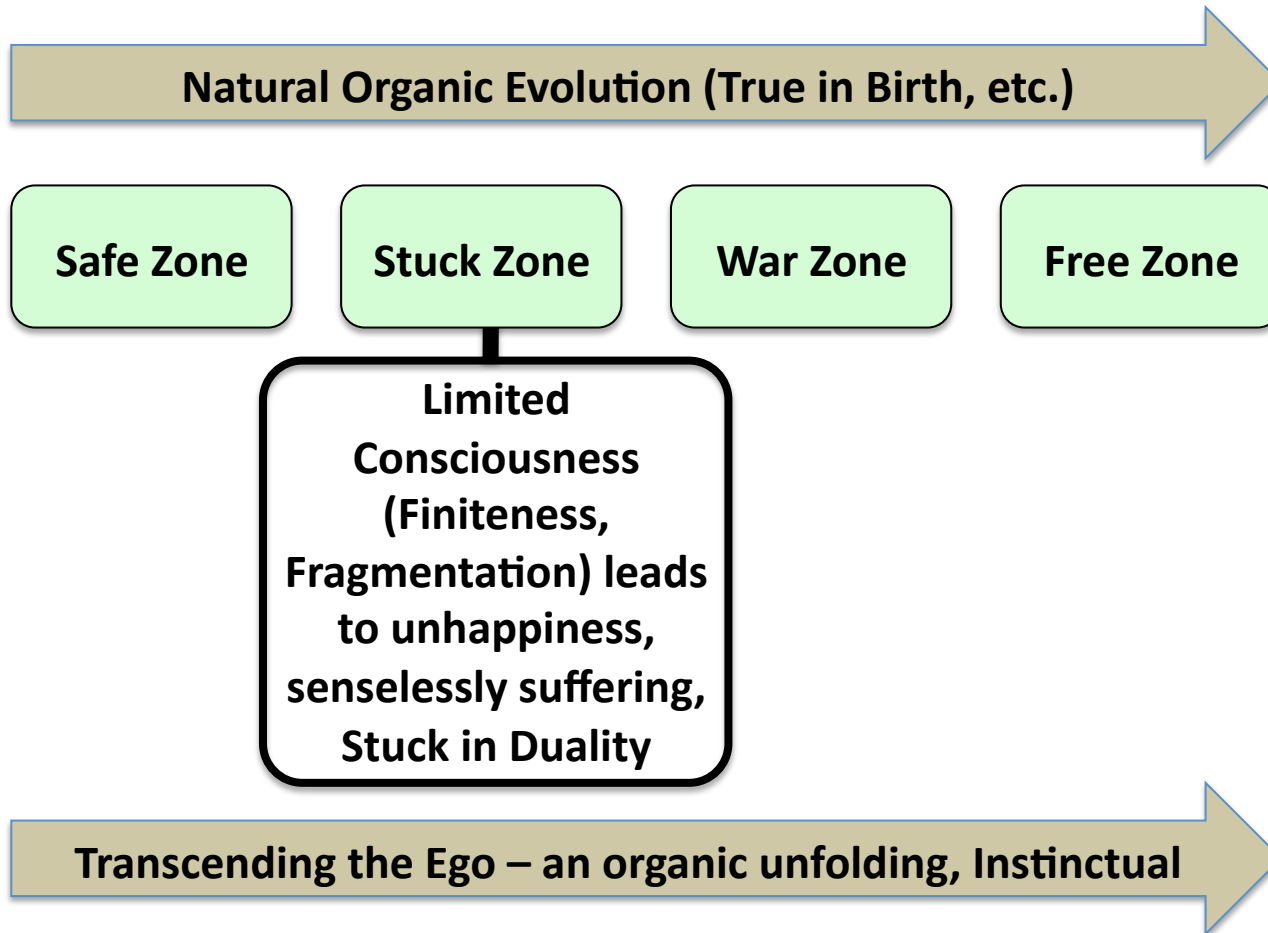
- Fearing and hence denying
 - Pleasure
 - Bliss
 - Joy
 - Expansion
 - Creative movement into life

Tricks of the Ego to Stay in Safe Zone

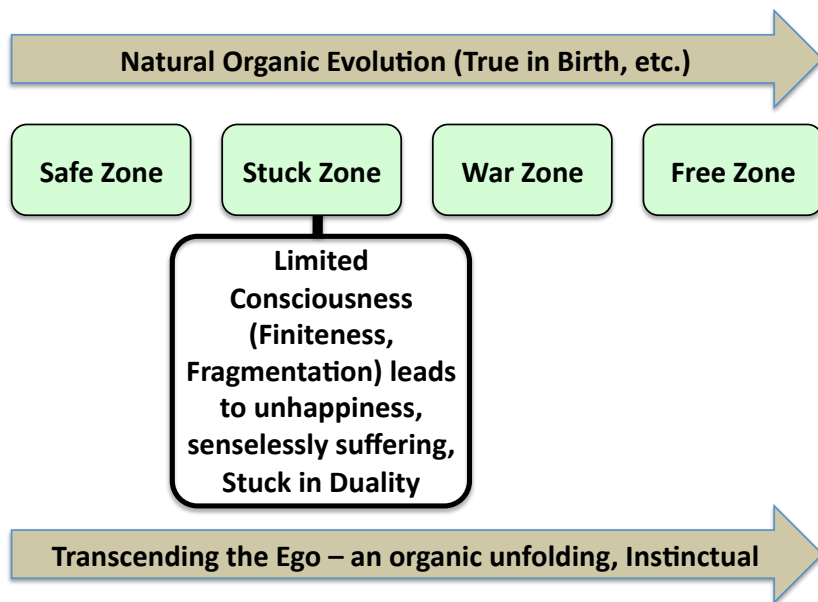


- Prevent the focusing necessary for the ego to transcend itself: inattentiveness, lack of concentration
- Laziness, tiredness, passivity – making movement impossible and exhausting

If Ego Refuses Organic Growth By Using Its Tricks, It Enters the Stuck Zone



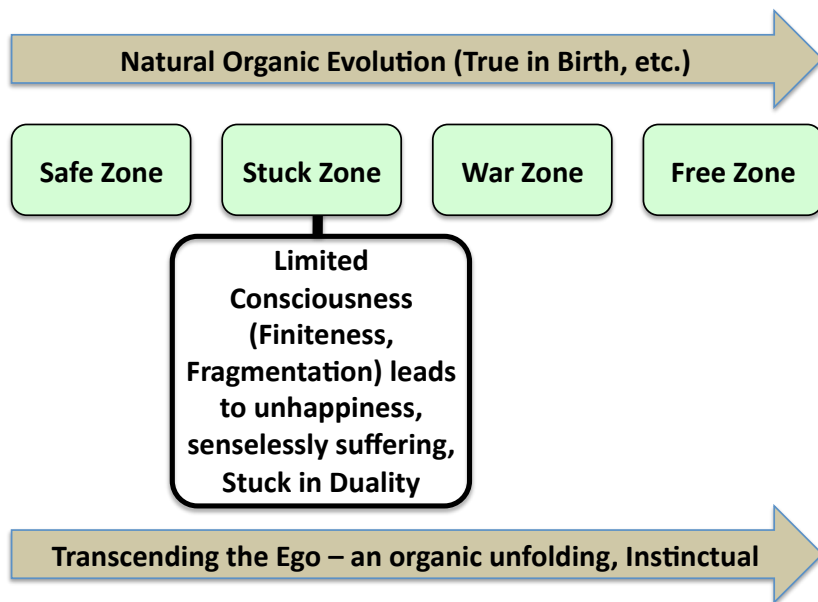
Life in the Stuck Zone



- **Great paradox:**

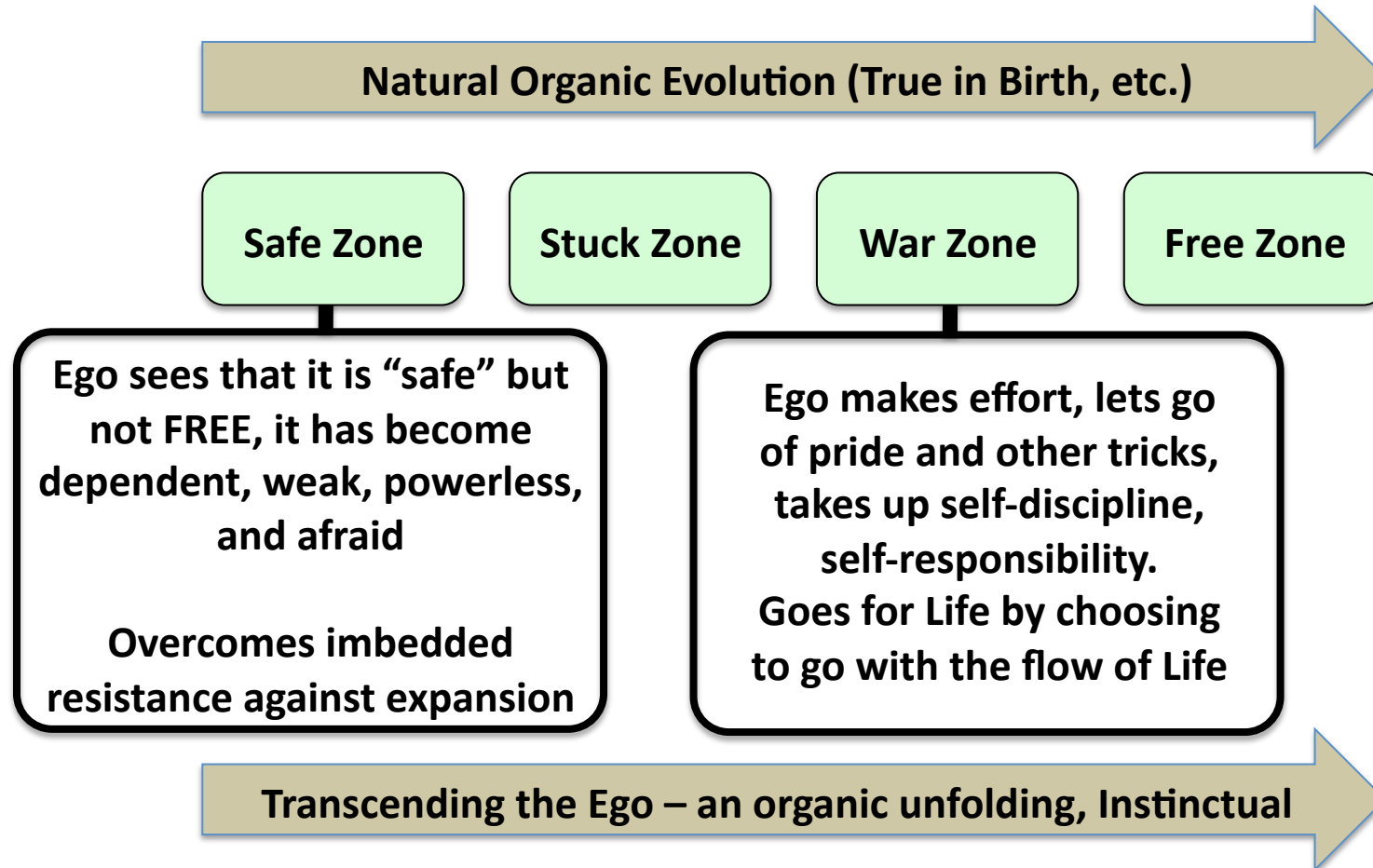
- Ego fights to remain in a limited state of consciousness that makes it unbearably lonely, fearful, meaningless
- Cannot fathom death – makes death terrifying, yet refuses to grow beyond current consciousness that makes it so.

Life in the Stuck Zone

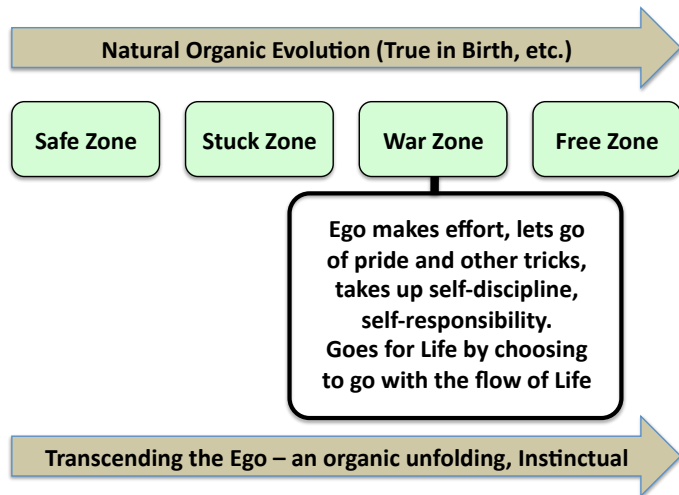


- Acting out all the Tricks of the Ego results in ever greater suffering
- Life is moving on – yet Ego refuses to move with it.

Entering the War Zone

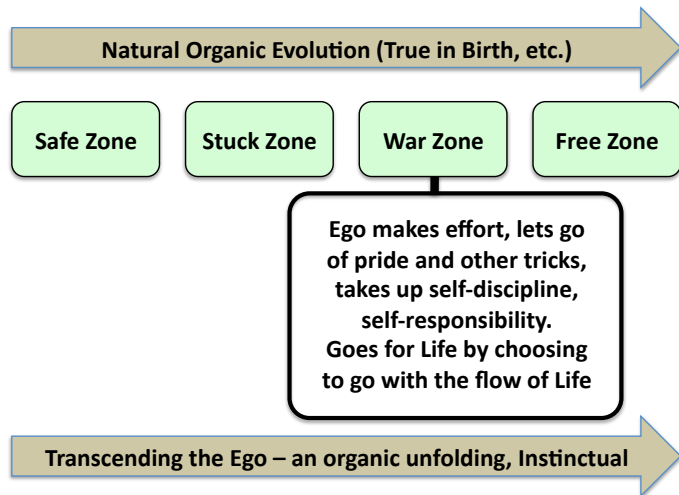


Ego Takes Up Its Weapons of War



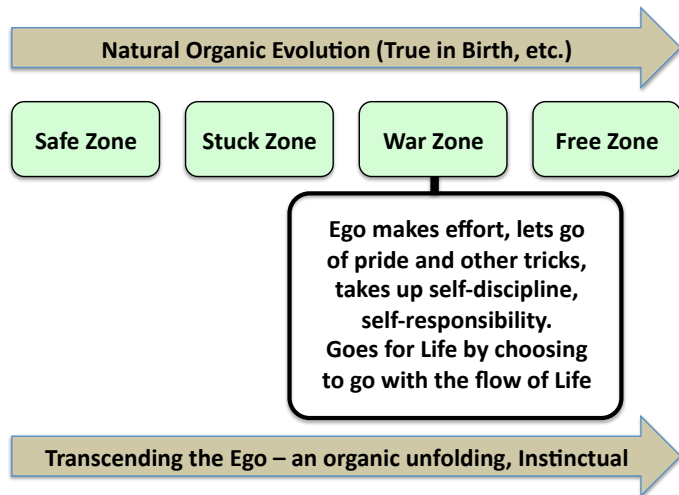
- Ego Has the Weapons it needs:
 - Discipline
 - Courage
 - Humility
 - Ability to commit itself
 - Access to attitudes aligned with Spirit
 - Ability to overcome embedded resistance against expansion – the territory beyond what is known
 - Must use what it has

Ego's Warrior's Code



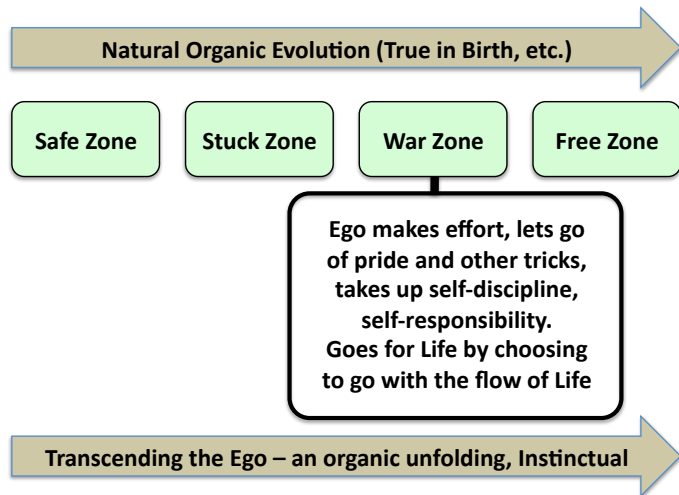
- “To acquire new knowledge or skills, on whatever level, always means overcoming laziness.
- It means self-discipline: the more desirable a new aspect of life is, the more real and durable it is, the more you must invest in it.
- It means trial and error, and the ability to convert failure into success.
- It means perseverance, patience, faith.
- It means overcoming fear until the new thing becomes one's own natural possession, until it becomes part of the personality, second nature, so to speak.”

Ego's Warrior's Code



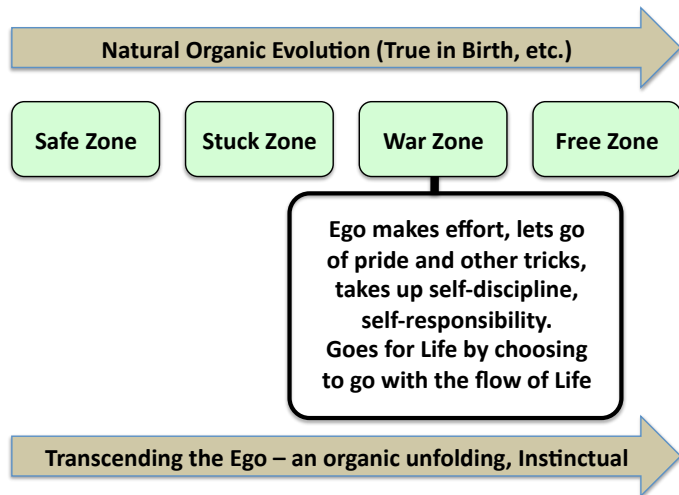
- “The ego must learn and adopt attitudes compatible with the universal, divine ones.
- The arduous task of making the ego flexible always comes first: teaching it, bending, changing it; making it receptive and vibrant; letting new life energy and creativity flow through it by identifying and abandoning the ego's tricks.
- Whether it takes shape as new knowledge, new skills, or a new attitude toward life and the universe, this change always means a new territory has become your own.”

Calls for Healthy Ego



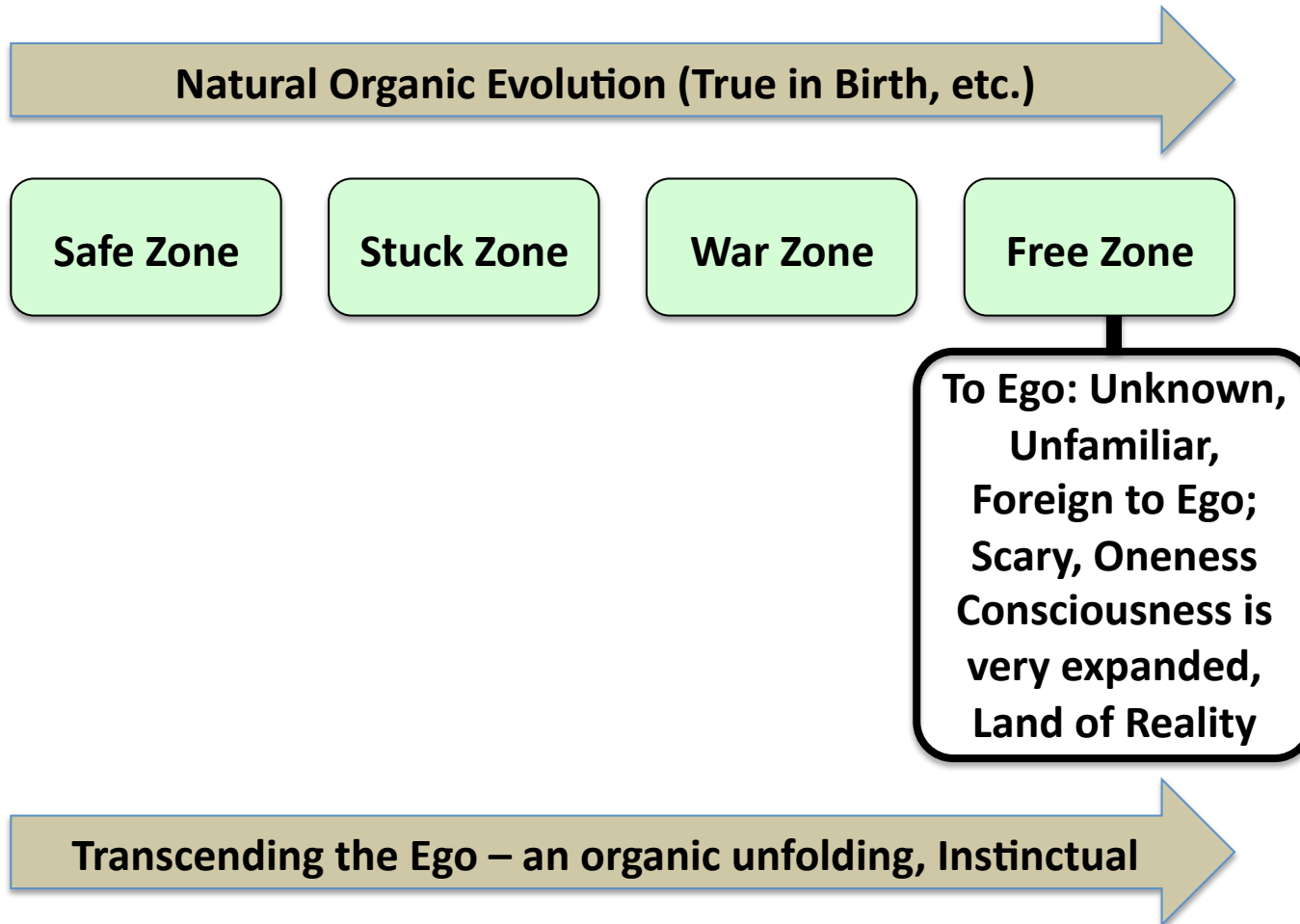
- “The ego must be healthy in order to venture beyond its present confines, to transcend itself, and learn and own as yet unknown spiritual territory.
- It needs to expand its knowledge, experience, and creative potential.
- In order to do this, the ego must adopt attitudes compatible with its original nature.
- All the tricks of the ego, all the negativity and evil that are embedded only in the ego, have to be recognized with a very incisive, sharp self-honesty for what they are.”

The Unhealthy Ego

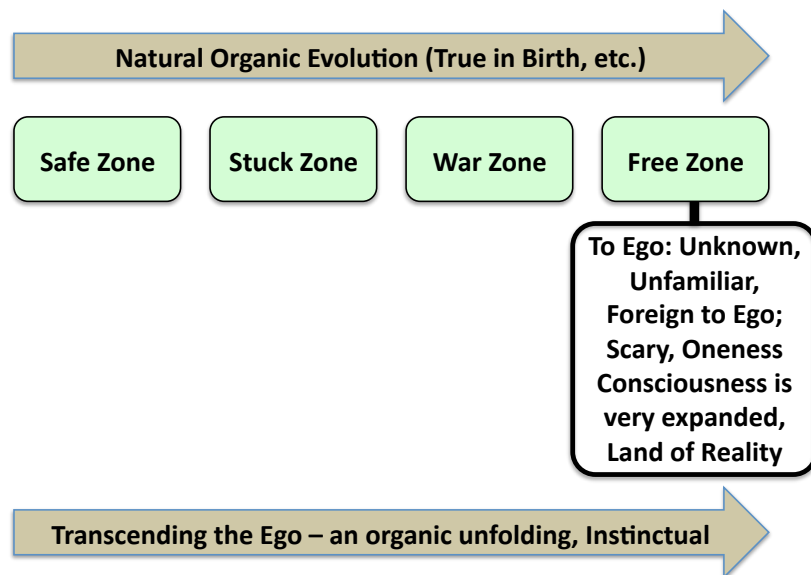


- “The weak, sick, distorted ego very often wants to give itself up simply because it cannot bear itself any longer.
- It adopts various forms of escape, such as drugs or other means of false transcendence.
- But such ego transcendence is highly dangerous and is just a variation of insanity.
- In all these false and dangerous attempts, the entity always seeks to avoid effort, pain, inconvenience, and those aspects of life with which it does not agree or which it does not understand.
- It seeks to cheat, using shortcuts, which can never work and which exact a very high price ”

True Freedom

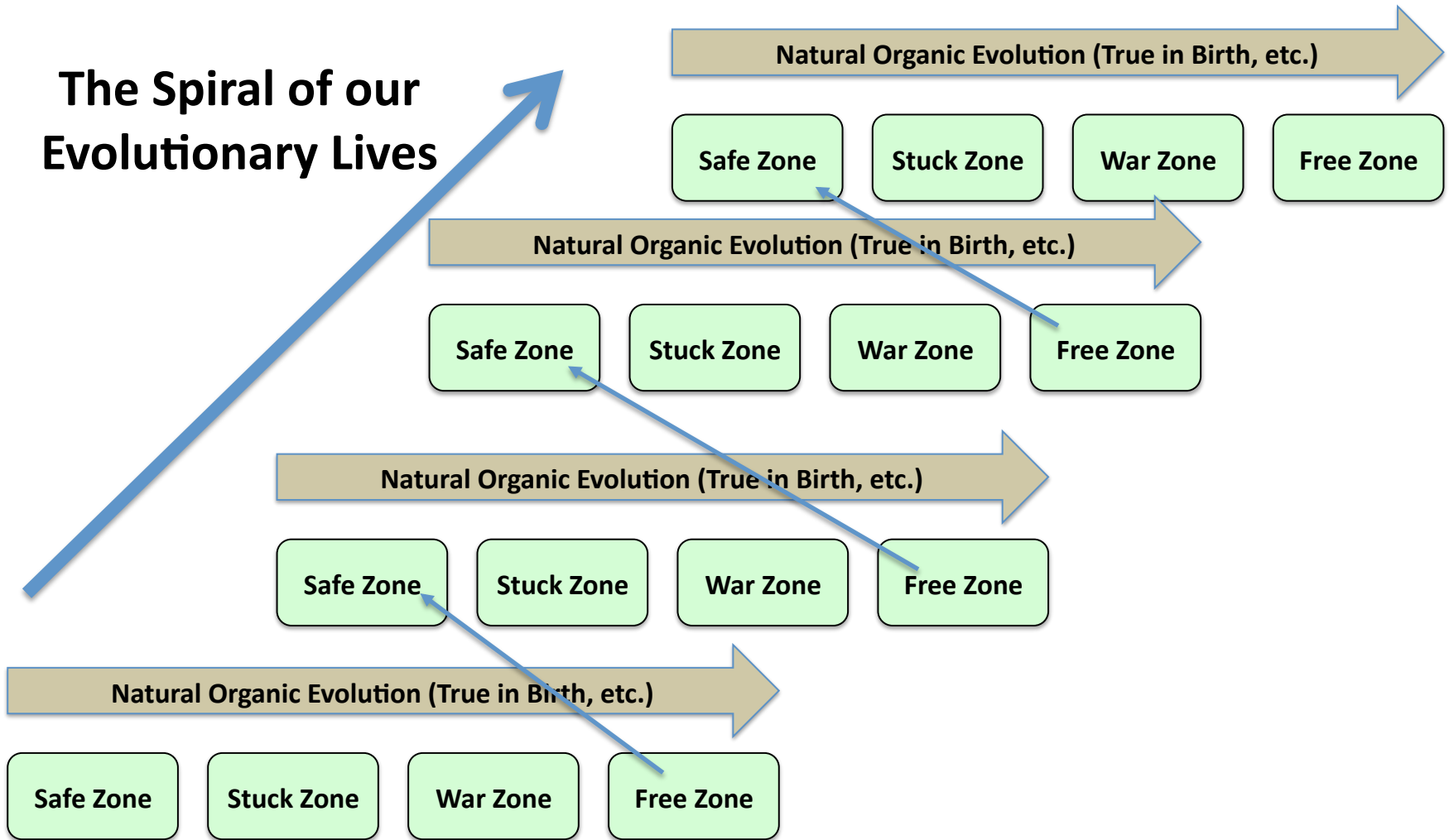


Life in the Free Zone

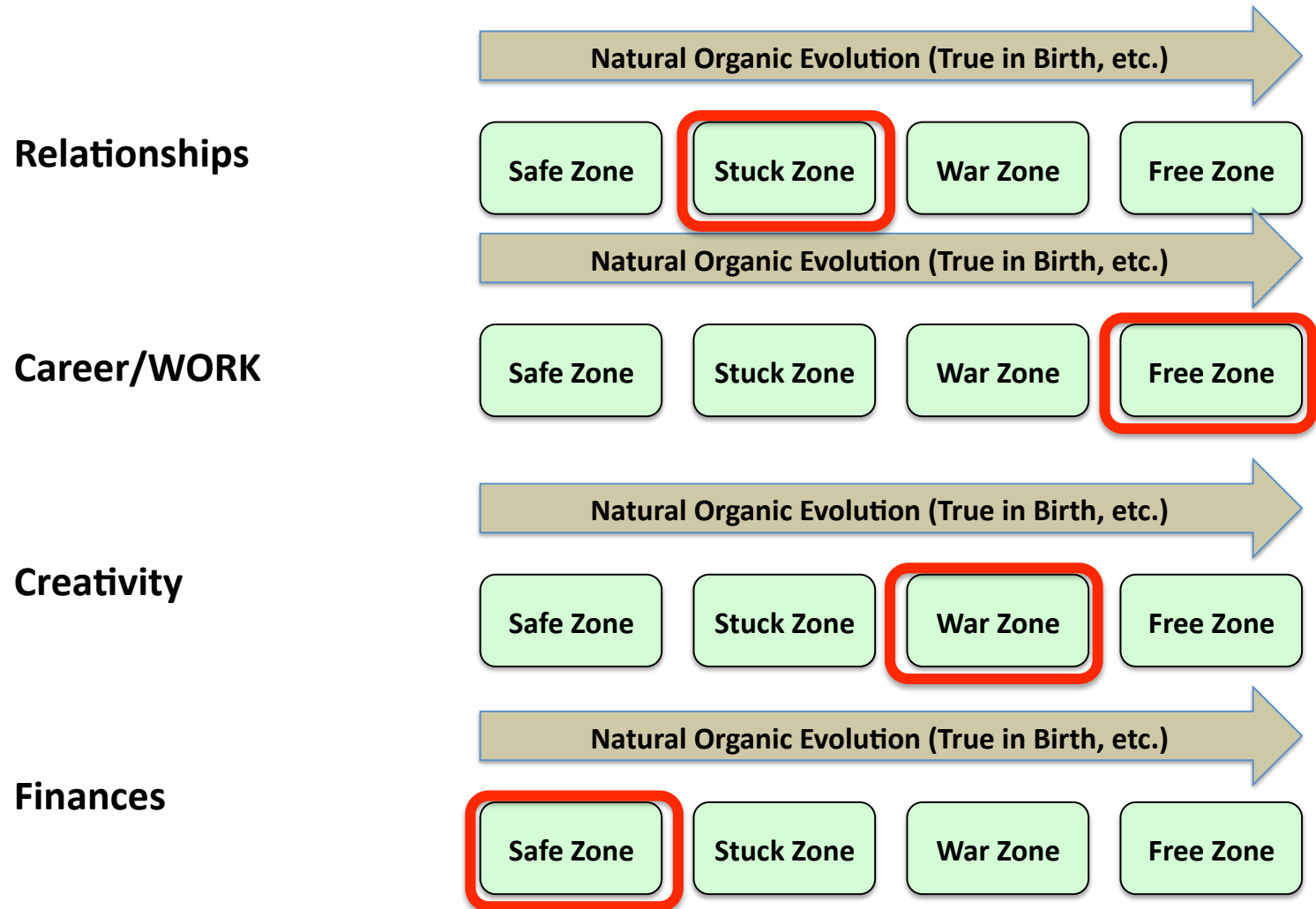


- Then you acquire new territory: a territory that was at first frighteningly foreign, unknown, and apparently dark but will become familiar and light.
- With this new safety, a sense of eternity is created in the self.
- The deepest feelings, knowledge, and experiences of life's continuum will grow and automatically eliminate an enormous amount of pain and fear.
- But this growth cannot come cheaply. It requires full investment and commitment on your part.
- And whoever does this genuinely must reap the fruits in a most concrete way.

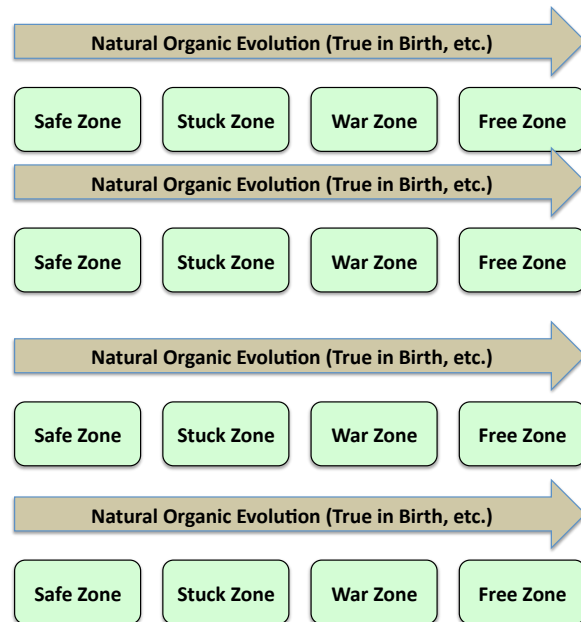
Incarnation After Incarnation



And in Every Area of our Life



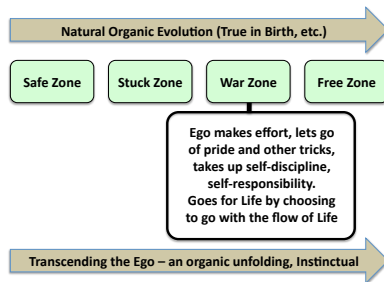
Exercise 1



- Identify major categories of your life (relationships, career, leisure, family, finances, etc.).
- In your journal, list these and note what stage you are going through at present. Why do you believe you are in this stage? How could you find peace in where you are in life?
- What was it like to write about this? Read what you wrote. What additional feelings come up? Write these down.

Exercise 2

Calls for Healthy Ego



- “The ego must be healthy in order to venture beyond its present confines, to transcend itself, and learn and own as yet unknown spiritual territory.
- It needs to expand its knowledge, experience, and creative potential.
- In order to do this, the ego must adopt attitudes compatible with its original nature.
- All the tricks of the ego, all the negativity and evil that are embedded only in the ego, have to be recognized with a very incisive, sharp self-honesty for what they are.”

- **What are some practices you could adopt to strengthen your ego for working in areas where you are not yet free?**
- **Write these out.**
- **What feelings arise?**
- **What additional feeling arise as you read this over?**