

"False/Partial" Self

The F.A.C.E. of EGO (autonomous self)

To "lose" this "face" is a practice leading to the virtue of humility, the ability to accept reality as it is. When faced with a disruption we can ask ourselves these questions:

What am I afraid of?

What am I holding on to?

How am I insisting I be in control?

What do I believe I am so rightly entitled to?

Fear: What am I afraid of?

Admit that we are afraid.

Allow ourselves to feel the fear fully.

Act as if-or so that-fear does not stop or drive us.

Move from being trapped in fear to moving through fear.

Attachment: (the cause of Spiritual Desolation)

is transformed by letting go of our desire for, or expectation of, a particular outcome. We soften or drop our rigid positioning and our possessiveness. This is how we can relate to a person or situation rather than being possessed or obsessed by them.

Control:

is transformed by allowing others full freedom and by letting "the chips" fall where they may, ... letting be. This is how neurotic control becomes healthy power, a power for, not over others.

Entitlement:

believing that we are exempt from the ordinary conditions of existence that affect all humans:

- things change and end;
- things are not always fair;
- suffering is a part of growth;
- sometimes people hurt us,
- betray us, cheat and disappoint us.

Yet we go on loving. We plan and hope for the transformation of others, not their punishment. This is how neurotic entitlement becomes self-respect and we become more self-protective and more compassionate too.

True Self/Whole Self

The F.A.C.E. of The True Self (Free Self)

To nurture this "face" is to allow the healing, powerful force of our center to emerge within us and the world, through wrestling with the "shadow" sufficiently. I have enough humility to say, "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me." (Gal. 2:20)

Freedom: Can be accepted as a life style by letting go of addictions; by being open to God; by letting go of false identity; by knowing you are accepted, loved, worthy. You know that you belong to the whole.

Acceptance: Being in the flow of life, and begin detached from the outcomes; letting God be God.

Compassion: is allowed by learning from our suffering and allowing other to have their own journeys of individuation. We no longer have to fit people into our image.

Energy: Meaning and power flows when connected to True Self. To allow the power of the Christ-self to flow form a soul is to release healing and transformation. (Augustine: "Make me a CHANNEL of your peace...") When there is a lack of energy it is a sign that the "false self" (aka limiting story) is not working any more.

We gradually become aware of a limiting story.

Better descriptions of false self:

- Coping self
- Survival self
- Limiting self
- Terrified self
- Dependent self
- Traumatized self
- Imprisoned self
- Partial self