Self-transcendence:

Determining morality means trying to defeat in ourselves of our enticements and impulses because they will take us to the wrong way. We want to overwhelm these temptations, "we have to go beyond ourselves."It can be seen that self-transcendence is essentially a prerequisite of morality, a necessity, a compulsion that leads to morality, and because conscience is evidently spokesman of our life-sustaining instinctual impulses to our minds, to our consciousness,
self-transcendence is essentially the conscience itself, the spiritual constraint of being good and moral!
Conscience helps us to overcome ourselves and to choose the "right path" and to take the difficulties of the right paths.
Self-transcendence is our struggle against our constraints leading to the bad, eG. the instinctive constraint of our false self-esteem, in everyday formulation: our vanity, our excessive false self-esteem, our ugliness, our excessive hubris, but our struggle against our excessive pleasure-seeking desire, our laziness and our pursuit of an opportunist lighter way.
Self-transcendence is a fashionable expression, and it's meaning: overwhelmed by itself, overcomes itself, exceeding itself, overswinging himself. Candace A. Vogler came to the conclusion that the greatest difference between the happy and the dissatisfied man is that the former could swing over himself, he could swing over himself. (This is a good match for what the writers of the Bible have put in Jesus' mouth: "He who is following me must deny himself !"… Nothing new under the sun!...).
But what is in us, which we must overcome, which we must deny, is not explained in any wording. I have defined this obstacle that we must overcome, that we must defeat in ourselves and I was digging down one level deeper in human nature.
Self-transcendence, overcoming ourselves, overcoming our own self, means to overcome the self-motivated, self-interested, hedonistic, opportunistic seducing to seek pleasure and joy that is the tendency, the urge, the seduction, the desire to seek and to choice the moral lighter path.

But I went further down to search for the reasons that led to the instinctive compulsion of false self-esteem, which is the most important and most abundant case of moral easier ways in practice.
I think the constraint of false self-esteem is created by our instinctive self-deception, driven by the seduction of the instinctive self-esteem and the moral "lighter way" .
Thus, the four most important of our worst-for-all constraints were ours: the self-deception, the false self-esteem, the selfish, opportunist constraint for pleasure-seeking and self-esteem, and the false community consciousness, that is, the false group consciousness. These malevolent compulsions, seductions, temptations cause the greatest difficulties for our life-sustaining instincts and their spokespersons, for our conscience.
In fashionable words, this is the self-transcendence.