

Handouts are posted on David's Unity page

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Distinguishing the Ego and the Higher Self.

The Ego is based on fear, the need to control and pride, it is created and energized by experiences. It is a (mostly) subconscious process that strongly colors our personality and perception of the world. This is also referred to as the mind or *egoic-mind*. It is our sense of separation. The ego and other psyplexes (complexes) are not ultimately real.

The Higher Self is based in Love, Self-awareness and our Transcendent Consciousness. It reflects our Innate Divine characteristics. It is the true Experiencer and Director of our life. This is the True Self, Higher Self or Mind (capital M). It includes our sense of being and connection.

The Higher Self is the source of inspiration, miracles, and is the guiding force (the Director) of our life. It is our true identity.

You always have the Higher Self and much of life has been the Higher Self experiencing and expressing Itself. The Higher Self is a reflection of the Eternal Divine Being, while the ego is an energy complex that has no intrinsic reality and will diminish or cease to exist as we evolve. The following may help distinguish the ego from the Higher Self.

Nature of Thoughts and Feelings:

- Ego: Often rooted in fear, insecurity, or desire. The ego's thoughts are frequently concerned with past regrets or future anxieties. It seeks validation, control, and is often defensive.
- Higher Self: Characterized by feelings of peace, contentment, and present-moment awareness. It is associated with intuition, empathy, and a sense of connection with others and the world. It is Joyful and Loving in nature.

Reaction vs. Response:

- Ego: Reacts impulsively and programmatically to situations, often driven by emotions like anger, jealousy, or fear. (Often reacts from habit unconsciously).
- Higher Self: Responds mindfully and freely, maintaining a sense of inner peace and clarity regardless of external circumstances.

Sense of Identity:

- Ego: Tied to identities based on external factors - job, social status, physical appearance, achievements, and the opinions of others.

- Higher Self: Finds identity in intrinsic qualities like compassion, creativity, and inner strength. It is not overly attached to material possessions or social status. It has the desire to lead a purposeful awakened life.

Approach to Life and Relationships:

- Ego: Views life competitively, often in terms of 'winning' or 'losing'. It may perceive others as threats or rivals. It sees itself as the center of life in a mundane world.
- Higher Self: Approaches life cooperatively, seeking understanding and harmony. It sees others as equals and is compassionate. It intuitively knows that Self is being realized and consciousness expanded in a Divine Life in which it participates as a conscious co-creator with the Divine.

Presence and Mindfulness:

- Ego: Often *lost* in thought, either ruminating on the past or worrying about the future.
- Higher Self: Lives in the present moment, appreciates the here and now, and is *fully engaged* with current experiences.

Attitude towards Change and Challenges:

- Ego: Resists change, prefers comfort and familiarity, and is often driven by fear of failure or rejection. Ego has a strong need to control life.
- Higher Self: Embraces change as an opportunity for growth, sees challenges as chances to learn and develop.

To connect more with our higher self and reduce the influence of the ego, we use practices such as meditation, mindfulness, self-reflection, and find that fostering a non-judgmental awareness of our thoughts and feelings can be helpful. These practices can increase our awareness of when the ego is at play and help us cultivate a deeper connection with our higher self.

Recognizing the ego in the moment involves developing self-awareness and mindfulness. Here's how you can practice this:

- Mindful Observation: Pay attention to your thoughts and feelings without getting caught up in them. Notice when you're having a strong emotional reaction or when your thoughts are focused on the past or future, rather than the present moment.
- Identify Ego-Driven Thoughts: Ego often manifests in thoughts centered around judgment (of self or others), defense, comparison, or a need for validation. If you

find yourself feeling superior or inferior to others, or overly concerned with how others perceive you, these could be signs of the ego at work.

- **Acknowledge and Accept:** When you recognize an ego-driven thought or emotion, acknowledge it without judgment. Accept that it's a part of your current experience, but not the entirety of who you are.
- **Pause and Reflect:** Before reacting to a situation, especially when emotional, take a moment to pause. This space can help you respond from a place of awareness rather than from an automatic ego reaction.
- **Question Your Perspective:** Ask yourself if your current thought or reaction is truly reflective of the situation, or if it's being colored by past experiences, fears, or desires.
- **Focus on the Present:** The ego often dwells on past regrets or future anxieties. Bring your attention back to the present moment. This can be done through focusing on your breath, engaging in a mindful activity, or simply observing your surroundings.
- **Practice Self-Compassion:** Recognizing the ego isn't about self-criticism; it's about understanding yourself better. Approach this practice with kindness and patience towards yourself.
- **Seek Patterns:** Over time, you may notice patterns in your ego responses. Understanding these can help you anticipate and manage them more effectively.

Distinguishing between the ego and the higher self at work involves understanding how each aspect influences your behavior, thoughts, and interactions with others. Here's a breakdown of how both might manifest in a workplace setting:

Ego at Work:

- **Competitiveness:** If you find yourself constantly comparing yourself to colleagues, striving to outdo them for recognition or status, this is likely driven by the ego.
- **Defensiveness:** Reacting defensively to feedback or criticism, or feeling easily threatened by others' ideas or success, can be a sign of the ego.
- **Attachment to Outcomes:** Being overly concerned with success, titles, or specific outcomes, and identifying your self-worth with your job title or achievements.
- **Interpersonal Conflict:** Engaging in or fueling conflicts, gossip, or office politics out of a desire to assert dominance or control can be an ego-driven behavior.
- **Resistance to Change:** If you find yourself resisting new ideas or changes in the workplace due to fear or insecurity, it could be your ego trying to maintain a sense of control.

Higher Self at Work:

- Collaboration and Teamwork: Working harmoniously with others, valuing their contributions, and focusing on collective goals rather than just personal success.
- Openness to Feedback: Viewing feedback and criticism as opportunities for growth and learning, not as personal attacks.
- Inner Fulfillment: Finding motivation in the work itself and the value it brings, rather than external rewards or recognition.
- Positive Interactions: Encouraging others, offering support, and contributing to a positive work environment.
- Adaptability and Openness: Being open to new ideas, flexible in the face of change, and willing to innovate or try new approaches.

In a workplace, your ego might be active when you're overly concerned with how you're perceived, competing with others, or attaching your identity to your job or achievements. In contrast, your higher self is present when you're focused on the intrinsic value of your work, contributing positively to your team, and maintaining a sense of peace and fulfillment regardless of external circumstances.

In a conversation and at a dinner party, your *higher self* can manifest in various meaningful ways, enhancing the quality of your interactions and experience:

In a Conversation:

- Deep Listening: The higher self is present when you actively listen to others, not just waiting to speak but truly understanding and empathizing with what is being said.
- *Authentic Expression*: It guides you to speak honestly and from the heart, contributing genuinely to the conversation.
- Non-Judgment and Openness: The higher self allows you to engage without judgment, being open to different perspectives and ideas.
- Compassionate Responses: It influences you to respond with compassion and understanding, especially in sensitive or emotional topics.

At a Dinner Party:

- Mindful Engagement: The higher self helps you to be fully present and engaged with the people around you, appreciating the company and the moment.
- Gratitude and Appreciation: It encourages a sense of gratitude for the food, the company, and the experience of being together.

- Inclusivity and Kindness: The higher self guides you to be inclusive, ensuring everyone feels welcome and valued in the gathering.
- Joy and Harmony: It fosters an atmosphere of joy and harmony, contributing to a pleasant and memorable experience for all. It is a small Celebration of Life and friendship.

In both scenarios, the higher self aids in creating meaningful, authentic, and enjoyable interactions. It brings a quality of presence, empathy, and connectedness to your conversations and social gatherings, enriching your experiences and those of others around you.

THINKING

How Does the Higher Self Think?

- Intuitive Thinking: The higher self is often associated with intuitive thinking. It's more about a deep knowing or understanding that doesn't necessarily rely on logical reasoning. This *Knowing* is an expression and realization of Wisdom which comes from the integration of all experience.
- Holistic Perspective: The thoughts influenced by the higher self tend to have a holistic quality. They consider the interconnectedness of things and are often aligned with a sense of empathy and unity.
- Non-Attachment to Thoughts: The higher self observes thoughts without becoming attached to them. It understands that thoughts are transient and not the entirety of one's identity. Higher Self is aware of all thinking that arises.

How Does the Ego Think?

- Analytical and Logical Thinking: The **egoic mind** is involved in the more analytical, logical, and sequential thinking processes. It's concerned with problem-solving, planning, organizing, and rationalizing.
- Self-Centric Thoughts: Ego-based thoughts often revolve around the self - personal desires, fears, ambitions, and how one is perceived by others. In our map of the Soul we say that the "ego" can hi-jack our thoughts and other impulses.
- Attachment to Thoughts: The ego identifies strongly with its thoughts. It often creates a narrative about one's identity based on these thoughts, leading to a sense of separateness and individuality.

In essence, while the higher self is involved in a form of thinking that is intuitive, holistic, and detached from individual thoughts, the ego engages in a more analytical, self-centered, and thought-attached way of processing. The higher self's involvement in thinking is more about understanding and perceiving, rather than the active chatter and narrative construction often associated with egoic thinking.

The Higher Self does sometimes initiate Analytical and Logical Thinking when details are needed for a solution or expression. This begins usually with an intuitive insight or inspiration and then the deeper perceptions arise and can be formulated into logical, and sequential stages or components that will actualize the idea, inspiration or expression. Higher Self does the strategy and architectural design for problem-solving, planning, organizing, and rationalizing.

In the Map of the Soul

THE HIGHER SELF

The True Self is Consciousness. Consciousness, Being, Bliss. (Love , Creativity, Potential)

The Higher Self is the real “experiencer” in our psyche.

Ego is a Psyplex, an energy entity, a (mostly) subconscious psychological complex. It has no intrinsic reality, it is the result of our experience. A complex of Psyplexes.

Who is experiencing this moment for you? What is the experiencer?

So the higher self doesn't think on the egoic level, it can initiate impulses that form into thoughts and the higher self knows *intuitively and directly the Truth*. So When we are in CLARITY there's no thinking response needed. But thoughts can formulate and make our insights logical and actualized for use in the mind.

Any train of thought response that seems to be needed is more for the conceptual mind's grasping of the experience. The deepest meaning is experienced intuitively by the Higher Self and becomes part of us if we truly Know it. Thoughts can be useful to integrate a new attainment (consciousness expansion) into the conceptual mind dissolving previously existing misconceptions and beliefs.

There is value in thinking and reflecting about an experience but the actual truth (activation) , meaning and facility with the new Knowing is in the realm of the Higher Self. This happens in the context of Presence. (Presence is actually more a context).

Presence spontaneously makes the connections and realizes the values and the Higher Self will always sees a level deeper that the conceptual mind can grasp. Conceptual mind is limited ... e the Divine attributes , we are making space

The Higher Self expands by personal growth and enrichment .. this actually means that Consciousness expands (experienced as the Conscious part of the psyche). So the Higher Self extends into the Conscious.

Contemplation converts attention, intention and receptivity into Presence, Insight and possibly Revelation.

Every time we find a new love, a new way to love and a way to Presence, we bring the Divine into this Creation. We actualize the Divine and transform ourselves and our experience to fulfill the Divine Plan.

From David's book

No concept is Enlightenment.

No thought, concept, teaching, understanding, feeling or experience can transform egoic mind into Enlightened Awareness. *Enlightenment is a shift in identification*, it restores the Higher Self (True Self) to its rightful dominance and sees egoic-mind in its correct perspective.

The Immediate Path of Awakening is an accelerated practice for those who are committed to their spirituality and wish to progress more quickly.

This is a path of Joyous Spirituality.

The essential components are the advanced practices for consciousness expansion, a psychology of Enlightenment and the metaphysical foundation for all the higher states of consciousness. Consciousness is the answer. Presence is the means. The foundations for enlightenment are established in a unified practice of quiescence and luminosity (silence and insight). The Immediate Path is positive mysticism, which is the process of revealing and integrating the Divine Light of the spirit into all aspects of one's life. This fulfills the long traditional path of purification but accomplishes its goal within a joyous spiritual process.

The Immediate Path is attained when one is spiritually awakened; this means you realize that you are Spirit and you have made the decision to live from Spirit. This is a New Way of Being based in Presence.