Freedom and the Super Ego

CADH10 May 5, 2018 Daylong

Bob Talk 1: The Super Ego (Inner Critic)

The emphasis will be on the Super Ego/Inner Critic. What it is, how it develops and how it originally functions to necessarily train and tame the wild child in the early years, but how that continue to spill over into adulthood by constraining adult experience and freedom.

EXERCISE: Triad - one person records the judgments, two repeating questions, the first one in the third person with extra chair

Tell me a criticism you have about him/she/Bob?

Tell me a judgment you have about yourself?

Nancee, Talk 2: Feeling the Impact of the Super Ego

SE was useful in our early life but not in the same way as adults. We will explore how it directly impacts our experience and freedom. We will also explore the need to mobilize and reclaim our life energy and true aggression, the Red Essence, to step out of the grip of the SE

EX: In Dyads –15 min each - Pick 5 of your most common and most difficult attacks from your list of judgments from yesterday’s exercise.

For 15 min. each your partner will say one of the judgments and ask – How does that affect you – 3 centers/belly, heart, head

Belly/Sense - hit in the stomach, collapsed, constricted,

Heart/Feel - I hate it, it’s true, drained, hopeless, pissed off,

Head/Think - leave me alone, when is this exercise going to stop, get me out of here!

Let yourself sense and feel all your reactions, so important to really feel – how the SE limits your life and impacts your Heart, Body, Soul. Have to feel this to be motivated to reclaim our life force and true strength.

Then 15 min. discussion about what you learned in doing this exercise.