

1 REINTRODUCE SUPER EGO - Eugene

- Segue from Sincerity
 - What obscures our love of Truth and TN?
 - Obstacle arose in Sincerity weekend: SE
- Overview of SE, inner critic, judge
 - Functions to keep ego/personality in place. Obscures our TN/Essence
 - Not taught to be aware of, defend, disengage from this archaic dynamic structure
- Describe alignment & function: ego, id, SE
 - Useful as child but limits our discovery of the unknown
 - Provides child: Impulse control, protection, guidance, delay of gratification, & self-regulation.
 - Internalize values, attitudes, beliefs, standards of parents, caretakers, culture.
- Continues after childhood as self-judgments, self-criticism, comparing mind, self attack
 - Projected on others
 - We judge ourself & others; believe others are judging us
- Binds us to the familiar/personality/known... obscures TN
 - Arises as guilt, doubt, confusion, lack of uncertainty, unconfident, restraint, shame
 - Manifests as: Ego ideal, standards, rules & value system we live up to
- Impedes our inner exploration.
 - Veils objective discernment, direct perception & clear understanding
- Working with SE
 - Recognize when it is happening, effects on soul and body.
 - Identify messages, sources, purposes. Feel its impact & see the historical dynamic.
 - Disengage & defend
 - Disidentify from structure opens us to our depth, Essence. Transparent to TN.
- Recognize Spiritual SE. SSE Pushes you to grow, transform, etc. in accordance with ideals of the ego.
 - Exposes a kind of spiritual materialism.
- Way to gain freedom from burden & coercion of the SE is understanding & de-cathexis .
 - Understanding flavor, appearance, & impact of inner critic. Understanding who you truly are, which means knowing that this punitive, controlling, insensitive, hurtful voice is not you.
- Using the skills you've learned to decathect.
 - Inquiry
 - Active reclaiming of the dynamic, aggressive energy (red).
 - Kindness to the part that is suffering

15minutes Mono: Overview of your relationship to SE. Explore your experience of the SE in your life now: how & when do you see it, hear it, recognize it? What does it feel like? What's your understanding of it? How do you respond to it? What helps you not be cathected to it? How are you understanding and relating to your superego these days compared to when you started in the work?

5minute Continued Exploration

Talk # 2 RECOGNIZING SE JUDGMENTS- Nancee

WHY WE WORK WITH SE

2 important reasons: causes SUFFERING AND is BARRIER to our TN

AS WELL AS:

- Limits our awareness and consciousness - our humanness.

- Blocks a sense of openness in the heart and mind, blocks our natural intelligence,
- Blocks the orientation of the soul towards what it truly needs – to experience the Presence of her TN.

Also Maintains status quo – the familiar and allows only a narrow bandwidth of change and of movement from our usual experience – how will we expand to realize the magnitude of our TN?
Keeps us from moving into the unknown - into greater knowing of who and what we are – is a clinch pin - keeps us in the box of familiar self

WHY SE IS DIFFICULT TO RECOGNIZE

We believe it... it is us
it is very familiar... and has saved our life – old friend
Appears as loving, wise and protective
Constant and faithful- always there
Seeing through SE Lens –Cruel substitute for direct perception of reality
Grain of truth in judgment or you believe it is true
Unconscious – vague and so familiar you don't even recognize

MANY MESSAGES - CULTURAL, SOCIETAL & FAMILY NORMS – how to be or not be, and depending on racial background, gender, religious background, sexual orientation, physical disabilities – each have messages based on these cultural & societal norms that we internalize and the SE frequently uses to judge, evaluate, compare and criticize us by...

COUPLE OF THINGS YOU NEED TO KNOW ABOUT JUDGMENTS:

A judgment is a statement of evaluation that implies an assessment of one's value or worth and is felt as a rejection of one's present state. Where you are - is not OK in some way.
Self- judgment is perhaps one of the greatest sources of inner suffering and discontent. The judgments can be painful in not just what it says but how it makes you feel.

IMPACT OF JUDGMENTS

Brings conflict into our inner life, whether it appears as guilt, doubt, confusion, uncertainty, lack of confidence, restraint, shame or many other states of disturbance.

Questions what you perceive, it can challenge your insights, can make you doubt and discount what you are aware of,

Robs us of vitality, expansiveness, confidence and peace.
Makes you believe you have to change yourself to be OK.
It is a major source of self-betrayal and self-sabotage.

HOW DO WE RECOGNIZE SE JUDGMENTS WHEN IT IS AROUND

- May hear a specific judgmental voice in your head – should on self and others
- Can surface as a felt sense of contraction in our bodies.
- There is usually some kind of collapse, Energetically feels like you've been 'hit.'
- We shut down so we don't feel, the chest collapses, body changes shape, we armor ourselves or we might do the opposite as a defense – we get inflated, puffed up, feel of superior, righteous, arrogant, or special

And sometimes it's quite tricky to recognize we got attacked because MANY OF THE SE JUDGMENTS ARE UNCONSCIOUS

They may surface as a vague feeling that limits our spontaneity
And may not show up with a specific voice in your head
But we suddenly feel small, guilty, less present and simply bad or wrong

We need to recognize the SE judgments we have and both the physical and emotional reactions we have to them – so we can continue working with how to break it's spell and have access to our essential qualities.

EXERCISE: REPEATING QUESTIONS - 10 min each

TMAWY judge yourself.

TMAWY judge others.

TMAWY think others are judging you

Sense and feel the impact that these SE judgments have on your body and 3 centers - head heart belly.

TALK #3 – Nancee

LIFE PRACTICE - FREE FROM SE JUDGMENTS OR DISMISSING ONE'S EFFORTS - GATHERING THE HONEY

We will gather the Presence that has been accumulated in each individual here from the work done this weekend so far and in previous weekends. And bring it into activity – bring it into movement and task, bring it into 'Life Practice'. Life Practice without judgments or attacks or dismissing one's efforts- simply practicing Presence while in activity - free of evaluations, comparisons, commentary, pushing to get to a goal.

REMINDER - This is a practice that develops a sustained thread of Presence from this kind of situation out into our lives, into our jobs, and into our relationships.

We've described it - as a bridge from our practice on the cushion, to our practice into the world.

Choose simple activities/tasks. And remember the task is not what is important. What is important is that we can stay as completely present as we can while doing it that is our focus without judgments or attacks or diminishing of your efforts. So your focus can remain on your Presence, on sensing yourself and at the same time we're doing something practical and useful.

The practice period will be done in silence and from our practice of sensing, looking, and listening. It doesn't matter how long it takes for you to get from A to B, how long it takes you to move your hand.

What matters is the connection with the sensing is as continuous as possible. If during a task stuff comes up, that's fine. Reactivity happens.

Notice it, acknowledge it, be present and continue with the task. Very much like sitting practice, when you find you're doing your thing and you've completely lost contact with yourself. The moment you notice that, stop for long enough for sensing, coming back to the true task, which is the practice of Presence, being present. Stop, sense, look and listen. Come back as deeply as possible to yourself.

LP INSTRUCTIONS:

- Groups of 5 with your Zoom computer screen active the whole time
- Stay connected to your zoom screen so you can see others doing their LP and noticing how it feels to be part of the hive?
- Actual goal is to fully function in this task with Body, heart and mind as much as possible
- Stop and SLL to see that you are part of the hive and we are all functioning collectively contributing to the honey making – collective and individually
- Be relaxed – there is no place to go, and nowhere else to be
- Sense the parts of your body that are moving and working

EXERCISE: LIFE PRACTICE Cyclonic in pods of 5

1. 20 min: COUNTER CLOCKWISE:

Say something about how the SE keeps you from being present in your daily life. Include how this showed up LP as well. What happens in your body/soul – head, heart, belly

2. 20 min: CLOCKWISE: Say something about what you experience when the SE is not present in your daily life. Including LP.

What happens in your body/soul – head, heart, belly

#4 SUPEREGO DEFENDING DISENGAGING DECATHECTING - Eugene

- Recognizing the attack, meanness, untruthfulness of the SR
 - Practice of Defending, Decathecting, Disidentifying. Protecting TN!
- What is it to defend? = Actively confronting the SE
 - Use awareness, recognition, understanding, intelligence, strength, love
 - Ongoing practice for most...
- How to consciously defend?
- Repeated Practice
 - Remember: SE doesn't want you to defend and will try attack you for defending
 - You're fighting for your Life Force, your BEING
- Act to defend self/TN
 - Reclaim your own energy used against you.
 - Taking our strength dynamism & potency back
 - To see what's true
 - To stand our ground
 - To cut through falsity
- Not arguing with TN arguing or explaining
 - Not trying to win but stop the attack
- Utilize your belly energy
 - Be direct, simple, infused with your aliveness
- Examples of how to engage:
- Aggression: Key is your energy. Use a loud voice internally or externally
 - Become Aggressive Warrior say to SE internally or externally:
 - Back off, shut up, get out, fuck off, go to hell, get out
- Humor / Drollness:
 - Yes I'm the worst whatever..., you'll never find anyone as bad as me. Wow, how did you get that idea, you must be brilliant! I'm so touched you recognized my inability to whatever...
- Indignation: feel your righteous anger
 - How dare you insult me.
 - Fuck you, you can't talk to me like that!

- Agreement:
 - SE Says you are too loud. You respond: I'm loud and I love being loud. I'm the best at being bad and loud. I'm louder than the SF fog horns and you're just fog
- Exaggeration
 - Yes, I'm the worst, ugliest, fattest, smallest, stupidest, most unspiritual. Etc.
- Challenging the SE
 - Who are you to judge me?
 - Who made you the boss?
 - Who made you god?

Triad: 20 minutes for each person

Gestalt with SE 15m each

2 chairs & one pillow: One chair = SE, One chair = you.

Begin by sitting in each chair & describe who you are in each chair: the person being attacked & then the SE. Then being the SE attacking the you who is in the other chair, really letting yourself become/embody your SE when you're in that chair. Then switch chairs & defend against the attack. It can go back & forth. You can try a couple different attacks and responses.

5 minutes: Discussion: to understand what happened.

The two witnesses observe/note what supported disengaging/defending & what didn't.