

Outline for Spiritual Formation and Moral Psychology ver 1.10
Rabbi Mordecai Finley, Ph.D. Sep 2016

<p>Higher Self – Higher Unconscious The Divine (God’s love and Grace) Holiness; The Good; Love; Beauty; Justice; Truth Rationality/Morality Objectivity Observer</p>	<p>Holy Will The Realm of Spirit</p> <p>Good Will Higher-Self Will</p> <p>Skillful Will Higher-Self Thought</p>
<p>Ego Self – Plastic Unconscious</p> <p>Thoughts Feelings Emotions Intuitions Drives Impulses Sensations Images</p> <p>Processes the world quickly, gets us through our days, but not qualified for complex thought.</p> <p>Destructive Dimensions / Patterns</p> <p>Anger, Resentment, Depression, Grief, Guilt/Regret/Irrational Obligation, Shame, Confusion, Fear, Anxiety, Envy, Destructive desire (coveting)</p> <p>Character Flaws: Greed, Arrogance, Self Doubt, Entitlement, Domination, Submission, Gratification, Need for Approval,</p> <p>Needs, Expectations, Entitlements, Demands (Moral, Rational, Useful)</p>	<p>Stability / Gratification/Being Right</p> <p>Strong Will</p> <p>(Rigidity to Chaos) (Defense Mechanisms) (Deceptions)</p> <p>Basic Needs:</p> <ol style="list-style-type: none"> a. Survival, b. Belonging/ Fellowship c. Power, d. Freedom, e. Pleasure / Enjoyment f. Symbolic world <p>Fast brain: Patterns, habits, assumptions Slogans, bad theories Location of destructive patterns (<i>yetzer hara</i> in Hebrew)</p> <ol style="list-style-type: none"> 1. no criticism 2. no complaints 3. no condemning (accusing, blaming, labeling, insulting, showing contempt, etc.) 4. no or escalating conflict
<p>Ego Mind <i>Not aware of ego self, higher unconscious, or archetypal unconscious</i></p>	<p><i>Assumes it is right. Not reflective</i></p>
<p>Archetypal Unconscious (Subconscious/Soul)</p> <p>Personality (Prison/Prism) Neuroses/Disorders Inner conflicts and wounds</p>	<p>Poetic mind Mystery Religion and Faith Meaning and Purpose Experience of love, justice, truth and beauty Dreams and fantasies Vision/Will/Skill/Reflection</p>

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Paths to Self Realization - Spiritual Contentedness “Eudaimonia” “Osher ”

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| a. Safe | i. Industrious / Work, |
| b. Moral – have a conscience, including empathy | j. Ability to thrive in community – social interaction |
| c. Respectful | k. Learning |
| d. Rational – reason well, including moral issues – problem solving. | l. Creativity /Adventure/ Pleasure/fun |
| e. Inner clarity | m. Grieving well |
| f. Insightful/Reflective – into self and others ((especially motivations), the situation | n. A sense of power and freedom in life |
| g. Cultivating Virtues – Spiritual well being over pleasure gratification | o. Capacity for depth and transcendence. |
| h. To love and be loved well | p. Meaning in life |
| | q. Knowledge of the Divine |
| | r. Continuous development physically, socially, morally and spiritually |

Noble Virtues:

Courage

Truth

Integrity

Generosity

Forgiveness

Compassion

Respect

Honor

Fidelity

Discipline

Hospitality

Self Reliance

Industriousness

Perseverance

Do your duty, find bliss when possible, be resilient when you can't find bliss, everything matters.

Spiritual work: The Daily Practice / The Field / Dream-work / Minister's Practice