

**Insight Practice of Accessing the Higher Self
To Regulate the Ego Self
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Insight practice of knowing the processes of the Ego Self

The Ego-Self (my term, based on the work of Assagioli) is where destructive patterns can operate. Our aim is to regulate the Ego-Self.

Below is Assagioli's list of activities that comprise what I call the "Ego-Self". These activities can be regulated and reshaped. At a deeper level, our patterns are choice.

- a. Thoughts and Images - Imagination
- b. Feelings and Emotions
- c. Drives and Impulses
- d. Sensations
- e. Intuitions
- f. Instincts

Finley's Levels of Higher Self (lower to higher)

- a. Duty First – Wall of Virtue
- b. Observer Mind - observe what is happening in my Ego-Self
- c. Objective Mind – what is happening in others, what are their standpoints, what is the objective reality. "Police report" – what happened, in what order - no drama.
- d. Rational Mind – Inner processing, using reason, attachment to facts, creating good theories.
- e. Moral Mind – Processing and Reasoning when a moral issue is at stake – justice and fairness.
- f. Truth Mind – the deeper truth of a situation, how the human condition is reflected in a given moment

- g. Beauty
- h. Love
- i. The Good
- j. The Holy

Review of Some Basic Disruptions in the Ego-Self:

Three Approaches –
Glasser - Choice Theory (NEEDS)
Ellis, Rational Emotive Behavioral Theory
Spiritual Psychology – Resistance, *Yetzer HaRa* (Destructive Patterns)

1. Anger at others (leading to the Four C's)
2. Anger at yourself
3. Passive Aggressive – Shaming Others
4. Strive for dominance
5. Frustration
6. Defensiveness (bad JEDDI)
7. Hurt
8. Resentment
9. Despair
10. Depression
11. Grief
12. Guilt
13. Irrational Obligation
14. Feeling Shame
15. Fear
16. Anxiety
17. Envy
18. Destructive drives / need for gratification
19. Control of others
20. Confusion
21. Victimhood
22. Stubbornness
23. Procrastination
24. Arrogant
25. Unaware
26. Self Deception
27. Imprecise Use of words

Beginnings of Soul-Work

A. Glasser Approach – Choice Theory

In the context of genetic disposition and the shaping power of childhood and later events, The Ego Self chooses one thought, feeling or emotion (ego state) over another because it would take too much to choose something emotionally healthier.

Unconscious – Soul Approach – the ego self chooses disruptions to help us avoid the journey of the soul

B. The Unconscious – Freud and Jung

C. The Soul – Symbolizing the Inner Life; The Attachment of Value to Things and Ideas

D. Religions and quasi religions – the organization of reality

Life's purpose realized through Duty: Aspects of Human Realization – Focus on what we do by our personal and human nature. Authentic Happiness.

- i) Safe and Healthy
 - (1) Physically, emotionally, mentally and spiritually healthy
- ii) Virtue 1: Moral – have a conscience, including empathy
- iii) Virtue 2: Respectful
- iv) Virtue 3: Rational – reasoning well, including moral issues – processing, problem solving.
- v) Wisdom: Insightful - Reflective - Inner clarity – insight into self, others, motivations, the situation
- vi) Capacity for care, love, generosity, tolerance and intimacy
- vii) Ability to thrive in community – social interaction
- viii) A sense of power and freedom in life
- ix) Capacity for depth and transcendence.
- x) Creativity /Adventure
- xi) Grieving well
- xii) Industrious / Work,
- xiii) Learning
- xiv) Pleasure/fun
- xv) Cultivating Virtues – Spiritual well-being over pleasure gratification
- xvi) Continuous development physically, socially, morally and spiritually
- xvii) Meaning in life; purpose, transcendence.
- xviii) Knowledge of the Divine – Devotional Life