

Basic Scheme of Inner Life for Wisdom Work w Rabbi Finley

Elements of the Higher Self* that are Essential for Understanding Wisdom Work*									
(* <i>basic</i> purpose of Wisdom Work: to exert the Higher Self into the negative ego-states of the Unconscious Ego-Self in order to transform them)									
Truth Mind Rational Mind - Reasoning (Includes the Moral Mind when a moral question is at stake) Objective Mind (Naming what is happening within) Observer Mind					The Will to Transformation takes shape in the objective, rational and truth minds. * Our vision for ourselves is exerted into the transformation of the Unconscious Ego Self *Further elements of the Higher Self are, for example: Love, Beauty, the Good, the Authentic Self, the Holy, the Divine				
Neutral Field of Consciousness (Ego Mind -)									
“A” State – Aware, Attuned, Accountable, Adaptive in a given environment									
Unconscious Ego-Self (where habits are formed)									
Array of Ego States/Subpersonalities (representative summary) that can dominate Field of Consciousness									
Positive Ego States (some have negative / neutral dimensions)					Negative Ego States (some have positive / neutral dimensions)				
Safe	Moral – Moral Obligation	Respectful	Listening	Rational / Rational Judgment	Anger toward Others	Anger at Self	Depression	Unresolved Grief	Despair
Empathetic, generous,	Courageous	Good Boundary Setting	Industrious	Love, Care and Intimacy	Guilt	Irrational Obligation	Shame	Victimhood	Envy
Reasonable	Humble	Able to Apologize	Focused	Friendly	Defiance	Ambivalent	Judgmental	Accommodating	Stubborn
					Boredom (neutral to negative)				

Conceptual Understanding of Wisdom Work: Vision, Will, Skill, Reflection/Evaluation

The typical stages (**Procedure**) of Wisdom Work: Virtue, Rationality, Wisdom, Depth