



# BALANCING EGO/SOUL

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# FIND BALANCE BETWEEN EGO & SOUL

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- This sharing is MY experience ....it is not advice or direction....take what resonates with you & try it on for size...trust your inner guru/intuition
- I have been an old catholic priest for 43 yrs, have a masters/licentiate degree from the Anglican School of Theology in Dallas Tx in Spiritual Direction/Spiritual Theology, have full time pastored 3 UFMCCs churches, college & graduate seminary experience & member of various religious communities
- For me over the last two years since my retirement my search for my authentic self has intensified in daily practice of meditation & living in the present moment
- My current spiritual path is in pagan zen buddhism



# WHAT IS EGO/SOUL?

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- To better understand the terms of Ego/Soul I will be using my understanding of the writings of Carl Jung a contemporary of Sigmon Freud. Jung believed by using a mandala the ego & soul could better communicate with each other.
- Under the Narrated Powerpoint presentations tab on [reikiaccess.com](http://reikiaccess.com) you will find a 3 part series on using the mandala technique to better balance ego/soul communication
- EGO some say stands for Edging God Out for me it is my past victim self that does NOT want change & wants to be in control whereas the Soul is the spiritual guru in us that WANTS change & growth
- If you want to better understand the EGO which Jung says is the conscious mind & SOUL the subconscious mind I will share some quotes from Jung & a slide that compares the difference between them



We cannot change anything unless  
we accept it. Condemnation does  
not liberate; it oppresses.  
- CARL JUNG

**"If our religion is  
based on salvation,  
our chief emotions  
will be fear and  
trembling. If our  
religion is based on  
wonder, our chief  
emotion will be  
gratitude."**

**-Carl Jung**



**"Who looks outside dreams,  
who looks inside awakes."**

**~C.G. Jung**



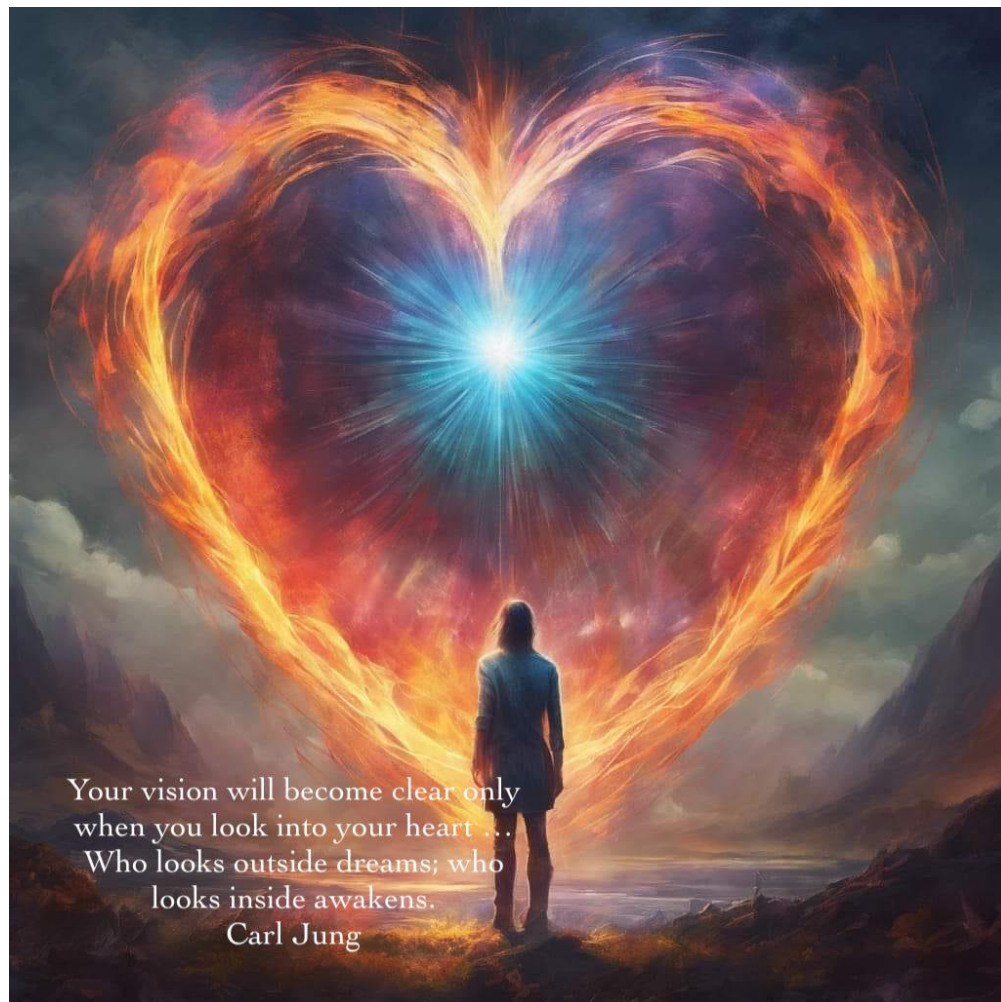


You cannot apply kindness  
and understanding to others if  
you have not applied it to  
yourself.

~Carl Jung, Letters Vol. II, Pages 515-516



**One of the main  
functions of  
organized religion  
is to protect people  
against a direct  
experience of God  
-- "Carl Jung"**



## Carl Jung's Concept: Third Birth

Carl Jung believed human beings are  
born three times:

The 1st birth is the physical birth

The 2nd birth is when our ego comes into  
play (realizing we are individuals)

The 3rd birth is when we come to  
'spiritual consciousness'

Jung believed not everyone will go  
through their third birth because many  
stay stuck in ego patterns

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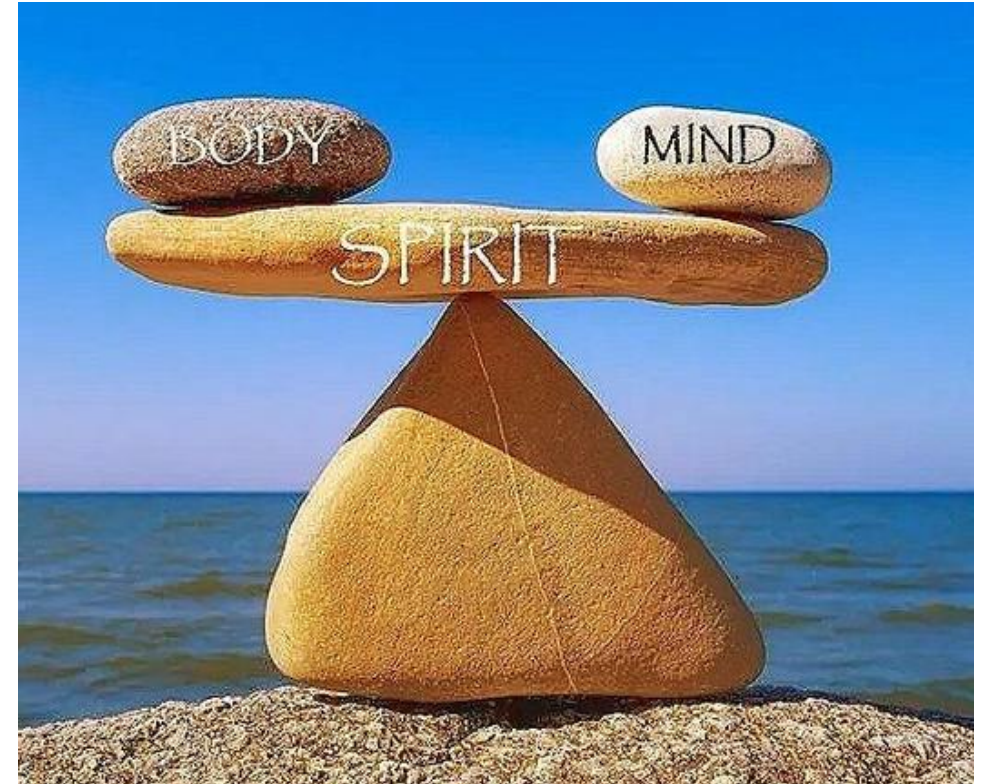
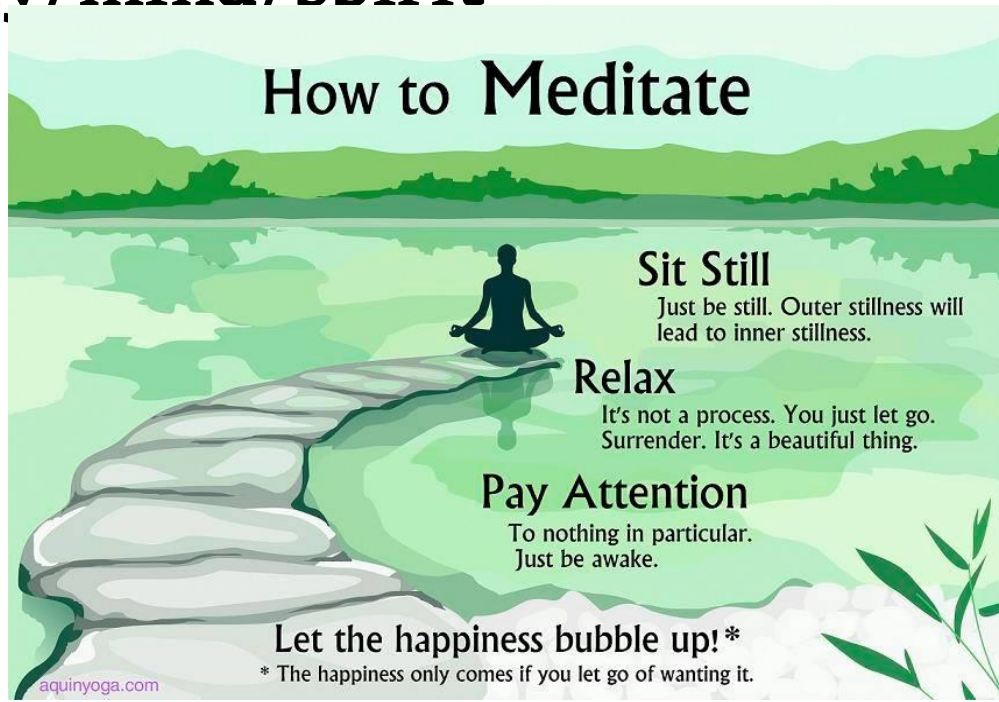




# EGO vs SOUL

Ego seeks to serve itself,  
Soul seeks to serve others,  
Ego seeks outward recognition,  
Soul seeks inner authenticity,  
Ego sees life as a competition,  
Soul sees life as a gift,  
Ego seeks to preserve self,  
Soul seeks to preserve others,  
Ego looks outwards, Soul looks inward,  
Ego feels lack, Soul feels abundance,  
Ego is mortal, Soul is eternal,  
Ego is drawn to lust, Soul is drawn to Love,  
Ego seeks wisdom, Soul is wisdom,  
Ego enjoys the prize, Soul enjoys the journey,  
Ego is cause to pain, Soul is cause of healing,  
Ego rejects God, Soul embraces God,  
Ego is Me, Soul is We.

I am not one who believes in the DEATH OF THE EGO....for me it is like the fight/flight response....one can not do only one response all the time....i do NOT believe that life is a DUALITY an either/or, black/white reality ...but if I can through meditation & mind training find a balance between the two it becomes a win/win situation where one is NOT in control all the time but there is good in both in equal measure. To be a whole person I believe we need to also balance the body/mind/spirit





**" We mostly spend our lives conjugating three verbs:**

**to Want, to Have and to Do,**

**Craving , clutching, and fussing,**

**on the material, political, social,**

**emotional, intellectual,**

**even on the spiritual plane,**

**we are kept in perpetual unrest:**

**forgetting that none of these verbs have any**

**ultimate significance,**

**except so far as they**

**are transcended by and included in,**

**the fundamental verb**

**To Be:**

**and that Being**

**not wanting, having and doing,**

**is the essence of**

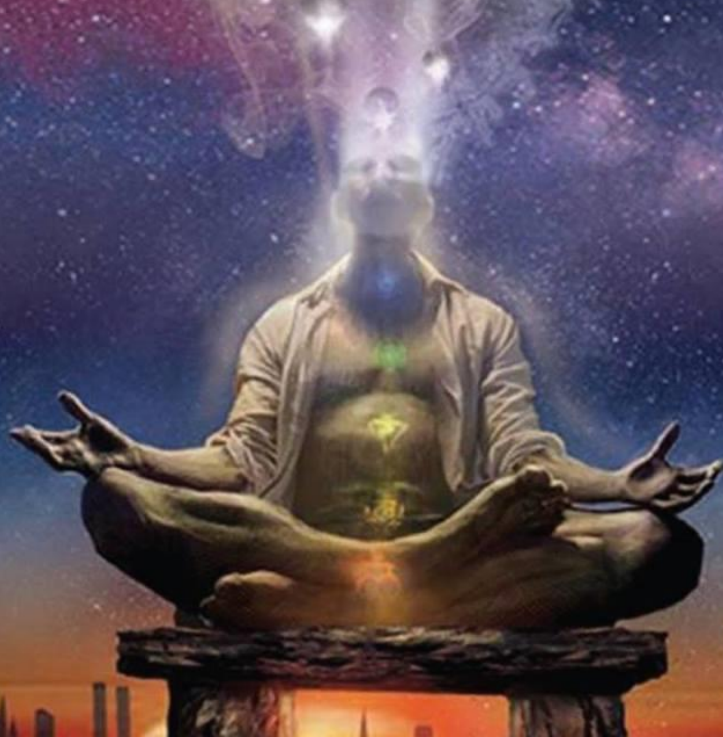
**as spiritual life."**

**from The Spiritual Life by Evelyn Underhill**

When I began to explore the difference between DOING & BEING suddenly I began to concentrate more on BEING in the present moment as the foundation for my spiritual life



People don't need to be saved or rescued.  
People need knowledge of their  
own power and how to access it.



wake up world  
IT'S TIME TO RISE AND SHINE

# CHANGE YOUR WORDS, CHANGE YOUR MINDSET

HAVING A GROWTH MINDSET MEANS  
WE BELIEVE WE CAN IMPROVE OUR ABILITIES IF WE  
WORK HARD AND CHANGE THE WAY WE LOOK AT  
CHALLENGES AND MISTAKES. SHARE THESE PHRASES WITH  
YOUR CHILD TO ENCOURAGE A GROWTH MINDSET.

## INSTEAD OF SAYING THAT

## SAY THIS!

IT'S TOO HARD.

I'LL KEEP TRYING.

I CAN'T DO THAT.

HOW CAN I GET BETTER AT THAT?

I GIVE UP.

I WILL KEEP WORKING!

I'M AFRAID I'LL MAKE A MISTAKE.

MISTAKES ARE HOW WE LEARN BEST.

THEY'RE SMARTER THAN ME.

WHAT CAN I LEARN FROM THEM?

THIS IS HARD.

THIS MAY TAKE SOME TIME AND EFFORT.

I'M A FAILURE.

I CAN LEARN FROM MY MISTAKES.

I DON'T GET IT.

WHAT AM I MISSING?

I HATE TO BE WRONG.

IS THIS REALLY MY BEST WORK?

I DON'T LIKE OTHERS TO DO  
BETTER THAN ME.

I'M GOING TO FIGURE OUT WHAT  
THEY DO AND TRY IT!



DID YOU KNOW?

I Love  
Natural Medicine

YOU CAN "REWIRE" YOUR BRAIN TO BE HAPPY  
BY SIMPLY RECALLING 3 THINGS  
YOU'RE GRATEFUL FOR EVERY DAY FOR 21 DAYS.

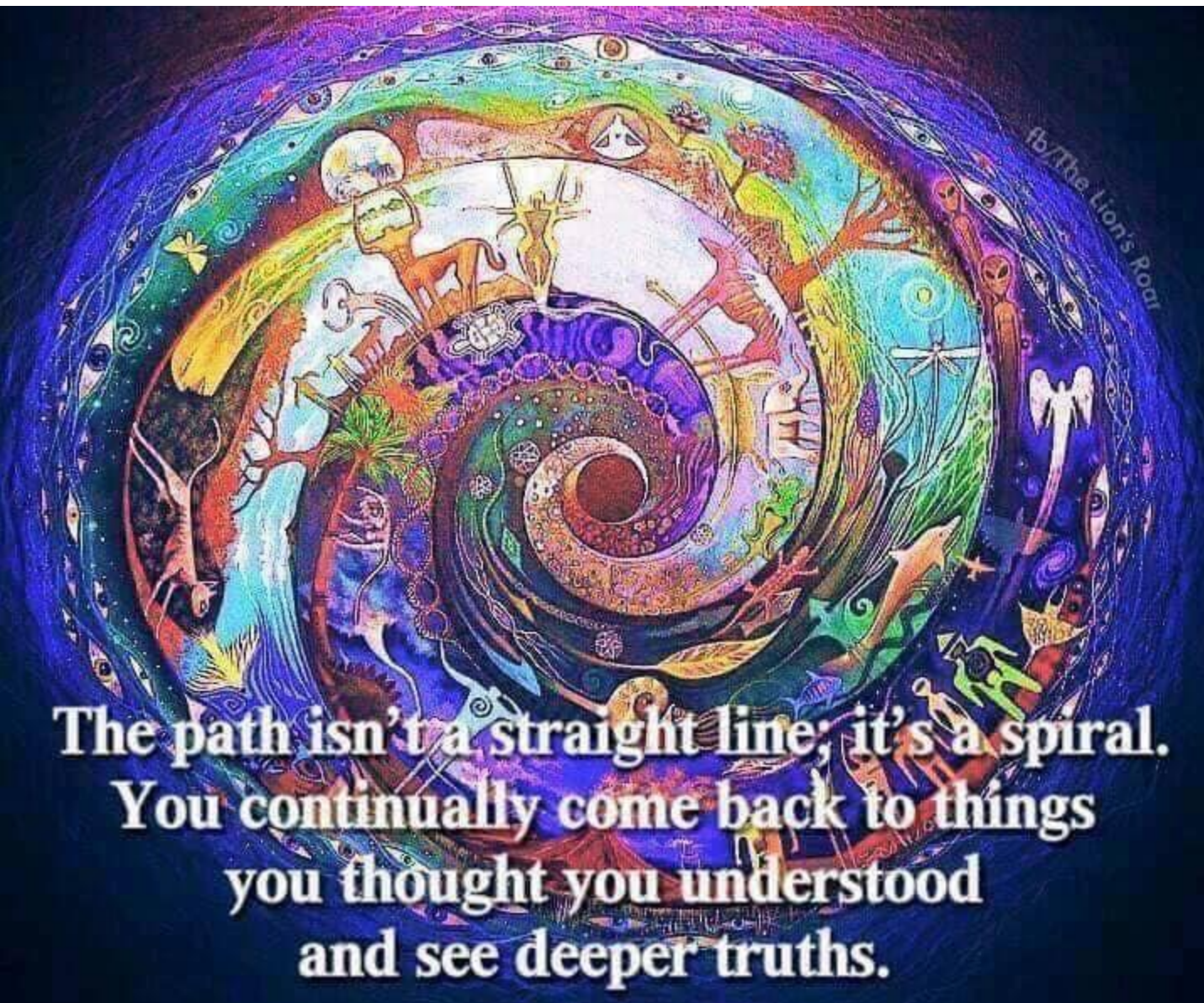


## INTERESTING FACTS

### about the **Subconscious Mind:**

- It records everything.
- Always alert and awake.
- It controls 95% of our lives.
- It is built on habituation.
- It speaks to you in dreams.
- It has no verbal language.
- It takes everything literally.
- It can do trillion things at once.
- Is not logical; its the feeling mind.
- It is one million times powerful than the conscious mind.



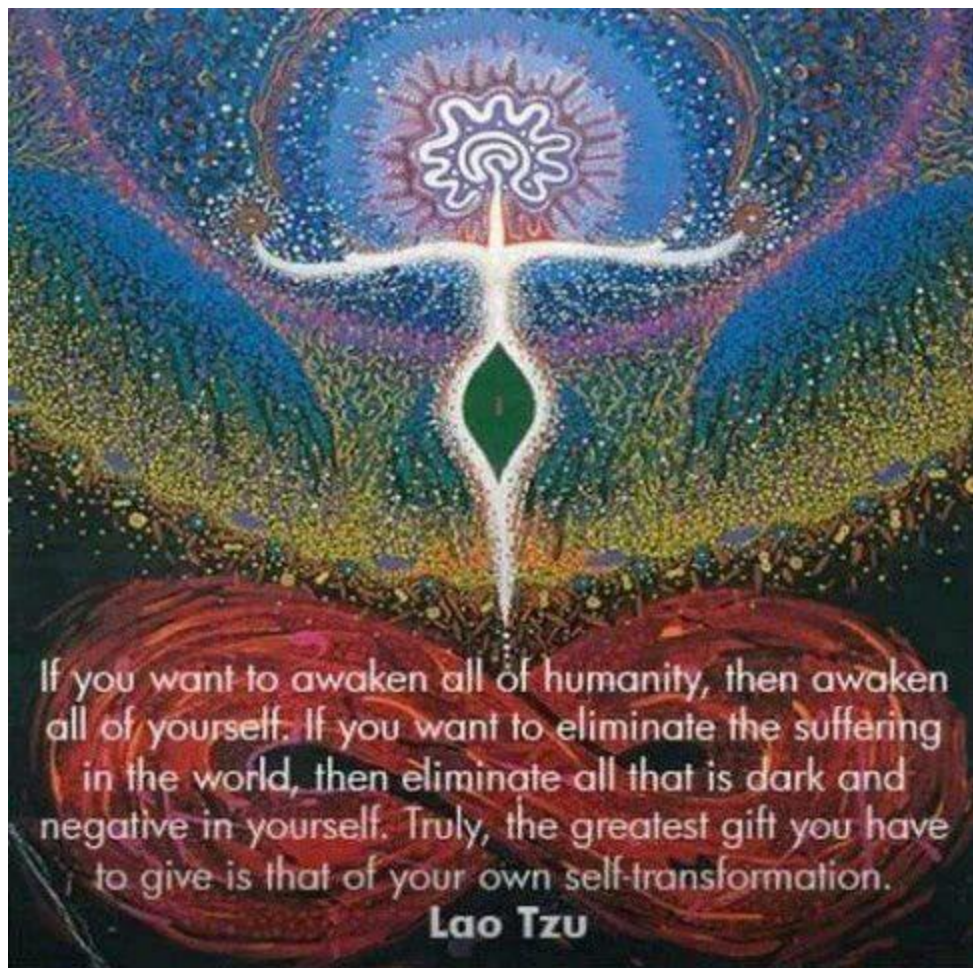


I hope if anything this presentation will give you some ideas to work with on your spiritual path.

Again this has been my experience so far...  
Each day is a new beginning.

Spiritual growth is not linear from point A to point B overnight  
But a series of spiritual awakenings in a spiral of learning lessons on a deeper & deeper level





**We have a tendency  
to think in terms of doing  
and not in terms of being.**

We think that when  
we are not doing anything,  
we are wasting our time.  
But that is not true.  
Our time is first of  
all for us to be.

To be what?  
To be alive, to be peaceful,  
to be joyful, to be loving.  
And that is what the  
world needs most.

THICH NHAT HANH / TINYBUDDHA.COM





## 12 Symptoms of Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.

## The Stages of Spiritual Awakening

@the.holistic.psychologist



### Stage 1: Emotional Rock Bottom

An emotional emptiness where you question if this is all there is. Complete confusion, pain, + frustration with life



### Stage 2: Becoming Aware

An awareness that you have an ego (voice in your head) + childhood conditioning that has you living within behavioral patterns that no longer serve you.



### Stage 3: The Hermit "Cocoon" Phase

A pull inwards. To spend time alone in reflection. Questioning everything you've been told. A pull to learn all you can + avoid small talk, chaos, + draining interactions. The beginning of the birth of the true self.



### Stage 4: The Rebirth

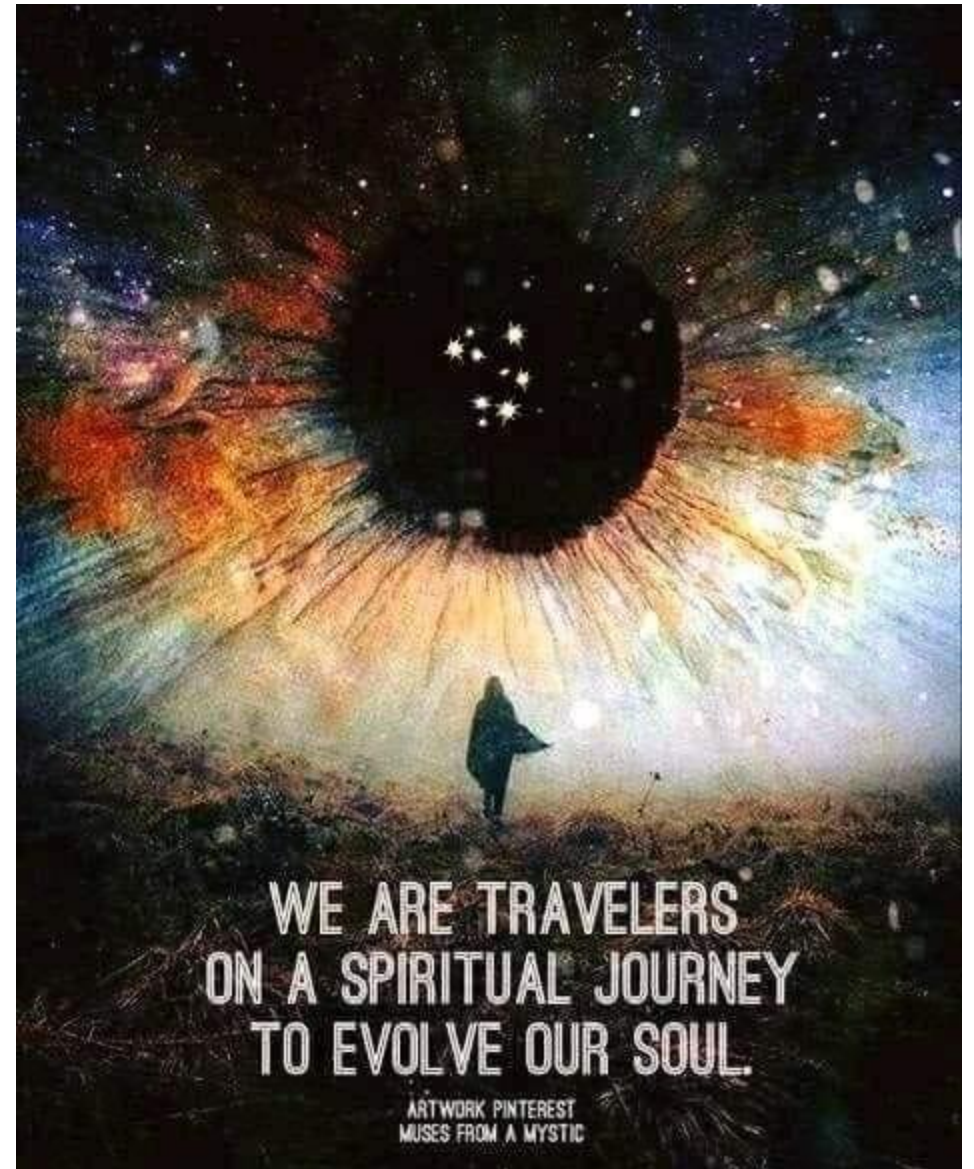
With expanded consciousness, you experience what it is to access choice beyond ego. You'll be pulled to show others how to do the same which creates a ripple effect of awakening.



We must continually  
outgrow who we have been,  
in order to continually develop  
into who we were created  
to become.

-LALAH DELIA

Power of  
POSITIVITY



WE ARE TRAVELERS  
ON A SPIRITUAL JOURNEY  
TO EVOLVE OUR SOUL.

ARTWORK PINTEREST  
MUSES FROM A MYSTIC

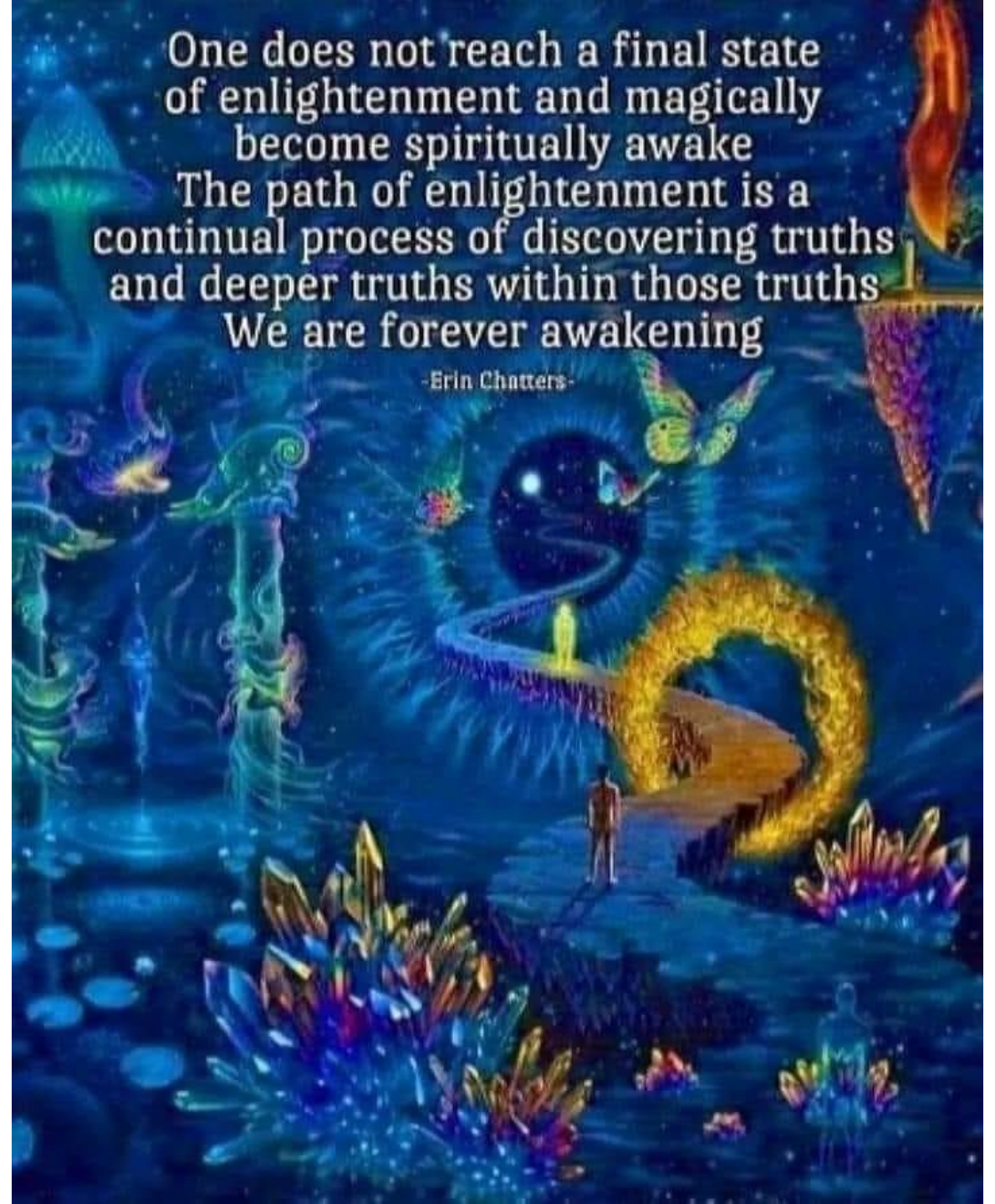





I alone cannot change  
society for the better.  
But I can radically transform  
my own Consciousness,  
overturning the conditioning  
that limits my potential.  
We can all do this, one by one.  
Over time we can change ourselves  
to the degree that society  
changes from the inside out.  
Giving birth to a new way of being.  
Manifesting our birthright of living  
in a peaceful and abundant world.  
Have no fear. Trust yourself.  
Live your full potential.

One does not reach a final state  
of enlightenment and magically  
become spiritually awake  
The path of enlightenment is a  
continual process of discovering truths  
and deeper truths within those truths  
We are forever awakening

-Erin Chatters-



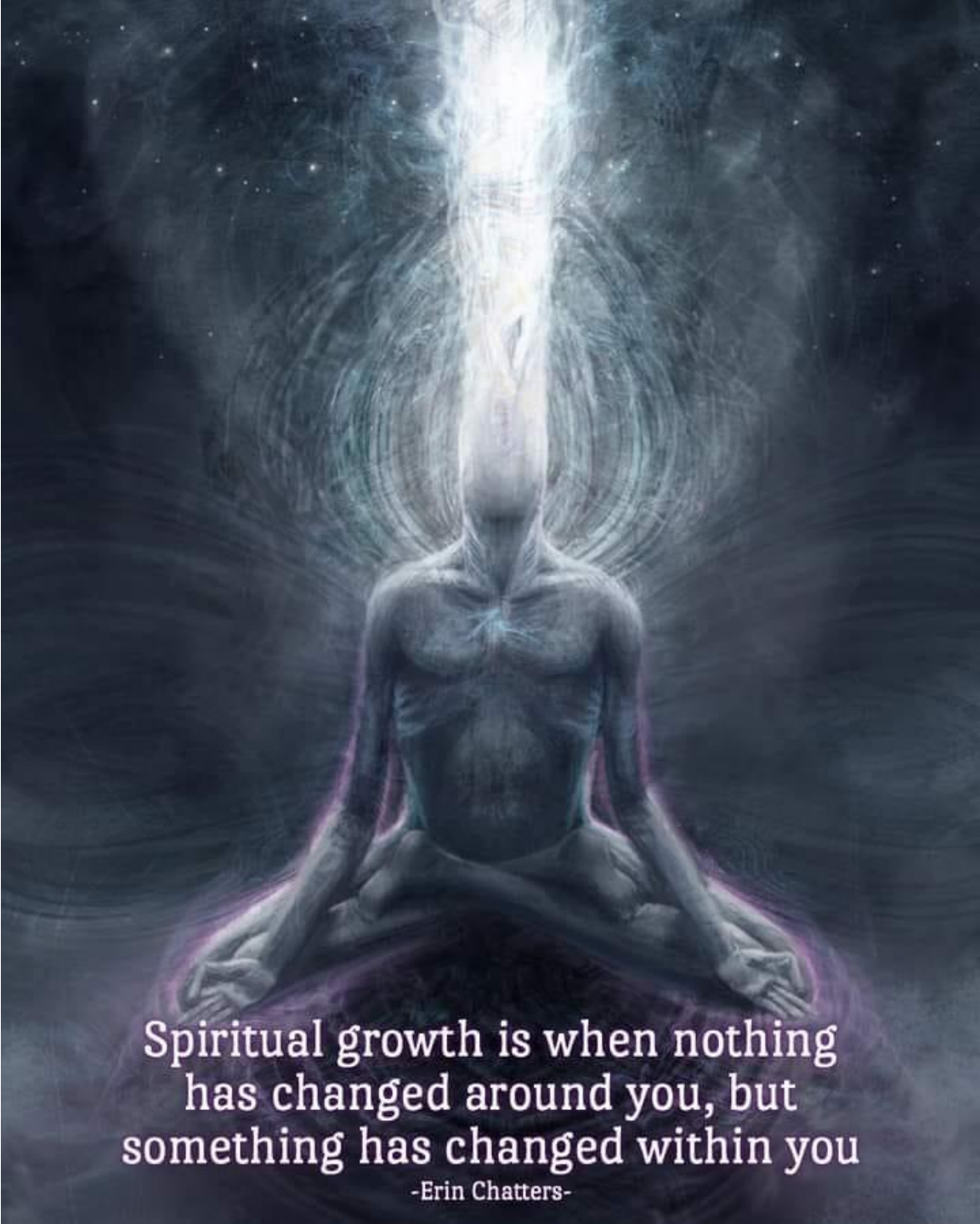




Life, is not a having and a getting.  
But a being and a becoming.

Myrna Loy



A person is depicted in a meditative pose, seated in a lotus position. A bright, glowing column of light or energy rises from the top of their head, extending upwards into a dark, starry space. The person's body is semi-transparent, revealing internal structures like the spine and ribcage. The background is a dark, textured space with faint, swirling patterns and small, distant stars. The overall mood is spiritual and ethereal.

Spiritual growth is when nothing  
has changed around you, but  
something has changed within you

-Erin Chatters-

**TODAY**  
WILL NEVER COME AGAIN.

*Be a blessing.*

**Be a friend.**

*Encourage someone.*

**Take Time To Care.**

**Let your words heal,  
and not wound.**

