



1. Two Modes of Egoic Construct - Self-defence and Self-destructive.
2. Stepping Out of Clinging to Self-image by Shifting into Love

*19th August 2023 - 14:00*

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As we were saying, many of the root emotions in the heart that need to be resolved need be identified in the mind, in the mind's personality, and then, reflected back into the heart, based on the heart's response. You experience your human self in the heart, but you experience your human self also in your personality. After all, the person is also a center of your identity in the human. In fact, it is the conscious center, using intelligence and linked directly to consciousness. Or at least, it should be linked to consciousness. The person is also an emotional center, responsible for certain dimension of the emotional experience. That's why whatever you experience in personality is being immediately linked to

emotional part of the person. The person also feels. It is just that the person lacks certain depth of feeling that the heart has.

This is why emotional issues, deeper emotional issues cannot be resolved in the person alone. Emotions can be touched upon, modified, but they cannot really be dissolved. Understanding your emotional dimension requires becoming more conscious of your interactions with reality through the person, through the mind. You need to be very watchful, attentive, sensitive to identify different things happening in your personality, because some of them can be quite subtle, some are gross, loud, some experience like a noise at the background. Going deeper of these things would require grasping, clarifying how the human develops, how the ego develops. And in the future, hopefully, we'll be able to bring more clarity into that. Now I'll just address it in a general way. Based on its predispositions, makeup and how it has developed, ego can be in more aggressive mode of operation. It can be in a defensive mode, protecting its boundary, protecting its survival at any cost, or it can be in a more self-destructive mode of operation, somehow turning against itself, where it dwells on the sense of guilt, shame, unworthiness, projecting its negativity towards itself.

That unworthiness is actually very deep trait in the human beings. There's basically a constant doubt about one's worthiness. Some of it is connected to the development of the super-ego, where we have been conditioned or educated to pursue a certain ideal projected upon us by society or parents, and there are many of these ideals, and should they be not fulfilled, we receive punishment, that punishment can be external or internal. When we are able to fulfill these ideals, and that does not happen that often, due to their commonly unrealistic nature or unattainability, we receive reward, we become, we develop pride, in extreme form that pride becomes an arrogance. And pride is not worthiness. Pride is closer to arrogance. It is a certain compensation for that fundamental sense of unworthiness and that doubt about who we are. Worthiness of what? When you feel unworthy and that sense of unworthiness is sometimes not so easy to detect, it is hidden or subtle, quite elusive. When you feel unworthy, unworthy of what? But before we get into it, that egoic reality is actually extremely convoluted. There is a constant battle within ego about self-acknowledgement, about certain psychological and emotional survival, wanting to be good enough, internalizing that external punishment and reward internally. Basically internalizing that external reward and punishment, whether it comes from others or religions or society in general.

So ego is constantly trying to prove to itself that it is good enough, at the same time it is doubting whether it is good enough, because it is not sure. And it is talking to itself

constantly, in the mind, because ego talks to itself, reasserting itself, its value, and then doubting, having this doubt lurking about. And then there is the reflection of others, how they perceive us, whether their opinion of us is positive. An opinion of others about us is not just some kind of a mental thing, it also relates. If people have positive opinions about you, it means that you can receive love from them, and you want that. And if that opinion is negative, meaning there is no love. And they are also threatening your sense of self-worth, which prevents you from being able to love yourself. For instance, if you receive negative feedback from others, maybe they are right, maybe there is something to look at, maybe they are partially right, but you are afraid to look at it, because it is threatening your self-image, which is connected to your sense of self-value, which is connected to your sense of self-love. So you are in denial resisting those feedbacks, because you don't want to stop loving yourself. But even if you do resist, there is a part of you that considers maybe they are right, maybe it is all true. But then again you are denying that part. You are denying that voice inside yourself which is saying that maybe they are right. You can see how complex it is, how we have a split personality like situation.

There is a constant battle happening in the ego between all these different sides, because there are more sides than just two. How many of you, for instance, are able to take criticism? Think of it. Of course the criticism can be entirely wrong, because opinion of others about you are not necessarily reflecting truth. But maybe they are right, maybe they are a little bit right, a little bit wrong. But that is not the issue of right or wrong. The issue is that you cannot just take it. Why? Because it threatens you. Threatens your psychological survival as ego. Because the moment ego acknowledges that it is wrong, that it has done something bad or whatever it believes about reality is wrong and so on, then it stops loving itself and it goes against itself. It moves to that self-destructive mode of operation. Unworthiness, guilt, shame, self-judgment, self-hatred. This way that construct of ego deteriorates. It cannot hold onto itself. And it falls apart. Hovering on the verge of insanity. So the ego does not want to go into that self-destruction.

That's why it is fighting for its ground of survival. Trying to maintain desperately some kind of integrity of its construct. So the ego is fighting to feel worthy. Like a child that wants to be worthy of his parent's love. Because they don't give him love or not enough. So he does not feel worthy, does not feel loved.

So he is trying to do anything he can to gain that love. Never being able to really succeed, but perhaps gaining some appreciation or affection on some conditions, because it is a conditional love. So the ego is holding into its sense of self-worth, but, as we said, it is constantly doubting. There is a voice in the background saying, No, you are not worthy.

No, you are not good enough. No, you do not deserve love. I mean, that is not the voice. That is the source of that voice. No, you do not deserve love.

When we move to the mode of self-destruction, we already know we are unworthy. We are just not loved. That is reality. We are guilty. Guilty as judged. The sense of shame, which is quite interesting because one has already moved to the self-destructive mode, which is kind of giving up. In a way, it is a place of no conflict, because you are just doomed. But there is still part of you that is clinging into what you are supposed to be, that you have not succeeded, that you have failed completely, and it is here where that sense of shame enters. So, I would like you to look at these things and somehow appreciate the complexity of the human condition, the complexity of the egoic reality, how convoluted it is, in a way, how hopeless it is. For instance, giving up your self-image means that you give up. I mean, conceding to the fact that your self-image becomes negative is in a way self-destructive.

Holding into positive self-image desperately is arrogance, pride is a type of act of desperation. Is there really a way out? Why everyone is so clinging to self-image? Because it is a substitute for love. Self-image is supposed to be self-love, but it is not positive self-image. That is supposed to mean, it is supposed to mean I love myself, and I am worthy of the love of others. I deserve love. Not just from others, even from God. Don't forget that guilt, shame, self-punishment is very much ingrained in religions, because that is an extension of the basic mechanism that we are now speaking of. Just not in the collective context, but in the cosmological context. In order to get to the root of all of that, to the bottom of all of that, we really need to undergo process of profound transformation. Something so deep has to be transformed. Something so prevalent, universal, in how human beings have created themselves.

Because it is collective. Individualized, but collective. No one, in particular, created anyone. We all created ours, each others. And there is a very simple, it's not an easy answer, but it is a simple answer, to all that seemingly unsolvable dilemma. And the answer is love. Love is an easy word, right? But... the reality of it...

is very much hidden. What you need to keep in mind, when one hears the word love, what comes next, how the same ego translates this term, how it rationalizes this term, and how it is using the word love, in order to justify everything, what it has always been doing. In other words, the word love is being used to prolong, perpetuate that egoic reality. Now it is just that ego has this idea, that it is, for instance, going to love itself, or it is going to love others. And it is very exciting. But unfortunately, it does not go very deep, or very far, but

unfortunately, it does not go very deep, or very far, and often is just a lie. Ego is just lying to itself, but this time using the word love, because it is still not loving itself, it is still not loving others, truly. It is trying, but it is just too stuck in its egoic reality to get out of itself, in order to really love.

And because it has not received enough love, so neither can it give true love. Still the answer is simple, love. Love experienced fully within ourselves, or that love can take us out of that egoic conundrum, take us simply out of that mess, out of this psychological mess, and where is love realized? In the heart. But it is also where the pain is experienced. Also in the heart. And there is no contradiction, because by fully experiencing that pain, getting to the root of it, that space that opens up is love. Love If you try to love yourself, well, it is a positive intention, but the results will be very limited. You need to die to yourself, in order to love yourself.

And that death is experienced as well, in the heart. When you love yourself, you do not need as a form of compensation, as compensation, self-image. You use self-image for practical reasons, but you are not holding onto self-image emotionally, because there is nothing for you there to gain emotionally. You don't need that substitute of self-love in self-image, you don't need a substitute, if you can have the real thing. Self-image is a form of self-love for Paul. Of course, initially it has to develop, in self-image, in self-image, how the ego develops.

We are testing ourselves in terms of good and bad, part of the evolution of intelligence. But there comes a time, where it has to go, because where it was helping us in the past, eventually it has to go, because where it was helping us in the past, where it was helping us in the past, eventually it becomes a burden, a cross that we carry, like Christ. Self-mortification, this is what self-image at the end becomes. Now you can say, but it is so difficult to drop self-image, and all these egoic strategies, which are so sophisticated, because ego is also deceptive, living in denial, dishonest, in many ways. In fact, the more sophisticated the ego is, the more, somehow, it is capable of more dishonesty. Simple people, not particularly sophisticated, they are also less dishonest, there is not much happening there, really. But those who are more sophisticated, in their mind and in their egoic reality, are also more complex, more full of contradictions, and more full of dichotomy, splits. This is how reality works. The ego develops, develops, becomes more and more sophisticated, smarter, for good and for bad, because it is also smarter in the way it is lying to itself, for good and for bad, because it is also smarter in the way it is lying to itself. So, eventually, it becomes such a burden to itself, that it is able to transcend itself.

But that new horizon has to open, where that particular being, that particular human being, is given an opportunity by existence, that manifests all the different circumstances, to realize Love. Still, that human being has to make that choice. Still has a free will not to make that choice. You can see it as a final test, a final choice, for ego. For that aspect of transcending self-image. It doesn't really have a choice, but it can choose not to make the right choice. Or shall I say, it can still choose not to make the only choice, that there is. I will be continuing, because it is the most important subject, and I would like you to contemplate dependence on self-image, emotional dependence. And I would like you to contemplate two situations.

First one, imagine someone criticizes you very much, telling you how bad you are, what you have done wrong, and so on and so on. Second situation is that you are being praised by how amazing you are, how everybody is appreciating you, and so forth. In the first situation, when you experience this harsh critique, your heart is quiet. There is no anxiety or self-defensiveness in your heart. In the second situation, your heart is quiet.

Your heart is not expanding with pride. And we are not saying here that you are supposed to be so detached. It does not matter.

Someone is criticizing you, praising you, because it matters. If someone criticizes you, and perhaps they are even right, well, or they are possibly right, it does not feel that good, does it? And even if they are wrong, it also does not feel that good. It's not a very pleasant experience. If somebody is appreciating you, it does feel good, because you receive positive energy, and so forth. But that feeling good or not feeling so good has nothing to do with self-image.

Or, because obviously you do have self-image, you are able to create it, but it has nothing to do with that emotional clinging to your self-image. That's why your heart is quiet, because it is experiencing what it was meant to be experiencing by the Creator. Love. And in connection to others, whether they criticize you or praise you, love too, and kindness. Contemplate it.