



1. Healing is Beyond the Control of Ego 2. Bringing the Light to the Root Emotion of Unworthiness by Merging with it

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Yesterday we spoke about the complexity of the ego structure, ego construct. Also, its duplicity, living in denial, and its constant struggle to maintain positive self-image, which is a type of substitute for self-love. It's crucial when attempting to heal the heart and transform the mind, that we aspire for absolute honesty and sincerity, even if that implies that we are about to face the worst that implies losing certain ego-ground, being unable to maintain that positive self-image to which we are clinging so desperately. When facing confrontation or criticism, instead of immediately switching to the mode of self-protection self-preservation, self-defense, we should rather aspire to become simply objective and whatever is occurring in the ego, in the person, we must experience while verifying what is

happening at the same time in the heart. If there's anxiety in the heart and solar plexus, it means that we are, at that very moment, being threatened, our image is threatened, and instead of continuing in that mode of self-defense, rather we should take a step back, going into the heart and fully experience the corresponding emotion, until our heart is calm and relaxed, and then you can observe that something has changed in the mind as well.

There are those root emotions in the heart, many layers of them, and they need to be confronted, not left unchecked. And they need to be fully experienced. It is the fact that they are not fully experienced that allows them to continue being the disturbing influence. But what does it mean to experience the root emotion? To experience that pain in the heart fully. Perhaps you experience it just a little bit, perhaps 50%, 70%, but then it never ends, because to experience it 70% may not be enough for it to be released, even though it happens at times. I would like you to look into your mind, into your personality, and identify what are the psychological issues that you find disturbing. You need to be honest, and you need to be watchful. You need to identify these things. And I would like you to, in your mind, to make an attempt to decide which of these psychological issues are the main ones, or the deepest ones. Is it unworthiness? Is it guilt? Is it uncertainty about yourself? Is it neediness? Is it controlling? Is it a sense of powerlessness? Is it fear? They are all interconnected, but some of them are more dominant. Ego is at times able to control the space, the psychological space. But somehow being able to organize it in a way that everything seems fine, until it is no longer fine, until the irrational enters, until something deeper in your existence is being threatened or challenged. Then you lose control. This is why it is... One can sometimes believe being oneself healed because of a degree of rational control, but then all of that falls apart when the irrational enters. Ego can control the mental part of personality. It can control certain mild emotional manifestations, but it cannot control deep emotions. It cannot control root emotions.

So when they enter our space, based on various triggers, then ego loses control. I still have some strategies to cope with that, trying to control that which remains after it has lost control, but that is a rather futile exercise. So those moments where you lose control, those moments of the irrational entering you, those moments where what you have built psychologically, maintains psychologically, collapses, these are actually precious moments of you having the possibility of confronting the deepest emotions, the most irrational emotions, the root emotions. But here is the thing that for that to be possible, the ego has to stop controlling them. In the sense of trying to organize them, bring some kind of sense of organization into them, some kind of a harmony, rather it should get out of the way, so that we can experience these raw root emotions directly in the heart. If one is in a relationship and is expressing, let's say, extreme jealousy, and then is able to bring it under control,

temporarily, thinking, oh, it is all done, I have transcended jealousy and free from that. And then suddenly, either from one's own mind or through some external triggers, arises again the eruption of jealousy. I thought I have changed, but apparently I have not changed. So one attempts again to bring it under control. It is about jealousy, about so many things, there is this repetitiveness. We think we are healed, we are transformed, but actually, not really. Nothing has fundamentally healed. Perhaps we have learned how to deal with things, with our issues, with more control, which is not always a good thing. You need to exercise a level of control, but if you control too much your psychological space, you are bringing into it too much energy from the mind. Not really feeling or sensing or seeing what is underlying it. So when things like that occur, one has to go directly to the root emotion, to that pain in the heart. When we use the word pain in the heart, it is a very generic term. There are many layers, kinds of that pain. There are multiple pains. So if one thinks I have healed pain in my heart, perhaps you have healed something, but maybe there is more pain, a different pain. And when you are just in the heart, such as in meditation, you might not feel it because these root emotions are dormant. They are not active. You feel them when they are triggered. And that requires certain triggers, most often from the external reality. Whatever comes to you, or whatever you express to others, or how you express to others, all of that is activating different things in your psyche. That's why you need to observe your psyche, you need to observe your mind. You observe in the sense of being conscious of what is happening there, and then reflect it back upon your heart. Because you are also... You need to be aware of what is happening in your heart, and for that you need to be in the heart, to perceive how the heart is responding. And then you need to go deeper into the heart, to experience that corresponding emotion, to different psychological triggers. And we are primarily here referring to negative manifestations in the psyche.

Even putting aside the fact that these manifestations can be negative towards others, or towards the world. They constitute negative influence, but at the bottom of it, they are actually negative towards yourself. So when you are negative towards others, and there are all kinds of negativity, obviously, you are negative towards yourself too, because it hurts you as well. The root emotion is the original pain, suppressed, not experienced. It may not feel so much as pain in the mind, but if you go to the root of it, it is pain. Unworthiness is pain. Guilt is pain. How do you solve unworthiness? By trying to make yourself worthy. That's the common approach. But how can you make yourself worthy? By convincing yourself that you are good enough, that you deserve love, that you deserve being happy, that you deserve being appreciated by others. But this does not work. It is just a certain game that you are playing with yourself. Instead of judging yourself, you are trying to give yourself positive feedbacks. You cannot feel worthy, truly, until you love yourself. And you

love yourself not for no particular reason, but because you are that love which is loving itself. So unworthiness is nothing but absence of love. It is a dark place to be. Another way to transform dark place is to bring light into it. If you look at those root emotions in your heart, they are actually in the dark. There is no light there.

Because darkness is the absence of light. So how can you bring light into the dark? You have already right intention. You want to experience the root emotion absolutely. You have the right intention that you seek your higher well-being. And the very fact that you have entered your heart means that you are in the right place. So before we end this meditation, I would like you to connect to such a root emotion. Anything you like. Feeling unworthy, let's say, unworthiness, because it is so prevailing. Everybody feels unworthy. It is not that only particular people experience it. Only that different people experience it to different degrees, obviously. But everybody, everyone has it. Almost everyone. In fact, you are supposed to have it. It is like a part of human evolution, the sense of unworthiness. And as such, from certain perspective, it is actually a good thing. Representing certain crisis in the psyche, crisis in the ego, that crisis is supposed to be experienced. Certainly most do not recognize that they feel unworthy, because it is not so easy to recognize. But they still feel unworthy. It particularly applies to human beings who are more evolved, more sophisticated.

They are more colors in that rainbow of their personality. And the fact that it is there, the sense of unworthiness, if approached properly, is actually constructive. It is supposed to help you, rather than being detrimental, where it is putting you down. So, do you feel worthy being happy? Do you feel worthy grace of God? Do you? Do you feel deserving? Perhaps because of the way you were, what you have done, or perhaps because you did not manage to fulfill your own expectations from yourself. So maybe you think you do not deserve grace of God, love of God. You do not deserve being happy, being rich, complete self-realization. So when we are saying these things, it makes you wonder, doesn't it? It makes you wonder. If you are trying to convince yourself that you are worthy, that you are deserving, because you have been so good, the question is, is that really making you worthy? Assuming that you have manifested such good qualities in this lifetime, you can see here that idea of being worthy of love of God is not very different than how a child wants to be worthy of love of his father or mother. It again relates to the super-ego. If you fulfill the ideal expected from you, you receive reward. If you don't, you receive punishment.

And since mostly we don't fulfill all these ideals, because they are unattainable, so what remains is punishment. And no one actually has to even punish us, because it all becomes

internalized. We are punishing ourselves. We feel guilty, ashamed, unworthy. So when you are asked this question, which is a deep question, and it is a rhetorical question, whether you are worthy of the love of God and grace of God, it makes you confront all these things inside your psyche. But it is time to complete this meditation and while feeling a little bit of how much you can, a sense of unworthiness, while you sort of unconsciously think, assume, that you deserve more punishment rather than reward, punishment rather than grace, go to your heart and feel that root emotion. Or even better, feel simultaneously where you have the sense of unworthiness, or you connect to it, simultaneously go to your heart. Well, you are already in the heart, right? You are supposed to be in the heart, but you pay attention to that emotion in your heart. And then you let go of the mind, meaning at this point you are not experiencing anything in your psyche, within the mind. All you experience is in the heart, which is that root emotion that you have identified. You don't know exactly what it is. You just feel it. And be totally one with it. So the way... yesterday we spoke about dissolving or disappearing in the root emotion. It's not really accurate. The correct term is that you need to merge with that emotion. Meaning the one who is feeling it, which is the feeling me, has to merge with the root emotion.

The term disappearing is not entirely wrong. It simply means it has to be seen in context, because when you merge with the root emotion, in a way it feels like you disappear inside of it. All your thoughts, of course, are still infused with that root emotion. And this is where you bring light into that root emotion. Put your hands on your heart. Feel that root emotion, in this case corresponding to the feeling of unworthiness. Be one with that root emotion. Merge with that emotion. Breathe and stay with it. While being, at the same time, relaxed and at ease. Let it go. As you merge with it, with exhalation, you release it. Let it go. You free it. You are freeing that emotion. Liberating it. Let it go. That emotion disempowered you. Now when you can just naturally breathe the sense of openness and opening, sense of relief. You are simply yourself.