

Week 6. THE "I": MY GIFT AND WORK AS A PARENT

WORKSHEET #2: DISTINCTION BETWEEN TWO SELVES (AS ADULTS)



This chart comes from contemplative inquiries in consciousness study groups at Next Step Integral, as participants looked at distinctions between these two experiences of, and relationships to life. In our daily lives the distinctions often show up more nuanced, less blunt. This was an attempt by a number of participants to get to some basic distinguishing qualities. What do you think? Feel free to add your own ideas and experiences...

FRONTAL EGO SELF

Feels likes it already knows

Separate - creates buffer zones

Contracted

Self-concerned

Ensures survival

Self-critical

Sleepy or tense

Re-active, predictable

Enables the movement from pre-personal to personal

Anxious

Using time as an excuse for non-action

Resisting change

DEEPER ESSENTIAL SELF

Curious and ever-inquisitive

Agency and Communion

Flexible – Fluid

No self-concern, immersed in Life

Promotes evolution

Self-love

At ease and alert

Active, pro-active, and responsive

Enables the movement from personal to trans-personal

Trusting

Passionate engagement

Embracing change

Consuming - needy

Abundant - generative

Greedy - unsatisfied

In service – generous

Victimized

Responsible

Arrogant

Humble – reverent – in Awe

Lack of Integrity

Integrity

Manipulating

Creative unfolding

Controlling

Surrendering

Untrustworthy

Trustworthy

Forceful – weak

Powerful – strong – vulnerable

My opinion

Truth, collective wisdom

Self-centered

Selfless in motive

Contradictory

Consistent

Self-preoccupied

Listening and attentive

Judging

Discerning - compassionate

Masked – evasive

Clear – lucid – transparent

Cynical – sarcastic

Touched to the core – Pierced by life

False sense of security

Poised on the edge of the unknown

Heavy and frivolous

Serious and playful