

Pathwork Teachers Helper

TRICKS OF THE EGO

Pathwork Lecture 199 Chart by Andi Kiva

The tricks of the ego are every conceivable negativity known to mankind: any fault, any violation of integrity, truth, love and divine law.

*They can be summed up in the triad of **PRIDE**, **SELFWILL** and **FEAR** PL30*

PRIDE	Creating artificial conflict between self and others. Better/worse than	Maintaining a separate state by the trick of creating an “I versus you” and a spirit of one-upmanship. “I’m better than you, I must outdo you”, etc. creating separateness
PRIDE	Living for the sake of appearances	Trick is in believing its more important to create an impression, and appearance, rather than rely on truth, real feelings and interests.
PRIDE	Shame of exposing real feelings and spiritual self	Ego trick to maintain the limited state by creating attitude of pretense, false shame of exposure, mask, embarrassment.
SELFWILL	Stubbornness, resistance, spite, defiance, rigidity	These cause stiffening up against change. Stating “I will stay where and as I am”. Trick is to make this rigidity desirable and to make open, flexible movement appear threatening or humiliating.
SELFWILL	Negative intentionality	Whatever the negative intentionality is, it indicates spite which always blurs the real view and falsifies the situation so that all desirable life experience is denied
Fear/Self-Will	Laziness, tiredness, passivity	Trick is to make it appear as if movement was undesirable and exhausting. In actuality, the stagnation is more exhausting as its holding back the natural inclination towards growth.
FEAR	Instinct of self-preservation is displaced	The FEAR of losing ones present state of awareness, the ego trick displaces the instinct of self-preservation, using it in the battle to preserve the present awareness
FEAR	Worry, anxiety and apprehension	Trick of the ego is in making movement appear threatening.
FEAR	Distrust and suspicion	Ego trick that creates suspicion and lack of trust, creating wish to remain unmoving and in present limited state.
FEAR	Creating fear of positive states	Ego trick of maintaining “safety” by denying pleasure, bliss, joy, expansion, creative movement, etc. Ego creates fear of these states.
	Inattentiveness, lack of concentration, abstractedness, absent-mindedness	Trick is to deny the one pointed focus necessary for the ego to transcend itself.

“make the ego flexible, teach it, bend it, change it, make it receptive and vibrant by IDENTIFYING and ABANDONING the TRICKS. The searchlight must be ruthlessly turned onto the little self. Use the healthy part of the ego to shed light on the unhealthy part. Then transcendence takes place in the safest possible way”.