

STEPS ON THE SPIRITUAL PATH The Undefended Self by Susan Thesenga

Developmental Stage & Task:	THE THREE SELVES				THE INNER WORK		Stance of the Helper in the Helping Relationship
	The Mask Self	The Lower Self	The Higher Self		Spiritual Practices	Work with a Helper	
Child Self <i>Re-educate inner child to become autonomous adult</i>	Phony child behaving in reaction to expectations of others, trying to avoid vulnerability of being real. Submissive or rebellious child, in reaction to parental authority projected onto others.	Selfish, wilful child who wants only his/her way. Negative, wounded child defended against feeling pain and disappointment. Superstitious and not autonomous.	Spontaneous, loving, creative child, in touch with spirit. Open, undefended child, able to feel and be vulnerable. Open to spiritual reality, without preconceptions.	PRAYER...MEDITATION JOURNAL, DAILY REVIEW, WORK WITH BREATH, RHYTHM...PRAYER...MEDITATION	Question all fixed ideas/images/attitudes; allow open attention and curiosity about the self. Meditate and pray in dialogue with the inner child. Call in positive adult ego and Divine Mother/Divine Father to re-parent the inner child.	Open to emotional reality of inner child. Discover how childhood images create and distort present reality. Externalize unfelt feelings from childhood including anger, grief, fear and joy. Allow loss of childhood illusions.	Work with transference: Actively analyze how childhood reality is re-created in the helping relationship. Allow positive and negative transference: projections of “perfect” parent and “disappointing” or “monstrous” parent.
Adult Ego <i>Strengthen Positive Ego Mind; Align with Spiritual Self</i>	Idealized self-image of ourselves, which we present to the world and want to believe is who we are. Perfectionist demands on self and others. Character defences of the Mask: a distortion of a divine quality: submission (Love) aggression (Power) or withdrawal (Serenity)	Personality faults. Egotistical, selfish ego which wants to be master of all it surveys. Alternately, a weak dependent ego which will not take responsibility or lay claim to what it deserves. Pride, self-will, and fear (aspects of lower self on all levels)	Good qualities of the personality, Positive ego will, serving the Spiritual Self. Makes positive choices. Observes and accepts all aspects of the self. Pursues spiritual discipline and follows through on guidance received. Personal strength: Love, Power, or Serenity		Use a journal and practice Daily Review to discover personality patterns. Meditate to develop and strengthen capacity for objective and compassionate self-observation. Use prayer and affirmations to align with Love and Truth.	Look honestly at life patterns and what they reveal about the self. Accept opposites within the self: “bad” faults as well as “good” qualities; pain as well as pleasure. Differentiate self from others; create resilient, effective ego. Recognize and allow present-day feelings as they arise. Make connections with past if relevant; release the past to function in the present.	Negotiate clear and reliable contract, clear boundaries. Promote ego differentiation from helper. Do not engage transference: Work with adult issues, not re-creation of child relationship. Be appropriately self-revealing. Allow feelings rather than strongly encouraging them.
Human Relationships <i>Integrate Self with Others</i>	Patterns of dependency and/or separateness. Blaming and Projecting own issues onto others.	Manipulative and dishonest relationships based on specialness and self-importance (me <u>vs</u> the other)	Relationships that are both autonomous and mutually loving (me <u>and</u> the other)		Meditate and pray to open the heart, practicing forgiveness of self and others. Engage in compassionate service.	Make interactions conscious: negotiate relationship. Practice realness/vulnerability/confession/forgiveness. Experience brother/sisterhood.	Engage with whole self: share more, support connection, confront separateness. Shift from transference to intimacy: allow peership.
Soul Transpersonal Level <i>Heal Personal and Collective Soul: Surrender to God</i>	No more mask.	<u>Personal soul:</u> Negative soul directions, with intent to perpetuate duality. Personal soul dents, karmic distortions. <u>Collective soul:</u> Negative archetypes & demonic impulses. Attachment to negative power & separation. (evil)	<u>Personal soul:</u> Positive soul directions, with intent to unify. Personal soul gifts and desire to serve. <u>Collective soul:</u> Positive archetypes and angelic essences. Surrender to inner guides and to God.		Pray, align, and affirm positive intention. Attune to soul’s divine ray: Love, Power or Serenity. Discover and pursue soul’s task. Work with ritual and ceremony. Seek and heed spirit guides: Surrender to spiritual masters, Commit life and will to God.	Discover and work with negative intentions. Feel and release pain behind revenge, bitterness, withholding. Uncover and discharge karmic imprints from past lives. Take full responsibility for creation of own life. Work with archetypes, dreams, inner journeys, creative visualizations. Work with Breath & Rhythm.	Notice how deeper soul issues are re-created in helping relationship. Model appropriate relatedness. Thin own boundaries to allow soul level contact. Step out of the way; enter space beyond ego limits; channel higher energies. Allow personal transparency.
Unitive Level BE IN GOD	No more mask.	No more separating impulses: no more lower self.	Creative Presence: Love and Truth. BEING HERE NOW		Worship the Divine in all forms. Practice moment-to-moment awareness.	Allow spontaneous, creative impulses. Relax into Breath, Rhythm, God.	Allow the work to be a constant co-creation between teacher & student, both accessing the Divine, without boundaries or separation.