

STEPS ON THE SPIRITUAL PATH

Developmental Stage and 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>Reeducate inner child to become autonomous adult</i>	Phony child, behaving in reaction to perceived expectations of others, trying to avoid vulnerability of being real. Submissive or rebellious child, in reaction to parental authority projected onto others.	Selfish, willful child who wants only his/her own way. Negative, wounded child, defended against feeling pain and disappointment, locked in images about life.	Spontaneous, loving, creative child, in touch with inner source and with Spirit. Open, undefended child, able to feel and to be vulnerable.	PRAYER ... MEDITATION ... WORK WITH BREATH, RHYTHM JOURNAL, DAILY REVIEW 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 reparent 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 recreated 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>	False ego—the Idealized Self-Image—a pretense, an idealized version of the self presented in order to hide the real self. Perfectionistic demands on self and others. Three defenses of the ISI or Mask: distortion of a divine quality: Submission (Love) Aggression (Power) Withdrawal (Serenity)	Negative, self-centered, controlling ego, which wants to be master of all it surveys. Alternately, a weak, dependent ego which will not take responsibility or claim what it deserves. Three Lower-Self defenses which distort Divinity: Chronic fear/distrust Self-will/ control Pride/ arrogance	Positive ego, which makes clear, loving choices, and follows through on promises. Objective, compassionate observer. Aligned with Higher Self Three possible Divine rays coming through the personality: Love/ Compassion Power/ Courage Serenity/ Wisdom		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. Attune to personal divine ray: Love, Power or Serenity	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 provoke 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. Blame and projection of own issues onto others.	Manipulative and dishonest relationships, based on ego specialness and self-importance. (me <i>versus</i> the other)	Relationships where individuals are autonomous and mutually loving and supportive. (me <i>and</i> 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 peer-ship.
Soul/Transpersonal Level <i>Heal Personal and Collective Soul; Surrender to God</i>	No more mask.	Personal soul: Negative soul directions, with intent to separate. Personal soul dents, karmic distortions. Collective soul: Negative archetypes and demonic impulses. Attachment to negative power and separation (evil).	Personal soul: Positive soul directions, with intent to unify. Personal soul gifts and desire to serve. Collective soul: Positive archetypes and angelic essences. Surrender to inner guides and to God.		Pray, align, and affirm positive intention. Discover and pursue soul's task. Take full responsibility for creation of own life. 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. Work with archetypes, dreams, inner journeys, creative visualizations. Work with ritual and ceremony.	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 cocreation between teacher and student, both accessing the Divine, without boundaries or separation.