

DISCOVER YOUR
**PERSONAL
ADVISORS**
WITHIN



Confronting Your Superego

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Have you ever been confronted with a decision, and your head tells you one thing and your heart tells you another? Your logical mind is telling you one thing and your emotions and feelings are telling you another. Have you ever wondered why you can get such conflicting issues within yourself?

This audio is about “Why you do what you do” and how to go about changing it.

Within you, you have two voices that help you to make decisions, urge you into action and generally make up your personality. In your decision-making, your choices will emanate from either one of these two voices.

They are called the Ego and the Superego – and they are different. I feel that it is important to understand the differences between the two so when you make choices you know which one you are listening to the most.

A dictionary definition of the Superego is as follows:

“The part of the personality representing the conscience, formed in early life by internalization of the standards of parents and other models of behaviour. “

eg: Poverty Consciousness Can Be An Aspect Of The Superego

A dictionary definition of the Ego is as follows:

“The part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity.”

Your “I am”, your very being – You.

Then there is the Id:

Id: “In Freudian theory, the Id is part of the mind that is totally unconscious and serves as the source of instinctual impulses and demands for immediate satisfaction of primitive needs. These needs seek satisfaction in accordance with the ‘pleasure principle’ and are modified by the Ego and the Superego before they are given expression.”

So, the Ego is the mediator between the

ID: which will take what it wants - the basic life needs for example – food, water, shelter, love in whichever way it can and

The Superego - which will direct you to follow learned patterns. For example; what it has learned socially, from parents, from education, from life observation. It’s perception of an ethical and moral life.

Very simply put:

The Id: is unconscious and only knows what it needs to survive

The Superego: is the inputted computer program of life, your brain will filter through the learned statistics of your life to come up answers.

The Ego is You, It is that part of the personality, which is experienced as being oneself - that which one recognizes as 'I', one's face to the world, at a particular point in time.

Trouble arises when the Superego and the Ego are not balanced.

Ego vs Superego – your internal battle of balance

The Superego is challenging, authoritative, and controlling. If left unchecked it can rule and command your life.

Why do we have a Superego? Your Superego is needed to put things into perspective to show the difference between right and wrong. It is the ethical part of you and its assumptions are based on your upbringing.

But it is not always right for you all the time, when you need to make changes it is your Super ego you will have a battle with!

This is the Voice of Your Personal Advisor: The Superego ...

It speaks in terms of the worst case scenario.

It generally speaks in terms of “right and wrong” or “good and evil,”

You feel fear when you think about following your true heart’s desire.

It speaks in a self-righteous tone.

It encourages separation and fear of others.

You feel small, constricted, censored and/or reprimanded.

You feel a sense of guilt and the closing down of your heart.

To show the balance we need to look at the ego.

The ego is you – your I, I am, it is born with you, it is who you really are.

Remember you are mind body and spirit a trilogy of physical matter, consciousness and unconsciousness.

This is the Voice of Your Personal Advisor: The Ego ...

It speaks of the best-case scenario – you can anticipate the reality of great things to come.

It generally speaks in light and positive tones.

You feel the acceptance of other people and things in your experience.

You will feel excitement and eagerness to take the step you are guided towards.

Your creative ideas will flow and you feel energized by thinking about them.

You feel inspiration, joy and wellbeing as you put your ideas into action.

You feel happy.

When you are born you are who you are, you have within you no judgments, no hate, no aggression, no jealousies, no sins so to speak. You have love, laughter, happiness and trust, all within you.

The minute you are born you are looking for ratification or verification of those feelings and you start looking outside of yourself. You cry, you are filled with air and are learning.

You learn the art of getting what you want. When your basic needs need fulfilling. For example; when you are hungry you cry, when you are uncomfortable you cry, when you are alone you cry.

So when you are born, your ego is you, your truth, your essence. On the other hand your superego is comparable to a computer program, a blank USB, waiting to be filled and activated. Your Superego learns behavioral patterns from all of its surroundings from parents, from culture, from friends, from teachers, from the society you live in.

As you progress into adulthood if your basic balance is tipped towards the Superego it grows and gains control by feeding you thoughts of guilt, inadequacy, and failure. Total following of the Superego can lead to neurosis and mental health issues as the needs of the Ego – which is the 'I am' are not being met.

If your basic balance is tipped towards the Ego then strength of character grows, inner-directedness, self-determinism, independence, and high self esteem. Total following of the Ego can lead to an over emphasis on own goals and an under emphasis on the needs of those of the groups to which they belong.

You will have heard of people described as having a 'big ego', this is what is meant - an overstimulation of the "I am" to the detriment of others

It is good to have a basic understanding of both ego's so it can be clearly seen and then a plan or goal can be formed so you will ultimately have within your grasp the ability to control your own mind instead of it controlling you.

If, as you grow 'the real you' is not allowed to emerge and develop alongside the Superego then the strength of the superego overwhelms the ego.

So we are looking for Balance between both the Ego and the Superego, which are our inner voices or our Personal Advisors Within. We are looking to balance or to integrate these two aspects of our personality to achieve the happiness and freedom we desire.

As you go through this experience, don't let the fear stop you, you will be a much stronger person and much more self-empowered. You will trust yourself more and you will experience greater energy. You will expand into a new awareness and perspective of yourself, your life, and your world.

Ego strength is the power, determination and ability to engage reality - to accept what is as existing and to then *use* our behavioral, emotional and relational skills (those traits found in the Superego) to deal with such events.

Ego strength also refers to the inner personal strength by which we tolerate stress and frustration and to deal with situations without falling back to childish or re-active actions. A strong Ego can tolerate, can cope and then will look at situations realistically and act on a solution.

Ego strength, then, is our ability to play '**Lifes Games**' well, the ability to address life according to whatever is thrown at us.


The stronger our Ego grows, the more of a 'sense of self' we develop and the greater our skills and ability to handle whatever comes.

Many people are searching for their truth, to identify themselves or feel the need to find themselves, as they feel lost. What they are doing is trying to balance their Ego and the Superego. This can only be achieved by working on your inner self it is not found outside of yourself.

So if this is you, wherever you are in the world, stay there, work on yourself where you are. That is the only way to happiness and freedom. The Superego, can constrain you, imprison you with it imposed judgments, conditioning and restrictions.

Developing or strengthening your ego will help you find answers and lead you towards the freedom you seek. This can be achieved, but it is achieved through inner work, mind work, spiritual work.

Every day you can grow in strength, which will help you break you free of the shackles that the superego has imposed on you. This should be done in love, your super ego is a part of you that you need, it just needs to back down a bit so your ego can emerge, your true self can emerge.



As you work towards this goal, you will start to feel freer, happier, lighter – because of these feelings, you will begin to achieve more with less effort. You will attract what you want to you. You will feel successful, useful; you will start to have a fuller meaningful life.

By just understanding this principle you will open a gateway for learning, and for acceptance of yourself. Being open to learning will increase 100 fold your chance of success.

This is just the beginning of a great life journey. By following the road of your intuition, your feelings, you are opening up possibilities to access to an abundant lifestyle. You can have abundance in all areas; laughter, love, health and wealth.

Your ego is urging you to seek and understand your own world, which resides in your head. You are being urged to conquer the Superego; which is limiting. To keep it at bay while you learn your lessons from your ego; which is who you really are.

You are learning fresh new approaches and as this happens you will have doubts, and you will experience negative feedback from your Superego as it will start to lose its grip on you.

You are aiming to strengthen your Ego to allow your ego to show its piece, it's love, its happiness, its freedom, and its creativeness. Remember your ego is you in the raw, the real you. Not the you, who *pretends* to be happy while doing what is expected of you following the harsh rules of the superego.

As you progress you will experience change, change in your outlook, your attitude, your acceptance, you will experience change in subtle ways. You do not want to be alienating your friends or family, remember this is inner work. As you go through your daily life the people around you will notice these changes, but it will be change that is good for you.

Initial changes can be made by observation of everything around you look at nature, look at where you are, look at where you work, look at your parents, your children, your family. Observe what is happening. While you observe make no judgments, try and stand outside of yourself and watch from afar.

Just observe and you will notice, the good and the bad, but do not judge just accept, try and stay in the present moment. This is not always easy, being present means you are totally focused on what you are doing now. Not thinking about what happened yesterday or thinking about your dinner tonight.

You are looking at *now*, you will drop in and out of the present moment but as you practice you will be able to sustain it longer and longer.

Here is a list of suggestions to help you strengthen your Ego:

Be Mindful: Acceptance of reality is not necessarily approval of reality; it is simply not being blind to it, not resisting nor distorting it. Then we can see the truth.

Use Positive Language: Research into language suggests that a person's self-image is reflected in the words that they use. For example, people who say they *'should'* behave in a certain way implies passivity and detracts from them being in control. Talking about yourself in a positive way, acknowledging strengths and weaknesses, can be empowering.

Use Active Language: Use terms which imply positive action particularly when talking about the future. For example, 'I will...' and 'I can...'.

Define Your Own Space and Identity: If you fail to use words to define your own space and identity then others will tend to define you. Use the words 'I am'. Be clear about who you are and what your values and goals are – do not let others define you.


One of the most important remedies to help strengthen your ego is learning to love yourself. This is not a selfish act, nor an act of conceit. By learning to love yourself you are bringing harmony into your life and you will be enjoying yourself. If you want to be loved you must first love yourself.

Here are just a few ways to love yourself:

- ✓ Acknowledge who you are, - your divinity, your beauty
- ✓ Take note of what you say and think about yourself
- ✓ Laugh at yourself – but not in a derogatory way
- ✓ Spend time doing what you really want to do for yourself
- ✓ Learn from everything you do – without judging yourself
- ✓ Always know what you want, so others cannot tell you
- ✓ State what your boundaries are – so people can respect you
- ✓ Let go of authority figures; stand up for yourself
- ✓ Keep your home tidy – for yourself
- ✓ Throw out old possessions
- ✓ Take more care with your clothing
- ✓ Take more care with what you eat
- ✓ Ask a friend to list 5 good qualities
- ✓ Take time to meditate and relax

There are lots, lots more and I'm sure you can think of some that I have not listed. Pick a few and just do them. Monitor how you are feeling after you have put them into practice.

Change is part of growth, change is put into motion by confronting the inner voice of the Superego – you are questioning its authority, you are questioning its programmed responses and its automatic reactions.



By strengthening the inner voice of the Ego you will make more informed decisions, and better choices that suit you now. Your life is forever changing and you need to change with it in order to keep the harmony, peace love and laughter in it.

Follow your own standards that you have set for yourself – not other people's. As children you take on board aspects of your parents' characteristics as you see them at the time.

For example my Father wanted the best for me and he worked hard to achieve it. Somehow I took that on board and felt a failure if I did not achieve through hard work too.

I was a very 'unrelaxed' person and was making life very hard for myself. This was one area that needed to be changed, so I could become more relaxed and just **BE ME**.

You can do without other people's standard. Have a go at these for a change....

- ✓ Do the best *you* can – do not measure yourself against other people
- ✓ Believe you are no better or lesser than anyone else
- ✓ Grow from everything you do and know you can always try again

Whatever you see in your Mother and Father, you can take a look at yourself and see how you do it and whether or not you want to change it. By taking a look at yourself you can change any habit.

Your Inner Personal advisors are there to help and direct you. Your Superego by all learned habits, your Ego by feelings, emotions, your spirit from the heart. They need to be balanced so you can create a life that is full, not only of happiness and joy but of fulfillment and creativity.

So if you feel you are stuck in a rut and are not living the way you want to be, if you feel there is more to you than what you are currently experiencing then take a close look, you will probably find that you are allowing your Superego to run your life.

Now is the time to change as you now have an understanding of your two inner voices, now is the time to allow your Ego to strengthen and grow, to add pleasure, love, happiness, fulfillment and achievement back in your life.

Remember:

Your Superego delineates the boundaries of your behaviors so you can live and fit in within the society you were born in, it does this through thoughts of fear, guilt and an authoritative voice – this can be changed.

Your Ego delineates your 'I am' boundaries, this is who you really are and needs strengthening to improve self-worth, independence and higher self esteem.

A better balance between the two egos will alleviate too much control by either voice.

You have two more audios within this series to listen to;

Audio Two

'How to Build a Better Balance in Life' which will help you to gain greater balance, in your daily life.

Audio 3

'How to take control of your Mind' will help you be more in control of your life by helping you address your fears.

Take the time to listen to these audios they will help you to achieve your goals with the 'Internal Battle of your Personal Advisors'.

They are both there for your advancement and will help you on your journey to conquer your Superego.

From Janis, True Life Journey

For those of you still with me...

*"Count your blessings for what you have
For changes abound all around
Just follow the flow
Smile and laugh for all that you know"*

True Life Journey

