

Self- Transcendence

Definition

Looking beyond the “now”, beyond barriers and boundaries, looking beyond one’s self and finding perspective and meaning that might otherwise be overlooked.

Vulnerability can lead to self-transcendence. Self-transcendence can lead to well-being.

The act or condition of going/beyond ego.

The overcoming of the limits of the individual self and its desires.

1. Fear of death – This existential anxiety has driven people to do all sorts of destructive things. The challenge is how to transform fear of death into love of life.
2. Egotistic tendencies – One of the aims of life is to change selfishness into a state of selflessness through self-transcendence.

Key points

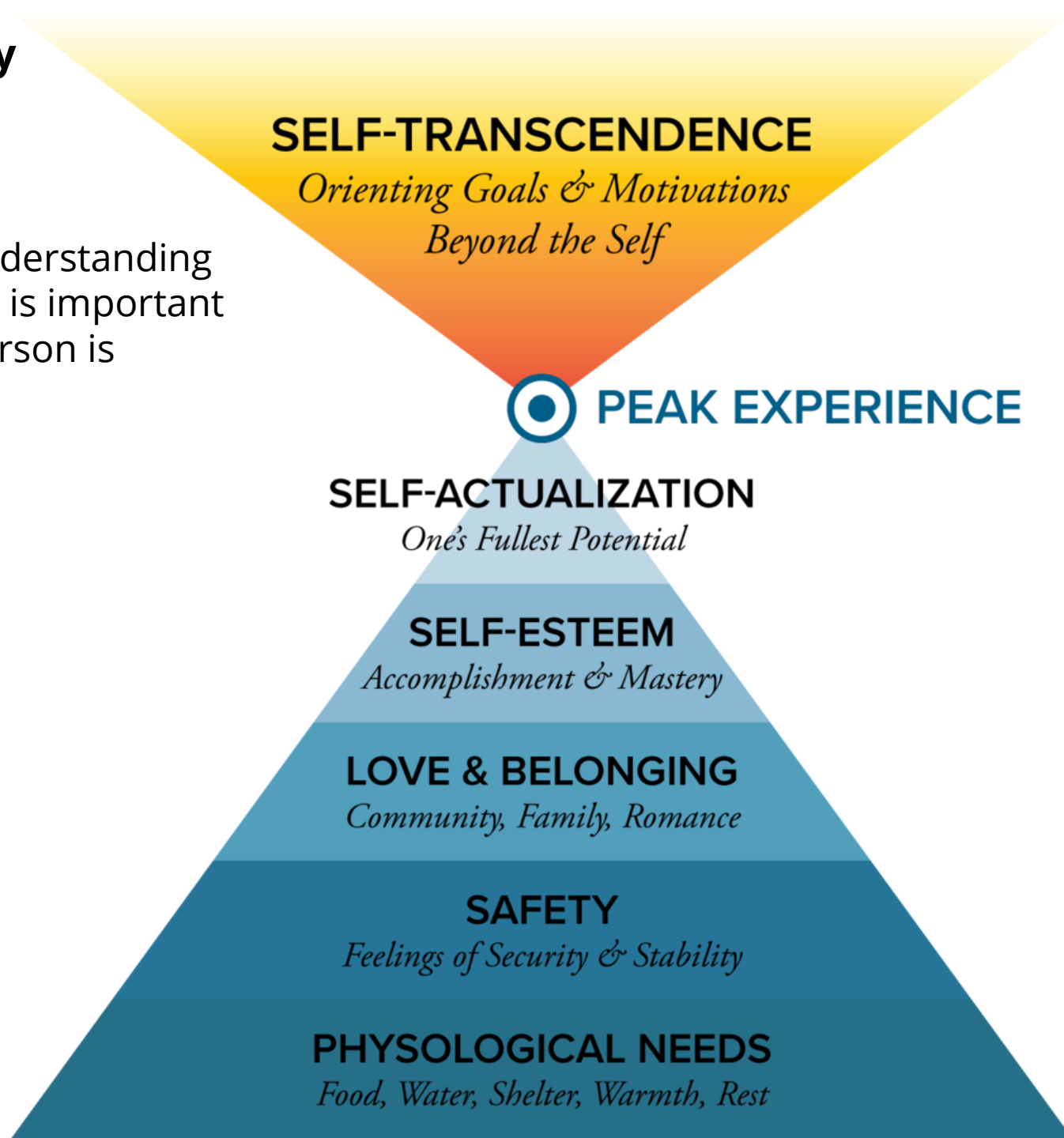
- You need to lose yourself in order to find yourself.
- It is more blessed to give than to receive.
- Do not ask what you can get *from* life, but ask what you can give *to*
- You must be willing to deny yourself in order to serve something greater than yourself.

"Only to the extent that someone is living out this self transcendence of human existence is he truly human or does he become his true self. He becomes so, not by concerning himself with his self's actualization, but by forgetting himself and giving himself, overlooking himself and focusing outward."

Viktor Frankl

Maslow's Hierarchy of Needs

In order to have an understanding of human behaviour it is important to realise that each person is motivated by needs.



25 ways to stay honest and humble

1. Adopt the beginner's mindset.
2. Focus on the effort, not the outcome.
3. Shun the comfort of talking and face the work.
4. Kill your pride before you lose your head.
5. Stop telling yourself a story - there is no grand narrative.
6. Learn to manage (yourself and others).
7. Forget credit and recognition.
8. Connect with nature and the universe at large.
9. Choose alive time over dead time.
10. Let go of control.
11. Paranoia creates things to paranoid about.
12. Always stay a student.

EGO vs SOUL

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EGO

- Serve yourself
- Seek gratification
- Life's a competition
- Preserve yourself
- Look outward
- Feeling of lack
- Mortal
- Drawn to lust
- Seek wisdom
- Seek to be filled
- Me

SOUL

- Serve others
- Seek inner authenticity
- Life's a gift
- Preserve others
- Look inward
- Feeling of abundance
- Eternal
- Drawn to love
- Is wisdom
- Eternal wholeness
- We



Awe is the emotion of self-transcendence.

Jonathan Haidt

@quaxiancy

What is an ego death?

The death of the ego isn't truly a death, as the ego will always be a part of us. Instead, it's more like a transcendence; we evolve beyond the shackles of our ego and leave it behind, learning to control our lives without its influence.



The Spiritual Awakening

The first step is when we wake up. We leave behind our daily routines and our everyday desires and ask ourselves: What am I here? What is my purpose? What am I supposed to do?

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The Dark Night

We are in complete despair, and we know that something has to happen in our life, something drastic and meaningful, but we don't understand what that something has to be.



Exploration

We start to try filling that void with things we might have one found silly or ludicrous. We experiment with the mystic arts, astrology, energy healing, and practices that focus on connecting the mind, body, and soul.

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Glimpse of Enlightenment

We experience our first, small glimpse of enlightenment, also known as "satori". We take a look into our True Nature during our exploration and become terrified of this experience.



Soul Growth

This step can take months if not years, and this is when our soul begins to mature. We develop the ability to understand what spiritual practices work for us and which have no effect on us.

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The Surrendering

Now we let go. We have become intimately familiar with our soul and our ego, and we surrender everything that is not part of our True Nature.



Awareness and End

The Truth is in us now, and we know that the ego should not define who we are; the ego should exist simply as a tool to be used whenever needed.

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HackSpirit