

Introduction

Part I: What Do We Mean by God, Self and Ego?

1. God

Existence and Non-Existence. Existence and God. Revelation and Relationship. Summary. Reflection and Discussion. Spiritual Exercises.

2. Self

Levels of Consciousness. Human Consciousness. Self. Self and God. Summary. Reflection and Discussion. Spiritual Exercises.

3. Ego

Reflecting and Non-Reflecting Consciousness. Ego and Reflecting Consciousness. The Development of Ego. Zones of Consciousness. I and Me. Ego and Identity. Summary--God, Self and Ego. Reflection and Discussion. Spiritual Exercises.

4. False Self System

Conditional Love. The Wounding of the Ego. Summary. Reflection and Discussion. Spiritual Exercises.

Part II: Spiritual Directions

5. Journey to Egoic Authenticity

The Meaning of Authenticity. Being Attentive. Being Intelligent and Reasonable. Being Responsible. Summary. Reflection and Discussion. Spiritual Exercises.

6. Journey to Individuation: Ego-Self

Egotism, Egoism and Individuation. Windows of Opportunity. Looking Through the Window Panes. The Open, Individuating Ego. Other Approaches. Summary. Reflection and Discussion. Spiritual Exercises.

7. Journey to Belonging: Ego-God

Relationship with God? The God Who Loves Egos. The Response of Faith. Love's Boundaries. The Spirit-Centered Ego. Theosis: Being-in-Love. Summary. Reflection and Discussion. Spiritual Exercises.

8. Journey to Mystical Union: Self-God

The Prayer of Quiet. Prayer of Union and Beyond. Direct Approaches. Summary. Reflection and Discussion. Spiritual Exercises.

9. Spiritual Transformation: God-Self-Ego

1. The Ego is Not the Problem. 2. Ego Authenticity is Foundational to Spirituality. 3. Opening to God's Loving Influence Sustains Us. 4. We Discover Our True Identity in God. 5. We Consent to the "Dark Nights" of Healing. 6. We Strive to "Be All That We Can Be." Summary. Reflection and Discussion. Spiritual Exercises.