

Ego vs. Unique Self

How to recognize whether we are acting from Ego or Unique Self? 25 distinctions as reference points.

Based on Marc Gafni's book 'Your Unique Self'

	EGO	UNIQUE SELF
1. Special / Not Special	<ul style="list-style-type: none"> Better than 	<ul style="list-style-type: none"> Distinct and free from any comparison or point of reference Spontaneous experience of our essence
2. Action / Reaction	<ul style="list-style-type: none"> Reaction to outside stimuli 	<ul style="list-style-type: none"> Acts on the power and joy of its own authentic impulse
3. Imitation / Originality	<ul style="list-style-type: none"> Trapped in imitation Life of imitation based on limitation Being in constant competition 	<ul style="list-style-type: none"> Being original and self-satisfied Immersion in Being
4. Satisfaction / Greed	<ul style="list-style-type: none"> Insatiable want to seek more and more identity enhancers (e.g. money, status...) to confirm its existence Greed as the ego's distortion of the quality of pure infinite desire Our very best is never good enough 	<ul style="list-style-type: none"> Being satisfied from the fullness whatever the moment brings Our very best is always good enough
5. Enough / More	<ul style="list-style-type: none"> There is never enough to go around Filling emptiness 	<ul style="list-style-type: none"> There is enough to go around Striving for more as an expression of the fullness of BEING
6. Ego Story / Unique Self Story	<ul style="list-style-type: none"> Ego tells us a story that makes us feel safe, valuable and worthy It disguises its ambition, its drive for power or its insecure grasping and converts it into narrative material that supports our own positive self-image 	<ul style="list-style-type: none"> Dis-identifying with our story Letting the story become an object to see, to understand the root motivations and dynamics that are really at play
7. Joy / Fear	<ul style="list-style-type: none"> Ego is rarely happy, plagued by an underlying feeling of fear, deadness, or depression The feeling of happiness is heavy, of a less richly textured quality 	<ul style="list-style-type: none"> BEING joy The joy or feeling of happiness is light, free and verging on the ecstatic



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8. Open Heart / Closed Heart	<ul style="list-style-type: none"> When the ego's heart breaks, the heart closed and contracts 	<ul style="list-style-type: none"> When the Unique Self's heart breaks, the heart opens through pain into greater love
9. Eros / Grasping	<ul style="list-style-type: none"> Living with the feeling always being on the outside It fragments, grasps, never shows up fully present to the other 	<ul style="list-style-type: none"> Lives in EROS – with fullness of presence and a felt sense of wholeness
10. Authentic / Pseudo Freedom	<ul style="list-style-type: none"> Ego is a slave that wants to be free Freedom is understood as autonomy / being free from external influences 	<ul style="list-style-type: none"> BEING free Freedom meaning to live the uniqueness and give our deepest gifts to the world
11. King / Servant	<ul style="list-style-type: none"> A servant pretending to be a KING Thinks it is GOD, but does not really believe it and so it tries to make itself the GOD that it knows it is NOT 	<ul style="list-style-type: none"> Unique Self knows it IS GOD, so it acts in the world with audacity, grace and majesty
12. Victim / Player	<ul style="list-style-type: none"> Clinging to petty details of our story, never letting go of wounds Mantra: " I am hurt, therefore I AM" 	<ul style="list-style-type: none"> Having a unique gift to give to ALL-THAT-IS Therefore being driven by a larger vision and obligation that allows to place wounds into a larger perspective Being an audacious player in the great story of evolution of consciousness Being able to give up being RIGHT, without giving up on its core identity
13. Betrayal / Loyalty	<ul style="list-style-type: none"> When things go bad, our ego is in fear and would betray virtually anyone Shallowness of integrity 	<ul style="list-style-type: none"> When things go bad, we find our way through thick and thin, to a deeper centre of spirit
14. Friendship / Pseudofriendship	<ul style="list-style-type: none"> Helping friends who are successful and even friends who are down – as long as they do not threaten our position 	<ul style="list-style-type: none"> Delighting in your friend's successes, even if there is nothing in it for us at all



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15. Bigger / Smaller	<ul style="list-style-type: none"> • People feel smaller when you walk into a room, they feel invisible before you, they feel depleted and in danger 	<ul style="list-style-type: none"> • People feel bigger, seen, and feel your desire to love and give to them
16. Yes / No	<ul style="list-style-type: none"> • Always saying NO, even if it means yes • Contracting mode 	<ul style="list-style-type: none"> • Always expanding, saying YES
17. Justice / Injustice	<ul style="list-style-type: none"> • Ego is angry what it had to experience • Rarely feeling the same outrage at what it has done to someone else 	<ul style="list-style-type: none"> • Being hurt and outraged by any and all injustice • Battles injustice, even if there is potential collateral damage to its own power and status
18. Responsibility / Excuse	<ul style="list-style-type: none"> • Master of Excuse • Advising others to take responsibility while the ego itself wallows in the real and imagined offenses that it has suffered 	<ul style="list-style-type: none"> • Taking responsibility spontaneously, lightly, and with full gravitas
19. Paradox / Splitting	<ul style="list-style-type: none"> • Always splitting – seeing dualities, cannot hold paradoxes or complexities • Others are either enemies OR friends, actions are either good OR bad • Cannot hold perspectives other than its own for extended periods of time 	<ul style="list-style-type: none"> • Holding complexities, paradox and opposites • Sacred outrage and equanimity live in paradoxical harmony within the Unique Self
20. Past / Present	<ul style="list-style-type: none"> • Lives in the past, thinking it is the present • Unable to create intimacy which means meeting each other in the fullness of the present moment 	<ul style="list-style-type: none"> • Can make contact – present moment includes the past and anticipates the future • To make real contact, we must be personal and present
21. Special Relationship / Open as Love	<ul style="list-style-type: none"> • Relationship must be special • That means BETTER THAN all the rest of the relationships 	<ul style="list-style-type: none"> • Does not limit LOVE to any person • Lives as open as love in the world
22. Love / Fear	<ul style="list-style-type: none"> • Grasping for ways to assert power and experience aliveness • This causes the acting out of all forms of shadow 	<ul style="list-style-type: none"> • Personal love does not require two separate halves



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23. Eternity / Death	<ul style="list-style-type: none">• Strives for immortality that it can never achieve• Therefore displaces the grasping for eternity onto projects of control and conquest	<ul style="list-style-type: none">• Recognizes it is divine and therefore eternal
24. Pleasure: Delusion / Divine	<ul style="list-style-type: none">• Ego pleasures feel narcissistic, solidify the coiled contraction into the small self• Wants more and more• If others have what it wants, it feels like a lack of	<ul style="list-style-type: none">• Satisfied by even the simplest pleasures• Also delighting in the pleasure of others
25. Ego Story / Unique Self Story RELOADED	<ul style="list-style-type: none">• Can be taken away from you	<ul style="list-style-type: none">• Can never be taken away from you

Additions:

- **Unique Self = True Self + Perspective**
- We can never give up the EGO, but we can learn how to move beyond exclusive identification with the ego -> individuation beyond the ego
- We then focus on our unique gifts not distorted by Ego Fixations
- And become a catalyst for the evolution of God (the divine) and consciousness itself