

If the Buddha Dated

Notes from a book by Charlotte Kasl

Ego

- ^ *Am I being guided by Spirit or my rigid ego?*
 - ^ *Ego is not the enemy to be broken or demolished. We want to soften it, make it porous and receptive, so information, thoughts, and compassion flow in and out. A healthy ego allows us to have the strength of our convictions yet be open to others. Ego strength defined: A sureness about ourselves that rests calmly inside, the will to actualize our dreams, or stand fast to our beliefs without worrying about the consequences. By contrast, the rigid or inflated ego is concrete and dualistic--right-wrong, good-bad, friend-foe. It is tethered to past experiences that have become hardwired in the brain, resulting in rigid beliefs, fear of change, and an inability to see the many sides of a situation. It believes the stories we've made up are reality and doesn't realize that they are only the cover over our essence. The voice of the rigid ego is intense, urgent, worried, afraid...invalidating honesty, integrity, and peace of mind... fueled by fear of meeting the dreaded false core beliefs-- I'm bad, a loser, unlovable, and so on... donning a mask preventing an authentic connection.*
 - ^ *My words:(Ego enhances the flavor of our experiences, it spins the drama. When it's in proportion, as a spice to the sauce, it's delightful. When it's the driving force, it's like too much salt... life becomes unpalatable. It's also like a bus driver and tour docent. When the ego drives, it does so by looking backward. When the ego is the docent, it allows the bus driver to manage the tasks, be present & respond to the road; while enhancing and directing opportunities to see and appreciate more.)(Energetically it's the opposite of how she expresses it. The Ego results from the multiple fixed emotionally charged "capsules" of consciousness that we have trapped within our source point. Preventing us from being present by usurping the energy we need to be aware of what is truly within us and aware of what we are encountering... to react from our true essence. True ego strength as defined above is a clear source point.*

Loving Kindness for yourself and others

- ^ *Reflects a warm open heart: grounded in knowing we are the same*
 - ^ *Becoming critical affords the moment to back off and reflect so that you don't have two people removed from their heart.*
 - ^ *Creating distance from someone else creates distance from oneself*
 - ^ *When I see someone back up in fear: they are backing up from me and themselves.*
 - ^ *When we are driven to change in any way how someone is doing what they are doing to keep themselves apart from us or themselves it is a sign that we are not accepting of ourselves.*
 - ^ *Apologizing, not groveling is an intimate practice.*

- ✧ *Being dependent on others for comfort*
- ✧ *Difficulty giving or giving with conditions*
- ✧ *Bonding in righteousness or victimhood*
- ✧ *Engaging in compulsive or addictive behaviors (living past relationships)*
- ✧ *Changing our persona to please or control others*
- ✧ *Rescuing others, being overly dramatic*
- ✧ *Remaining in harmful relationships out of fear or dependency*

Free?/Differentiated?

- ✧ *Maintaining one's center, articulating feelings, honest, courageous*
- ✧ *Self esteem and mood maintains amid other's anxieties.*
- ✧ *Knowing one's value is a given*
 - ✧ *The most important prerequisite for finding a satisfying intimate relationship is wanting one. Wholeheartedly, genuinely, earnestly, single mindedly, and without reservation. (Be Glamorous! Free from negative speak. Full of self-compassion.)*
- ✧ *Operating with Self-Developed values*
- ✧ *Being comfortable with other belief systems, perspectives.*
- ✧ *Recognizing seduction, control & manipulation*
- ✧ *Being able to self-reflect & self-confront: Obsessions mean issues... find and heal.*
- ✧ *Asking for and receiving help when weak or compromised*
- ✧ *Giving without an agenda or feeling depleted (Tonglin: Heart centered: take in fear, pain exhale love, healing compassion.)*
- ✧ *Seeing others clearly: Awareness, courage, and gentleness are the basic "weapons" of the warrior of the heart. John Welwood Set and hold a bottom line for yourself and others.*
- ✧ *Learning to comfort and sooth people rather than reacting to the drama*
 - ✧ *Grieving is completed when we can remember a person peacefully, appreciating what we learned from him or her. We no longer feel the gut-wrenching emptiness when we walk into the place where we lived together, or feel intense sorrow when we wake up and remember they are gone.*
- ✧ *(Free of the outcome, not holding the outcome, only the actions that will enable the outcome.)*
 - ✧ *Joy is sorrow unmasked, the deeper sorrow carves into your being, the more joy you can contain.*

Seek a True Equal

- ✧ *Objective: to find meaning in our individual lives and in our lives together.*
 - ✧ *Looks, status , age, education, money*
 - ✧ *Level of intelligence, use of intelligence and wisdom*

- ⤴ *Hobbies, work, leisure time*
- ⤴ *Religion, kids,*
- ⤴ *Capacity for intimacy, emotional maturity*
- ⤴ *Playfulness, talents, level of energy and joy*
- ⤴ *Commitment to a path of truth, integrity, and service*
- ⤴ *The ability to flow from love, truth, goodness, and power*
- ⤴ *What do you want? What can you give?*
- ⤴ *Trust the power of attraction*
 - ⤴ *As an adult or child?*
 - ⤴ *Out of spirit or ego?*
 - ⤴ *Hormones or heart/instinct or wisdom?*
 - ⤴ *Epinephrine or Oxytocin? (Sex rush or motherly love?)*

Test Questions

- ⤴ *Are we both showing genuine interest in each other and being together?
Does each person initiate contact and take delight in creating a bond?*
- ⤴ *Are both keeping agreements and dates?*
- ⤴ *Do we both listen to each other and show respect and consideration?*
- ⤴ *Are we sharing a wide range of experiences?*
- ⤴ *Are we asking questions to learn about each others history, belief systems, and values?*
- ⤴ *Am I staying aware of my reactions, observations, and intuition?*
- ⤴ *Am I noticing my feelings, doubts, and concerns, and bringing them up or exploring them within myself?*
- ⤴ *What's the role of alcohol and other drugs in the picture? Do we drink to help us talk openly or make love?*
 - ⤴ *If I hold you with my emotions, you'll become a wished-for companion.*
 - ⤴ *If I hold you with my eyes, you'll grow old and die.*
 - ⤴ *So I hold you where we both mix with the infinite. – Rumi, from Say I Am You*