

Ego-Syntonic/Ego-Dystonic

by Barbara Whiteside, copyright 2010

“The veil of Light is harder to lift than the veil of the Dark.” - Sufi Saying

Ego-Syntonic is liking our Type.

Ego-Dystonic is disliking our Type.

Two sides of the same coin. Attachment to our Type, Aversion to our Type. In both cases, the Super Ego is judging whether or not our Type is good or bad - this is just more Ego. The Super Ego cannot be employed to loosen Type Fixation/Ego's hold. The antidote is Presence, and we get to Presence by developing the Inner Observer and noticing the Passion of our Type rise. Anger for the One. Pride for the Two, Deceit for the Three, Envy for the Four, Avarice for the Five, Doubt for the Six, Gluttony for the Seven, Lust for the eight, Sloth for the Nine. Then, refocus on your breath, re-center and watch the Passion of your Type, your lynchpin, loosen its hold. Loving Kindness towards yourself.

All types can be Ego-Syntonic and Ego-Dystonic. When ASLEEP with our Type fixated and in the driver's seat, we will cause harm to ourselves and others. When we begin to WAKE-UP and live more from our ESSENCE with our bodies, hearts, and head integrated, the Inner Judge will be silenced and we will manifest our valves in the world. This is not work for sissies. It takes great humility, brutal honesty and deep compassion for our self and others.

The Ego-Syntonic Types tend to be:

Twos: What's wrong with being helpful?

Threes: What's wrong with being successful?

Sevens: What's wrong with being positive and upbeat?

Eights: What's wrong with being powerful?

Nines: What's wrong with being agreeable?

The Ego-Dystonic Types tend to be:

Ones (with strong inner critic): Why am I so critical of myself?

Fours: What is it that is missing in me that prevents me from having the happiness other's have?

Fives: Why don't I have more energy to give in the world or to the people I love?

Sixes (phobic): Why am I so afraid? Nobody else seems as paralyzed and doubtful as me.

Liking or disliking our Type is not the same as causing harm. We have to be willing to give up the perks of the type - in truth, we have to first see the suffering we bring to ourselves and others and become sick and tired of it:

- **1** who isn't willing to see that their right way may not be the right way for their partner, friend or child, and that it is difficult to be in relationship with someone who focuses on what is wrong rather than right
- **2** who isn't willing to see how ingratiating others by overly giving forces intimates into an "inferior" or "owing" position and that they don't always know what is best for others
- **3** who isn't willing to see that others are lonely in relationship to them because they are too busy doing and not bringing their "real" selves and feelings to the relationship
- **4** who isn't willing to see how his/her demand for intense feelings leave others feeling they are not enough
- **5** who isn't willing to see that their non-action is a form of action; that it forces others (partners) to pick up the slack
- **6** who isn't willing to see how his/her fear and distrust can put too much demand on others to prove themselves
- **7** who isn't willing to see how their need for stimulation and to see the "glass half full" can make them oblivious to their partner's pain, sadness, fear, hurt, and unwilling to see how they may have some contribution
- **8** who isn't willing to see the devastation of their expressed anger/power at their family, friends, employees
- **9** who isn't willing to see that their children/partner can't relate to someone who isn't there, and that agreeing for comfort's sake has repercussions down the line