

Relative Work that Supports Awakening

- Trauma work
- Masculine-Feminine work
- Countering the personality, practicing the opposite, practices that cultivate the opposite of the personality
- Spiritual Bypassing work
- Relational work
- Reconnection with nature
- Ancestral work
- Dismantling internalized patriarchy and white supremacy, cisness, etc.

Ego's Needs

- Maturing it, supporting it in moving through developmentally what was missed
- Giving it a sense of safety/control/stability
- Balancing it
- Stabilizing identity
- Empowering it
- Improving self-worth
- Helping it see its parts as impersonal

The ego needs to know it can before it can see that it can't.

It has to have some control over its emotional experience before it can let go of control over its emotional experience.

It needs some coherence before it can allow and orient to incoherence.

It needs to know it's ok to want before it can go beyond wanting.

It needs to know meaning before it can go beyond meaning.

And so on.