

SUPEREGO

Badhas and Conditionings
HOW TO OVERCOME IT

Negative emotions

- Negative thought produces a disturbing emotion that causes a reaction in the body
- Negative emotions feed negative energy back to the thoughts
- Creates a vicious circle
- Thoughts about the past can become a burden and become part of your sense of self

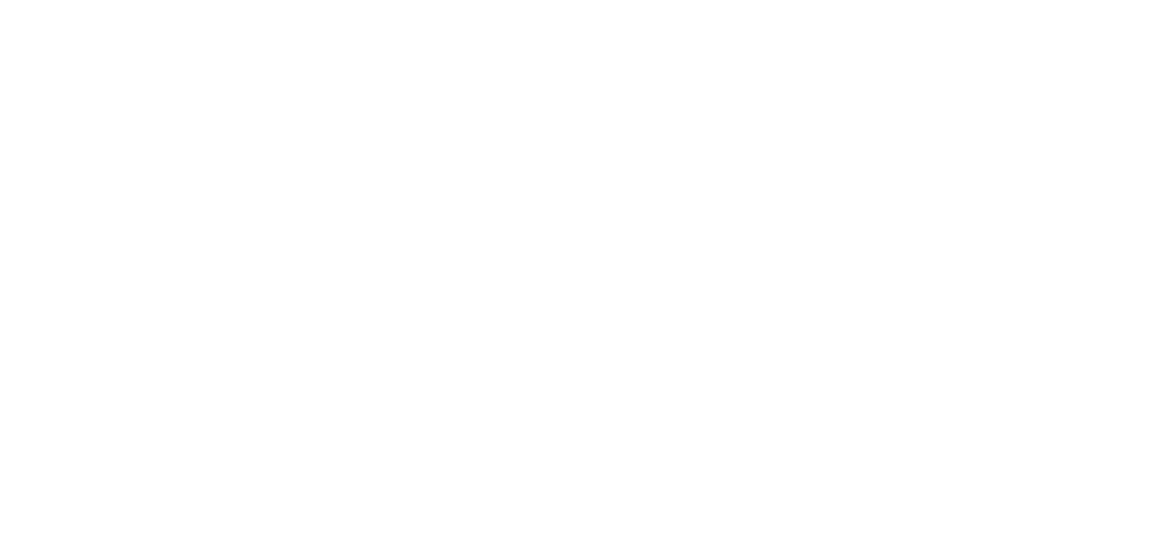
Badhas

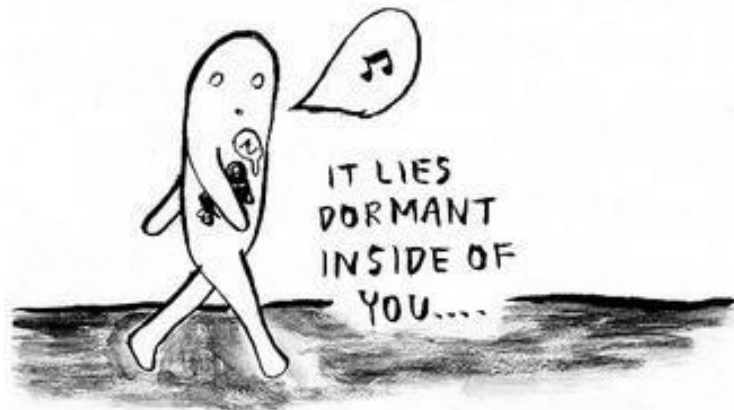
- All disturbing emotions that you carry around, fed by thoughts
- Disturbing emotions often remain inside you, sometimes for years
- Remnants of pain (not dealt with) create an energy field in your cells
- New painful emotions trigger more badhas

Badhas

- Body can't tell the difference between reality and a thought. It reacts to every thought as if it were a reality. It doesn't know it is just a thought.
- Build-up of energy with no outlet
- Part is fed back to the mind (more anxious thought)
- Rest of the energy turns toxic







IT LIES
DORMANT
INSIDE OF
YOU....



U LOOK
STUPID,
STUPID

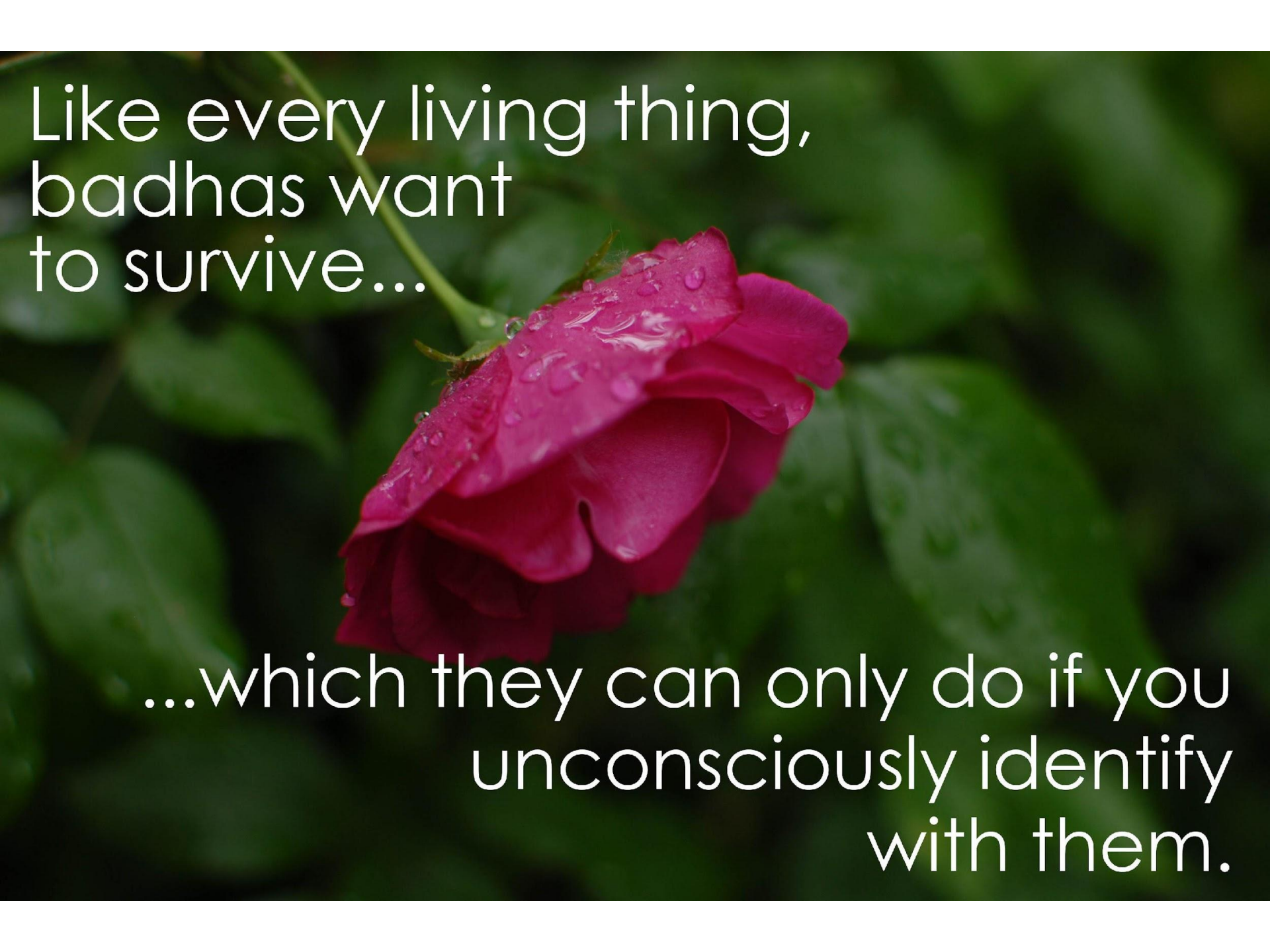
UNTIL
SOMETHING
TRIGGERS IT
INTO AN ACTIVE
STATE...

WHICH GIVES
IT THE POWER
TO TAKE OVER
YOUR RATIONALE
AND START
FEEDING
ON YOUR
MISERY



nom
nom
nom

OH NO I LOOK
STUPID EVERYONE
THINKS I'M
STUPID..



Like every living thing,
badhas want
to survive...

...which they can only do if you
unconsciously identify
with them.

HOW TO REDUCE YOUR PAIN BODY (AN ILLUSTRATED GUIDE)

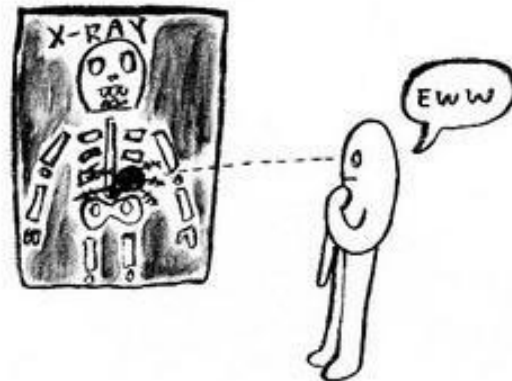
ACCORDING TO SPIRITUAL
AUTHOR ECKHART TOLLE,
YOUR "PAIN BODY" IS
A PARASITIC ENERGY ENTITY
THAT FEEDS ON
YOUR NEGATIVITY



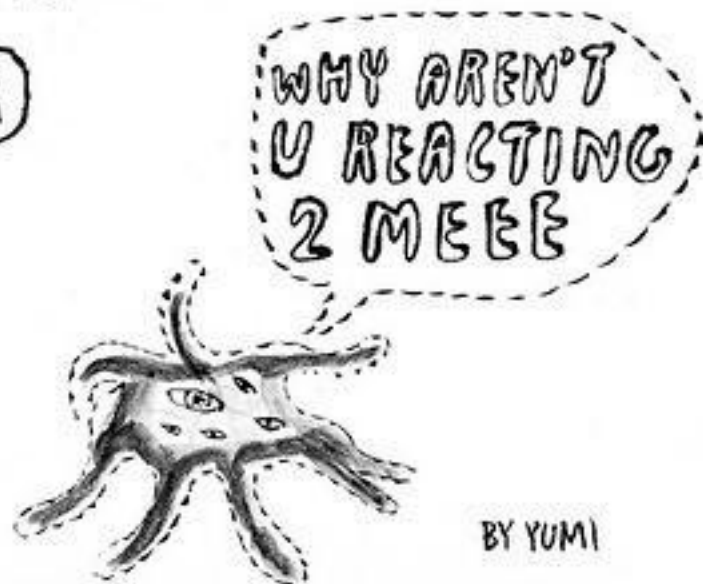
FORTUNATELY, THERE ARE
PROVEN METHODS TO REDUCE
YOUR PAIN BODY



STEP ONE: BE AWARE
OF THE FACT THAT YOU
HAVE A PAIN BODY.
EVERYONE HAS ONE.
PAIN BODIES HATE
SELF-AWARENESS.



STEP THREE:
NEVER FIGHT YOUR
PAIN BODY. JUST
BE A SILENT WITNESS
TO IT AND LET IT
DISAPPEAR ON ITS
OWN....



BY YUMI

The Superego in your life

- Fear
- Sadness
- Tiredness
- Loneliness
- Insecurity
- Feeling guilty
- Nobody understands me
- Why does this always happen to me?
- I can't help it
- This is how I am
- Forgive me for existing
- It is all my fault

What is Normal ???

Conditionings

Habits, Prejudices, Thought patterns
Where do they come from?

- Education
 - Culture
 - Religion, New Age Spirituality
 - Country (climate, district)
 - Language
- Body (addiction, food)
 - Family
 - Friends
 - Work
 - Hobby

NORMAL ?

Overcoming our Superego

- Be aware of its existence
- Understanding, knowledge, recognition
- Be the witness, don't identify, see the play
- Don't react (don't fight, don't criticise)
- Forgive your emotions and let go
- Use humour, laugh about it, no seriousness
- Do identify with the Spirit, you are love, peace and joy

For that we need

- Thoughtless awareness, so meditate and ...



Joy is a State of Thoughtless Awareness

In this state you

- Start to spontaneously understand life
- Feel relaxed and peaceful
- See the beauty of everything
- Feel love inside and outside

Witness the Superego ...
a song

Just to be aware,
enjoy and laugh