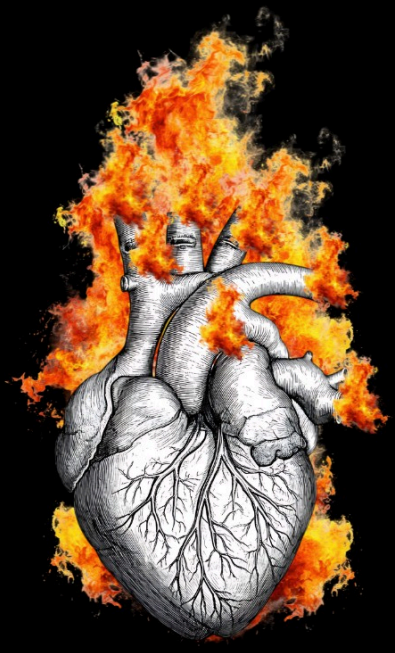
The Work



F.T. b-Kind

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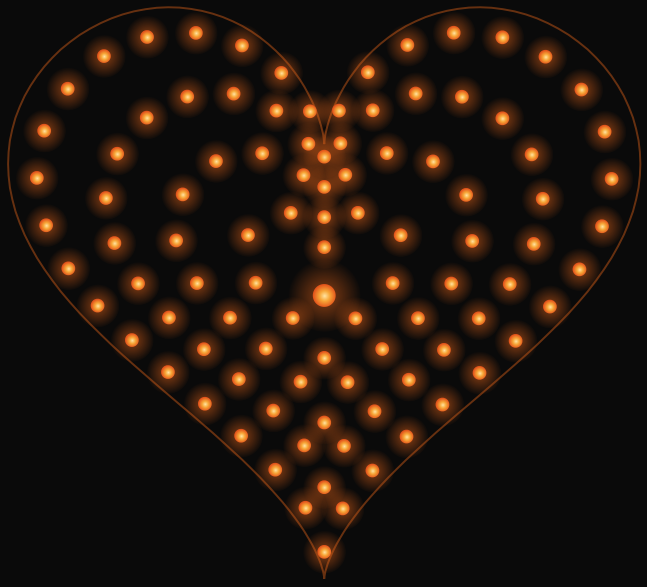
The Heart

Ninety-nine embers, one for every piece, with Roll Call at the core.
Touch an ember to go to its piece.



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In faith, love, and dedication to God, the creative intelligence that caused us to be.

A WORD FROM THE AUTHOR

Before The Work

I am not a guru, sage, master, saint or prophet; just a common man trying to figure life out. Over the past 55 years, I've experienced undue stress, much emotional confusion, and endured many difficult times due to my own social behavior, and in reaction to the behaviors of other humans.

Weaving in and out of challenging social dynamics, I have landed on my issue; I have grossly misunderstood and mismanaged my own ego. Life became such a struggle to understand; I had to change. Disgusted by my own reactive behaviors, I decided to work against the grain of my conditioned emotions. Tired of the constant clashing of egos in my personal and professional relationships, I spiritualized my life. Working diligently to understand my historical behavior patterns, I've learned to escape social nonsense and the debilitating pressure of my ego.

The Work is a primer for understanding ego and hopefully an influence for spiritualizing life. I am simply trying to help humanity in my own, small, way; to point a finger in the right direction. Look up, look around, world dynamics are screaming for a different way of doing life; we are killing each other in droves due to our social ignorance.

We each have the capacity for higher spiritual intelligence. We can all level up to understand the complexity of ego, and pursue the behavior change necessary to navigate life cleanly. We can stop harming others and ourselves with our overcompetitive, selfish, reactive behaviors stemming from ego. We can learn to respond from the position of responsibility.

The Work is disciplined self-work, what we can each take on to improve our social environment; to alter our small place in society; to change the world.

F.T. b-Kind



THE CALL

Roll Call

At first breath we are called up
Each of us assigned a number
Drafted into psychological battle
Of spirit versus ego
Of wisdom versus misery
We resist, or dodge the draft
Surviving in our ignorant world
Of egoistic materialism
Over time, our desertion will be known
Karma catches every decision made
Knows of every action missed
Stop resisting
Get yoked, fight the battle
To the light, to divinity
Do The Work that must be done

Have you ever examined your ego? Critically? Its genesis, where it comes from and why it arrives?

Do you understand how your ego is developed, strengthened and maintained?

Can you see that your ego demands of others what it sees fit, what it prefers, and how it smoothly frames everything into its needy view?

Is your ego a skilled, active, and empathetic listener; does your ego force you to be “right”?

Does your ego express kindness without condition or expectations?

How is your ego treating you?

What is your ego telling you, with its incessant chatter?

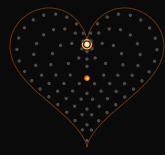
Do you know your ego is resentfully attached to your history?

Do you understand how your past thought patterns and behaviors shape your day-to-day decisions?

Do you know and understand your ego?

All foundational questions of, The Work.

↑ THE HEART



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Renunciation

Absorbed enough of our selfish limits
The external grabs for ego validation
I've been drawn to another source
A bottomless well, a depth unseen
The materialistic world of man
Is pure nonsense
I'm getting out
And have my withdrawal underway
While I am on this earth
I am not of this earth
And, while my bag of bones
Rents its space
I'm renouncing this apathy
This ignorance of man
Yep, I have an exit plan
By way of spirit
Yes, I can



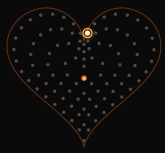
Renunciation of materialism does not demand giving away everything we own, shaving our heads, and exiting society to live in a jungle cave. Nor is spiritual renunciation the refusal to buy anything new, travel about freely, or manifest enjoyment in our lives. Renunciation is an inner attitude compelling us to live compassionately, morally, ethically, and with mindfulness.

Spiritual renunciation is a resolute commitment to behavior change. It is self-discovery and an emotionally refining process of personal elevation. Emphasizing self-control, renunciation methodically dissolves our ego and its delusional attachment to the physical, material world.

Renunciation is an ancient spiritual purification process prescribed by wise men to emotionally suffering humans thousands of years ago. The results it delivers to our human experience remain ever true today; namely a calm, peaceful way of being and of relating to the physical world.

Renouncing selfish, materialistic behaviors enables us to enjoy and share what we earn; not to possess, to engage in the world honestly without pretense, to appreciate the span of time in each moment, and to selflessly serve all of creation with integrity.

↑ THE HEART



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Genesis

Ego is spawned
In the ocean of conditioning
It is born
Uncontrollably
In our formative years
Ego is absorbed
Through our senses
Ego is
The birth of ugliness

We are an ignorant race of beings with untapped higher intelligence. The world is a clash of personalities because we don't understand the complexity of ego.

Social, relational dynamics give birth to the ugliest beast we will ever face; one that lives inside of us. Our ego is sensually absorbed into consciousness as we are raised over the span of our formative years. It is influenced by what we experience, from social, emotional and material conditioning. The ego is silently and unknowingly projected onto us.

As we mature, we are distracted by the deluge of our sensual, material world. Our egos keep us trapped there, focused outward. We are not commonly directed to face our ego, to perform a habitual review of our expressed emotional history. When life's conditions prepare us, we learn deep self-examination is an intuitive process of the spirit and is wisdom driven.

We can find and understand our ego monster, and we can subdue it; we can do the self-work to find the light.

Our light is the genesis that ego interrupts.

↑ THE HEART



Ego shows various faces, ways of expressing itself, and we struggle to understand how it shapes our behaviors. Our ego can be prideful, boastful, dismissive and brazen; it will drive us to constant action, stopping at nothing to get what is “ours.” We become power seekers and climbers, driven by desire, anger, anxiety or greed. Self-serving and entitled, we are easily agitated by trivial things.

Our ego can be overly humble, allowing others to step all over us. The people pleasers, the peace makers; we grind to keep our environments non-confrontational without pause for our own emotional balance. Passing it off as being selfless, too much humility is reductive to our personal and spiritual development.

The ego stops us short of self-actualization; telling us we are small, weak, not smart enough, ugly or overweight. Depression is widespread, and the ego has its way here; it can drive us into a shameful hole of low self-esteem. Commonly expressed as being “stuck,” we get caught up in long periods of mental inertia.

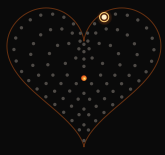
On the lighter side, our ego can be motivated by a kind and serving demeanor. Expressing more self-control and discipline, focused and composed, we are the high achievers with lofty ideals. Stress comes when life experience doesn’t fit our idealistic frame. Attached to an ego like this, we

tend to react, make unskillful decisions, and disrupt our sense of balance when challenged.

Our egos are not one size fits all, or uniform; they are combinations of learned behaviors and demeanors.

Understand, most importantly, the ego has no sense of our essential spirit.

↑ THE HEART



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Wagging Tail

At formation, ego is a puppy
Eagerly panting
To be trained into submission
Wagging its tail
At all the likes and dislikes
Opinions, and biases
As a kid, it really is "the way of things"
As life orients us
Through the lens of others
We listen
We learn
We yield
As experience forms us
Ego is molded, not self-created
Ego is not "you"



It's monkey see, monkey do; ego is formed in the human zoo of our social relationships. We are born without skill for controlling this process; emotional conditioning simply happens; the challenge creation sets before each of us.

We absorb the egoic behaviors of our parents, siblings, friends, teachers, and the other humans we closely relate with. Ego moves us in the direction of our emotional conditioning, especially that experienced within family life.

We are subconsciously trained by the likes and dislikes of our closest, fluid relationships. Then It's off we go into life, trapped in the ego we have no understanding of.

↑ THE HEART



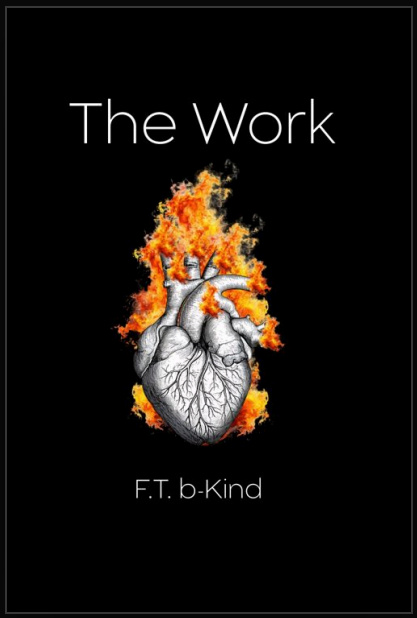
Ego shows out strongly and pridefully the moment we learn to compete. Competition amongst and between men is an innate dynamic. Expressing personal skills and learned talents in comparison with others is purely human.

The wisdom of winning and losing gracefully is learned. Sublimating the ego around competition is a refined skillset

Knowing with certainty that we will occasionally lose in men's games and challenges, with an ease in the mind? That is a matter of spirit and self-control.

Our untrained, reactive ego will not accept losing to another human; with or without grace. Ego is blind to this lesson for managing our lives cleanly.

↑ THE HEART



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