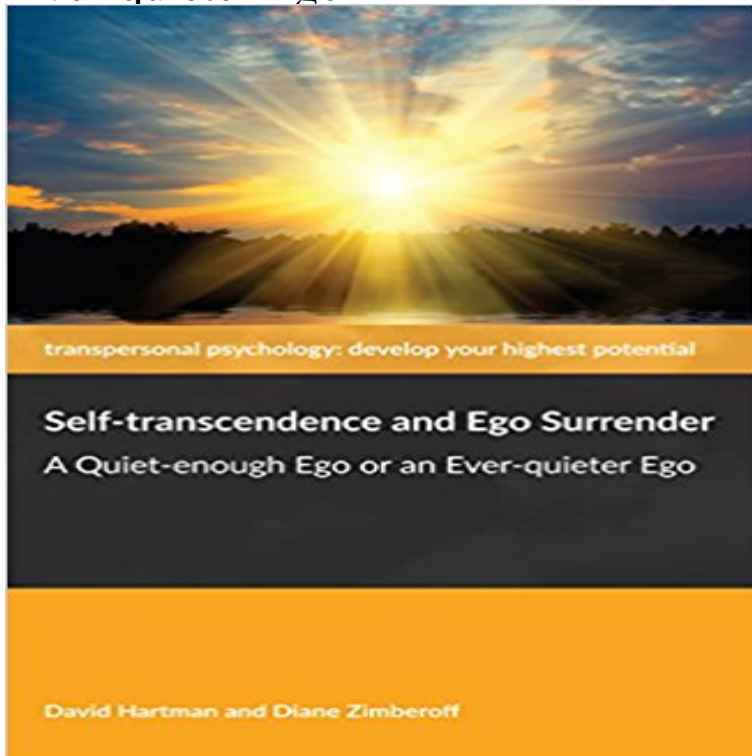


# Self-transcendence and Ego Surrender: A Quiet-enough Ego or an Ever-quieter Ego



Abraham Maslow discovered a natural evolution of adult development, moving through meeting increasingly subtle human needs to self-transcendence and ego surrender. One's ego surrenders by quieting, recognizing itself to be a sibling to other aspects of the psyche rather than a parent or an overlord, and acknowledging the rightful leadership of the ultimate organizing principle within, the Transpersonal Self. The quieting can follow the course of balance, seeking a "quiet-enough ego", or of growth, seeking an "ever-quieter ego." Either choice brings increasing tranquility amidst the challenges of life in today's world because, paradoxically, an experience of ego surrender and of letting go increases an individual's internal locus of control, the deep knowing that what happens to them is a consequence of their own actions.

Transpersonal Psychology helps people by escorting them through the layers of their personal work: repairing damage done by early abuse and neglect, becoming accountable for one's own shadow, meeting and befriending the archetypal inhabitants of one's unconscious, and developing one's optimal functioning to fulfill one's destiny. Progress all the way to your highest potential, to the higher stages of ego development, what Abraham Maslow called "transcending self-actualization" and what Carl Jung called "individuation."

Transpersonal self-actualization is opening our visionary potential, clearing away the blocks that have kept us from seeing our own true light. Our shadows provide sanctuary for our fears, but also point the way to our greatest strengths. Create a vision for the future, and develop strategies for achieving that vision. An expanded worldview propels you to higher levels of meaning, life purpose, and identity - your real, true identity. Develop mindfulness, a witness perspective, taoistic receptivity, transcendence through humility, resilience and serenity. Experience the higher stages of ego development -  
â€œtranscending  
self-actualizationâ€• or  
â€œindividuationâ€•.

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