

Life guidance for our time

Lecture series for increased life
mastery and enjoyment of life

Course instructor: Per Hjalmar Svae

4. time:

Leaving low energy and
inappropriate ego patterns behind



Heart Room Self-development School

hjerterommet.no

First, we will look at leaving
inappropriate ego patterns behind.

Inappropriate, negative patterns are what can, over time, create irritation in relationships and cooperation at work.

The ego patterns – A resource and a problem

As children, we learn to cope with life as best we can.

We develop an ego with automated reaction patterns - Ego patterns.

An ego pattern is an automated pattern of thought, feeling, will and body postures that has become a **permanent character trait**.

The ego patterns are created to make the best of it in a situation where we as children are not met the way we really need.

➔ Resource

The ego patterns are automated, locked-in patterns that we repeat as adults, even if it is not appropriate.







➔ A Problem

The pattern provides substitute solutions (eg, getting one's way) rather than needs satisfaction (eg, mutual care and good cooperation).

You automatically repeat behavior that may be inappropriate.

In the case of stuck problems in cohabitation and cooperation, the negative aspects of the ego patterns are a part of the problem.

The six ego patterns summarized

Winnie The Pooh Character	No.	Egopatterns – negativ og positiv prpperties	Formed by age:
Piglet 	1	Existentially uncertain – Mental and mentally/ spritually giftet	-0,3 – +0,3 year
Roo 	2	Existentially uncertain – Emotional and socially/artistically gifted	0 – 0,3 year
Eeyore 	3	Malnourished and mentally/analytically gifted	0 – 1,5 year
Tigger 	4	Strong-willed with great implementation power	0,8 – 2,5 year
Winnie 	5	Surrendering and caring	2 – 4 year
Rabbit 	6	Overachieving and responsible	3 – 6 year

Source: Body-oriented psychology developed by Wilhelm Reich in the 1930s-1940s, Lowen and Pierrakos in the 1950s-1960s, Barbara Ann Brennan 1980-2020 and Lisbeth Marcher 1990-present.

Existentially uncertain – Mental variant



Piglet

The child's life theme in the phase -0.3 - + 0.3 years: Do I have the right to exist? Am I wanted?

The cause of the pattern is a birth trauma, being an unwanted child or neglect in the form of hostility, violence, neglect or remoteness at the beginning of life.

Positive Properties Stage 3

(Stage 3 in The Development Ladder, see 1st lesson in the Course)

- Often a special mental or spiritual endowment.
- Radar for other people's hidden thoughts and feelings
- Unbound by "tribal laws". Black humor
- Ability to have deep and serious conversations

Negative Properties – Stage 2 (in the Development ladder)

- Replacement solution: Split. Pull away.
Freedom from responsibility
- Struggling with fear, anxiety and negative thoughts.
- Melancholy. Downcast, pessimistic basic mood
- Often distant and mental
- Can struggle with social things
- Resistance to change. Becomes paralyzed.
- Poor life skills
- Periods of melancholy and depression

Body shape is a tendency that often recurs. Of course, heredity, environment, diet and exercise also play a role.



Typical body:

Fragile and hinged.

Light and airy. Crooked.

But most often other patterns will affect the body more.

The negative aspects of the pattern listed in the book *Å knække livets kode* (Cracking the Code of Life)

Existentially uncertain – Mental variant

To leave the replacement solutions and other negative aspects behind and gain increased life mastery and joy in life

Practice one thing at a time!

- **Seeks freedom from responsibility** → **Take more and more responsibility for your own life and for the community**
- **Split. Pull away.** → **Stay in touch and master social skills**
- **Struggling with fear, anxiety and negative thoughts.** → Learn to meditate and witness the anxiety, not believe in it. Work on and deal with the challenge that causes anxiety.
- **Resistance to change. Becomes paralyzed.** → Think again. Practice the challenge.
- **Often distant and mental** → Practice being in the present instead of thinking, thinking
- **Can struggle with social things** → Practice not leaving this out of the conversation.
- **Not feeling good enough as you are** → Affirm that you are ok just the way you are.
- **Melancholy. Downcast, pessimistic basic mood** → What do you really want? What makes you gloomy or depressed? How can you get out of the "stuck" negative situation?
- **Poor life skills** → Have a good and regular daily routine. Go to bed on time before 11 p.m. Start physical exercise, and you will have more energy and sleep better.



Kengubarnet

Existentially uncertain – Emotional variant

The child's life theme in the phase 0 - 0.3 years:
Am I worth being loved?

The reason for the pattern is that they only experienced being loved and cared for as they are for shorter periods of time, so that they learned to get more energy and attention from their parents through attention-generating behaviour.

Positive Properties – Stage 3

- Often special social and artistic abilities. Contact with the life core and life energy. Sanguine. Extroverted, alive and entertaining. Ability to penetrate others' ego-defenses

Negative Properties – Stage 2

- **Replacement solution: Seeking attention, instead of being loved as you are. Playing through life, instead of taking responsibility**
- Attention seeking. Take your word and keep it.
- Takes the show in social contexts.
- Will only do what is pleasurable. Does not like duties.
- Gets easily hurt and emotional, e.g. jealousy, envy.
- Behaving childishly and creating fuss and chaos
- Lose your mind. Hysteria. Destroys things and relationships.
- Possibly misuse of alcohol/drugs or unexpected breakdown



Typical body:

A living face, facial expressions and body. The pattern does not appear particularly in the body shape itself, so that other patterns will characterize this.

Existentially uncertain – Emotional variant

To leave the replacement solutions and other negative aspects behind and gain increased life mastery and joy in life

Practice one thing at a time!

- **Seeking attention** → **Love yourself as you are, without getting attention.**
Stop taking so much attention in social circles. Seek deep and close contact with friends and lovers and feel that they like you without you entertaining them.
- **Playing through life** → **Take more responsibility for your own life and duties.**
- Will only do what is pleasurable → Have good routines and do your duties.
- Childish behavior, creating fuss and chaos →
- Lose your mind. Emotional. Hysteria. Destroys things and relationships. →
- Possibly misuse of alcohol/drugs or unexpected breakdown → Accept yourself as you are, accept and embrace life as it is, and develop better coping skills. To succeed in this, you may need professional help.

Stop acting like a "kid" who has to have his way! Use mental control to stop yourself. Go outside and calm down. Apologize for any dramatization and commotion. Ask for a calm conversation at a later time. Tell yourself that others love you and value you, even if you don't always get your needs met.

Malnourished



Eeyore

The child's life theme in the phase 0 - 1.5 years: Can I have my needs met and learn to master the body and life?

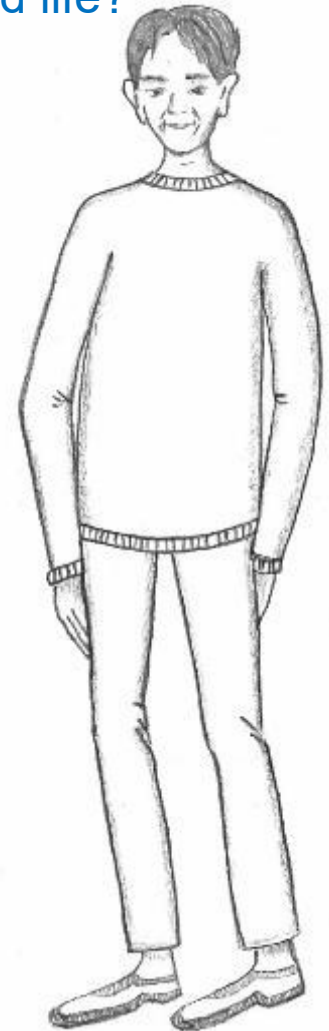
The reason for the pattern is that there was not enough, or good enough, loving care and good enough cooperation in helping the child meet his needs and cope with life. Possibly also physical malnutrition.

Positive Properties – Stage 3

- Mental, logical and analytical abilities
- Often a good educator
- Kind, straightforward and helpful
- Full of ideas and plans. Wry-witted

Negative Properties – Stage 2

- Replacement solution: Mental contact, instead of feeling contact and body contact, both inside and outside.
- Is too mental and has poor emotional contact
- Has too little contact with own needs
- Malnourished himself. Says no thanks!
- Or the opposite: Needy. Gives to get.
- Not enough energy and ability to implement ideas and plans
- Doesn't understand the issue of informal power
- Alternating overoptimistic and overpessimistic



Typical body:
High and thin

Malnourished

To leave the replacement solutions and other negative aspects behind and gain increased life mastery and joy in life

Practice one thing at a time!

- **Is too mental and has poor emotional contact →**
Seek emotional and physical contact, within yourself and with others.
- Has too little contact with own needs → Feel it in your body and your feelings. Ask yourself: What is the need there? Do you want what others are suggesting, or is the answer no?
- Malnourished himself. Says no thanks! → Take care of yourself instead.
- Or the opposite: Needy. Gives to get. → Every time you give to others, do you really want this for yourself?
- Not enough energy and ability to implement ideas and plans → Train your endurance and execution skills.
- Doesn't understand the issue of power → Learn to "sell" what you want to achieve.
- Overoptimistic og overpessimistic → Learn to notice the signs that you have fallen back into this, and learn methods to get out of it and be realistic.
(Se 5th time in this course)

Strong-willed



Tigergutt

The child's life theme in the phase 0.8 - 2.5 years:
Do I have the right to my own thoughts and feelings?

The reason for the pattern is that the parents invaded them with their thoughts, feelings and attitudes and demanded that they conform to their will. Also, free child-rearing will be able to create the pattern, because no limits are set for the child's behavior.

Positive Properties – Stage 3

- Willpower, execution power and leadership skills
- Good at building alliances
- Charming, confident and humorous
- Has a lot of energy and is warm in the body
- Eager to train others

Negative Properties – Stage 2

- Repacement solution: Get their way instead of dialogue, mutual care and good cooperation.
- Choleric. Gets sour and angry easily
- Mistrust and demand mentality
- Does not respect others' boundaries, selfish
- Raises and criticizes everyone but himself
- Can't stand being caught off guard and can't stand criticism
- Can lie without blinking. Gets energy from being in battle.
- Don't forget and don't forgive



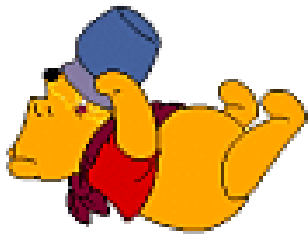
Typical body
Inflated chest
and/or hip part.
Thin legs.

Strong-willed

To leave the replacement solutions and other negative aspects behind and gain increased life mastery and joy in life

Practice one thing at a time!

- **Must be right and must have his will** → "Turn off" your will and be open instead. Ask and listen to others. Find out what they think, want and need. Care for others.
- Mistrust and demand mentality. Choleric. Gets sour and angry easily.
→ Choose to **trust** others. Keep it to yourself if you are angry and upset. Ask yourself what your underlying need is and express it by wanting and asking, not demanding.
- Does not respect others' boundaries, selfish → Develop a conscious attitude towards approaching others.
- Raises and criticizes everyone but himself → When you want to raise others, ask yourself if you might need to sharpen up when it comes to the same thing?
- Can't stand being caught off guard and can't stand criticism → Say that this came unexpectedly and that you need to think about it.
- Can lie without blinking. Gets energy from being in battle. → Say you need to think about it. Stop lying! Having a lot of energy is great, but scale back on the fights you're in.
- Don't forget and don't forgive → By forgiving, you free up energy and have better relationships with others.
- Creates a ranking with himself at the top → Practice being safe without power and control.



Winnie
The Pooh

Surrendering

The child's life theme in the phase 2 – 4 years:
Do I have the right to my own will?

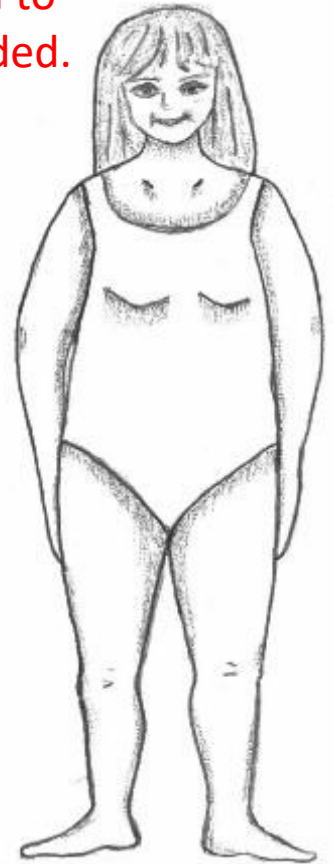
The reason for the pattern is that they were regulated in detail and coddled too much as children and obediently surrendered to their parents to get the security, comfort and coziness it provided.

Positive Properties – Stage 3

- Create coziness and coziness. Calm moods.
- Has care for everyone
- Round and pleasant. Good for conversation
- Good diplomats. Sustainable
- Can be good leaders

Negative Properties – Stage 2

- **Replacement solution: Be friends and have a good time even if deeper needs are not met.**
- Surrenders and submits to the will of others
- Don't trust your own judgment. Asks/involves others.
- Shame- and guiltfeelings
- Phlegmatic. Indolence. Thinking slowly.
- Lazyness. Often does not master the details of life
- Talking about the problems more than going into them
- Comfort eating



Typical body:
Thick all over.
Friendly face.

Surrendering

To leave the replacement solutions and other negative aspects behind and gain increased life mastery and joy in life

Practice one thing at a time!

- Create coziness and coziness. Calm moods although own needs are not met. → Also dare to set boundaries and speak up to meet deeper needs.
- Surrenders and submits to the will of others → Know what you really want, need and want. Dare to take risks and stand up for yourself!
- Don't trust your own judgment. Asks/involves others. → Train your judgment. Choose to trust it! Stop involving others in every decision.
- Shame- and guiltfeelings → Dette er å angripe deg selv! Bevisstgjør disse følelse og affirmer at du er ok som du er.
- Thinking and working slow → That's just the way it is, but you can train to be faster.
- Lazyness. Often does not master the details of life → Pull yourself together and do it. Practice mastering more and more of life's details.
- Does not feel OK as a person → Affirms that you are okay and valuable just as you are.
- Talking about the problems more than going into them. Comfort eating → Dare to look the challenges in the eye. Notice what you are dissatisfied with and dare to try to change it.



Petter Sprett

Overachieving

The child's life theme in the phase 3 – 6 years:
Do I have the right to be myself the way I am?

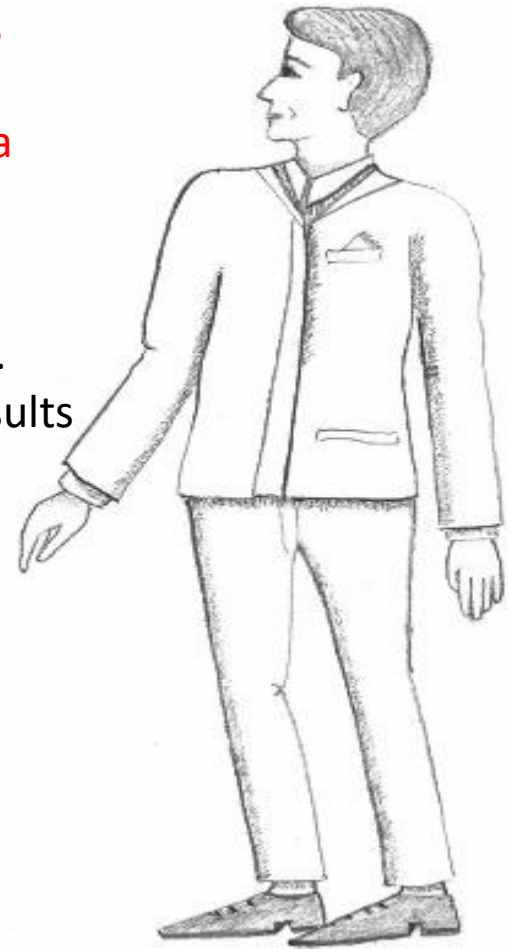
The reason for the pattern is that they themselves and their natural feelings were not seen and appreciated at the age of 4-6, but that they received a lot of recognition and praise for what they achieved.

Positive Properties – Stage 3

- Matter-of-fact, efficient, take responsibility and perform.
- Always smiling and positive. Focus on achieving good results
- Lots of energy and smiling "always"
- Great self-control. Likes boy's type of play

Negative Properties – Stage 2

- **Replacement solution: Accomplish a lot on the matter level, but don't get to take care of the emotional side.** Seeking recognition instead of contact and closeness .
- The focus is too much on matter in relation to feelings
- Hardness, emotional coldness and/or arrogance
- Can feel that life is empty and unrewarding
- Can take the fur from others
- Three variations of personality types: The Seducer, The Idealist, or "The Saint"/God-fearing



Typisk kropp

Velporsjonert, men
stiv i hofte og bryst.

Overachieving

To leave the replacement solutions and other negative aspects behind and gain increased life mastery and joy in life

Practice one thing at a time!

- **Over-responsibility for plans and what has to be done** → Demand less from yourself and others. Take emotional care of yourself and others too. Take breaks, relax and enjoy yourself every now and then. Give others some care too.
- Can take the fur from others → It's nice to be skilled and efficient, but don't brag about it.
- Can feel that life is empty and unrewarding → Go to therapy to gain increased emotional connection?
- Not contact with feelings. Hardness, emotional coldness and/or arrogance → Do what you can to get out of this. Go to therapy?
- Negative sides for three different variations of the pattern, discussed in the book.
 - Closed heart and spirit, but sexual contact → Stop seducing
 - Closed spirit and the sexual, but the heart → Nice to be a caring and committed resource. But what about getting more in touch with desire and play?
 - Closed heart and the sexual but spiritual contact → Nice to be a religious person, but the warmth of life lies in the heartfelt and sexual.

You leave inappropriate patterns behind through self-observation, self-reflection and testing.

1. Self-observation

How did I function today? How did I function in that conversation? How did I function in that company, at that meeting, in that situation? You can also ask others what they think of you and what you did.

2. Self-reflection

Why did I do what I did? Was it fear? Was it mistrust? What did I really want to achieve? What was my need in that situation? What ego pattern was I operating in? What step on the developmental ladder was I operating on? Why did the other person(s) react the way they did?

3. Testing

What could I have done that would be functioning at 3rd, 4th or 5th step on the development ladder?

Think of one or more good reactions and courses of action. How and when can I put this into practice? Try it out.

**+ therapy
and coaching?**

Leaving low energy behind you

The three-part brain + our heart



—— The heart is also a control center



«The Thinking Brain», The Analytical Brain
(Neocortex)

The Emotional Brain, The Mammal Brain
(The Limbic System)

The Survival Brain, The Reptilian Brain
(The Brainstem)

Low energy comes from
these two brains

The emotional and survival brain

These are the two lower brains.

They are only able to see **one side of the story**: your own!

«The thinking brain» is the higher brain

Only with the help of the thinking brain are we able **to see two sides** of an issue.

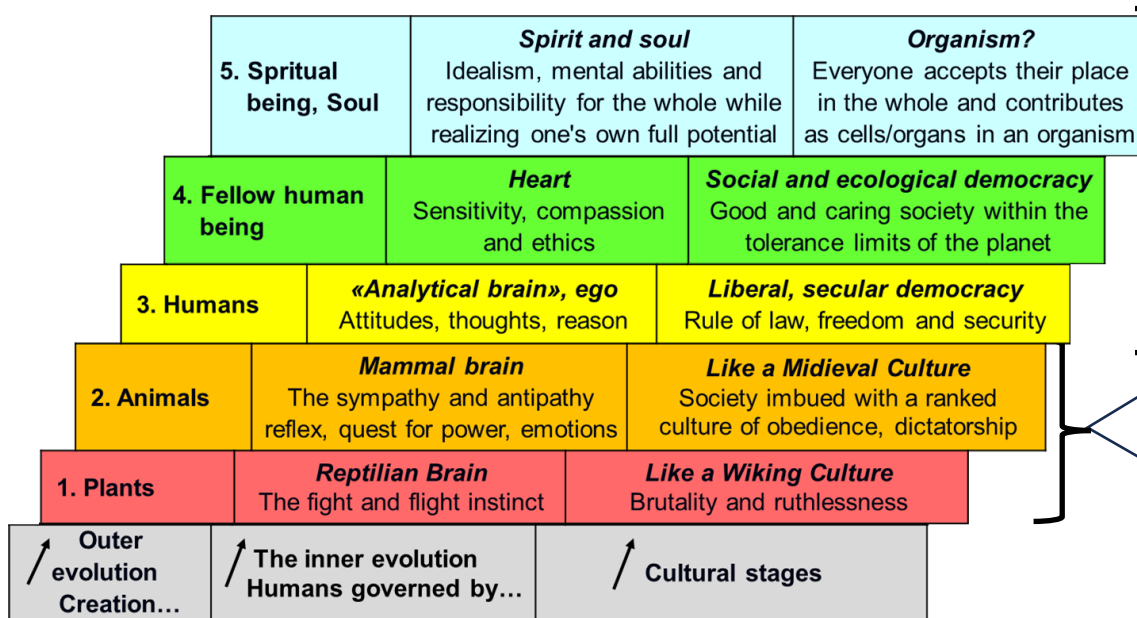
The heart is an even higher governing organ

Only when we open our hearts are we able to have **compassion** for others.

Only when we think with our hearts are we able to **care for others**.

Positiv og negativ motivasjon

The Development Ladder (explained in lecture 1)



Positive motivation

At the top three levels, it is security, trust and caring that govern emotions, thoughts and actions.

→ Create something positive

Negative motivation

At the two lowest levels, fear, distrust and greed (egoism) control emotions, thoughts and actions.

→ Create something negative

Feelings on different levels in The Development Ladder

Source: David Hawkins: *Letting Go*
– *The Pathway to Surrender*

Level	Level -Feeling	God-view (Energy)	Life-view		Energy	Emotion	Process
5	Enlightenment	Self	Is	↑	700 - 1000	Ineffable	Pure Consciousness
5	Peace	All-being	Perfect	↑	600	Bliss	Illumination
4	Joy	One	Komplete	↑	540	Serenity	Transfiguration
4	Love	Loving	Benign	↑	500	Reverance	Revelation
3	Reason	Wise	Meaningful	↑	400	Understanding	Abstraction
3	Acceptance	Merciful	Harmonious	↑	350	Forgiveness	Transcendence
3	Willingness	Inspiring	Hopeful	↑	310	Optimism	Intention
3	Neutrality	Enabling	Satisfactory	↑	250	Trust	DespoRelease
3	Courage	Permitting	Feasible	↕	200	Affirmation	Empowerment
2	Pride	Indifferent	Demanding	↓	175	Scum	Inflation
2	Anger	Vengeful	Antagonistic	↓	150	Hate	Aggression
2	Desire	Denying	Disappointing	↓	125	Craving	Enslavement
2	Fear	Punitive	Frightening	↓	100	Anxiety	Withdrawal
2	Grief	Disdainful	Tragic	↓	75	Regret	Despondency
2	Apathy	Condemning	Hopeless	↓	50	Despair	Abdication
1	Guilt	Vindictive	Evil	↓	30	Blame	Destruction
1	Shame	Despising	Miserable	↓	20	Humiliation	Elimination

Time-out method

Can be used if you fall low and start arguing

Stop the argument

Tell the other person that "now we're taking a time-out.
We'll come back to this discussion later.

Get back to feeling good about yourself and each other

- Live your normal life yourself and together
 - Go to work and do what you have to do
 - Be with the kids? Be with friends?
 - Maybe do something nice together?
- Maybe a distraction? Watch a good movie together?

**Then it's time to try to have a good dialogue about the difficult topic,
where both of you take care to stay calm**

Maybe first say what you yourself did that led to the argument last time?

Maybe use a method for good communication? For example. The talking stick method? For example. write down arguments for and against on a piece of paper? In the worst case, ask for help from a friend/professional to lead the conversation?

Self-observation, self-reflection and testing are also the way out of fear, anxiety, anger and other negative energy.

1. Put into words that you are overcome by fear/ distrust/ negativity/ anger/ blame. For example, worry, distrust, anger, condemnation, lack of courage, despair, overachievement, etc. That is, all forms of emotions that are deeply rooted in fear and distrust.

2. Stop and take a time-out

Stopp deg selv i å fortsette å handle ut fra frykten eller en av dens mange avledninger.

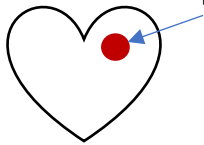
3. Witness the fear/negativity and engage in self-observation and self-reflection

Let the fear/negativity take over your mind and engage in self-observation and reflection.

- What are you really feeling? What do you feel like doing? Why?
- Behind fear/negativity/anger there is often an unmet need. Put words to this need. This way you can find out what is causing it and what need you really have. You can also talk to others about it.

4. When fear calms down, think and act with positive motivation (esperimentation)

Contact that place in your heart that is filled with kindness, compassion, and forgiveness toward yourself and others, so that you can come into positive energy. Then you devise a way to communicate and act that best meets the need.



The wisdom behind the method is: What you give energy to, grows in the psyche. What you do not give energy to, diminishes. By witnessing the fear and simply reflecting on it, you do not give energy to the fear.

Source: Penny Gill: *What in the World Is Going On? – Wisdom Teachings for Our Time*

Getting out of negative attitudes

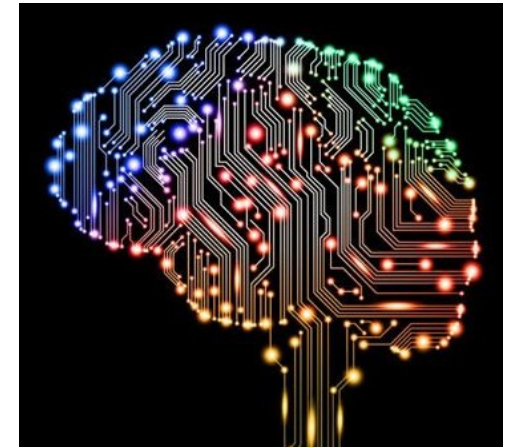
which can irritate and trigger others

This is, in a profound sense, about lifting your personality from 2nd step to 3rd step on the development ladder.

- **Victim mentality:** Stuck in hurt and anger, shame and guilt. Feeling sorry for yourself. Blaming others. Complaining and whining. Can't handle it. Don't want to. It's no use! Etc.
- **Demand mentality:** Demands that others come to you, change, sort things out. Etc. Comes with criticism, attacks.
- **Lack of independence:** For example, leaning too much on others. Not being able to make important choices. Not daring to do what you really want. Awkwardness. Lack of ability. Helplessness. Etc.
- **Herd mentality:** Dependence on the opinions and will of others. Trying to be like everyone else in the "herd" and be liked and accepted.
- **Lack of mental control:** The challenge is to gain control over lower impulses and drives at the 2nd stage, so that these are not lived out in real life: Jealousy, envy, anger, greed, etc.

Self-development is like making a new path in the forest.

What we do in practice is creating new, well-functioning brain pathways and letting old, inappropriate brain pathways weaken and die out.



- ➔ **First you have to figure out where the new path is going to go**
= Finding a good way of being or a good alternative to the undesirable, e.g. always being in the tolerance window.
- ➔ **Then you have to make the path and step and step to make it a path**
= Practicing and practicing being in the tolerance window and practicing the care star.
- ➔ **Then the old path slowly grows back because you don't use it**
= you no longer fall into the old pattern and become emotional.
- ➔ **.... And finally the new path has become easy to walk**
= the new and better has become automated, being in the tolerance window.

Free course: Life guidance for our time
hjerterommet.no/livsveiledning/

Book and compendiums

Available as pdf-files in Norwegian, which you can use webtools to translate to your language

**Breaking the Code of Life -
A Path to Good Lives,
Partnerships and Society**
A5 – 260 pages

**Book 2: Leaving
Inappropriate Ego
Patterns Behind**
A4 – 116 pages

**Book 3: Leaving Low
Energy Behind**
A4 – 98 pages



Å knekke livets kode Bok 2

Å legge uhensiktsmessige
egomønstre bak seg

Per Hjalmar Svae

Dette heftet følger opp boken:

Å knekke livets kode - Veien til det gode liv, samliv og samfunn
I dette heftet får du veiledning om hvordan du i praksis kan utvikle din personlighet slik at du i økende grad fungerer som et selvstendig, velfungerende individ på tredje trinn i utviklingsstigen, og unngå «å falle lavt ned» (trinn 2 og 1) i utviklingsstigen, som du lærer om i Bok 1 og som blir kort repetert i dette heftet.



Hjerterommet forlag og kursvirksomhet

Hjerterommet.no

Å knekke livets kode Bok 3

Å være i livsenergi og
leve fra hjertet og sjelen

Per Hjalmar Svae

Dette heftet følger opp bøkene *Å knekke livets kode - Bok 1 og 2*. Hefet veileder deg i hvordan du i praksis kan utvikle deg slik at du i økende grad evner å være i livsenergi – i stedet for i egomønstrene – og i stadig større grad leve fra hjertet og sjelen – i stedet for fra egoet.

Manus høsten 2022