

# Self[Other]

#### Self in foreground, Other in background

Self-esteem • metta for Self • Mature adult ego Democratic pluralistic outlook Taking due care of "this precious human body" Secure relationality: awareness of Self in relationship Inclusive "Us & Them" Communication • What I bring to our encounter as "us" Mature individuation

Subjective pole of experience (Yoaācāra) Take & give

Self-power: spiritual progress as personal effort

## Other[Self]

### Other in foreground, Self in background

Respect • metta for others • Mature adult ego Democratic pluralistic outlook The altruistic dimension of Going for Refuge Secure relationality: awareness of Other in relationship Inclusive "Them & Us" Communication • What they bring to our encounter as "us" Mature sociability

Objective pole of experience (Yoaācāra)

Give & take

Other-power: spiritual progress as surrender

# Self



### Self at the expense of Other

Ego dysfunction as self-obsession, solipsistic narcissism Authoritarian personality: craves power and control as "a strong leader" Insecure • Incapable of being in authentic relationship Exclusive "Us versus Them" view Seeks dominance in relationship Slavishly unconventional • Immature individualism Take

# **Other**

### Other[Self]

### Other at the expense of Self

Ego dysfunction as self-loathing, self-sacrifice, martyrdom Authoritarian personality: craves control by "a strong leader" Insecure • Incapable of being in authentic relationship Exclusive "Them versus Us" view Seeks submission in relationship Slavishly conventional • Conformist submission to the group Give





POSITIVE • UPSIDE