

Two Thought-Systems – One Choice

in each holy instant – in every relationship

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for the most current version of this document)

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Hostage of the Ego?	Host to the Spirit?
Fear	Love
Separation	Oneness
Scarcity	Abundance
Time Bound	Timelessness
Regret the Past, and Fear the Future	In the Eternal Now
Unhealthy Competition	Inspirational Collaboration
Arrogance	Confidence
Grandiosity	Grandeur
Conflict (attacking the other)	Confrontation (co-fronting issues in between)
Judgment	Acceptance
Judging	Healing
Condemnation	Mercy
Projecting	Extending
Forcing	Power
Making	Creating
Secrets	Transparency
Disaggregation	Integration
Hypocrisy	Integrity
Complexity	Simplicity
Drama	Peace
Selfishness or Selflessness	Self-fullness (beyond sacrificial selflessness)
Possessed	Enlightened
Duality, and Good vs. Evil	Non-Duality ("evil" is the absence of love)
Entering Dialogue (group dynamics)	Cross-Talk (fixing, arguing or debating)

Within each thought-system is a way of thinking that is totally self-contained and completely rational. Within that thought-system everything makes sense and the world is understandable. When someone else is in the other thought-system, different than ours, they make no sense to us; it is therefore difficult for us to have meaningful discussions.

From the perspective of someone in the ego- or fear-based thought-system, someone in the spirit- or love-based thought-system makes no sense, in fact that way of thinking and living will likely seem weak, dangerous and naive.

From the perspective of someone in the spirit- or love-based thought system, someone in the ego- or fear-based thought-system also makes no sense. This quote from *A Course In Miracles* seems to capture this perspective; this may seem judgmental or it may actually be factual. It all depends upon your perspective. It all depends upon the thought-system you choose.

*Ask not the sparrow how the eagle soars,
for those with little wings have not accepted for themselves
the power to share with you.*

Hostage of the ego or host to the spirit – the table below illustrates how our chosen thought system makes itself evident. Look at how we respond to situations, how we manage information, how we deal with others, how we see life and our use of time.

Before we change our thoughts, we need to know what they are.

In each instant of time, are we ...

... Hostage of the Ego?	... Host to the Spirit?
Situations	
Scarcity or zero-sum mindset – fixed resources – “your win is my loss” – we are “ <i>dividing a pie.</i> ”	Abundance mindset – limitless resources – “we create value” – we are “ <i>expanding a pie.</i> ”
In problematic situations: focus on judging & punishing – make someone <i>responsible</i> .	In problematic situations: focus on thoroughly understanding – then are <i>we</i> able to <i>respond</i> .
Information	
Secrets – <i>hoard</i> information to <i>keep</i> power.	Openness – <i>share</i> information to <i>create</i> power.
Complexity – <i>analyze</i> to great detail – lose sight of the forest for the trees – cloud simple truths.	Simplicity – uncover to <i>simple insights</i> – sees holistic trends – asks simple but tough questions.
Others	
Life is all about “ me ” – me vs. you; and me vs. the world. Roles and <i>titles</i> are important.	Life is all about “ we ” – me <i>with</i> the world. Our aligned <i>intent</i> is paramount.
Either selfish or self-less ; both are focused on <i>separation</i> .	Focused on Self-fullness ; grandeur through our <i>oneness</i> and aligned intent.
Conflict – excessive competitiveness – alienates and distances self from others.	Confrontation – seeks solutions and growth – faces difficult issues – high rapport and high trust.
Grandiosity – I must prove <i>I</i> am superior.	Grandeur – you & I are grand; <i>we</i> are invincible.
Life	
A segregated life . Behavior <i>varies</i> based on specific areas of life (work, home, etc.).	An integrated life . <i>Consistency</i> of behavior across all areas of life. We work our love.
A pervading sense of separation . Separated from others. Separated from the spirit within.	A sense of connectedness or oneness of us all. At one with Self, connected with spirit. At peace.
Fear – fear of others, fear of failure and fear of success . A mundane state of <i>mediocrity</i> .	Love – love of life, love of others, love of Self and love of love. Fearlessly embrace <i>success</i> .
Time	
Obsessed with time – feels guilty about the past, fearful of future. Distracted (not present). Over-booked calendar and proud of it – “I am too busy.”	Timelessness – realizes that each instant is all we ever have. Focused on doing the “next right thing.” Presence interwoven with goals – vision.

Note that the distinctions between ego and spirit, or between fear and love, are often subtle but significant (e.g., grandiosity vs. grandeur or conflict vs. confrontation). The key issues are around separation vs. connectedness. What is our sense of peace within? What are our motives?