

A GLIMPSE BEHIND THE SCENES

When we look behind our worries, patterns, and thought loops, we encounter two old familiar forces: the Ego and the Being-Mode. Spiritual integration does not mean fighting the ego, but rather recognizing that it is embedded in a much larger field of Being.

THE EGO – AN ANCIENT PROTECTION SYSTEM

1. A relic from another time

The ego is not a mistake; it is an ancient protection system. It emerged in a world where the unknown was dangerous and social rejection could be life-threatening. This system still works today—reliably, but with parameters that no longer quite fit our present reality.

2. A guardian that is sometimes too vigilant

The ego doesn't react incorrectly. It reacts precautionary—often over-cautiously. Like a smoke detector that goes off while you're making toast, it signals danger where there is none: in a look, an email, an opinion, or an uncertainty. It means well. It has simply become hypersensitive.

3. A system that does not renew itself

The ego is not an enemy. It is an old protective organ that continues to run as long as we do not perceive it consciously. Only when we recognize its patterns does inner space emerge. Not through struggle, but through clarity. Awareness does not change the ego—it changes our relationship to it.

THE BEING-MODE – OUR ANCIENT REGULATION AND PRESENCE SYSTEM

Alongside the protection system (Ego/Survival Struggle), there exists a second, equally old system: one that does not react to danger, but to connection, perception, and immediate experience. It is not esoteric; it is biological. And it is ancient.

Before humans had language or complex culture, they had co-regulation. The **Being-Mode** is the biological foundation that allows us to rest in "Being". It manifests in the ventral vagal system and our capacity for resonance. It is the gateway to the all-encompassing space.

In the past, this mode was the default state. Our ancestors lived:

- In small groups
- In immediate proximity to nature
- With plenty of movement
- With clear rhythms
- With constant social resonance
- With little cognitive overload

The Being-Mode was not a goal; it was the natural state whenever no danger was present. The ego only kicked in when it was needed.

Today, it is the other way around. In the modern world, the ratio has shifted:

- Permanent stimuli
- Social comparability
- Information overload
- Artificial environments
- Little true rest
- Little true connection

The ego is active almost constantly. The Being-Mode is overshadowed—not because it has disappeared, but because it is quieter. Like an instrument you can barely hear because another is playing too loudly.

EGO

- Reacts to potential danger
- Evaluates, compares, analyzes, plans
- Loud, fast, fleeting
- Wants to protect, sometimes too much.
- A constructed, artificial identity

BEING-MODE

- Is "THERE," as a state
- Is present, now
- Quiet, expansive, stable
- Sustains without wanting anything

★ THE EGO AS A TOOL – AND AWARENESS "AT THE WHEEL"

Integration does not mean overcoming the ego. Integration means knowing its place. The ego is helpful when it is needed: for structure, orientation, boundaries, analysis, decisions, and protection. But it is not a good captain for our lives.

When **Awareness** sits "at the wheel," clarity, presence, and connectedness emerge. The ego is allowed to ride along in the "backseat"—alert and ready, but not dominant.

This creates an inner interplay:

- **Awareness leads.** It decides from a place of vastness, connectedness, and perception.
- **The Ego supports.** It provides information, sets boundaries, organizes, and protects—but only when truly appropriate.
- **Being** is the fundamental background of our experience.

The ego is not abolished; it is used consciously instead of dominating unconsciously. It becomes a tool we can employ—rather than a force that controls us. This is integration: **Not Ego against Being, but Ego in the service of Awareness.**

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