

The Chart of Self-Mastery

Objectifying Fears, Phobias, and Defense Mechanisms

After you have completed “A Personal Appraisal of Self,” you are prepared to begin the “Chart of Self-Mastery.” We suggest that this chart of self-mastery be used for three months. On the left side of the chart you should list your phobias. This takes very careful thought. Think about whether or not you have acrophobia, the fear of high places, or other phobias. In your own words, list the various fears that you may experience. Be very honest and give yourself the benefit of the doubt. If you are not quite sure, put it down anyway.

Next, you will list what are called reflex or defense mechanisms, such as anger and criticism. Do you nag? Do you blame the infinite or others for things that happen to you? Are you critical of your neighbor or friends? List other traits of character that you have and of which you are not particularly proud.

Sigmund Freud listed man, in his emotional complexes, as having an ego composed of the structures of self-esteem. One’s pride in himself and in his way of conducting himself is the ego structure that is attached to people who have a false sense of superiority.

List these various reflexes as they come to you: the things of the ego, the submerged qualities or even the extroverted qualities of ego structures. They are all placed in this category.

Going through the ordinary course of each day, before we retire to our beds at night, we shall take out our chart. We shall carefully go back through the hours of the day until the time we awoke that morning. We shall use a little code opposite each one of these little emotions that come to us during the day. If we give way to this expression of emotion, we shall put a little “O” in that box for that particular day. Inside that box, we can enumerate the number of

times we succumbed or gave into that particular reflex. If we become angry three times during the day, we should place opposite anger the “O” with the number three inside it; and so on, down through the list.

You should use the same code where the phobias are listed. In addition, we shall go out of our way and make it a point to find out from time to time just how these phobias are behaving. We shall refer back to our original chart of life as to how and where these phobias occurred, or how they were strengthened or were fortified by psychosomatics.

If we are really careful and quite analytical in going along with this chart, and above all, if we are very honest, we shall see that by the time we get past the first month, the “Os” are gradually disappearing. In their places we have “Xs,” which means that we have developed a resistance reflex. When we begin to feel our temper slip, we shall automatically reflect by seeing ourselves putting the “O” in the box for that temper. Then we shall not give way to the emotion of temper.

With perseverance and honesty, within the three month period, we shall see that the “Os” have largely disappeared. Now there is a nice array of “Xs,” showing that with our awareness of these character traits, we are developing a very strong resistance to them.

By recognizing the sublimated characteristics of ourselves, and directing the powers of our superconscious intellect inwardly upon them, we will cancel or rectify the negative vortexes within our psychic bodies. The awareness of these negative conditions will provide the knowledge necessary to attain clearness of mind and thereby the joining of self with Infinite Intelligence!

