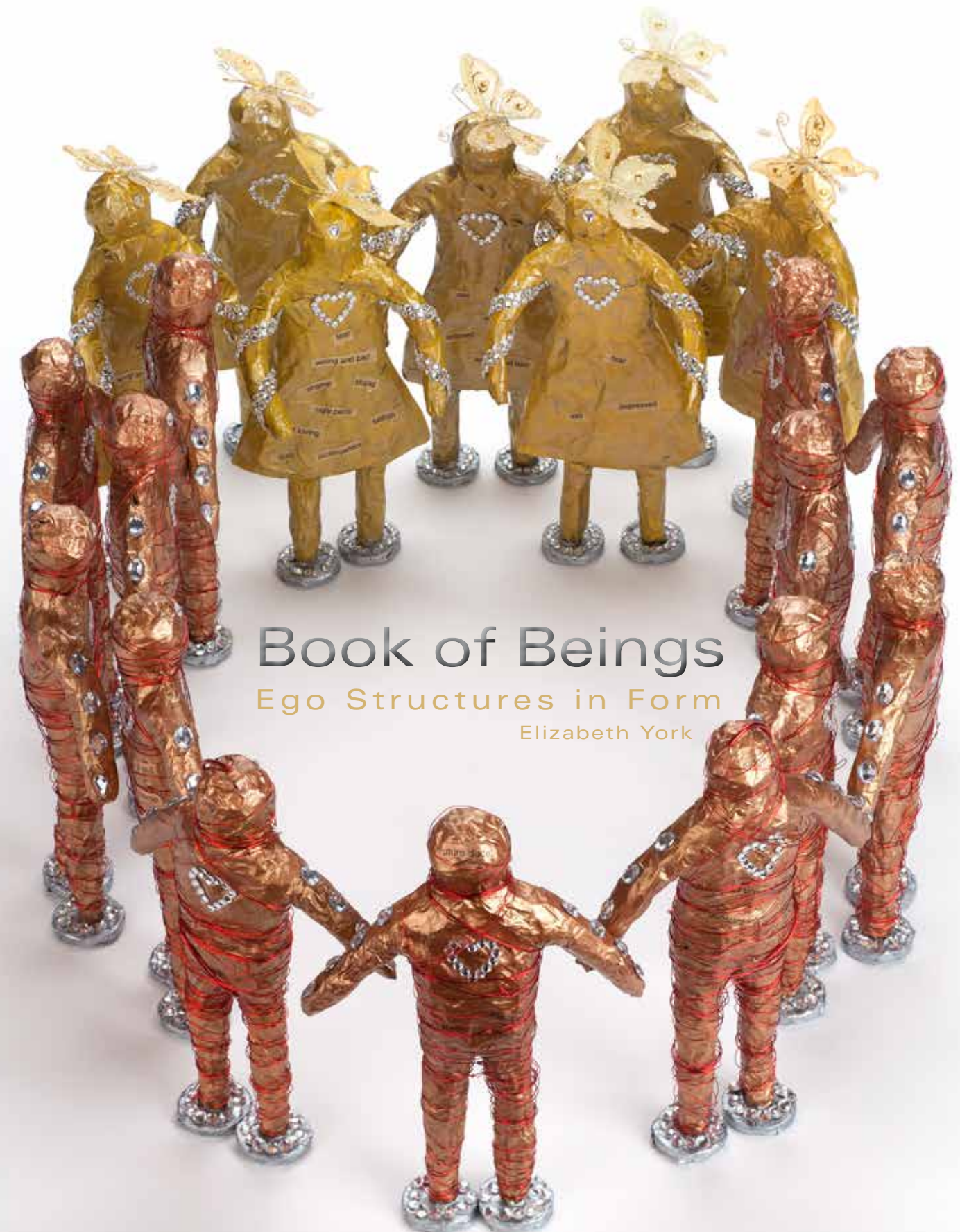


Book of Beings

Ego Structures in Form



Elizabeth York



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Photographs by Rob Jaffe
Production Artist, Sue Rouzie

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*to ruby
my precious sun nu
with unending love
nai nai*



introduction

A year ago an awareness surfaced that at six weeks old, something traumatic happened resulting in a sense of loss of love and nourishment from my mother (unintended by her, of course).

Soon thereafter, on New Year's Eve 2011, an artist and friend showed me a sculptural technique including aluminum foil, tape and paint and the first being "little red baby" came into form.

As the new year unfolded, aspects of my ego structure became images in my psyche. Early childhood had been traumatic. When I was four, my father was ill, family and friends were worried; the environment was full of hope and fear. Hope that the doctors would figure it out and all would be well. The worst fear was realized when he died of pancreatic cancer. I was five.

Many aspects of my personality concretized during these first five years, informed by these events and in reaction to the fear underlying them. The beings in this book are representations of some of them as they came to me through the year, culminating with "trust" on New Year's Eve 2012. The healing and unwinding of the ego structure as the beings came into form and afterwards has been profound. I am full of gratitude and awe for the process that has unfolded this year.



little red baby

six weeks old

breast feeding ended suddenly

nourishment and love cut off

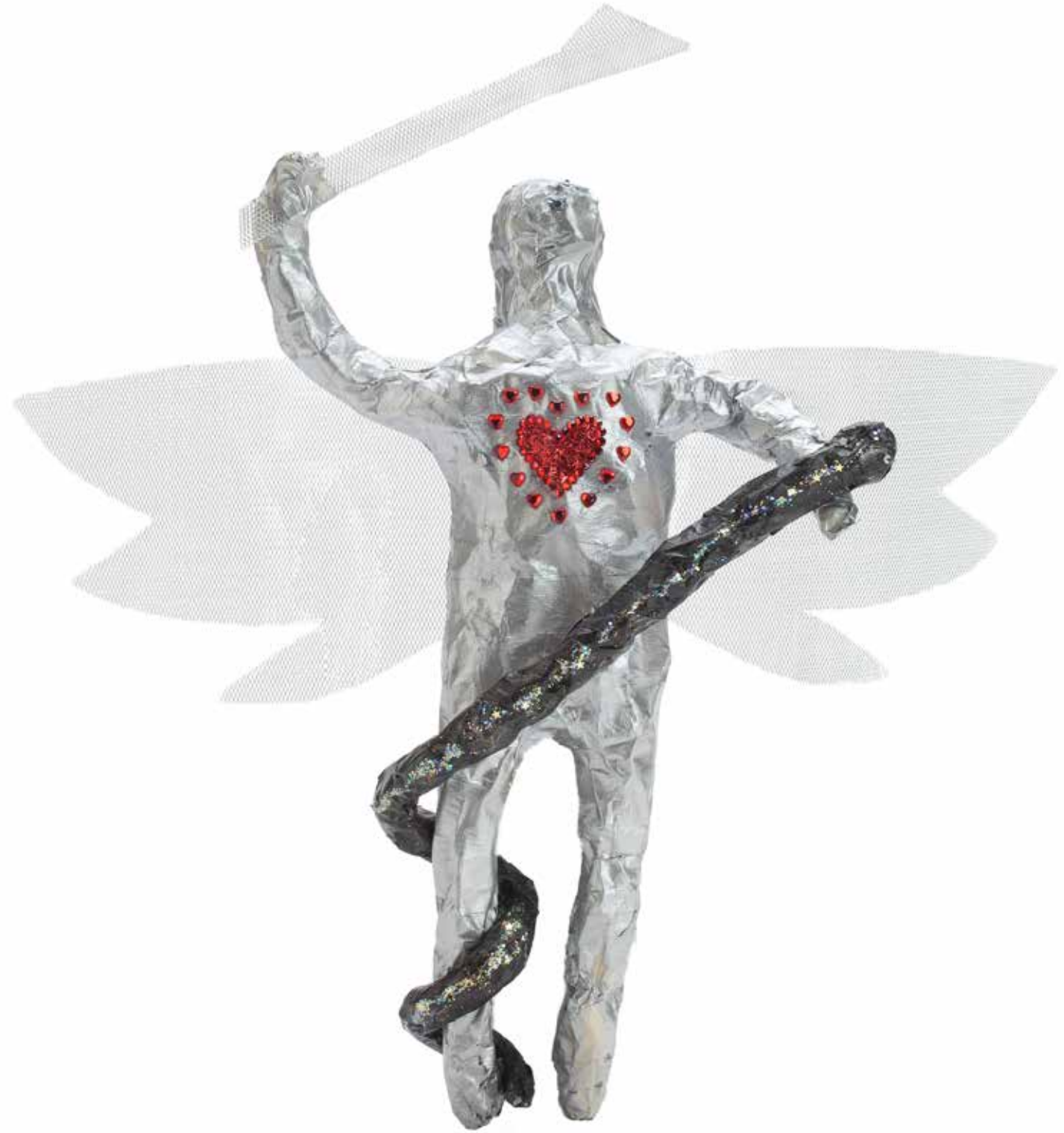
longing, hungry, traumatized,

abandoned, betrayed,

unlovable, wrong, bad



daddy
my soul guide, protector
the one who saw my essential self
first image of superego was daddy with a cane
sick, angry, impatient, railing at noisy children



superego
internal coercive agency
image morphed from daddy to snake
slithery, wily, surreptitious

spiritual superego
companion of the superego
spiritual overlay
bliss, trust, compassion

both well intentioned, unfortunate strategies





mother bird

wanted to feel safe as a young child
early fear hidden away in a hard black ball
feeling safe under the wing of the mother
mother never felt safe



timekeeper

four years old
running out of time
not enough time
be on time
hurry up, don't be late
what time is it now
propelled, pushed by time
tension
daddy!



jealousy
four years old
holding a baby
green with envy
no one to hold me
not fair
hatred



polarities

four years old
black and white
one extreme to the other
no balance - no moderation
for every front there is a back
the bigger the front the bigger the back
more exciting at the extremes
avoiding pain





sad/happy

four years old

daddy sick

joy propped up by sadness

hope and fear



duality

four years old

feminine and masculine

macrocosm and microcosm

external and internal

mirror image, left side stronger

separated by red and black

red: essential strength blocked by anger

black: essential power blocked by hatred





on the edge

four years old

daddy sick

very sad

alone

scared



rock/island

five years old

daddy died

abandoned, betrayed

sad, unlovable, wrong, bad, imperfect

no one will ever be there for me

i am a rock

i am an island

i have to do it all myself



ego counsel

masculine aspects of the crowd

defense mechanisms

at their depth: fear

avoidance of past trauma and pain

feeling unlovable, wrong and bad

not enough, imperfect

reporter
analyzer
story teller
future dude
event/process
controller
revved up
rehearser
organizer
planner
teacher
judge
doom and gloom

when two or more collude, the drama increases



two primary forces

words on the back:

relentless
constant
all knowing
unquestioning
powerful

words on the belly:

bad and wrong
guilty
fear

judge

left side primary



words on the back:

bad things will happen
imagine the worst
don't be disappointed
dysfunction

words on the belly:

daddy died
tension
fear
contraction

doom and gloom

right side primary



ego counsel

feminine aspects of the counsel

deflated

closer, more aware of the fear, pain and sadness

very young

vulnerable, scared

self conscious
invisible
pollyanna
glass half empty
better/best
what's wrong now
unlovable



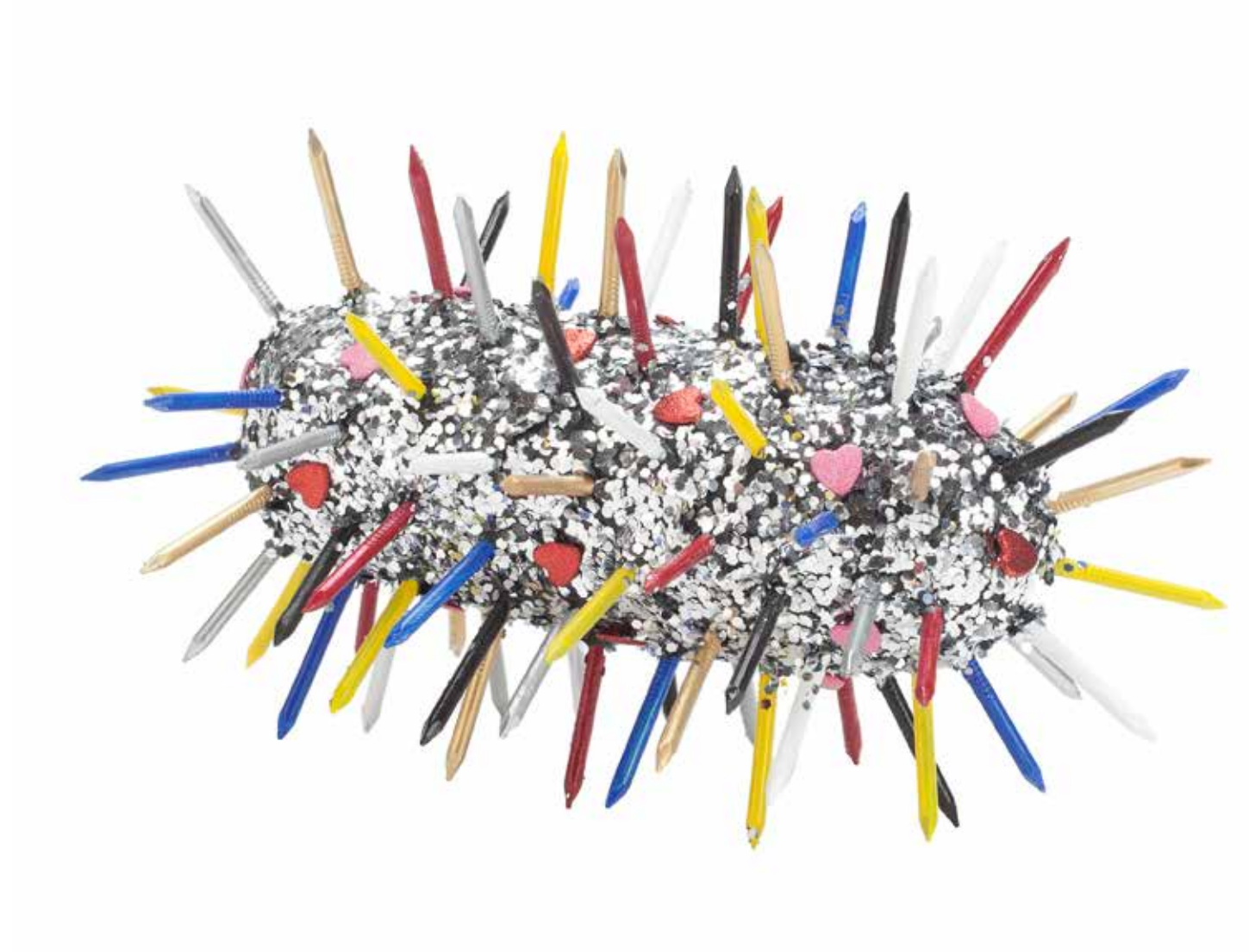
a primary force

words on the back:
no body loves me
everybody hates me
eat worms
left out
rejected
different
words on the belly:
wrong and bad
unloved
scared
fear
sad

unlovable



O.C.T.
obsessive, compulsive tendencies
many aspects of life
magnetic
begins with passion and love
sometimes morphs into unhealthy behavior



voraciousness

animal soul

id

want what i want now

devouring

mouth of fear



merging and autonomy

coming back to tank up
feeling the love that is always present
insufficient as a child
always here now



little pink baby

metaphorically holding little red baby

giving her all that she needs

she transforms into little pink baby

love, bliss, trust



soul child
way out ahead
seven on the enneagram
bite out of every cookie
shiny objects beckon





ouroboros

circulation breath

essence falling

to the kath

primordial unity





trust

lovable, loving, loved

perfection

relaxed

basic trust

benevolent

what is

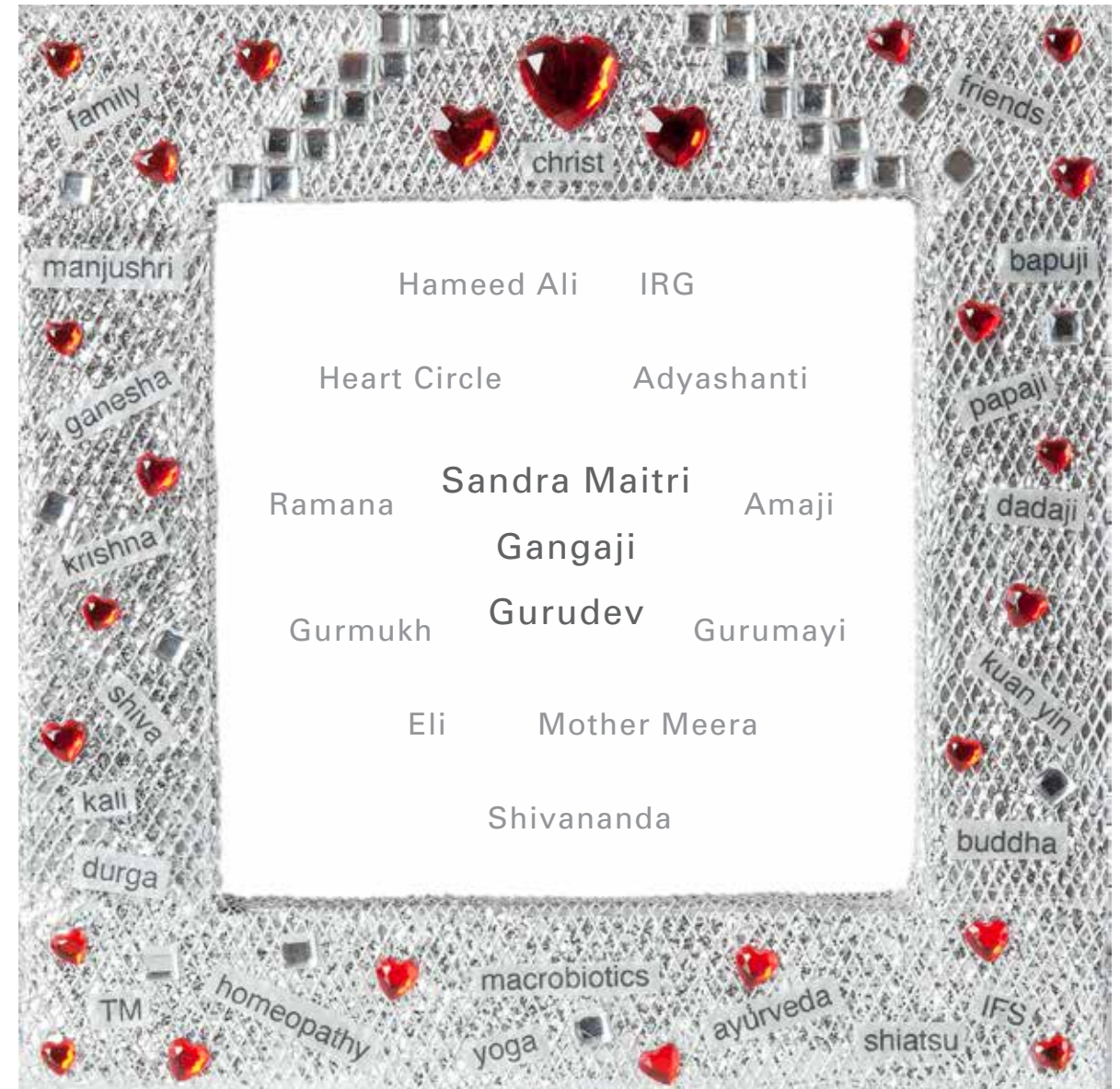


acknowledgements

love and gratitude

mother, father, ancestors
teachers - named and unnamed
friends and family

Grace - for the dance, for being danced



oneness
be here now
silence embrace all
ground of being freedom
stillness satchitananda alignment
i do nothing at all liberation curiosity
we can't help but live the life that lives us
life is a constant therapeutic irritation
love the contractions to death
what we resist persists
call off the search
true nature
attune
trust
stop
now
i am

what is

nothing to do

relax surrender

no where to go

love

curiosity

we can't help but live the life that lives us

life is a constant therapeutic irritation

love the contractions to death

what we resist persists

call off the search

true nature

attune

trust

stop

now

i am



playmates

love, support, nourishment
sharing, caring, intimacy
friendship, growth, encouragement
forgiveness, light, joy

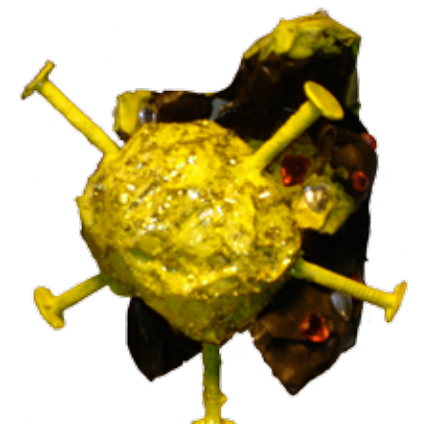
guardian angel
manju bazzell
bodhisattva



with both arms
susan rouzie
wisdom



trust
courtney dukelow
healer



in the arms of the mother
jackie huxel
artist



love
nancy york-erwin
sister

trust
courtney dukelow
healer

