

FIVE PRIMARY EGO DEFENSES

From Archangel Gabriel, adapted by Phillip Elton Collins

When the founders of the Angel News Network were being trained as light ascension therapists through the teachings of Archangel Gabriel, the FIVE PRIMARY EGO DEFENSES were an essential teaching. As healing arts therapists, this important teaching gives insights into the cause and effect of many emotional, mental, or physical imbalances. It explains the **how and why of so much of life**. This wisdom can and will be a game-changer in our world, and a powerful tool in the activation of your soul plan.

At this crucial time within our planetary and personal evolution into higher consciousness, all past and present lives' "woundings" are rising up in order to be released, cleared, cleansed, and healed. Wounds from past and present lifetimes often have a great deal of emotions associated with them. In order to heal the wounds and release them, it is necessary to know and feel the emotions inside them. To think we are our wounds has created much of the lack, limitation, and duality/confrontation in our world.

Wounded and defensive little boys and girls with a lot of power are controlling our world. Let us imagine and create a world where our leaders have a self-loving, empowered relationship with self, thus others.

A **defense** is an unconscious reaction to protect the wound. In effect, the protective defense is an etheric "armoring" around the wound. Until the unconscious becomes conscious, lifetimes of patterns and comfort zones will continue. As quantum physics has proven, the moment the wound and defense are fully seen, they will shift and begin to dissolve into the illusion they are; for we are not our wounds and defenses, but they have controlled us for eons.

In order to break the insane cycle of wounds and defenses, let us now become conscious of them. We each have a primary (monadic) defense leading our lives, but in reality we have aspects of each defense within us. See if you can identify your primary defense. Knowing who we are is

essential in freeing ourselves from ourselves. The names of these defenses do not reflect standard psychotherapy definitions, but they expand into metaphysical energetic healing.

ORAL DEFENSE

The oral defense forms earliest, since the first thing we do is suckle. It defines itself through one who can never be enough, thus the person seldom can be fulfilled. The person has a “vampire” energy, pulling and sucking energy from others. These people appear always busy, never having enough time.

The **primary emotion** is feeling **weak—low self-worth, not good enough**. The **parental upbringing** is often deprivation, not being nurtured, taking care of parents’ needs. The **past life** issues center on starvation and deprivation. Therefore, this defense is trying to be filled by pulling energy from others, with no boundaries. Their **basic need** is to integrate fulfilling the self and setting boundaries. The **body type** is caved in or hunched over slightly, with vacant eyes.

MASOCHIST DEFENSE

The masochist defense reflects a fear of being controlled (by Mom or Dad) or subjugated by others, and thus the need to flee inside. The essence of the individual is held inside or distorted. These people appear quiet and fearful of being taken over by others. They have a tendency to sink energy within themselves and have difficulty resonating with a distinct moment in time, getting lost.

The **primary emotion** is humiliation, feeling deprived or lost. The **parental upbringing** is an overbearing mother consumed with her needs. The **past life** issues are about being imprisoned or trapped. Therefore, people in this defense will withdraw, and depend on others to tell them what they need or when to act. Their **basic need** is an ability to express/feel/achieve individuality and boundaries. The **body type** is solid, padded, often overweight.

PSYCHOTIC DEFENSE

The psychotic defense is a reaction to the feeling of betrayal, with overt aggressive behavior toward others. They need to have an enemy in order to feel superior. A warrior energy is

projected through the cause of right and wrong. The basic energy is a pulling and pushing out over the head. There is a tendency to project time into the future, not the now.

The **primary emotion** is not trusting in order to avoid betrayal. There is a fear of being out of control or unsafe. The **parental upbringing** is based upon one parent against the other and feeling used by the mother. The **past life** is all about betrayal. Therefore, there is little trust at present. The **basic need** is to be able to trust the self, make mistakes, and see others as equal. The **body type** is a developed upper body and large back.

SCHIZOID DEFENSE

The schizoid defense is based upon the fear to exist in the physical. There are many past and present life traumas projected into what is perceived to be a threatening world. Therefore, escaping the body is a way out of the pain, since it is felt that the body is not a safe place to be. This defense is often seen as multidimensional or having multiple personalities. Many channels and psychics of other frequencies contain aspects of this defense.

The **primary emotion** is feeling unsafe, a fear of abandonment and separation. The **parental upbringing** is one of abuse and attack. The **past life** issues include torture or punishments for beliefs. Thus, they cannot integrate God-self into the physical, with no boundaries. The **basic need** is integrating being human into spirituality. The **body type** is slight and weak.

RIGID DEFENSE

This is one of the last defenses to develop, usually during our early teenage years. This defense is associated with the need to appear perfect in an imperfect world. The individual develops a division between true inner feelings and the outer world. To appear perfect and project that image is vital. Not able to see (blind spot) anything negative with self, pushing and deflecting their energy forward while avoiding true intimacy. Life is filled with an endless succession of empty moments. The **primary emotion** is emptiness and a fear of making mistakes.

The **parental upbringing** is relationships with no real connection of feelings. The **past life** issue is who is in charge with what image; loss of sense of individuality; not in reality, appropriate

response for image. The **basic need** is to realize that the sense of self is on the inside; get off the treadmill to be real. The **body type** is to look perfect.

IN CONCLUSION

By using these defense tools within a therapeutic personal process, we can free ourselves from ourselves and create a world of equality, harmony, and balance, reflecting the loving relationship with self and our divine soul plan.