

## A Sermon on the #TaoFu of Psychology

Sermon by Rev. Minister Angela Smith of COPE for May 9th, 2021 (and beyond)

Oxford Languages definitions provided through Google defines “Psychology” as “the scientific study of the human mind and its functions, especially those affecting behavior in a given context”, “the mental characteristics or attitude of a person or group”, “the mental and emotional factors governing a situation or activity”, and is derived from the root word “Psyche” which is defined as “the human soul, mind, or spirit”. Sigmund Freud, arguably a founding father of the mental health profession, was born in 1856 and died in 1939. Freud was greatly influenced by the German philosopher Friedrich Nietzsche and applied Nietzsche’s philosophy to mental health. It is an apparent attempt to divorce myth from science or embrace honest reason while rejecting superstition. Doing so effectively may be a cure for paranoid schizophrenia or what is referenced as that in some circles.

My understanding of Freud is that he recognized three distinct mental processes influencing human behavior. These three processes are referenced as the id, ego, and superego. Now, some whores running cults are totally focused on the id while claiming to represent the superego, therefore are obvious frauds whether you are religious or secular. A well-rounded education from an accredited academic services provider is priceless. But, some people look for shortcuts in search of instant gratification without consideration, regard, or recognition of anyone else. They are not an example of leadership in any sense of the word nor are they able to teach it even if they falsely claim otherwise as a result of their own narcissistic delusions of grandeur required to manipulate others for instant gratification with what they see as minimal effort on their part.

The purpose of this sermon is to help the faith community that understands the concepts of the beast, the human, and the divine recognize the secular language used to describe the same concepts for those who find the theater of myth too disturbing or distracting resulting in fear-based responses rather than reason-based responses to the concepts.

The “id” is defined as “the part of the mind in which innate instinctive impulses and primary processes are manifest”. So, the id in myth is the beast. The id only considers what the id wants or needs and the easiest or fastest way to get it from an ignorant perspective because actual learning is too difficult or time-consuming and the id is focused on instant gratification so lacks the virtues of patience and diligence. Even nonhuman animals who make it past adolescence, over 50% don’t in the wild, develop patience and diligence to some degree. “Tigers are patient hunters and can move slowly and quietly, stalking their prey (usually ungulates like deer and pigs) for 20 or 30 minutes. A tiger’s large canine teeth and powerful jaws are used to grab its prey by the neck and suffocate it.” Source: <https://animals.sandiegozoo.org/animals/tiger> “Lions are believed to feed every three or four days, and need on average between 5kg and 7kg of meat a day. But they can go without food for more than a week and then tear into prey, eating up to 50kg of meat at a time - that's almost a quarter of the animal's body weight.” Source: [http://www.krugerpark.co.za/Kruger\\_National\\_Park\\_Wildlife-travel/kruger-park-](http://www.krugerpark.co.za/Kruger_National_Park_Wildlife-travel/kruger-park-)

[wildlife-lions.html](#) The point is that even nonhuman carnivores who develop into adulthood for their species are able to exhibit the virtues of patience and diligence. It is my belief that when the word “beast” is employed to describe the "id" or vice versa, that it is speaking of an undeveloped mind, soul, or heart. And, when approached by an id-dominant individual, the rest of us need to #TaoFu respond with patience and diligence since those are the two virtues that will be most helpful for all involved in the event the id-dominant individual has any potential to evolve or learn whatsoever. Those of good faith wish to give id-dominant individuals the benefit of the doubt but must be wary not to join in any delusions to which the id-dominant clings in refusal to recognize the world around them as something other than means to the id-dominant's own ends. And, those of bad faith are often id-dominant. The “id” is the voice of the physical body alone.

The “ego” is defined as “the part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity.” So, the id which is considered instinctual and to be acting on a subconscious or unconscious level influences the decisions made by the ego (individual). This is the decision-maker in terms of what actions an individual takes or chooses not to take in any given circumstance. The ego deliberates considering necessity, volition, and hopefully commits to avoiding hypocrisy by recognizing the world around the ego with equal respect and consideration in light of the Golden Rule to treat others with the same consideration you wish to be treated. This is the individual. In human terms, this is the human recognized at law as being responsible for actions whether id-dominant or not. The ego is the trial judge choosing actions based on all available evidence and knowledge at time the decisions are made. Only you know how corrupt or ethical your ego is unless the evidence is apparent to others based on the exhibits of those choices.

The "superego" is defined as "the part of a person's mind that acts as a self-critical conscience, reflecting social standards learned from parents and teachers". So, the superego is the conscience. The conscience is defined as "an inner feeling or voice viewed as acting as a guide to the rightness or wrongness of one's behavior". The “superego” is representative of God. The conscience is wholly committed to Truth and ALL the Virtues. The "superego" says "I know the id is really interested in satisfying urges without consideration of others in the slightest. But, how do you feel when people don't consider you as anything but a means to a satisfying end? Do you want others to consider you when they choose to take action to potentially satisfy themselves at your expense? Whatever boundary you would establish in regards to how you wish to be treated, is the least boundary you should be recognizing of others to avoid hypocrisy. Anything less than that promotes inequality and results in unwarranted subjugation which could ultimately enslave you. Id-dominant individuals often end up in prison and in most countries forced labor is a penalty for violations of law.”

Regardless of religious or secular leanings, I find id-dominant people test my patience and am thankful patience is one of God's many names that I can call upon in times of need. I'm also thankful that I recognize when I'm not the right teacher for someone even if they seem to be experiencing a perpetual teachable moment. I think it is a blessing that other people are willing to keep trying, including the Department of Corrections/Justice

System. I also recognize that honest mistakes and errors in judgment are a common experience that I share in too. And, I recognize that sometimes a prisoner I offered to help, who at times was taxing because of their need and lack of resources, actually graduated from an accredited high school while in prison with the help of patience, diligence, and encouragement. I helped. That's rewarding and sincerely requires development of #TaoFu.

I honestly do not care what words you use to describe the concepts discussed above as long as you understand the meaning and effectively communicate what you mean when discussing such concepts with others without being a hypocrite. I'm with Jesus on the whole "hypocrites get the greater damnation" thing. 100%. And, I'm happy to help.

For those interested in starting #TaoFu Self-Defense Exercises, please see <https://www.cope.church/taofu.htm> and begin at any time.

There are opportunities to send messages, receive mystery bonus blessings, and more with or without donating available now on our "Pass the Basket" page at <https://www.cope.church/basket.htm> . Thank You.

"And ye shall know the truth, and the truth shall make you free." John 8:32 KJV Willful blindness is an abomination.

COPE accepts Feedback, critical and complimentary. Learn more at <https://www.cope.church/feedback.htm> . For the sake of keeping myself and others humble, a sense of humor is welcome on all sides.

For More About COPE and the HEAL Mission, see:

<https://www.cope.church> and <https://www.heal-online.org>