

**THE BELOVED EGO,  
FOUNDATIONS  
OF THE NEW  
STUDY OF THE PSYCHE**

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The beloved ego, foundations of the new study of the psyche by Wilhelm Stekel

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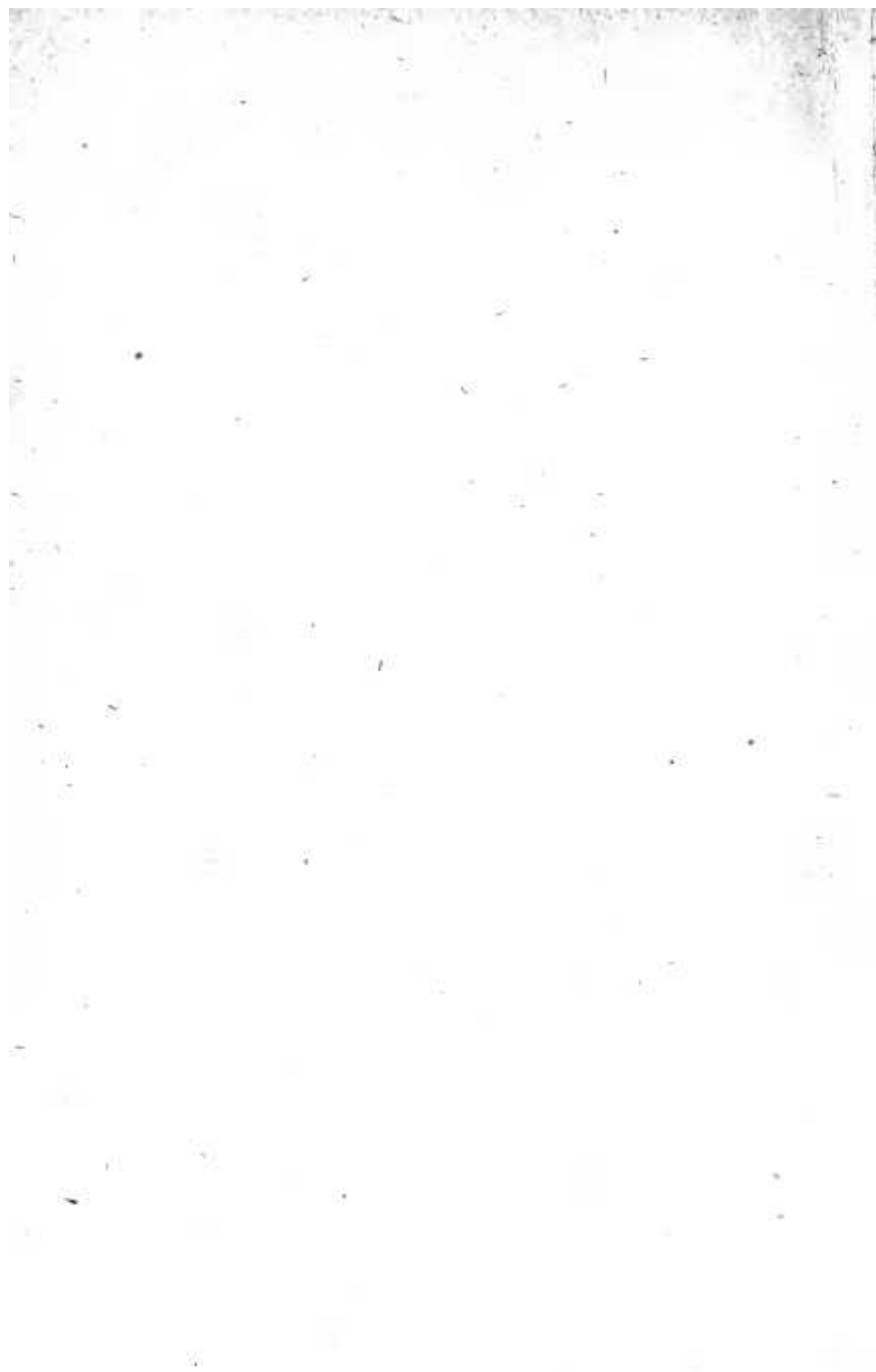
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**WILHELM STEKEL**

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THE BELOVED EGO



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# THE BELOVED EGO

FOUNDATIONS OF THE NEW STUDY OF  
THE PSYCHE

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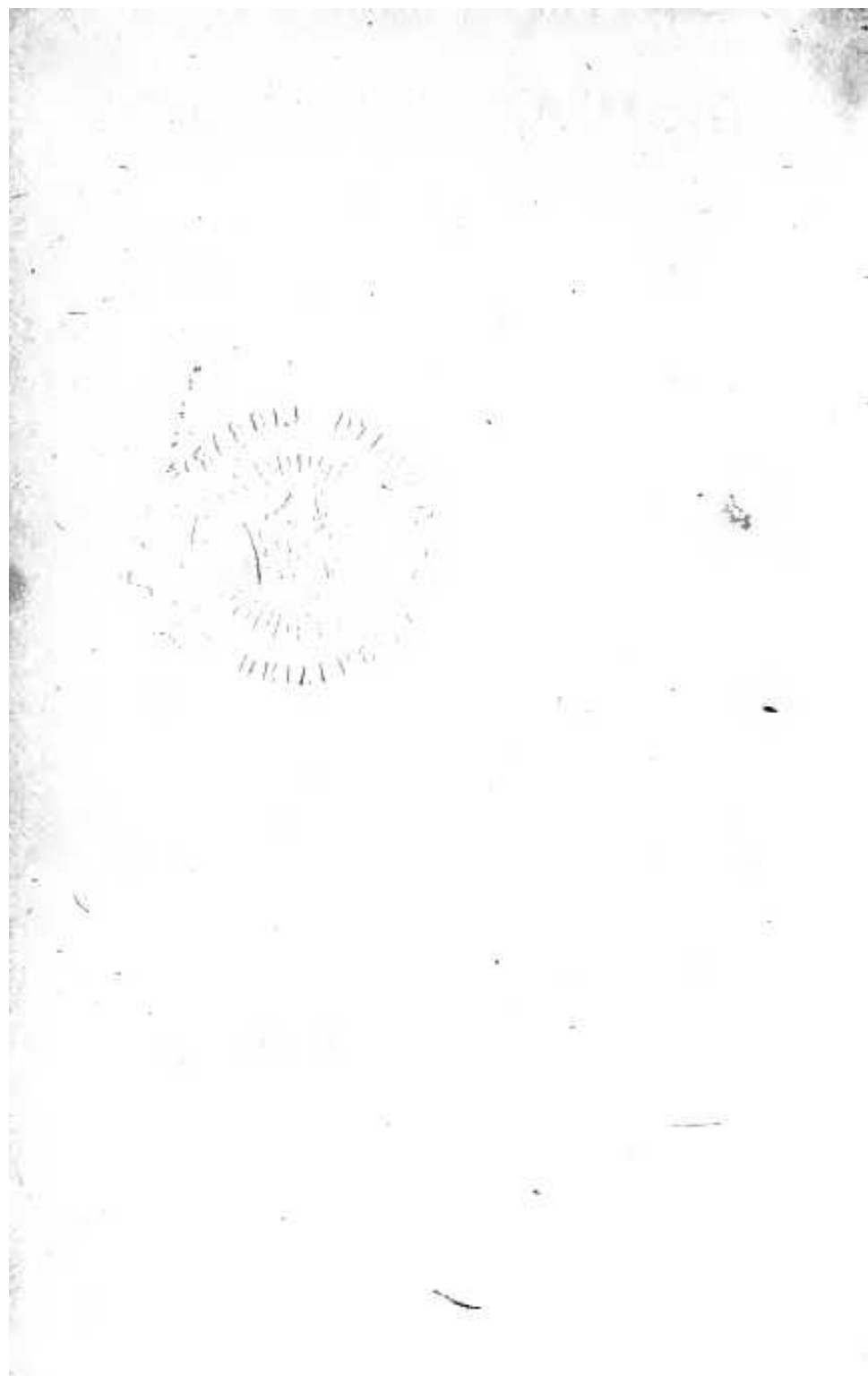
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## DR. STEKEL'S PREFACE TO THE ENGLISH EDITION

My first attempt at an English preface. To begin with: I am happy to wear an English dress! I have been longing for many years to speak to English readers. I feel very thankful. Few men are thankful. . . . I am proud to say I have conquered the two most mean of human qualities, envy, and ingratitude. I have overcome both the envy of ingratitude and the ingratitude of envy.

To continue: One of my first and best teachers in Psychology was an Englishman, whom Swinburne, my beloved Swinburne, the creator of "The Ballad of Dreamland" addresses: "Not if men's tongues and angels' all in one spake, might the word be said that might speak Thee. All stars are angels; but the sun is God."

In case all of my future readers may not have been readers of Swinburne, I will give this teacher's name: Shakespeare, now in the Heaven of Immortals.

You can find in his works all the riddles of the beloved Ego. You can find there the unspoken, the unforeseen, the only guessed, the only foreboded, the secret mysteries of human Unconsciousness. He knows the depths and the heights, the brilliant light and the darkening shadow, the virtues and what lies behind them, the hidden crimes and their concealed origins.

If it be true that every genius of a nation (like

every criminal!) represents the collective soul of his people, every English reader is a little Shakespeare. I hope they are only very little Shakespeares and so will not be too severe with his humble Austrian pupil.

I know that many English readers will laugh at my mistakes and at my German English. But I hope they will also feel the warmth of my heart for their culture, and will understand I am striving to comprehend my beloved authors in their own language.

Translations are very rarely new creations! Every translated book is like a masked lady, clothed in a strange dress for a masquerade. I am afraid they may either over-value the worth and the beauty of the true face—or they may think the nice costume covers an ugly figure beneath.

But I hope one thing will remain unchanged and undestroyable: the truth of eternal thoughts, the power of healing knowledge and, last but not least, my warm love for mankind and my pity for the sufferings and writhings of tortured and oppressed souls.

WILHELM STEKEL.

VIENNA.

## AUTHOR'S PREFACE

It has taken a long time to realize that the so-called nervous diseases are diseases of the Psyche. Now a great change is taking place. Most nerve-specialists are becoming doctors of the soul. They interest themselves in the experiences and the *milieu* of the patient; they investigate his attitude towards the world; they correct his wrong views; and they try to draw him away from the harmful twilight of his fantasies and bring him into harmony with reality. The doctor has become educator, father-confessor, and teacher of humanity.

To have been one of the first to foresee and investigate these connecting links is my humble merit. I began as a "wild" explorer of the Psyche till I met with the much-discussed teachings of Freud, which opened up a new world to me. Freud called his method of investigating the soul "Psycho-Analysis." He attaches the greatest importance to the discovery of the deeply buried childish impressions of a sexual nature. The exposure of these repressions should bring with it healing.

I have retained the best of this teaching, and from it have evolved a new one.

This does not indicate that I wish to minimize the pioneer work of the great Viennese master. On the shoulders of a giant, even a dwarf can see farther than the giant can; and eventually it is