



Sacred Awakening

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BONUS EGO VIDEO TRANSCRIPT

I had a request from someone to share a little bit more about the ego. So your ego is your conscious mind that identifies as "I."

Your ego is there to protect you. Your ego can oftentimes live in the past and forget that it can evolve. So when we work with our bodies, we work with our ego and the different aspects of our bodies as well. Because when we break down these other aspects, it's easier to identify if we are living in the past and what part of us is living in the past.

All parts of your bodies are connected to you and they are here to assist you and they're here to evolve. Your ego is how you identify with yourself. And you create identity all throughout your life. So you can think about your ego as a friend. And when you're evolving, you want to have these different conversations with different parts of you to figure out what part might be stuck or what part might need some extra encouragement.

The ego itself also can create habits based from the past. So it's you can think about someone that's not willing to share, or it's all about them like me, me, me, me, me. That could be someone that's very ego-driven or egotism. Someone that is compassionate or is able to look at the flip side of the coin can be out of ego. So sometimes we can be in ego when we are not willing to look at other parts of the story or other perspectives in the situation.



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And so your ego is there to protect you, but your ego can also sometimes be so caught up in the past that it forgets to be in the present moment and to offer compassion or to offer other perspectives. The other part of the ego that is interesting that I find very beneficial to work with is the part that is fearful of taking action or the part that is maybe stuck in a particular perspective. And I'll ask the ego more questions around that perspective and why they feel that way. And then I'll ask my other bodies what's also going on.

I think that working with the other bodies helps to understand the ego more as well. And so if you've been having a hard time connecting with your ego, work with the other bodies to help understand the ego more, because your ego might just be very, very shut down.

The ego also, what I have noticed with students with taking this course and doing this work and also for myself, is the more that we participate with the ego in conversation, the more that the ego is willing to make changes and also be willing to participate differently in this life. And I'm putting them quotations in "this life."

Because the ego can start directing the show and start creating your future based on past identity. Because remember, the ego is based on the conscious identity of I. And the more that you start looking at even your "I" statements, the more that you can start understanding ego as well. If you have any specific questions around ego or working with the ego, drop them down below. I hope this is helpful. I would encourage you to have a constant conversation with your ego and with your bodies as well. If your ego has shown up in different ways and you're just like, my ego is changing, that's okay if your ego changes. Your ego can show up just like your inner child and your other bodies.



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Your inner child can show up at various different ages. Your inner child can be one years old. It could be 50 years old. It could be all sorts of different ages. Your ego can show up very differently as well. Sometimes my ego is very dark where she's like very, almost looks depressed.

And then sometimes my ego will show up very light or very like, I always know that I'm a little too rigid any time my ego shows up in a business suit. So give yourself permission to allow your ego to show up in all of its glory in exactly how it wants to be in that particular moment. Because it'll give you deeper insights on what's going on, on an unconscious level as well, even though the ego is part of the conscious mind.

Someone said, "Yeah, I try so hard to just kick my ego out of my life." Yeah, we can't do that. "I just realized I'm still doing this from listening to you."

Oh, what a great realization. So the ego is very much a part of our process, is very much a part of our human experience. And we kicking the ego to the curb is something that we're taught like in society. Like don't be that. They're so ego-driven, right? That's a statement we make here. Like they're ego-driven. Like they have such a big ego. And that could be true that the person has a very strong ego, but it could be they're also really confident, and our egos like intimidated by it, or we're feeling insufficient in some way, shape, or form.

Whatever the case is, we want the ego to participate as a willing participant in our human experience because we're constantly bombarded by things that our ego is meant to protect us from. Now, where the protection becomes a detriment to our growth is that the ego is stuck in the past and still working on an old programming from 20 years ago, or ten years ago, or five years ago, or even from a year ago.



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Think about how much we can change in just four months, that short period of time. We don't want the ego still sticking in the past. And so we want to encourage the ego to always constantly come moving forward. Just like our bodies as well. So I hope this is helpful. I'm just going to read one more comment. Katie said, "Make sense of what you're saying. Since I'm learning about it, I've been noticing other people. I know about their ego and keeping my mouth shut a lot.

Yeah. So it's interesting. When we can see someone acting from a place of fear from the past or from past programming, and it's just curious. Like, it's like I get curious about their behaviors too. It's like, ooh, like that person's really still in the past. And I just send them a lot of compassion and a lot of love. I have family members, I have friends. I do it myself too. Like I'll find myself stuck in the past from something that was detrimental to me in that particular moment. And I'm still living from that place.

And when we can catch it, it helps it. And when we start working with the ego just in this course, it helps us be able to identify and catch those moments when we are letting the ego run the show. It is okay for the ego to run the show when you're in fight or flight for your life, when there's something to protect you, but not when you're having a conversation and the ego wants to act out because that's the way that you're used to communicating, let's say.

We want that ego to start learning how to communicate and identify and to participate in a different way. And the only way to do that is to have a conversation with the ego and the bodies. And if the ego is very scared to show up or very scared to share with you, start working with the other bodies because that will help with the ego.



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And you still invite the ego to sit with you and be with you and just watch and observe and be curious student while you're doing it. And it's really, really helpful. So all right, guys. I hope that's helpful. Let me know if you have any questions.

I will see you guys soon. Bye.