

# Transcending the Ego



Steve Beckow  
Editor-in-Chief  
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# From the Ego to the Heart

April 13, 2023

<https://goldenageofgaia.com/2023/04/13/from-the-ego-to-the-heart/>



It's taken me decades to know and acknowledge when the ego is speaking.

It's taken me an equally-long time to acknowledge when I'm being self-serving.

The ego is the motivator and repository of everything connected with the survival and success of the person. How can I let it go?

The ego was originally designed to help us arrive at a level of consciousness of self that we hadn't attained before. We came to have an "I." We came to be aware of it. We'd achieved self-consciousness.

This was one step on a long, long journey from ignorance to absolute realization of the One that we are. (1)

It's a journey of increasing depth of understanding of "I." Who am I? becomes the ultimate question.

No one escapes being on that journey and no one fails to return Home. As Sri Ramakrishna said, some are fed in the morning, some at noon, and some in the evening. But all will be fed. (2)

There are many approaches to transcending the ego. we can let go of any thoughts the minute we see that they issue from the ego. We can befriend the ego. We can ask the Mother and invoke the universal law to make the ego our friend and servant. We can process all vasanas, which would have the ego recede and recede.

All of these ways and perspectives are reflected, I hope, in the selection of articles in this volume.

Whatever we do or don't do, we'll find, as the energies rise, that our thoughts, feelings, and actions will more and more be influenced, not by the ego, but by the heart. We'll be launched on a new level of consciousness - Self-consciousness.

There's nothing "wrong" with the ego. It served us well in making the transition from no self-consciousness to self-consciousness.

It's a question now of relying on something that has passed its point of utility. It doesn't lead to the same useful results that it once did.

We now need to rely on different tools than the ego. Chief among them now is the heart. (3)

This volume covers a lot of ground and a range of perspectives. I hope you resonate with it, identify the voice of your own ego, and develop your own way of transcending it.

## **Footnotes**

(1) On the overall journey, see "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue" in The Purpose of Life is Enlightenment at <http://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(2) "All will surely realize God. All will be liberated. It may be that some get their meal in the morning, some at noon, and some in the evening; but none will go without food. All, without any exception, will certainly know the real Self." (Sri

Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 818.

(3) On reliance on the heart, see *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

## ⌘ What is the Ego? ⌘



## What is the “Ego” and How Do I Work with It?

November 4, 2019

<https://goldenageofgaia.com/2019/11/04/what-is-the-ego-and-how-do-i-work-with-it/>



"Ego" in Latin means "I."

The sense of ourselves as a being separate from others - but also, alas, separate from God - is what is meant by the particular "body" we call the "ego."

Without our ego, we wouldn't be aware of ourselves. If we weren't aware of ourselves, we wouldn't move up Jacob's Ladder from simple self-consciousness to Self-Consciousness to consciousness of Oneness at journey's end.

According to Sri Ramakrishna:

"The ego is like a pitcher, and Brahman [God] like the ocean -- an infinite expanse of water on all sides.

"The pitcher is set in the ocean. The water is both inside and out; the water is everywhere; yet the pitcher remains. ... As long as the ego remains, 'you' and 'I' remain." (1)

That having been said, "egoism" is different. As Sri Yukteswar Giri has said, "egoism results from a lack of discrimination between the physical body and the

real Self." (2) We think of our body as all there is and focus on its survival in a seemingly-competitive world .

The philosophy that arises from a dense sense of separation I've called "social Darwinism" elsewhere. (3) It's the self-serving bias writ large.

The out-of-body experience I had in 1977 gave me the experience and (minor) realization that "I" was not my physical body.

In an instant, I passed over from "a lack of discrimination between the physical body and the real Self" to certainty that I was not the physical body.

I did not pass over to discernment of "the real Self" (a major realization), but I moved away from considering myself to be the physical body.

Sri Shankara tells us that:

"He who believes himself to be acting or experiencing is known as the ego, the individual man. ... When the objects of experience are pleasant, he is happy. When they are unpleasant, he is unhappy.

"Pleasure and pain are characteristics of the individual -- not of the Atman [Self, Christ], which is forever blissful." (4)

Our lives are spent seeking pleasure and avoiding pain ... well, when we can! (5) The Buddha called this a life of craving and aversion.

Our pleasures come from achieving power, seeking the bliss of orgasm (i.e., sexuality), acquiring wealth, feeling inspired by a landscape, painting, or music, feeling validated, and so on. Our lives are spent pursuing these and avoiding their opposites.

Sri Ramana tells us that the ego is "the root of all thought." "The ego rising all else will arise." (6) This whole world arises with the sense of our small self or ego. Without the ego arising this world would vanish - or so the theory goes.

What the terrestrial sages don't tell us is that we'd then be in a higher dimension of consciousness from this Third-Dimensional sense we have now; we'd be in at least a Fifth-Dimensional experience of life.

The Third Dimension vibrating more sluggishly than the Fifth would disappear from view, as it does when we transition and pass into the Fourth Dimension or astral world. The "Earth plane" vanishes.

Whence arises the sense of ego? Bhagwan Rajneesh tells us it arises from memory, the accumulated and stored thoughts of events that have happened to us:

"From where does this ego come which thinks, 'I am. I am doing'? It comes through memory. Your memory goes on recording happenings: you are born, you are a child; then youth comes, then you are old.

"Things happen: love happens, hatred happens, and the memory goes on recording it. When you look at the past, the whole accumulated memory becomes your 'I.'" (7)

Krishnamurti expands on this interpretation:

"YOU are this knowledge, you are the things that you have accumulated; you are the gramophone record that is ever repeating what is impressed on it. You are the song, the noise, the chatter of society, of your culture.

"Is there an uncorrupted 'you' apart from all this clatter? This self-centre is now anxious to free itself from the things it has gathered; but the effort it makes to free itself is part of the accumulative process. You have a new record to play, with new words, but your mind is still dull, insensitive." (8)

We try to grasp the objects of pleasure and move away from the objects of pain, Adyashanti tells us.

"Ego is the movement of the mind toward objects of perception, in the form of grasping; and, away from objects, in the form of aversion. This fundamentally is all the ego is.

"This movement of grasping and aversion gives rise to a sense of a separate 'me,' and in turn the sense of 'me' strengthens itself this way. It is this continuous loop of causation that tricks consciousness into a trance of identification.

"Identification with what? Identification with the continuous loop of suffering. After all, who is suffering? The 'me' is suffering. And 'who' is this me? It is nothing more than a sense of self caused by identification with grasping and aversion.

"You see, it's all a creation of the mind, an endless movie, a terrible dream." (9)

What can we do about our situation? Sri Ramakrishna offers one approach:

"You may reason a thousand times, but you cannot get rid of the ego. ... so let the rascal remain as the servant of God, the devotee of God." (10)

Adyashanti offers another:

"Don't try to change the dream, because trying to change it is just another movement in the dream. Look at the dream. Be aware of the dream. That awareness is It.

"Become more interested in the awareness of the dream than in the dream itself. What is that awareness? Who is that awareness? Don't go spouting out an answer, just be the answer. Be It." (11)

I like to think of the two answers as being complementary. The first addresses our relationship with the outside world: If we cannot get rid of the ego, make it the servant of God. Serve God in all we do.

The second addresses our relationship with ourselves and our "inner world." Watch and observe the workings of the ego without changing it, deflecting it, denying it, etc.

That's my native tendency anyways. But the first approach offers us a way of being in the world.

Applying this first approach to post-Reval affairs, for instance, I become a steward of the Mother's wealth. I am in co-creative partnership with Archangel Michael (as are millions of others), by his declaration, although I personally prefer to see myself as his servant. (12)

Someone will point out that I'm taking a dualistic position. This is a time of building Nova Earth and not of my personal realization. If I were to sink into non-dualism, I'd be unable to function in that creative work. So I adopt the dualistic stance of the servant in this lifetime.

You and I and all other lightworkers have come from a higher dimension and will return to it so there is no need for me to scale Jacob's Ladder of consciousness in this lifetime. I'll return to my native dimension later.

But there is a need to serve.

### **Footnotes**

(1) Sri Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 708. [Hereafter GSR.]

(2) Swami Sri Yukteswar Giri, *The Holy Science*. Los Angeles: Self-Realization Fellowship, 1984, 48.

(3) "Basic Third-Dimensional Illusion: Separate Selves Struggling for Survival amid Seeming Scarcity," at <https://goldenageofgaia.com/?p=296418>

(4) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 48.

(5) Life can intervene and we find ourselves in a hospital, unable to avoid pain.

(6) Ramana Maharshi in Sadhu Arunachala (A.W. Chadwick), *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961, 38.

(7) Bhagwan Shree Rajneesh, *I am the Gate. The Meaning of Initiation and Discipleship*. New York, etc.: Harper Colophon, 1977; c1975, 8

(8) Krishnamurti, J. Krishnamurti, *Commentaries on Living. Third Series*. Wheaton, IL: Theosophical Publishing House, 1970; c1960, 86.

(9) Adyashanti, "Selling Water by the River," *Inner Directions Journal*, Fall/Winter, 1999, downloaded from [www.adyashanti.org](http://www.adyashanti.org), 2004.

(10) Sri Ramakrishna in GSR, 708.

(11) Adyashanti, "Selling Water by the River," Inner Directions Journal, Fall/Winter, 1999, downloaded from [www.adyashanti.org](http://www.adyashanti.org), 2004.

(12) I'm not trying to be arrogant. Michael actually wants us to relate to him in the fullest possible partnership. The Company of Heaven generally request that humans take a leadership role in events on Earth.

"

We are helping you to co-create in full partnership," he told me in 2013.

(Archangel Michael in a personal reading with Steve Beckow, March 8, 2013.

Hereafter AAM.) "Let me be very clear. Decisions and choices are yours. That is what this partnership is about. And you are on Gaia in the physical reality." (AAM, Oct. 2, 2013.)

"The Galactics have no shortage of money and so there will be some very massive projects and the funds will be made available but they will really ask for human leadership in order to not be seen as trying in any way to assume control." (AAM in a personal reading with Kathleen Mary Willis through Linda Dillon, Nov. 13, 2012.)

And my favorite quote for its endearing humor: "We step forward in the fulfilment, you on Earth, on this beloved planet called Gaia, I as your wingman, quite literally." (March 10, 2017.)

Therefore I call myself Michael's partner, rather than his servant, although, again, my native tendency and default would be to consider myself his servant, which of course I am.

## Two Experiences of the Ego

Sept. 30, 2018

<https://goldenageofgaia.com/2018/09/30/296278/>



*My apologies to Marvel Comics*

What is it that has me feel vaguely-apprehensive of the Reval and life after it?

I ask my mind to bring up from deep memory the incident or incidents that invite me to feel this way.

Two occasions come to mind. I think my wife was present for both. On both these occasions, I saw - and allowed her to see - my ego.

I'm not going to say much about it because it would just be ammunition for critics but the sight scared the wits out of both of us. We still talk about it.

The ego ran amok on the first occasion, for less than a second. It flared up with a really nasty, devilish face - and then disappeared again. WHAT on Earth was that?

On the second occasion, I had a lustful thought and suddenly everything got magnified until I became a monster - also for less than a second - and then it was gone. I was totally floored.

It was as if reality opened up for a moment. I was shown where my attitude leads to and how bad it could get if I gave it rein.

The ego, at its rawest, can be heartless. And it promises to leak through any opening we leave it if we consent to "come from it."

Give it any rein - as we could very well do after the Reval - and it may run amok. Or at least I fear mine will.

Those two experiences serve as a warning to me not to go wild after the Reval. Not to give way to arrogance. Not to allow the ego free rein.

I say to myself, "I'll see it if it happens." Well, no. Not necessarily.

It may be invisible to me. If we look at the matter deeply and get honest, then I'd say that I personally like the feelings of arrogance, specialness, haughtiness. (1)

It feels good to swell one's heart with pride and march up and down in front of the mirror, saying to myself, "What a good boy am I!" (That's probably why children do it and adults laugh.)

And I don't usually call myself on something I like. It doesn't fall under my critical eye. I'm usually sympathetic to it, look upon it as a friend, and overlook it.

So I don't agree that I'll necessarily see it if it happens.

Those two experiences shape the way I respond to the idea of the Reval coming. I "be with" them until they lift.

When the Reval hits, I want to be able to carry on, business as usual, not altering my daily patterns ... for a while anyways.



I want to just allow myself, at body level, to assimilate the shock of sudden wealth; then, at an intellectual level; then, experiential, until I realize and get my arms around all of what just happened that promises to change my life so suddenly and dramatically.

### **Footnotes**

(1) I like the way they feel, as I also like other negative feelings. If they didn't feel good, we wouldn't like or act on them. (Why is it so hard to do the right thing? Because doing the wrong thing feels so good in the moment.)

I don't however like the way people respond when I feel those ways and act on them: People respond by pulling away from me and, after a while, I find myself alone.

Seeing that outcome, through many trial-and-error experiments, results in "learning." I learn as I grow up and amass experience to reject feelings like arrogance.

# I Think; Therefore I am: Anatomy of the Ego

July 15, 2014

<https://goldenageofgaia.com/2014/07/15/i-think-therefore-i-am-anatomy-of-the-ego/>



The word “ego” simply means “I” in Latin. Everything in spirituality revolves around “I.”

The purpose of life is to know the true nature of our “I” or “Self.” We let go of one restrictive or separative notion of “self” after another and mount the ladder of spiritual knowledge until we’re left with the knowledge of the only Subject of All, the One without a second, the absolute “I am.”

Rene Descartes said long ago: *Cogito ergo sum*, translated as “I think; therefore I am.” (1) He was right in a way I don't believe he intended: I think; therefore the ego is.

What we mean by the “ego” is a product of thought. We think and remember our thoughts and the product or creation of those thoughts is the ego.

The ego is sometimes called the mind and the being comes to be associated with the mind’s memories as Sri Rajneesh explains here:

“From where does this ego come which thinks, ‘I am. I am doing’? It comes through memory. Your memory goes on recording happenings: you are born, you are a child; then youth comes, then you are old. Things happen: love happens, hatred happens, and the memory goes on recording it. When you look at the past, the whole accumulated memory becomes your ‘I.’” (2.)

The ego is separative, dualistic. I as the ego am here; you as the ego are there. And never the twain shall meet, so we believe.

Paramount to the ego is ensuring the survival of the being and everything the ego identifies as the being, as belonging to the being, as being necessary for the survival of the being, etc. Werner Erhard put the matter as succinctly as anyone ever has.

“The mind is a linear arrangement of multisensory, total records of successive moments of now. Its purpose, its design function, is survival: the survival of the being and anything which it considers itself to be.

“When the being identifies itself with its mind, we call this state of affairs the ego and it means that the mind’s purpose becomes the survival of the mind itself. For the mind to survive, it tries to keep itself intact, it seeks agreement, and tries to avoid disagreement.

“It wants to dominate and to avoid domination. It wants to justify its points of view, conclusions, decisions, and avoid invalidation. ... Running through it all, over it all, is the unending effort of the mind to prove itself right.” (3)

To dominate and avoid being dominated, the ego exercises a self-serving bias. It maximizes its own victories and gains and minimizes its own defeats and losses. It minimizes the victories and gains of others and maximizes their defeats and losses. It denies responsibility for all wrong-doing and lays claim to all right-doing. It attacks others and defends itself.

It seeks pleasure and avoids pain, as Sri Shankara explains.

“He who believes himself to be acting or experiencing is known as the ego, the individual man. ... When the objects of experience are pleasant, he is happy. When they are unpleasant, he is unhappy. Pleasure and pain are characteristics of the individual -- not of the Atman, which is forever blissful.” (4)

The Atman is another “I,” the Self, our “original face.” The Atman or Self or Christ is not a product of thought, is not separative, and is not bent on ensuring its own survival. It knows itself as permanent, immortal. Fire cannot burn it; water cannot drown it; nothing can harm it or modify it in any way.

We go from one sense of self to another in our spiritual journey from and back to God. Each succeeding sense of self is more unbrageous and inclusive than the one before. Our direction is from self-consciousness to Self-consciousness or Self-realization.

Many teachers have said that Self-realization comes with death of the ego. Others say that the ego never dies, but simply becomes, at some point, an obedient servant.

When Jesus said: “He that overcometh shall not be hurt of the second death,” (5) he was referring to the death of the ego (the first death), which saves an individual from being hurt by the the death of the body (the second death).

Others said similar things:

Lao Tzu: “Long life it is to die and not perish.” (6)

Ibn Arabi: “Die before dying.” (7)

Paramahansa Yogananda: “I killed Yogananda long ago. No one dwells in this temple now but God.” (8)

Andrew Cohen: “What is the price [of enlightenment]? Ego death.” (9)

What would be more accurate to say, I think, is that the stillness of the mind is what invites Self-Realization. I say “invites” because enlightenment remains the gift of God. No effort of ours can secure it. Only the Mother can bestow it.

Hence Bernadette Roberts could say:

“At a certain point, when we have done all we can [to bring about an abiding union with the divine], the divine steps in and takes over.” (10)

We take a few steps toward God and God leaps a mile toward us.

The Upanishads tell us:

“When all the senses are stilled, when the mind is at rest, when the intellect wavers not -- then, say the wise, is reached the highest state. This calm of the senses and the mind has been defined as yoga. He who attains it is freed from delusion.” (11)

This was the meaning of Krishna’s saying: “The light of a lamp does not flicker in a windless place.”

“When, through the practice of yoga, the mind ceases its restless movements, and becomes still, he realizes the Atman. It satisfies him entirely. Then he knows that infinite happiness which can be realized by the purified heart but is beyond the grasp of the senses”. (12)

The Buddha had already achieved God-Realization before he sat down in meditation to finish the job. He knew there was more to go because he still detected movement or waves (vrittis) in the mind. He did not get up again until there was no more movement in the mind.

I think this was also the state that Lao-Tzu was referring to when he said: “Touch ultimate emptiness, Hold steady and still.” (13)

And that Patanjali was describing when he said: “When ... there are no more thought-waves at all in the mind, then one enters the samadhi which is called ‘seedless.’” (14) I believe that samadhi is what Sri Ramana Maharshi called “sahaja samadhi,” the natural state, (15) and it’s the state that we’ll be in, not with Ascension, but after penetrating Fifth-Dimensionality further than our initial arrival in it.

The Divine Mother explained:

Steve Beckow: When does Sahaja Samadhi occur?

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt “I am not the same,” then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. And you don’t know it — well, some of you do — but you are leap-frogging. And then you will be there.

SB: Now, are those jumps equivalent to sub-planes?

DM: You can think of it as sub-planes, dimensional sub-planes, yes. (16)

Many of us lightworkers are by now well used to thinking in terms of the separative and dualistic self of the Third Dimension and the inclusive and unitive Self of the Fifth Dimension. We look forward to Ascension and the events that follow it to free us from the lesser round of life in which we merely seek pleasure and avoid pain, ensure our own survival in a competitive world, and build a world that works for us against them.

The world that we’ll build will be cooperative, inclusive, unitive, a world that works for us and them, for all of us.

### **Footnotes**

(1) Rene Descartes, *Principles of Philosophy*. 1644.

(2) Bhagwan Shree Rajneesh, *I am the Gate. The Meaning of Initiation and Discipleship*. New York, etc.: Harper Colophon, 1977; c1975, 8

(3) Luke Rhinehart, *The Book of est*. New York: Holt, Rinehart & Winston, 1976, 174. Summarizing Werner.

(4) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 48.

(5) Jesus in Revelation 2:11.

(6) Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 86.

- (7) Muhyideen Ibn Arabi, *Kernel of the Kernel*. trans. Ismail Hakki Bursevi. Sherborne: Beshara, n.d., 37.
- (8) Paramahansa Yogananda in Swami Kriyananda, *The Path: Autobiography of a Western Yogi*, 219.
- (9) Andrew Cohen. *In Defence of the Guru Principle*. Lenox: Moksha Press, 1999, 13.
- (10) Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.
- (11) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 24.
- (12) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944 66.
- (13) Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 68.
- (14) Patanjali in Swami Prabhavananda and Christopher Isherwood, trans., *How to Know God. The Yoga Aphorisms of Patanjali*. New York, etc.: New American Library, 1969; c1953, 61.
- (15) "This is Self-realization, *Mukti*, or *Sahaja Samadhi*, the natural, effortless state." (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 83.)
- (16) "The Divine Mother: We are Creating a New Species of Humans," July 12, 2014, at <https://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.

## The Ego is Persistent

May 16, 2012

<https://goldenageofgaia.com/2012/05/16/the-ego-is-persistent/>



*Sri Ramakrishna*

Perhaps you laughed yesterday when I mentioned Oil Can Harry, the ego, the shadow side. (1) And for sure there's something to laugh about in watching us act like the ego.

But there's also another side which is anything but laughable.

I've actually seen the face of my ego perhaps fifteen years ago and that was no laughing matter. Scared me silly when it happened. I was writing a dictionary on the ego and, probably because that study recreated it fairly well, I actually one day saw its face confronting me.

That was a scary sight. It was flaming red, except for parts of it that were in shadow, which were black. It had blood-red eyes and kind of went, "ARRRHHHHH!" at me when I looked at it.



Wow! Scared me straight! Almost. But then over time I forgot, as so many of us do. The sight faded into memory and then out of memory and the ego carried on.

In my opinion, the ego is composed of three things. Not the ego in its seed or latent state, which apparently lasts well past certain stages of enlightenment. But the ego in its active, awakened state.

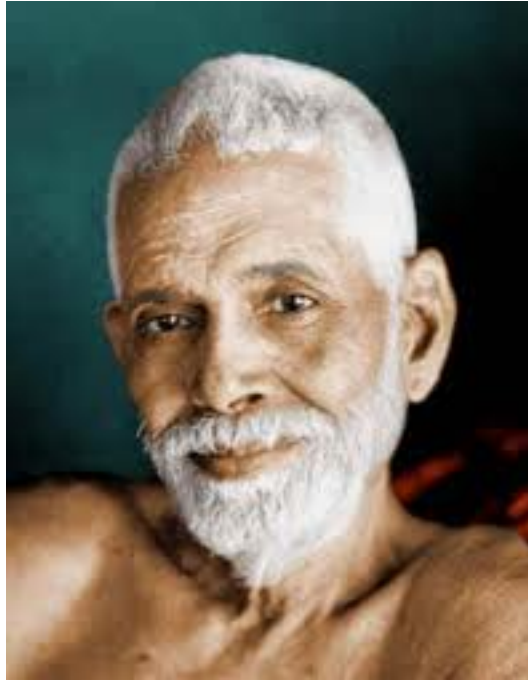
(1) *Vrittis*. *Vrittis* or waves in the mind; i.e., thoughts. The action of the mind, and particularly its desires, calls forth the ego and constitutes its “body,” so to speak. Not only are we quite capable of carrying on with a quiet mind, but the knowledge of who we are can only arise in the still pond of the quiet mind.

(2) *Sankaras*. *Sankaras* or sensations on the physical body constitute its direct products. The Vipassana meditator follows the rising, persistence, and falling away of sensations on the body and in doing so teaches the mind the impermanence of desires; in fact, the impermanence of all things, which Buddhists call *anitya* (impermanent) in Sanskrit and *anicca* in Pali. When we watch sensations arise on the body without reacting, we reduce our stock of *sankaras* and thereby quiet the mind in turn.

(3) *Vasanas*. *Vasanas* or reactive habit patterns constitute its persistent residue or precipitate. *Vasanas* are the sleeping volcanoes which go off when triggered by an unpleasant situation in the present which has some qualities which remind us of the original traumatic incident at the heart of the *vasana*. By being with and observing our *vasanas* when they go off, we complete them and reduce our stock of them too, which again quiets the mind.

Short of Ascension, if I want the ego to go back to its seed state and not emerge again, I'd have to eliminate these three, as the Buddha did. No *vrittis*, *sankaras*, or *vasanas* can remain, as they do not in the natural state of the mind, which non-dualists call *Sahaja*. Complete quietness of mind is the aim.

As Krishna put it, “the light of a lamp does not flicker in a windless place,” the light of the lamp signifying enlightenment and the windless place representing the mind swept clean of these three impurities. (2) In that state, the ego would return to its seed state, or so I believe.



*Sri Ramana Maharshi*

Sri Ramakrishna held the ego to be the cause of duality. According to him: “If God keeps the ego in a man, then He keeps in him the sense of differentiation.” (3) Immediately when the ego says "I," there arises the other.

He compared the ego to “a stick that seems to divide the water in two. It makes you feel that you are one and I am another.” (4) Moreover, according to him, “ignorance lasts as long as one has ego. There can be no liberation as long as the ego remains.” (5)

Interestingly, if I'm correct that the ego is coterminous with movement in the mind, with its accompanying sensations and habit patterns (and I may be wrong), then one could also say that so long as there is movement in the mind, ego will arise, and with it duality, and there cannot be liberation.

According to the Vipassana tradition, the Buddha saw that, even though he had accomplished *Brahmajnana* or God-Realization, which occurs when the kundalini reaches the seventh chakra, there was still movement in the mind. Only when the movement ceased through his Vipassana practice was he able to achieve liberation.

In my view, when movement stops in the mind, so does the ego return to its seed state. This stage of enlightenment occurs when the heart opens not temporarily as

in *Brahmanjana*, but permanently as in *Sahaja Nirvikalpa Samadhi*. As Sri Ramana Maharshi says:

"When the mind drops down in *Kevalya Nirvikalpa [Samadhi; i.e., Brahmajnana, still Third-Dimensional]*, it opens but shuts again after it. When *Sahaja [Nirvikalpa Samadhi, Ascension]* is attained it opens for good." (6)

"The *Sahaja Nirvikalpa [Samadhi]* is permanent and in it lies liberation from rebirths." (7)

"In it lies liberation from rebirths" - is that not a synonym for Fifth Dimensionality, Ascension? Where we no longer need to die or be reborn? Ramana continues:

"By repeated practice one can become accustomed to turning inwards and finding the Self. One must always and constantly make an effort, until one has permanently realized. Once the effort ceases, the state becomes natural and the Supreme takes possession of the person with an unbroken current. Until it has become permanently natural and your habitual state, know that you have not realized the Self, only glimpsed it." (8)

He could have said one could turn inwards and find the divine qualities. Krishna said:

"Those who have renounced ego and desire will reap no fruit at all, either in this world or in the next." (9)

One could translate ego plus desire by the words "I want." And if one does, one arrives at the chief obstacle to liberation that Krishna, the Buddha and most other spiritual teachers point to.

The Buddha called it craving, aversion, and ignorance. The "I" that wants is the ignorance. Aversion can be seen as the same as craving in that it is wanting *not* to have some condition. Craving, aversion and ignorance therefore boil down again to Krishna's ego and desire or "I want." By the law of attraction, so long as we want the things and experiences of the Third Dimension, for selfish reasons, we are attracted to and must remain in the Third Dimension. (10)

This is why Krishna would say, "When a man can still the senses I call him illumined." (11) Or the Upanishads: "When a man is free from desire, his mind and senses purified, he beholds the glory of the Self and is without sorrow." (12)

And: "The mortal in whose heart desire is dead becomes immortal. The mortal in whose heart the knots of ignorance are untied becomes immortal. These are the highest truths taught in the scriptures." (13) The knot of ignorance is the "I"; desire is "want." Again the key difficulty is "I want," the desiring mind.

Lao Tzu agrees, as do the sages of all religions:

"The secret waits for the insight  
Of eyes unclouded by longing;  
Those who are bound by desire  
See only the outward container. " (14)

They see only the outward container because they remain in the Third Dimension of physicality, which is why the Company of Light has told us repeatedly that we must let go of our hankering after the things of the Third Dimension if we wish to ascend.

Speaking somewhat cryptically, the Buddha said: "The world does not know that we must all come to an end here; but those who know it, their quarrels cease at once." (15) We must all come to an end here - or more particularly our desires for Third Dimensionality must all come to an end.

If Ascension were not a possibility, then our ego and wanting would have to come to an end while we were incarnated through intensive spiritual discipline if we wanted to be liberated from the cycle of birth and death.

As it happens, Ascension will bring our sense of being a separate "I" and our numerous Third-Dimensional desires to an end without the need for intense practice. In this sense, Ascension lets us off the hook.

We don't have to meditate alone in a mountainous cave or subject ourselves to strict regimens of renunciation. The rising energies will assist us and take care of the greatest part of these matters for us. And if "I want" comes to an end, what will remain for us to quarrel about?



### *Buddha*

There is one line of thinking that says that the ego does not stop altogether even after advanced states of enlightenment. Sri Ramakrishna said that “the ego does not vanish altogether” even after *vijnana*, which I believe is the same as *Sahaja Samadhi*. (16)

“The man coming down from *samadhi* perceives that it is Brahman that has become the ego, the universe, and all living beings. This is known as *vijnana*.” (17)

Sri Ramakrishna had so many memorable metaphors for any spiritual teaching. He compared the ego to a creeper and a goat with its head cut off.

“Why does a *vijnani* keep an attitude of love towards God? The answer is that 'I-consciousness' persists. It disappears in the state of *samadhi*, no doubt, but it comes back. In the case of ordinary people the 'I' never disappears. You may cut down the *aswattha* tree, but the next day sprouts shoot up.” (18)

“You may discriminate, saying that the ego is nothing at all; but still it comes, nobody knows from where. A goat's legs jerk for a few moments even after its head has been cut off. Or perhaps you are frightened in a dream; you shake off sleep and are wide awake, but still you feel your heart palpitating. Egotism is exactly like that. You may drive it away, but still it appears from somewhere.” (19)

I cannot decide the debate because I'm not an enlightened man. But certainly the ego is persistent. So it's probably not a true statement coming from us with our Third-Dimensional consciousnesses to say that we've somehow overcome the ego. Chances are we haven't.

The arduousness of the pursuit of enlightenment will “soon” come to a close on this planet. Those who choose it and have absorbed enough light to tolerate the Fifth Dimension will rise in Ascension. I'm sure that the ego, if it remains, will once again become the friend of humanity instead of its bane.

### **Footnotes**

(1) “Oilcan Harry Says: Time to Peek Out from Behind the Mask and Just Have Fun,” May 15, 2012, at <https://goldenageofgaia.com/2012/05/oilcan-harry-says-time-to-peek-out-from-behind-the-mask-and-just-have-sfun/#more-119900>

(2) Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 66. [Hereafter BG.]

(3) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 328. [Hereafter GSR.]

(4) GSR, 387.

(5) Ibid., 204.

(6) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96. [Hereafter GR.]

(7) GR, 88.

(8) Ramana Maharshi in Paul Brunton and Munagala Venkataramaiah. *Conscious Immortality. Conversations with Sri Ramana Maharshi*. Rev. ed. 1996, n.p.

(9) BG, 121.

(10) Cf. “Not Acquisition, but Cessation of Desire,” April 4, 2023, at <https://goldenageofgaia.com/2023/04/04/not-acquisition-but-cessation-of-desire/>

(11) BG, 43.

(12) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 18.

(13) Ibid., 24.

(14) Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 53.

(15) The Buddha in Edwin A. Burt, ed., *The Teachings of the Compassionate Buddha*. New York and Toronto: New American Library, 1955 53.

(16) GSR, 104.

(17) Loc. cit.

(18) Ibid., 105.


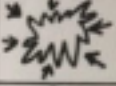
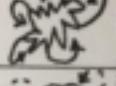
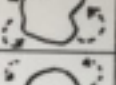

(19) Ibid., 210.

# History, Act, and Issue: A House for the Ego

May 14, 2018

<https://goldenageofgaia.com/2018/05/14/history-act-and-issue-a-house-for-the-ego/>

RESTORATION

|   |  |
|---|--|
|    | <b>NORMAL TIMES:</b><br>The experience of self                           |
|    | <b>ABNORMAL TIMES:</b><br>The experience of upset                        |
|    | <b>TIME OF REACTION:</b><br>Responding to history,<br>act, and issue     |
|  | <b>NEAR-NORMAL TIMES:</b><br>Some normal moments<br>and start of inquiry |
|  | <b>RESTORATION:</b><br>Inquiry reveals self<br>under life interpretation |

*A blast from the past: c1987*

Again, in the calm before the storm of love and abundance, I'm trying to publish as much helpful literature as I can, to aid the newcomers who are expected in large numbers in the not-so-distant future. (1)

The book I'm writing now draws on research from the early 1980s on restorative listening, a specific type of listening designed to help people through an upset.

A distinction made in 1987 caught my eye. I'd entirely forgotten about it, but it has more power now, given all the learning that's happened between then and now.



The distinction lies in the words "history, act, and issue."

Many of us are constantly honing the impression we hope to make on other people. We practice our lines and tell and retell our howdido (how did I do?) story until we come out looking good. I watch myself do it all the time.

We divide our efforts at image management into three areas: history, act, and issue.

(1) Creating a self-serving history is how we manage the past to ensure that we come out looking good. We rehearse our story again and again until we have it just right and set that version in stone.

(2) Creating and practicing an act (plus judicious use of our polished history) is how we try to manage the present. We create our lines, practice our poses, and make sure to look around the room when we flash our best smile.

(3) Creating and maintaining issues is how we manage the future. We scatter eggshells around us. Our friends are those who walk on them; our enemies, those who refuse or crush them.

In my view, our ego has no other purpose than that of ensuring the survival and prospering of itself and everything it owns or identifies with.

It camouflages itself in a history, claims entitlement based on an act, and keeps its enemies off balance and at bay with issues.

The ego is the source of a you-or-me, zero-sum, win/lose world.

The ego isn't bad and wrong. It worked well for Neanderthals, keeping them safe, dry, and well fed. It led us to and deepened our self-consciousness.

It just cannot reach to the place where real love resides (i.e., higher dimensions than the Third/Fourth).

Our higher dimensional self - whatever dimension it's on, beyond the Third/Fourth - is the source of a you-and-me, positive-sum, win/win world. We're told - and shown - that that's where we're headed, that that's the way of the future.

By observing ourselves creating our history, rehearsing our act, and laying the landmines of our issues, we're watching ourselves create an identity, a house for the ego. I used to call what we then created "the constructed self."

Awareness is all that's needed for our housebuilding activities to cease and fall away. What then is revealed is the Natural Self, beyond the ego.

### **Footnotes**

(1) 2023: This library, the Golden Gaia Basic Library is now complete and can be accessed at the "Downloads Page" at <https://goldenageofgaia.com/2021/07/06/downloads-page/>

## Oilcan Harry Says: Time to Peek Out from Behind the Mask and Just Have Fun

May 15, 2012

<https://goldenageofgaia.com/2012/05/15/oilcan-harry-says-time-to-peek-out-from-behind-the-mask-and-just-have-sfun/#more-119900>



Following on from what I just said in a previous article:

“But of course the self-serving bias would have me merely focus on what others do, right? And not on what I do or don’t do, n’est-ce pas? Such is the operating principle of the ego, is it not? I know you’re not fooled but I enjoy watching myself fool myself. The ego’s secretive ways can be amusing.” (1)

As Werner Erhard put it, the operating principle of the ego is to judge others and avoid being judged, blame others and excuse itself, reject other’s denials and deny, itself. The ego uses the self-serving bias to “survive” and “succeed.”

I had coffee with a friend yesterday. The subject was recent events which saw me take a new direction in some matters which are not that important to relate unto themselves. (Who cares, huh? Except us?)

But I suggested before I spoke that she watch me render events self-servingly and suggested some of the ploys I would use: primarily, to play up my part in all aspects of events that served the groups' well-being and lay at others' doorsteps the responsibility for events that promised to have things go awry; to suggest that I

knew what was right and that others were confused or uncooperative; to adduce evidence that supported my own role as the group's savior and ignore evidence that pointed to my own culpability.

Often, if I do a good enough job of describing the zinger I'm about to spring on someone, I may even skip the manipulation and settle for the fun we just had looking at it. A good time was had by all. And skipping it saves me and everyone else much time and energy.

And so it was here. We skipped the manipulation and just had a good laugh. Spare me the performance, huh?

You know, as Andrea (lead mod of the 2012S mod squad and co-owner of the 2012S discussion group) was saying recently, we really don't have to take ourselves as seriously as we do. We can actually sit back and enjoy – and even appreciate – our own foibles and manipulations. And in fact life improves if we do.

We don't have to be a slave to the ego unless we want to, unless it serves our purposes. And even then we can do it from a point of enjoyment and awareness.



I actually love the craftiness of my own manipulations. Some can be a work of art. I've worked hard on polishing my own image over the years and the mere product of all that social construction of reality is itself noteworthy and entertaining.

Steve Martin made a career out of demonstrating that, did he not? And Robin Williams made a career out of doing it consciously and then destroying his own

impression with a wave of his hand by lampooning it, much as Tibetan monks erase a carefully-crafted mandella with one sweep of the hand.

There's a certain way I feel when I know the ego is about to spring itself on me. It's a devilish, conniving feeling. I'm almost twirling my moustache in the way that Oilcan Harry used to do on those Saturday morning *Mighty Mouse* cartoons? Anyone old enough to remember those?

It's superior craftsmanship, as far as I'm concerned, to catch oneself in the midst of that feeling and share what one is about to do with others.

Growth-movement circuit riders used to say that the power of God is tied up in our secrets, in our withholds, in the cards we hold close to our chest. We could be magnificent and instead we choose to hide behind our petty manipulations, which everyone else around us sees clearly and are just afraid to raise to our attention.

Withholding those ploys then becomes what we dedicate our lives to. Instead of being transparent and marvellous, we settle for becoming crafty and small. I mentioned Lucille Ball in other articles who made a career out of the gambit of hiding her own white lies so innocently. (2)

Is it not a favorite comic ploy, to inject a note of self-awareness into situations which are traditionally represented on TV, say, as going tickety-boo but which are really just attempts to sell us a bill of goods?

Like most detective shows on the tube today? Masking the cabal's attempts to sell us the impression that a terrorist or criminal lurks behind every bush and that Big Brother's interventions are good for us? Behind every Bush perhaps.....

Hey, I *want* to look good. I *want* to be well-received. I'm not going so far as to earn lots of money so I can surround myself in the symbols of success. Not that interested in managing impressions. But I'm not above selectively remembering, telling the story self-servingly, and excusing myself where I might not excuse others.

I enjoy watching myself gear up for selling my self or my own part in things to others. The dress rehearsals are fun to watch. The endless repetition of the lines I'm

gonna use (oh, you don't do that?), the way I'll dress, how I'll hold myself. Mad Men. Maxwell Smart. Preedy going for a swim. (3)

Speaking of Preedy, Preedy's creator, Erving Goffman, stated his approach in writing *The Presentation of Self in Everyday Life* this way:

"I shall consider the ways in which the individual in ordinary work situations presents himself and his activity to others, the ways in which he guides and controls the impression they form of him, and the kinds of things he may and may not do while sustaining his performance before them." (4)

He then goes on to consider masks, performances, region behavior, discrepant roles, communication out of character, and other situations of image management. Truly half of what we do we never raise to the light of day and it must be the most entertaining side of life: how we manage how people will receive us, keep our mask from slipping, and recover from dropped balls.

Every one of us is a supreme comic and just doesn't know it. Time to peek out from behind the mask and just have some fun.

## Footnotes

(1) "Richard Dolan and Bryce Zabel Discuss Disclosure Scenarios, SETI, etc." at <https://goldenageofgaia.com/2012/05/richard-dolan-and-bryce-zabel-discuss-disclosure-scenarios-seti-etc/>

(2) "Lucy in the Chocolate Factory," in <https://goldenageofgaia.com/2011/01/lucy-chocolate-factory/> and "The Polar Opposite of Self-Awareness: Image Management," at <https://goldenageofgaia.com/spiritual-essays/the-path-of-awareness/the-polar-opposite-of-self-awareness-image-management/>

(3) Erving Goffman, "Introduction" to *The Presentation of Self in Everyday Life*. Garden City: Doubleday, 1959. Preedy carefully scripts every move in taking a swim, to present himself maximally as sexy, in charge, sensitive and wise.

(4) Ibid. xi.

## Matt Kahn: The Ego's Endgame

August 23, 2021

<https://goldenageofgaia.com/2021/08/23/matt-kahn-the-egos-endgame/>



The ego always yearns for an endgame scenario. “How do I stop this, get rid of that, eliminate this, transcend that?” As long as this is the approach, you will simply redecorate ego with a new outfit made out of the same conditioning.

While the ego always looks for things to stop, the one thing it cannot do is start something new.

This is a choice only the soul can accomplish. By daring to focus on new choices, one empowered option at a time, you begin communing with your soul while simultaneously parting ways with attachments to ego with respect, humility, compassion and love.

While the time spent asleep in ego undoubtedly leaves one with varying degrees of laziness, apathy, and exhaustion, it is your willingness to make new choices that aligns you with your soul, its wisdom, and the inspiration to choose wisely instead of impulsively.

Such inspiration not only benefits you, but helps others evolve, once you are willing to be the first one to change for the better. This is the power of leading by example.

In the beginning, choosing from your soul will detox you from the grip of ego. While it might feel hellish in the beginning or as if this couldn't possibly be the right way to go, if you stay the course such detoxification will usher in a state of existential renewal celebrating the emergence of your light into actualized form.

Even when working your way through the depths of physical, emotional or energetic healing, the key is focusing on newly-empowered and loving choices to start, instead of going to war with the things your ego wishes to stop.

Whether it's eating in a healthy way on a more consistent basis, exercising more frequently, becoming more hydrated, setting daily intentions, creating a gratitude journal, getting out into nature even if just a walk around your neighborhood, starting or finishing art projects, or anything else you believe you cannot do until other distractions or perceived barriers have been laid to rest.

As you detox from ego, notice how the one saying: "Not now. I can't do this. It's too hard!" is the very ego being integrated.

Of course the ego can't do it. The soul is doing it from within you. The ego isn't doing anything but becoming undone at the rate at which you hear thoughts such as: "Not now. I can't do this. It's too hard," while remaining focused on making wiser choices.

All the while, keep taking breathing breaks to regulate your nervous system, practicing self-love to open and purify your heart, daring to pray for the wellbeing of yourself and others when judgements arise, and offering words of encouragement to the one in you growing, expanding and evolving in such a courageous way.

Despite any fear of missing out on what the ego may promise no matter how small each new choice may seem, and even when it feels agonizing to do so, this is the work at hand.



The question remains, how deeply do you have to love yourself and how consistently must you choose differently in order to be excited about change instead of fearing or dreading it?

The ego is sure to read such words and immediately wonder, “How can I eliminate the fear and dread, so nothing is in my way?”

Please know such a question is nothing more than a facade keeping you focused on the things your ego believes it needs to stop. When in fact, all those things dissolve on their own the moment new choices dawn.

Please enjoy this newsletter and all the blessings it offers you.

All For Love,

Matt

# National Ego

March 12, 2014

<https://goldenageofgaia.com/abundance-on-building-nova-earth/social-vasanas/national-ego/>



One of the predictable crises that arises when global change is before us is the matter of national pride or ego. In my view, the subject is something we need to broach with each other and navigating it may require a fair amount of compassion.

The belief that nations have a character goes back at least as far as the Nineteenth Century. National character was used to bring in a great number of racist laws, eugenic policies, and diplomatic initiatives designed to protect the "purity" of the race or nation. Ever since that time, there's been a slow retreat from its excesses and false grids.

Archangel Michael pointed to national ego as being behind attempts to hold up the Reval and create a clash between nations over the Crimea. He told me in a personal reading March 5:

“One [issue holding up the Reval] is what we would call a national ego issue. ...

“There is a reticence, because of losing status in the world, for the United States to admit that the country it has condemned and the war it has waged now has a currency which is in many ways more valuable because of petrodollars than their own. So there is an issue of saving face.” (1)

Ashira in *Heavenly Blessings* on March 11 included Russia, the Ukraine and China in the circle of nations whose egos were involved:

“What is going on with Russia, the Ukraine, the Crimea, and we cannot leave China out of this mix, and the United States of America for that matter, is ego and it is the flexing of ego muscles, national ego muscles. There is not a sacred cause behind this.” (2)

We may not be selling each other the kind of race theories that supported much of the worst aspects of behavior in the Twentieth Century, but apparently we still do many things based on national ego.

At the same time, there is a collective fellow-feeling that's based upon the soul group, service to the Mother, etc., which ennobles and does not detract. So while throwing out the perspectives that separate racial groups, a distinction based only on the body, I'm not suggesting we throw out all sentiment connected to the soul collective, to relationship, and to human unity. It isn't that collectivity is to blame. It's that one form of collectivity stands in the way of the much wider form that is truly ennobling.

The problem we encounter in letting go of separative feeling is the same for a nation as it is for an individual. We face the same difficulty with a core issue or a false grid as we do with a national concern. We want to let go of that which doesn't work while not letting go of the lessons we've learned and the skills we've developed by wrestling with that issue.

If we're dealing with core issues, we call the skills we develop the "flip side" or the "saving grace." There is a flip side or saving grace to having wrestled with so many national concerns, human rights, and collective violence.

There are two parties to letting go: the one who lets go and the one who must live with the person letting go.

The one who lets go must be willing to risk looking wrong, feeling invalidated, and being blamed. It takes a great deal of courage to let go of an issue that has defined us for years, that we believe has brought us all we have in life, and that protected us from loss or harm.

The one who lives with the person letting go - whether in a family or between nations - must be willing to settle old scores and start anew. Those who go forward with us have to be allowed to do so with a clean slate. Their "rap sheet" has to be left in the past.

The one who welcomes them back must be willing to see - and value - the lessons learned and the skills developed as a result of everyone dealing with the original issues. They have to make that learning and skill development more important than the unworkability and self-righteousness that characterized the former ways of being.

The person letting go needs the support of the rest of the collective. You remember Archangel Michael citing the example of the prodigal son. The prodigal son was welcomed back into the home while the elder brother, who had always been faithful, resented the welcoming reception, which he felt he had never had.

But to bring peace to the world we have to welcome back a lot of prodigal sons. If we don't, we'll never have peace in the world. A lot of elder brothers will need to be willing to put their own needs aside during that process and join in the welcoming committee.

To accomplish that, we'll have to let go of wanting to be right, needing to feel important, and needing to take credit for things. It's a superior art that calls for balance, humility, and detachment. And for a time the only satisfaction coming from it may be the peace itself that results.

We'll need to draw on workable patterns of behavior wherever they're found.

When a child misbehaves, parents are accustomed to saying "no" to the behaviour while not saying "no" to the child. We've learned to separate the behavior from the child. This workable pattern has to be imported and applied here.

We all of us know that the process of growth for ourselves involves raising a matter to awareness, assessing it in light of workable principles that all of us accept, and then re-choosing whether we want to continue the behaviour or not. This is another example of a workable pattern of behavior that also needs to be imported.

And there are others that we'll see and need to incorporate as we begin this aspect of creating a world that works.

This is not work to be left only to diplomats. This is work we can all discuss and join in on. Parents know ways that work. Teachers do. Bus drivers do. We all need to bring forward whatever in life has worked and apply it to the erasure of national ego and the substitution of workable ways for the world.

### **Footnotes**

(1) Personal Reading with Archangel Michael through Linda Dillon, March 5, 2014.

(2) "Ashira on Malaysian Flight 370, the Ukraine and the Tsunami of Love," March 11, 2014, at <https://goldenageofgaia.com/2014/03/ashira-on-malaysian-flight-370-the-ukraine-and-the-tsunami-of-love/#more-211450>.

## ⌘ The Company of Heaven on the Ego ⌘

## **Universal Mother Mary via Linda Dillon ~ Having the Ego in Balance**

November 19, 2019

<https://goldenageofgaia.com/2019/11/19/universal-mother-mary-via-linda-dillon-having-the-ego-in-balance/>



*Another beautiful channelled gem shared by EBSS [Earthbound Star Soul] from his personal reading with Linda Dillon.*

### **Universal Mother Mary ~ Having the Ego in Balance**

<https://counciloflove.com/2019/11/universal-mother-mary-having-the-ego-in-balance/>

Universal Mother Mary: Greetings, I am Mary.

EBSS: Greetings!

UMM: Welcome, beloved one, angel of truth, angel of peace, anchor of One. And yes, I step before your beloved ones this day, your sweet Zentar and Zalishia, and in fact an entire circle of light, an entire circle of love.

And I come to give you a gift of encouragement and the elimination, yes, the release, the surrender, the transmutation, the transformation of disappointment, discouragement, and dismay.

No, it is not unreasonable in the slightest that you are anxious for what lies ahead and what lies in your heart, because that is the truth. And, yes, there have been numerous delays, and what I would suggest to you is that there have been numerous delays not only in what you think of as recent years but recent millennia.

But the heart of mankind, the heart of womankind – whether they are human or Galatian or Pleiadian or Hussian, it matters not – their collective heart is finding its way.

And not merely in terms of wishful thinking but in terms of anchoring, creating, intending, living what is the truth of love, and bringing forth these Divine Qualities and Gaian qualities of fairness, of sharing, in the truest sense of the word – and I do not merely mean resources; I mean beauty and trust and vision, and patience and impatience, and humility and compassion.

The greatest shift that is occurring in this collective is the bringing into balance of the individual and the collective ego that has been unbridled and, might I suggest, uncontrolled for far too long, allowing manipulation and deception and abuse.

It has never been about the elimination of the delightful personality, the heart desires, the heart rendering. But it has been about the sense of recognition, internally and externally, of one's divinity, one's wholeness, and one's unlimited potential.

I did not create this race, this hybrid race, to exist in limitation – quite the contrary. But one of the essential steps in this process of fully claiming, anchoring and living from the totality of [one's] being is quite literally having the ego in balance. And let me say, when I say “in balance,” I do *not* mean “in check.”

But what I do mean is that a life, whether it is a singular life or a collective life or a planetary life, cannot be ruled by unchecked ego – the places, the unbalanced wants, ahead of anything else, and particularly ahead of individual needs or collective desires.



So you are seeing this. And yes, it is a very robust and sometimes chaotic unfoldment, with much being unveiled. Because if the un-truth, if the ugliness of ego does not come to the forefront for that level of self and collective correction, then there can be no unity and there can be no community.

And, sweet one, that is not only my desire and my dream; it is not only my Plan or my Creation; it simply is the reality within which you find yourself.

I do not come this day as emissary to speak of worldly things. I come, my beloved son, to simply reassure, to reinfuse, to encourage.

Take heart for this is your time and it is also mine.

Go with my love. Farewell.

# Jesus via John Smallman: You All Have Egos, and to Live as Humans in Form You Do Need Them

August 9, 2018

<https://goldenageofgaia.com/2018/08/09/jesus-via-john-smallman-you-all-have-egos-and-to-live-as-humans-in-form-you-do-need-them/>



## [Audio Version.](#)

When humanity awakens, as it inevitably will, there will be an enormous outpouring of LOVE world-wide. You have, collectively, been working towards this event for a very long time, and you are now ready for it.

The chaos, confusion, and conflict across the world, at this moment in your spiritual evolution, is a result of your collective choice to awaken. Many agonizing memories of conflict, pain, and suffering are arising so that they may be released. Retained and dwelt on, they hold you in a state of bitterness, hatred, and resentment.

Whereas released they allow you to open your hearts to the Love that is ever present wanting only to enfold and embrace you, as It will when you let go of your need to blame, judge, or seek vengeance or restitution for past hurts, and instead just accept and deal lovingly with whatever arises. Love is your nature, and *every human without exception* desires only to love and to be loved.

Love is open, accepting, embracing, but It cannot enter where bitterness, hatred, or resentment are present because those feelings, those intentions, are *choices* to be closed to Love. And Love will never force Itself on anyone because that is completely against Its nature. To many to be loving seems to invite betrayal because so often, as humans, your trust has been betrayed. However, betrayal is only effective when Love is sought outside the self.

When you acknowledge and accept that you are Love, and *know* it, betrayal is no longer an issue because – fully loving and accepting yourselves – you understand that the one betraying you is in intense pain and anguish and is truly only calling out for Love, and thus you are able to respond lovingly.

You all know, deep within yourselves, that you are beings of Love, but over the eons you, as children, have been brought up in situations that have, to a greater or lesser extent, exploited your innocence and abused your trust. Most frequently those doing this were unaware of the damage they were causing, and believed that they were preparing you as best they could to live and survive in a dangerous and hostile world.

Love is within you all, it is the life force, the energy field that provides the power necessary for your human bodies to operate smoothly and efficiently. When you lock Love out, by holding onto bitterness, resentment, hatred, or a desire for vengeance, your body becomes distressed and attempts to attract your attention through pain, accident, or illness – initially gently – but if you do not respond then with increasing intensity.

Even then many refuse – yes *refuse* – to see or respond, and so the body, denied the full use of the life force it needs and to which it is entitled as your willing companion in form, decays and dies.

If you could truly let go of *everything* within yourselves that is not in complete alignment with Love your bodies would remain strong and healthy, and would be able to live and relish much longer lives. And, of course, under those conditions you would be living in joy instead of in anxiety, depression, and sickness, or in bitterness and resentment for your seemingly unfair life situations.

When you allow Love to fill your hearts Its energy flows through you freely and abundantly and out into the world, interacting with and effecting everyone with whom you come in contact in any way at all, thus spreading and sharing the joy.

Love is your nature, and when wholeheartedly accepted, instead of being blocked or denied, your lives flow far more smoothly and easily, enabling you to deal most satisfactorily with whatever issues may arise. You need to trust Love. To do that you have to love yourselves just as you are, accepting that as a human you are quite obviously less than perfect, that you have lessons to learn, and that is why you incarnated at this moment in humanity's ongoing spiritual evolution.

In accepting yourselves unconditionally, and in refraining from comparing yourselves to others who, it seems to you, are more fortunate or more blessed, you will find peace, and then you will far more easily understand and learn the lessons with which you are presented. Lessons that you planned for yourselves before you incarnated.

You all have egos, and to live as humans in form you do need them. However, they are the aspects of yourselves that react in fear and anger to situations that appear threatening to them. They are like small children who have not yet learnt to understand that they need to respect and honor one another, and who continue operate from the "me, me, me" mode of being.

As infants that is necessary because they need to be able to quickly attract the attention of those who are taking care of them and who are responsible for their welfare. Unfortunately it frequently happens that the caregivers are either slow to respond, or just don't respond at all, and this terrifies the little ones.

Then, as they grow, that state of neediness does not get resolved and released, and by the time they reach adulthood physically that "me, me, me" behavior has become deeply ingrained as a necessary survival skill. Unfortunately it is very damaging because it prevents them from becoming aware that they are beings of Love, the major lesson for every human to learn.

To awaken involves becoming aware of this sense of inadequacy, which is all that it is, acknowledging its invalidity, and then choosing to let it go. The ego is an aspect of yourselves that needs to be seen for what it is, namely your hurt and

frightened inner child, and then you need to comfort it and show it that it is utterly secure by the love you give yourselves.

When you do this it can know itself to be totally safe, secure, and unconditionally accepted by you. This is most easily done by loving and accepting yourselves just as you are, and then working gently and lovingly with yourselves to dissolve the fear underlying that intense sense of inadequacy by loving it.

When that happens, as it will if you choose to love and accept yourselves completely, your egos will then become fully integrated into the humanforms that you are, instead of remaining seemingly separated, and, in that state, feeling inadequate, unworthy, not good enough, and therefore fearful and angry.

You all know, deep within yourselves, that you are One with Source. However, as humans in form, that knowledge is hidden from you in order that the lessons with which you are presented may be learned, thus furthering you on your path of spiritual evolution. And you all want to evolve spiritually. It just often seems to you that to evolve spiritually is completely beyond your capabilities as a human.

And as a separated human indeed it would be, but *you are not separated!* You never have been and you never will be. You are securely and eternally connected to Source, and you each have a whole team of guides, mentors, angels, and loved ones watching over you most lovingly and waiting for you to call on them for assistance in that evolution.

Your egos, in their fear and anxiety, often noisily drown out by their “me, me, me” demands the answer to the call for assistance that you have asked for and which is instantly offered from those in the spiritual realms. This is why, as you are so often reminded, it is absolutely essential that you go within daily, to that holy inner sanctuary that you each possess, and rest there quietly, loving and accepting yourselves.

And in that self acceptance your egos will feel secure and become integrated. You absolutely deserve to love yourselves because you are all God’s divine and beloved children created in and from Love, which is All That Exists.

Your loving brother, Jesus.

"Jesus: You All Have Egos, and to Live as Humans in Form You Do Need Them,"  
Channeled by John Smallman, August 8, 2018, at [https://  
johnsmallman2.wordpress.com/2018/08/08/you-all-have-egos-and-to-live-as-  
humans-in-form-you-do-need-them/](https://johnsmallman2.wordpress.com/2018/08/08/you-all-have-egos-and-to-live-as-humans-in-form-you-do-need-them/)

## Archangel Gabriel through Shelley Young ~ Right Relationship with the Ego

January 18, 2022

<https://goldenageofgaia.com/2022/01/18/archangel-gabriel-through-shelley-young-right-relationship-with-the-ego/>



*January 17, 2022, trinityesoterics.com*

<https://tinyurl.com/vmcvxfmk>

Dear Ones, you can't surrender and be in ego at the same time, because the ego's preferred state is control, not flow. In fact, if you try to surrender, the ego will likely try to prevent you from taking that empowered step through the use of fear and doubt.

To be clear, the ego is not the enemy. Far from it! It is a beloved and necessary part of you that is required to be in the body, on the planet, and having a human experience. It is simply not the part of you that you wish to be in charge of all decisions, because it is very much about wanting things to stay the same in a controlled or contracted state, while your soul is seeking freedom, growth, and expansion.

So if you are having trouble with surrender, we suggest you sit with your ego and simply reassure it. Let it know you always will need it and that you love it, and that

it is a very important aspect of you. Then, let it know that you are the wise adult, and you will be making decisions that are best for all aspects of you. Feel into that. Can you feel how empowered you are and how the ego settles under your loving guidance?

Trying to eradicate the ego in the name of spirituality only activates it more, and puts you in a state of resistance to a vital part of yourself. It is, in a sense, trying to practice separation consciousness with yourself in an attempt to move into unity consciousness, which simply cannot work.

It will only keep you in a perpetual state of tug of war within yourself, expending all of your energy but getting nowhere. By accepting all parts of yourself, and knowing yourself to be part of an even bigger whole, you will find the act of surrender much easier. From there, true progress can be made on your journey.



## Saul Through John: It is your Egos!

September 18, 2021

<https://goldenageofgaia.com/2021/09/18/saul-through-john-it-is-your-egos/>



by John Smallman

<https://tinyurl.com/5ep43et5>

*You are awakening humanity just by being You*

[audio mp3="<https://goldenageofgaia.com/wp-content/uploads/2021/09/2021-09-18-saul-audio-blog-for-saturday-september-18th.mp3>"][/audio]

As the collective awakening of humanity draws ever closer, please intensify your intent to be *only loving* whatever may arise in your day to day lives.

These are very difficult times for many of you, and so you do *need* to call on your friends and your support teams in the spiritual realms frequently – at least once daily – for a powerful spiritual energy boost as you do the work you incarnated to do in this time of mass awakening.

For the vast majority of you the task you set yourselves is to share and extend LOVE to all. You are LOVE, your nature is to extend and share It, but, as humans in form, who have largely forgotten the plans you designed prior to incarnating to follow and fulfill, that often seem counterintuitive when you see conflicts in so many places that need to be dealt with, and, apparently, forcefully brought to a halt.

You do *know*, deep within yourselves, that force of arms *never* leads to peace, although it may bring a brief truce during which the opposing sides may rearm and reconfigure themselves to access the most effective way forward.

But of course they never move forward, because it only leads to either an angry stalemate, or to the total destruction of the opposition, which will then rebuild, in the next generation, an army or a political system to punish and defeat those who previously defeated them.

Humanity's awakening process started to accelerate quite recently when large numbers of people finally began to really understand the total futility of conflict, and to see that a war to end wars is impossible.

Everyone wants only to be loved, but because of the trauma that the vast majority experience as they grow into human adulthood, it has been very difficult for them to place their trust in engaging with others in only loving behaviors. However, enough of you now do have the courage to face your fears and move forward in Love, realizing that an attack of any kind is, in truth, a call for Love.

Offering Love silently, gently, and fearlessly to someone who is angry, and possibly ready to engage in conflict, is extremely powerful energetically, and it is the *only* way forward, and many are coming into awareness of this.

Humanity and form in a material environment are an invention, an extremely clever and well designed but unreal resource that the Son of God, in a moment of insanity, constructed in order to experience separation from Source, to experience freedom from the imagined lack of freedom that being the created instead of the Creator appeared to impose on Him.

But, as you do know at the depth of your being, when you were created in Love from Love, there were absolutely *no limits* imposed upon you. You are eternally absolutely free from limitation of any kind whatsoever.

To admit that You had made an enormous mistake in attempting to separate from Source in order to obtain a freedom that was greater than the infinite freedom with which Source had already eternally blessed and endowed you was far too shameful an admission to make.

As a result, for innumerable eons, You have continued playing the game of separation by splitting Yourself into multitudinous individual and seemingly separate beings experiencing individual personal and quite different lives from one another.

Those *apparent* differences – of ethnicity, culture, skin color, nationality, religion, etc. – were quickly used, due to your severely limited awareness of who you truly were, as further tools to convince you that the state of separation was real.

You found yourselves apparently divided or separated from one another by those meaningless but easily recognized differences, and, therefore, ordinary normal people appeared to present dangerous threats to you, to one another!

All wars start when a few men – seldom women, isn't that strange? – egotistically seeking power for themselves over others, determine to persuade and convince people in their communities that they are in danger of being injured or attacked by people those egotistical ones *choose* to identify as enemies – people who look different or who are different in their customs or lifestyles.

Humanity is *now* finally awakening to the fact that those who seek public office are, with very, very few exceptions, powerfully ego-driven narcissists.

And yet, your egos only have the power that you each *choose* to give them. Nevertheless, you – nearly everyone in form – do *choose* very frequently to give your power away either to your own egos, or to the egos of those whose rhetoric uplifts and inspires you.

Inspiration of that nature is purely egotistical, a choice to give your power away so that you can, you believe, escape responsibility for your thoughts, words, and actions.

To be separate, to be individual, to be human, is to accept *self-imposed* limitations on your personal and divinely preordained sovereignty. And who is the self imposing those limitations? It is your egos!

Your egos – essential aspects of the human in form – live constantly in fear *because* they believe that the state of separation that life in human form provides is *real*, and because, therefore, they also believe that this human life that they are experiencing is their one and only opportunity to demonstrate what powerful beings they are!

Termination of their existence at the moment of physical death terrifies your egos, and they will engage in any procedure or routine that they think will overcome death, or the people and diseases that cause it.

All of you reading this or similar messages from the spiritual realms *know* that death is just a change of state, an awakening from the illusion. Nevertheless, due to the conditioning that being human ensures that you all undergo, you mostly do have doubts about Reality, about whether or not you truly are eternal beings, and so you do fear death.

Maybe not for yourselves, but you often fear the death of loved ones, those in your lives who give you a sense of meaning, a reason for existence, and who lovingly support you in your human lives. And when one of your loved ones does die you suffer.

So once again, I urge you to take time out every single day to spend time quietly alone in your holy inner sanctuaries, and invite Love to embrace you there. Doing this allows you to remember and *know* that you truly are eternal beings, infinitely loved by God, and to whom *no harm* can ever come.

Therefore, be at peace within, and by doing so bring peace and comfort to those with whom you interact.

That is why you are in form at this moment in humanity's spiritual evolution or awakening. You are each doing an essential task that no one else can do for you, and so your presence in form is indispensable right now.

You are awakening humanity just by being You – every *single one of you!*

# Jesus via John Smallman: Your Egos Are Like Teenagers

October 19, 2013

<https://goldenageofgaia.com/2013/10/19/jesus-via-john-smallman-your-egos-are-like-teenagers/>



John's reading of today's post can be found here: <https://johnsmallman2.files.wordpress.com/2013/10/2013-10-19-jesus-audio-blog-for-saturday-october-19th.mp3>

All are One, and daily this Truth seeps into the conscious awareness of more and more of humanity, as you all – well the vast majority of you – move closer to your awakening. It is a done deal, you are going to awaken, it is inevitable and nothing can prevent it, so focus on the inner peace and joy that you encounter when you go quietly inwards in relaxation, prayer, or meditation knowing that this is the Divine Will for you all.

Doing just that is extremely healing for you and for all with whom you interact. It is what you came on Earth to do, you can do it beautifully, and that is all that you need to do. Truly it is very simple. Focusing on your anxieties and fears is very counter-productive, although they do often seem extremely important as they demand an enormous amount of your attention; just continue practicing letting go

of them except when you are dealing directly in the now moment with issues that cause them.

You were created in joy for joy - that is your natural state - and when you focus on what disturbs you or makes you unhappy you are effectively withdrawing from that state. As you are well aware, worrying changes nothing - it just adds to your stress and unhappiness.

Be loving, of yourselves and of others, whatever the situation and refrain from judgment. If an error has been made, forgive it - correct it if possible - and then move back into your peaceful inner space where you allow the thoughts of worry, judgment, and fear that arise to flow past you like the weather, without engaging with them. It is a bit like going out in the rain, you dress appropriately, take an umbrella, and the rain ceases to be an issue.

Every day you are moving ever closer to the moment for which you have been praying and hoping, and your intent that it happen is bringing it towards you, and because you know that, it makes perfect sense to be joyful, cheerful, and upbeat.

Remind yourselves, when you observe the pain and suffering of others in the outside world, that this will pass. No one is undergoing something that at a deeper level of their being they did not agree to undergo. If possible offer physical assistance or comfort to any in your vicinity who are in need, hold them in your hearts compassionately while lovingly intending for them, and for every other human apparently caught in painful or catastrophic situations, to pass quickly and easily through their suffering, and onwards towards their awakening.

Awakening - as every channeled message is telling you - is your purpose, and not yours alone, but the purpose of every human everywhere on Earth. I cannot stress strongly enough that fact and the Divine Truth of the Oneness of all that exists.

The sense of separateness that you experience as humans is illusory, no matter how real it appears to you, and the more you involve yourselves daily in the mundane activities and thought processes that seem to be so essential for your Earthly well-being, the more difficult it is for you to access your quiet inner space where you are always connected to your Source.

It is from there that you can get a sense of that Oneness, of your connectedness to one another and to your Source that will uplift and inspire you, because that is how you access the field of Divine Love in which you are eternally enveloped, and by which you are embraced.

Taking time out daily to go within and welcome the Divine embrace in which you are enfolded is essential for your health, both physical and spiritual, because doing so brings into your conscious awareness the knowledge that you are spiritual beings whose real nature is Love. And by opening your hearts to accept what is always being offered to you, you will feel that Love.

When you make a point of keeping that knowledge consciously in your awareness as you go about your daily activities and chores it enables you to operate from your true nature in all situations, even when you are under attack, and to respond with love and compassion regardless of any provocations that you experience.

Yes, of course your egos will continue to look for and immediately sense any attacks or provocations, warranted or unwarranted, directed at you, and encourage you to react to them forcefully to establish your boundaries by defending yourselves against them – and they nearly always appear unwarranted, do they not?

But when you are making contact regularly with your true nature through your periods of rest, relaxation, and meditation or prayer, you are constantly intensifying the power of Love that flows through you at all times, by removing any obstructions or restrictions to Its onward flow, increasing your awareness of It, and thus enabling you to respond to any attack or provocation with Love, despite the calls from your egos to go to war!

As humans your egos are always with you, but as you focus more intently and consciously on the Love that is your nature, that is your Life, you become increasingly aware that your egos are not very wise, that they lead you into situations that are not conducive to peace, and you then find it easier to ignore or bypass their “guidance,” and their demands for knee-jerk reactions.

Your egos are like teenagers, always powerfully expressing their rights, their individuality, and demanding instant gratification and satisfaction, or else! That is rather a sweeping statement because obviously not all teenagers behave like that - in fact vast numbers do not - but it is a useful analogy to which most of you can

relate, even the teenagers among you, and there are far more of those than you can imagine now that the New Age has arrived.

So once again the message is about Love, which is your eternal and Divine nature, and how to engage with it by bringing It into your conscious awareness so that the engagement becomes constant instead of sporadic, uncertain, or fitful. The point of life is to be fully aware at all times of your true nature, and when you are then that is what you will display and operate from, instead of from the confused and fearful mini-selves that your egos made for you and want you to believe in and spend your time protecting.

It does seem, when in your limited human state of consciousness, that to operate from Love instead of from your egos is to lay yourselves open to untold abuse and betrayal. That you are making yourselves utterly vulnerable, defenseless, weak. But, as you will find, that is not the case!

When you are vulnerable because you are engaging with and operating from and through Love, you are invincible! When you are attacked or betrayed it is your egos that are hurt, that suffer, not the real You, and as your hearts open in Love the true You becomes ever more present, the ego's importance and influence declines, and what used to hurt or upset you no longer does, or only does so far less forcefully.

You are not your egos, you never have been, and you never will be. They are like auto-pilots, and their purpose is to bring your attention to issues that need physical resolution in the moment – the stove is hot, don't touch it! This is your turning! The traffic lights are red! – things that can cause your own or someone else's body harm, and that is all. But what has happened is that because of their efficiency at those tasks you have granted them autonomy over you, you have given your power to them, and they have neither the intelligence nor the wisdom to use it properly.

When you reclaim your power, by consciously taking it back from your egos and their knee-jerk responses, and then intend to live lovingly in every moment you will find peace and contentment such as you have never before experienced in your human lives. You can only be hurt or offended if you choose to be. The true You would never make that choice, and no more does God, because there is only eternal Unconditional Love and acceptance, anything else is unreal.



Attack and provocation are of the illusion, not of Reality, and it is in the illusion, in the pain, suffering, confusion, and betrayal that are almost constant there that the ego has its existence, and so it defends it viciously. Do not be deceived by this insane and almost imperceptible part of yourselves that appears totally real – and in others often seems large, powerful, and threatening to you – and which lives in constant fear while trying to convince you that its fears are real, even overwhelmingly real.

As you move more and more firmly, positively, and, of course, consciously into acceptance of the knowledge that you are pure Love and nothing else, that small terrified part of you, your ego, will be lovingly integrated and subsumed within You, and all fear will dissolve as You once more come to know Yourselves as One with each other and with God.

Your loving brother, Jesus.

# **Saul Through John Smallman ~ The Intense Need to be Right and to Make Others Wrong is a Very Common, Human, Egotistical Phenomenon**

April 25, 2020

<https://goldenageofgaia.com/2020/04/25/saul-through-john-smallman-the-intense-need-to-be-right-and-to-make-others-wrong-is-a-very-common-human-egotistical-phenomenon/>



*John Smallman*

**The intense need to be right and to make others wrong is a very common human, egotistical phenomenon.**

John Smallman

At this time, as most people are focused on or distracted by the ongoing and constantly updated news of the worldwide pandemic, many are very concerned and unsettled as their governments require them to stay home, or stay isolated, while the Coronavirus flows across the world bringing sickness and further anxiety to many.

[audio mp3="https://goldenageofgaia.com/wp-content/uploads/2020/04/2020-04-25-saul-audio-blog-for-saturday-april-25th.mp3"][/audio]

It will pass, as epidemics and pandemics always do, but while it is present you do need to take extra care of yourselves, being aware of any message with which your

bodies present you, and then tuning in to uncover their meaning. Your bodies are well able to tune into the non-physical realms to access information that you are unable to access purely through your rational intellectual thought processes.

So taking quiet time alone to meditate, or just gently relax at least once each day is essential to your well-being, and by doing so you will be able to gain access to that place of peace and calm within, your holy inner sanctuaries, where Love resides. It is always there, waiting to reveal Itself to you by way of a warm embrace that you can feel, whenever you release or quieten your fearful “what if?” thought processes and open your hearts to receive It.

Love is your nature, so during this time of general confinement make full and frequent use of the unusual amount of free time you have available to connect with It. Doing just this is a most effective *inactivity!* Inactivity of this kind allows your awareness of your Oneness with God and with every sentient being to intensify, and, as millions of humans set the intent to do this the collective sense of inseparable interconnectedness becomes increasingly conscious.

People, who had never before been able to *feel* the presence of loved ones, family, or friends who were not physically present with them, are now beginning to do so. Initially this can be rather shocking or unsettling, because the vast majority of people believe that this ability is a special gift available only to a few who are psychics and/or mediums. This is most definitely not the case. Every sentient being has this ability, but only a few humans have *allowed* it to grow and develop within them.

Many who did experience it in childhood, before the age of about seven years, and talked about it to their parents or older siblings were told that they were imagining things, that it was an *illusion*, and so, needing approval from others instead of ridicule, they closed themselves off from it.

But of course the *illusion* is what most humans experience all day every day in the material physical world of form in which you live out your daily lives as humans. This is *not* Reality! Reality is Love, is Oneness, is Mother/Father/God, and is what all seek when they become *disillusioned* and disappointed with life in form, and with the almost constant stress and strain that life in form entails.

Life in form has always been difficult, because form limits your creative abilities very severely, while at the same time leading you to believe that you have just one life in form, and that that is the only life available to you.

Life, like Reality, *is* eternal, but life in form is temporary, and if you believe, as so many people do, that it truly is the only life available to you, then that too contributes enormously to stress and anxiety. So much so that it leads many to an intense and endless need to take care solely of their own self, the separate self that they believe themselves to be, regardless of the consequences that the resulting attitudes and behaviors may have on others or on the planet.

Humanity's history is rife with demonstrations of the consequences of this belief, as men have preyed on one another throughout recorded history, causing vast numbers of people to endure enormous amounts of totally unnecessary suffering. Over the eons many wise ones have tried to persuade people to honor and respect all others, but have generally failed to do so simply because fear has enthusiastically encouraged people to dismiss, disdain, and frequently physically attack those who have different political views, color, culture, or, most especially until very recently indeed, because of their different religious beliefs or persuasions.

However, in recent years, the insanity of this way of living has become unavoidably apparent to nearly everyone, and yet it seems that there is no possible way to create or establish a collective will that will recognize, respect, and honor your collective interdependence. Yes, many groups have formed and many think tanks have arisen to discuss and consider ways to move beyond this present insanity, but the different ideas on how to move forward tend themselves to be very divisive. This is because so often people are polarized because of the 'either or' method of rational thinking that is ingrained within nearly all of your cultures.

The intense *need* to be right and to make others wrong is a very common human egotistical phenomenon, and, as you who are reading or listening to this are very well aware, this unloving and extremely divisive phenomenon is especially noticeable in those who seek political office of any kind, and in those who are the major authority figures in large organizations from governments to industrial/business ones, and also educational and religious ones.

No organizations anywhere are without their share of egotistically driven individuals who are absolutely convinced that they are *always* right!

The major changes that will occur during the next few months, as people have more time available to look at and truly observe their own ingrained self-centered attitudes and self-governing beliefs – attitudes and beliefs that they can and easily do see and identify in others, but which they are either unaware of or unwilling to acknowledge in themselves – are the essential changes that will lead to a widespread experience that Christianity has, on numerous occasions sought for, but never found, and which it has called “Heaven on Earth!”

God is Love, and you – every human and every sentient being – are One with God. There is *no* separation. Separation from Source is impossible, because Source, Mother/Father/God, the Supreme Intelligence, the Divine Wisdom, the infinitely loving, compassionate, and unconditional Acceptance of All that exists is All That Exists, living in a state of perfect harmony with Itself. *That* is Heaven!

There *is* nowhere else.

But for eons, because of the collective choice to experience separation, a choice that Source has honored – because all that is created is created completely and utterly free to be as it chooses to be – you have experienced yourselves as separated from Heaven. Nevertheless, you are in Heaven in every moment of your eternal existence, but, because of that choice, it *seems* that you are not, and the environment in which you appear to be living totally supports that choice.

Therefore, this is a time to CELEBRATE, because, collectively, humanity has finally changed its mind and reversed its choice to experience being separate from Source, Love, Mother/Father/God.

Therefore you are about to remember and *know* that indeed you are in a state of “Heaven on Earth,” as peace and harmony are embraced by each and every one of you, and the apparent need for conflict and competitive division, which the state of separation has seemingly demanded for eons, just falls away, allowing each individual to recognize in every other the infinite Love that is All That Exists.

With so very much love, Saul.

# Ivo Of Vega: The Defended Ego

February 15, 2021

<https://goldenageofgaia.com/2021/02/15/ivo-of-vega-the-defended-ego/>



by Sharon Stewart

<https://tinyurl.com/2oazc8tp>

Sharon: "We all lie, all the time to create a good opinion of ourselves, it's so woven into the fabric of how we interact with each other and has more to do with saving face and looking good than it does with being honest. This sends a message that both parties don't really want to know the truth. You're are demanding a one-sided opinion and that they agree with you."

It just goes to show how defended the ego truly is. What's it defended against? Speaking the Truth, that's what! Knowing the truth about ourselves and how we truly feel about others. If you don't know how you truly feel, or how you truly feel about others, how are you going to set appropriate boundaries? Nobody's perfect, but we have to start being honest with ourselves. When we're honest with ourselves, we can be honest with others and let's face it, this world needs more honesty.

With honesty, deception doesn't happen and if we want to change this world and stop this kind of thing from happening again, we're going to have to learn to be scrupulously honest with ourselves and others.

We spend our time NOT saying what we want to, and learning how to play games in conversation. Then we go home and complain to our spouses about what a lousy day we had at work. No wonder. Imagine how much better you'd feel if you could be honest all the time. It's our lying and deceptions that lower our frequency.

Me: Ivo, what could be the ramifications for people who indulge in behaviors like this?

Ivo: They do well at cocktail parties, my love.

Me: LOL. Schmoozing. Absolute fakery.

Ivo: In fact, your world is very defended against speaking the truth, my love. Very much so. You do not realize the tangled web you are living in, at least many do not, some are beginning to understand now. The truth is the only way forward. And it may not be to everyone's liking because it would be considered anti-social behavior. But truth is the only way.

Me: I've told people straight out that I don't like them.

Ivo: And perhaps this is a bit direct but nonetheless, I know you, you are a seeker of truth and Light because you realize that that is your path to me and your path back to what you consider to be sane. It is. The insanity you are all living now is because of the web of lies that you all live.

Me: Yes. You say one thing yet do another. We try to do things and the reason we try without accomplishing anything is our lack of power.

Ivo: Exactly. Lying reduces your frequency. The truth raises it. Look through examples of how you interact daily with others, particularly in false environments such as the workplace.

Me: I can't think of how many times I said hello to the CFO when I was really thinking the company was a bunch of money sucking chiselers that should pay me more.

Ivo: Your world is noted for its cheap labour.

Me: I'll bet. But you smile at CFO, the CEO etc etc so you can keep your job because you have to pay bills. It's insincerity and that's the defended ego at work. You smile and say hello to your neighbors when in fact you really want to tell them to keep their music down at night time so you can sleep. But you don't want to create a fuss, so you say nothing. You want to appear to be Mrs Nice Lady rather than being honest and perhaps working out a compromise with your neighbors.

Ivo: Earth has a long way to go, my love. Absolute honesty is the only way forward.

Me: Yes. And being around people who don't even realize how badly they're lying makes me crazy.

Ivo: Send them love, my dear.

Me: I know. I just want to put the message out to people that if you want to catch yourself lying, watch when you're interacting, particularly with strangers, when you're socializing and when you're being nice. Be careful of being nice. You're trying to act in an acceptable way and this is the defended ego.

And this is a time for all to have courage. You have to understand the defended ego is trying to keep you from developing intimacy with others. So we lie to look good, but to keep ourselves separate from others. I have dispensed with a lot of that. If I hadn't, these video's wouldn't be out all over the internet. Many people know me who are absolute strangers. They also know I have many boundaries and expectations of how I expect to be treated. It works. You can still find friends that way.

Ivo: My love, you have done well. You are a beacon of truth for this planet.

Me: Thank you Ivo.

Ivo: I love you.

(edited by permission)



## **Saul: It Demands a Great Deal of Strength Not to be Drawn into the Game of Egoic Ambitions**

October 10, 2012

<https://goldenageofgaia.com/2012/10/10/saul-it-demands-a-great-deal-of-strength-not-to-be-drawn-into-the-game-of-egoic-ambitions/>



### **Saul: It Demands a Great Deal of Strength Not to be Drawn into the Game of Egoic Ambitions**

As channelled by John Smallman – October 10, 2012

<https://wp.me/pwoMa-mj>

The divine energies enveloping the planet continue to strengthen and intensify as increasing numbers of humans start opening their hearts to receive what they have been seeking for eons, namely a sense or awareness of the fact that they are eternally loved by their infinitely kind and generous Father.

As you open your hearts further and further this awareness, this certainty grows, and the divine energies respond by expanding and extending. Your determined intent to be aware of God's Love for you is recognized by Him, and so He strengthens and intensifies the energy field enveloping you, and it is this that is moving you forwards towards your inevitable awakening.

He has always desired that you dissolve the illusion by awakening into the glory of His Presence where you belong and where you have your eternal existence; It is your Home. But you — having the free will that He gave you and constantly

honors — collectively chose to hide yourselves from Him while you played your games of separation, abandonment, and suffering.

A few have always sought Him out, keeping alive a faint awareness of His Presence in your memories. Now those few have grown enormously in number, and by their love, devotion, and intent to share their love have succeeded in having it permeate and mingle with the energy fields of all who had made the choice to experience life in the illusion.

There is now no one among you whose energy field has not been affected and influenced by the divine energies enveloping the planet. All are being drawn irresistibly into it because it is what they truly desire. For many it is very confusing because, after eons in which trust has time and again been destroyed by betrayal, they are now feeling intuitively guided to behave lovingly and to trust.

This is very much at odds with their experience, and so they are proceeding slowly and cautiously, ready at a moment's notice to embrace their old ways.

The task of you Light-bearers and way-showers is to meet them lovingly and show them that their trust will be honored in every respect. They are like delicate plants breaking through the earth in spring, which need to be protected from frost and drought.

If they are, then they will flourish and produce the most beautiful blossoms. You have the ability, the responsibility, and the honor to provide this protection, and you have all the assistance from those in the spiritual realms that is necessary to ensure success.

It is because of your choice to be on earth at this time in her evolution that it is essential that you understand and honor your divine commitment to be emissaries from the heavenly realms by offering love, compassion, and acceptance at all times to all with whom you interact in any fashion.

It is a monumental task, but it is also one for which you are perfectly fitted, because your Father would never have asked you to engage in it without knowing that you had the competence to carry it through, and without providing you with all the support you required to ensure your success.

As you have been informed many times, you are highly honored for the task you have undertaken. To enter the world of the unawakened it was necessary for you as well to join in the state of collective slumber that prevailed, and consequently you experience the pain and suffering endemic in that state.

It is unreal, but when you are there it seems very real indeed, and it demands great strength and determination on your part not to become drawn into the constant drama of egoic ambitions that you see all around you.

At times you may well have allowed yourselves to stumble, to be drawn in, but in your hearts you knew that this was a grave mistake and so, when that happened, you rallied your strength and called to us for help – do not forget that because you have free will (sometimes it does not seem very free!) you must ask for help before we can provide it, and then we respond instantly every time.

Sometimes, for some of you, your slumber got so deep that you became lost, forgot your task, and drifted listlessly amongst those whom you were meant to be assisting in the awakening process.

Consequently, some of you have friends or relatives whom you feel sure are Light-bearers and way-showers, but they do not respond as such. Do not worry about them. Every one of you who has undertaken to assist in this immense task of bringing humanity out of its slumber is honored whether or not it seems that you individually succeed.

The intensity of the energies of the illusion are very powerful when you are apparently contained within it, and it was inevitable that some would become lost for a lifetime or so. There are very few of you who have not undergone this kind of experience in previous lifetimes

Any Light-bearer or way-shower presently in this situation will awaken just like everyone else, and there will be absolutely no judgment or stigma attached to the fact that they were temporarily unable to fulfill the tasks that they had set for themselves in this current lifetime.

Awakening is a collective endeavor; you really are all assisting one another, although, with your limited perceptive abilities this often does not seem to be the case. Therefore it is essential that you neither judge nor blame others for their

behavior, because you have no way of knowing what their path is, and you certainly have no way of assessing whether or not they are following it.

Offer love and compassion at all times, and know that when you do so you are doing exactly what you came to do and that you are always divinely honored.

With so very much love, Saul.

# **Saul through John: The Time for Egoic Power Struggles is Coming to an End**

November 17, 2019

<https://goldenageofgaia.com/2019/11/17/saul-through-john-the-time-for-egoic-power-struggles-is-coming-to-an-end/>



**The time for egoic power struggles is coming to an end.**

John Smallman, Nov. 17, 2019

Changes of great magnitude are occurring all across the world as the human collective moves at an ever accelerating pace towards awakening. There is hardly anyone on Earth at present who is unaware that something of enormous significance is happening.

The mainstream media is reporting, as usual, on chaos, confusion, and catastrophe in various areas of the world, or more locally on dramatic neighborhood events that encourage fear, but these are not the changes to which I am referring. All over the world people are being nudged and prodded by their spiritual guides to remind them of the intentions they set before incarnating to take up human form in their present lifetimes.

The state of spiritual amnesia that occurs when a soul chooses to take human form causes intense confusion because, while realizing that life as a human must have a

purpose, for most people that sense of purpose appears to be non-existent, missing, or cannot be accessed because it is so deeply hidden within them.

Until very recently the majority of humans, mainly due to this state of amnesia, believed that their survival as humans and their ability to obtain pleasure through their human senses was the sole purpose of life.

However, in the last few decades, more and more people have been seeking a deeper meaning to life, a loving and compassionate meaning, and there is abundant evidence for this change in attitudes all across the planet where groups have been forming to raise awareness about issues that concern them – for instance, ongoing industrial processes causing immense damage to the environment, health concerns, the poverty in which so many are forced to live, and the elimination of so many animal and insect species due to insensitive application of commercial fertilizers and pesticides. This is a very positive indication of the acceleration of humanity's awakening process. Your awakening is happening right now!

Yes, there is chaos and confusion on an unprecedented scale, but this is because people are changing as they evolve spiritually; they are growing in their awareness that everyone without exception has an intrinsic right to the necessities of life, and all over the world they are demanding that these necessities be provided by the governments that are supposed to be representing them.

The old ways of governing a subservient population are no longer acceptable and are being dismantled. The new ways that will replace them have not yet been fully developed, but much intelligent and wise discussion is producing some very effective ideas that will be most fruitful in resolving these basic social problems that have been ignored or dismissed by governments for a very long time.

As the saying goes: "Change is in the air!" And this is wonderful news. This is the news that so many have been waiting for, it is ongoing and unstoppable: humanity is awakening, NOW! Trust your intuition to guide you with integrity safely and honestly forward. You need to move forward, you want to move forward, and it is your human destiny to move forward. It is what you incarnated to do.

The time for egoic power struggles is coming to an end, and even those with the most egotistical intentions are being nudged toward awakening, and are beginning to come to an awareness that the manner in which they have been living, while

striving to control and manipulate others, is not only no longer acceptable, but that it is a way of life that they no longer wish to engage in.

Many who have held political positions and ambitions for many years are stepping down, and this is being reported in the mainstream news media. Much more of an extremely uplifting nature is also occurring, as humanity's spiritual evolutionary intent strengthens and intensifies.

Wherever you are living and whatever you are doing, you are on your spiritual path, every human is on their spiritual path, even though it may seem to you that you yourself, or others, are just stumbling blindly along; this is not the case. It only seems like that because so much is arising for you that needs to be acknowledged and released, stuff that has lain dormant, buried, hidden, denied, or ignored for many lifetimes, and which, as it comes into your awareness, shocks and horrifies you.

Thoughts are occurring to you that you imagined were only present in the minds of those who were utterly insane. How could they be arising in your minds when you believe that your purpose and intent is to be only loving, you ask yourselves in horror? Well, you are all part of the human collective, and so the thoughts that one encourages or engages with affects everyone else. That is why the awakening process is so necessary and so intense.

There is only One Consciousness, Awareness, Mother/Father/God, Source, and It is You, and within It all thoughts arise. Therefore all can and do access them, very frequently quite unintentionally, and the results in your individual thought patterns can be very shocking and alarming.

Just let them go! Do not engage with them or try to correct them because there is no need to, they are unreal and will just dissolve or disintegrate when you release them by refusing to focus on them with intent to change or eradicate them.

Your task in the awakening process remains the same; namely, set and hold the intent to be only loving whatever arises. Do not engage in conflict because doing so only strengthens and intensifies it. If you do not engage with it, it remains contained within the originators, waiting for them, when they are ready, to release it.

Conflict has never been used successfully to resolve conflict. It just replicates itself, leading to further conflict. Therefore be only peaceful and loving, and do not attempt to show others how right you are or how wrong they are. No one is wholly right or wrong, ever. People are just misguided, and they can only move out from that condition when they themselves are ready, and when they are, you can lovingly and peacefully support them.

You incarnated to offer and provide that loving and peaceful support, and as you do so you are never alone, because you have us, a wonderful support team in the spiritual realms, that is constantly available and on call to assist you in every moment.

When you feel overloaded, overwhelmed, fearful, anxious, or doubt-filled, call on us and we will respond instantly because that is our task in the awakening process. We want to help you, we love to help you, and you can help us to help you by allowing yourselves to listen to us, your intuitive inner guidance, your higher Self, instead of listening to and acting on the fearful panic responses of your egos.

Going daily within, to your holy inner sanctuaries, is essential for your well-being so that you have the strength and motivation to live as you planned before incarnating, by being loving, accepting, and peaceful in every situation. You do that by being true to your true and divine nature.

You, every sentient being without any exception, are beings of pure Love, but, as humans, your access to that state absolutely requires that you take time out daily to be alone and at One with your divinity, strengthening and intensifying the flow of Love into your human hearts by opening to It and inviting It in.

Unless you invite It in, It cannot enter because you are sovereign beings, and Love always honors your individual sovereignty, It will never impose Itself upon you. When you set the daily intent to allow It entrance to your hearts you will feel Its Presence, and this will give you the strength and motivation to do what you incarnated to do: Support the awakening process by Demonstrating Love In Action.

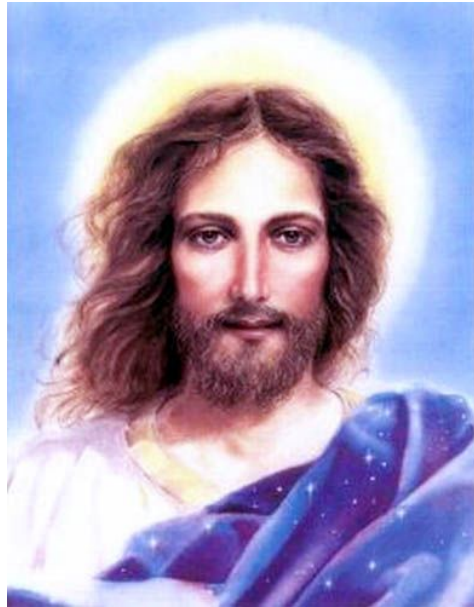
With so very much love, Saul.



# Jesus: Fear Empowers your Egos, but Love Dissolves Fear

April 3, 2022

<https://goldenageofgaia.com/2022/04/03/jesus-fear-empowers-your-egos-but-love-dissolves-fear/>



**Fear empowers your egos, but Love dissolves fear**

by John Smallman

<https://tinyurl.com/fz6j27mp>

[audio mp3="https://goldenageofgaia.com/wp-content/uploads/2022/04/2022-04-03-jesus-audio-blog-for-sunday-april-3rd.mp3"][/audio]

Life is about Love, and *nothing* else!

Yes, I do keep talking about Love, and that's because all that exists is enfolded most lovingly within It because It *is* All That Exists.

There is not and could not possibly be anything or anywhere else because It is infinitely vast, enveloping all sentient life, all of creation, and thereby satisfying every need and desire, and, of course, all that exists *is* alive.

Every one of God's infinite number of creations is alive, is sentient, although humanity has chosen to believe that most of the apparently inanimate matter or basic elements which makes up the world of form – in fact the whole universe – is without life, consciousness, or sentience of any kind.

Your mainstream science still *believes* and continues to spread the message that life just arose by chance for no reason and with no purpose, even though the statistical chance of that happening is beyond the bounds of possibility.

Matter and form are no way as simple and basic as they appear when viewed through the very limited lens of perception with which your human forms provide you. What appears to you to be dead matter is not dead, and modern physics has shown very clearly *everything* is in constant motion, but as to why this is so they have no answer.

The truth is that all that exists is eternally connected to the infinite field of energy – LOVE – and is at One with It! And that is why I keep talking about Love!

As you go about your daily lives be aware of how often you seek, are *hoping* for approval . . . for Love.

Most of the time you do not do it consciously, but when you complete a task, mental or physical, there is very often an underlying hope that someone will notice and appreciate you for what you have achieved.

In Reality, at One with and fully *aware* of your existence constantly in the Presence of Mother/Father/God, you always *know* that you are infinitely loved and appreciated by your Source and you, of course, infinitely love and appreciate Yourself.

That *is* your natural and unchangeable state. As humans in form, the pain of not experiencing or knowing that is overwhelming, and that is why you are always seeking it, even though you mostly do not admit this to yourselves. After all, you believe yourselves to be independent beings, and so you attempt to present an image of yourselves to others that demonstrates this.

I am reminding you that you are Love, presently incarnate in a severely restricted human form, and that you at all times need to be open to Love – Vulnerable!

Love is the energy that eternally enlivens existence, and blocking Love due to feelings of unworthiness reduces the life force that empowers beings in form, which is why the thought of being vulnerable terrifies most people, as they identify it, incorrectly, as a *loss* of their power, whereas in fact to be openly vulnerable by your own choice is to be fully in your power and to demonstrate it to others.

And because so many of you feel unworthy, unlovable, unseen, of little value, you present an unreal image or mask to others that your egos have concocted, hoping that they will not see the frightened little you hidden inside.

Over time, as you grow from infancy to adulthood, you come to believe that you are the mask that you are presenting to the world, making it extremely difficult for you to see and understand that being in form is an opportunity for you evolve spiritually, for you to become aware of your true nature – Christ Consciousness – eternally at One with Source.

Therefore *embrace* yourselves! *Know* yourselves as you truly are, as God knows you and sees you eternally. What God creates is always perfect and remains eternally and unchangeably in that state of perfection. You are as God created You . . . FOREVER. That never changes.

When you make your daily journey deep within yourselves, to your own holy inner sanctuaries – and you do need to do this at least once daily – and when there set the intent to open your hearts to Love and invite It in, Love will bring to your conscious awareness a sense, a *knowing* deep within you of the divine truth that you have *never* been separated from your loving Source.

Your sense of separation is illusory, unreal, and yet it gets stronger as you grow from infancy towards adulthood as your egos insist that you are your bodies and nothing more, organisms that are very easily hurt or damaged, and which are eventually destroyed.

You value your lives, which is good, but because you believe life is short, temporary, and is terminated at the moment of physical bodily death, you live in terror of losing it. You make great efforts to disguise or bury this fear, because being consciously aware of it drains your energy even further, and confirms for you your ingrained and totally invalid belief in your unworthiness and insignificance, and your egos encourage this because it gives them great power over you.

You need to tame your egos, and you learn to do this by going within daily and inviting Love into your hearts.

When you feel Love within you, you become aware that you have no need of your egos.

Fear empowers your egos, but Love dissolves fear.

So be with Love, be Love, be vulnerable, thus showing yourselves as you truly are, and in so doing uplifting and inspiring many others, far more than you will be aware of, and thus assisting in bringing the collective awakening process to its most glorious fulfillment.

This is why you incarnated, so now complete the process by opening fully to Love and being your true perfect selves – vulnerable, and unconditionally accepting of all others – thus empowering them to open themselves fully and delight in the sense of peace and freedom that this *knowing* brings them.

Your loving bother, Jesus.

## **Jesus via John Smallman: Do Not Allow Your Egos to Convince You that Calling on Those in the Spiritual Realms is a Pointless Waste of Time and Effort**

November 22, 2015

<https://goldenageofgaia.com/2015/11/22/jesus-via-john-smallman-do-not-allow-your-egos-to-convince-you-that-calling-on-those-in-the-spiritual-realms-is-a-pointless-waste-of-time-and-effort/>



*John's audio reading is available [here](#).*

We are all one. This is the message that needs to be hammered home, again and again, because you keep forgetting this as your bodies almost constantly draw your awareness to their endless individual needs and demand your undivided attention. They are only vehicles that you chose to inhabit temporarily while undergoing an Earth experience.

They do require some attention because they have needs, but they have seemingly convinced you that unless you attend to them in every moment, checking in with them incessantly to see how they feel, that they will become very sick and break down. They have even convinced some of you that you are bodies. I assure you that you are not!

You have bodies to enable you to follow the life paths you chose before incarnating, and they provide you with the physical means to follow that path. But your main purpose on Earth is to evolve spiritually. You always have been and always will be spiritual beings, and you are on Earth to raise the vibratory levels of your bodies to enable them to align with spirit.

When you achieve this aim you will be able to move around in either the physical or non-physical realms with or without your bodily forms. You will be able to assume or dismiss your human form at will to suit the occasion.

On Earth or in some other physical environment it may suit you to “wear” your bodies as you enjoy the company of others, enjoy food, enjoy physical activities, or just smell the roses, while you activate an experience of individuality. In the spiritual realms you will be able to merge totally with other beings in many varied creative and completely harmonious co-operative ventures – for example making music as a choir or as an orchestra.

The possibilities that will open up for you as you evolve and continue to raise the energy field frequencies of your physical forms to resonate with ever higher levels of spiritual awareness are endless, infinite, and always joy-filled. What lies ahead for you, when you awaken from the illusory dream that has brought you so much disappointment, pain, and suffering, is breath-taking in the prospects for creative and stimulating adventures that it will offer you.

God’s divine and eternal creation is your Home. It is where you belong, it is where you are always present in infinite happiness and contentment. You have momentarily lost your awareness of that wondrous state, as you play within the boundaries delineated by the limits and restrictions which the illusion imposes upon you, but when you awaken all boundaries and restrictions will be gone. There never were any, they are but figments of your collective imagination, and many on Earth now are in the process of dissolving those unreal barriers to your ever-present awareness of infinite joy.

The lives you are presently leading as humans on Earth are very important. Every single human on Earth at any time in Earth’s history is there by their own choice in which they have been guided by the wisdom of their spiritual mentors. As I have

told you so often, as have many others, you are never alone! To be alone is impossible because all are One with God.

Your human life is a marvelous learning opportunity – not lightly entered into – during which at all times you have access to your spiritual guides and mentors, beings who love you dearly and have been watching over you throughout your human existence. Do not hesitate to call on them at any time because they are always available and ready to respond instantly to your calls.

As the awakening process that humanity is undergoing continues to intensify there will be periods when you feel lost, anxious, even threatened, so when that happens, call for assistance immediately. Do not judge such feelings as signs of weakness that you need to deal with unaided, by yourselves alone. By yourselves alone you can do nothing, as the Bible has told you, but with God all things are possible. That is the truth because you are one with God, you are never alone, therefore to do something alone is impossible.

However, you can refuse to acknowledge the presence of those in the spiritual realms who are with you constantly to assist you, and seemingly go it alone as you rely on your loud and vociferous egos to guide you. But they are all driven by fear, always. Is not all the advertising material offered by the media constantly drawing your attention to the dire consequences to be expected if you do not follow the “guidance and advice” that their so-called experts would have you believe is essential for your well-being?

You know that their sole motives are to persuade you to buy stuff so that they can make a profit. But, being inundated by the fear-driven agendas of the media, it is very easy for you to get drawn more deeply into the illusion where it is very difficult for you to quieten your minds and your egos and listen to the spiritual guidance that is always available.

Therefore, please, set aside time daily to go within to your holy sanctuary where the Light of God’s Love burns perpetually. Just sit quietly and allow the racing thoughts flowing through your mind to fall away by simply not engaging with them. It does take practise and persistence on your part, but I assure you that you will find it is well worth the effort. When you persist it strengthens your intent to

hear the voice for God which is always with you, and it is your persistent intent to hear that will quieten and subdue your egos sufficiently for you to hear.

Those of you who read and resonate with any of the many uplifting and inspiring channeled messages that are published on the worldwide web are doing the tasks you incarnated to do, because by reading these messages you strengthen your own resolve to be loving at all times. However, if for some reason you fall away from and neglect your spiritual practices, you do tend to get dragged down into the fear and anxiety that is endemic within the illusion, and you become far less effective in spreading the Love that you are on Earth to share and extend.

Feelings or waves of fear and anxiety, when acknowledged instead of being denied and buried under an egoic bravura, can serve as reminders that you need to seek assistance from your guides. Their assistance will help clear the clogged lines of communication between you and your mentors in the spiritual realms. Do not allow your egos to convince you that calling on those in the spiritual realms is a pointless waste of time and effort because they never hear you or answer you. You are always heard, and you are always answered!

Go within and make your holy personal space a refuge in which you can listen to your guides and be mightily refreshed and invigorated by their loving energy fields which will meld with yours. Then you will find that you do have the strength, the energy, and the motivation to demonstrate love in action once more, as you help to bring humanity's awakening process to its glorious conclusion.

Your loving brother, Jesus.

*Jesus: Do Not Allow Your Egos to Convince You that Calling on Those in the Spiritual Realms is a Pointless Waste of Time and Effort. Channelled by John Smallman. November 21, 2015. <https://johnsmallman2.wordpress.com/>*



## **Serapis Bey through Linda Dillon on Taming the Ego**

September 27, 2019

<https://goldenageofgaia.com/2019/09/27/serapis-bey-through-linda-dillon-on-taming-the-ego/>



### **Serapis Bey on Taming the Ego**

Channeled by Linda Dillon, Sept. 2019

<https://counciloflove.com/2019/09/serapis-bey-on-taming-the-ego/>

Greetings, I AM Serapis Bey. I come as gently as I possibly can because my desire, my yearning, is not to overwhelm you, not to steamroll you but to embrace you, to reassure you of your balance.

Welcome to my temple. Welcome to my temple of ascension. Welcome to my home. Welcome to the blend, the balance of Alpha and Omega. It is never intended to be either/or. It is that balancing in kindness and consideration, and in the breadth of understanding of what it means to be in your mastery.

This question of ego, my beloved friend and all of my friends, is very pertinent and timely because you are progressing upon your path and you are reaching the time of what you may think of or term 'graduation'. What is this? You have done a great job of bringing within and balancing without all aspects of your being.

And as you well know, some of those aspects that you have welcomed home have been quite petulant, upset with you...and yes, even the children have thrown temper tantrums. And I say to you, "So what? So what?" You acknowledge that you have done a good job and that you continue to proceed.

You do not halt your forward progression because there is a slight blip on the screen. Your realm of existence for eons have had what you would think of as blips on the screen. So, now there is this blip where your ego is fearful of not being in equal authority with who you are.

When I say 'this ego' I am talking about the troublesome companion. I am not talking about the refined balance, the mature evolved being that each of you have become. I am talking about that part that thinks they are not going to be invited to the party, and even worse, they are not going to dictate what is served at the party, and they are not going to be the star of the party.

So, what do you do in that case? Do you become the thundering god...and you say, "I won't even invite you to the party; you are acting like a spoiled brat"...and thereby exclude them so that they can go off and raise hell?

No, my friends. You invite them and you consult with them, you embrace them and reassure that they are welcome, that they are an essential part, an element, of who you are and who you are becoming. And just like you have said to fear, or to an aspect, or to an errant part of your life, you simply say, "Welcome and I look forward to embracing you and working with you."

Now, let me be a practical teacher... So, when you have a situation where this piece of you that we are calling ego then what you do as it raises...I won't say its ugly head, I will say its petulant head...when it raises its head for attention, you do not need to react in terms of becoming rather aggressive and boastful. But what you do need to do is take that millisecond moment and say, "Oh, I hear your concern, and I will present that." And that is what you do, you engage. And if it is with another individual then you are really having a three-way conversation.

And what you are doing, as the adult, is you are acting as the translator and interpreter, so that you are gleaning the information or the attention or the acknowledgment that is being sought, but at the same time you are not engaging in the behavior, the emotional behavior, that makes you feel like you have backpeddled to being a three-year-old, or a two-year-old, or a ten-year-old, or a schoolyard bully...because that is not who you are.

None is to be excluded. If there is a dictum for all of you in the new world, upon this Nova Earth to look at, it is that none are to be excluded, including parts and parcels and pieces of your sweet self. Now, when you behave in that way, particularly when it is a repeat situation, what you are also doing at the same time, my friend, is you are educating the other person that you are communicating with, or the other group that you are communicating with.

So they say to themselves, “You know the last time they were in here they seemed rather short-circuited, and temperamental, and upset, but now they are approaching me in ways that acknowledge me and what I have to offer them, so I am very glad to share my information, I am very glad to pay attention.”

So, you are creating that give and take, that balance. You are role-modeling, you are mentoring, you are teaching those in transition how a spiritually evolved ascended being actually acts, engages in conversation.

Do not forget your White Flame of Purity that burns brightly within you. Yes, you have many tools, but in terms of transmutation and transformation, this is extraordinarily useful for you.

Now, I am not suggesting that you burn down the ego, for it is part of your delightful self, the personality that you have not only developed but wanted to bring forth in this lifetime. The key here is actually burning enough...and I will help you...to get to that truth of who you want to be.

Do you wish to be a belligerent bully? No. And do you wish to be a hiding mouse? No. You wish to be present, engaged, and engaging. This is the hallmark of a Nova Being. It is to see perhaps the belligerent bully or the frightened little mouse in the other person and to say, “No, you do not need to be aggressive and you do not need to be afraid. What I offer you, what I welcome is true communion, a unity of

sharing, not only of shared language but of shared heart, of the unity that builds a planet instead of tears it away.”

This has been a long time coming, my friends, and the Mother is clear, and so am I...it is time! And it does not mean that you need to come to Luxor and visit me, although I would welcome you...but all you need to do is to simply call me and I am with you to assist. Discipline is nothing but balance and clarity.

Go with my love and go in peace. Farewell

# **The Arcturians through Suzanne Lie: Releasing the Wounded Ego and Returning to Self**

October 24, 2012

<https://goldenageofgaia.com/2012/10/24/suzanne-lie-releasing-the-wounded-ego-and-returning-to-self/>



## **Releasing the Wounded Ego and Returning to Self**

By Dr Suzan Caroll / Suzanne Lie October 18 - 21, 2012

<https://suzanneliephd.blogspot.co.uk>

October 18, 2012

Dear Arcturians,

Yesterday you sent me some information about meeting with the Galactics. Was I correct in receiving that message? If not, please correct me. If so, please give me more details.

### **The Arcturians Speak:**

Dear Ascending One,

We know that some of our information takes a while before it can work its way through your wounded ego. We wish to assist you in the final release of this ego, for it will be more and more of an interruption to our transmissions as we share increasingly unexplored topics and units of information.

Therefore, we wish to take you back to when the human was first born and you, the Arcturian, were training to download its circuitry into the form of this tiny infant.

Why was this infant, a seemingly insignificant child of a dancer and a musician, chosen? Neither parent was awake, nor was the child slated to be special in any manner. She was just a normal, post-war baby in California, USA.

However, the body almost died of crib death at only six weeks. The constitution of the baby was still strong, and her soul still overlit her form, but had not yet entered it. Suzille, the Essence from Arcturus, saw a chance to enter this human form, which appeared to be healthy enough to survive until the Great Shift.

Hence, YOU the Arcturian, entered this form before it expired. There was minimal brain damage from the lack of oxygen, but you were able to repair most of it. The damage that remained was perfect, as the child had to think from her right brain in an imagistic manner.

You, Suzille the Arcturian, entered the form and faced many years of “time” as the grounded one worked through human issues of life on a hostile planet. Fortunately, the survival was so difficult that the human element had to surrender her fears to you, the Arcturian. Thus, at a very young age, you were her comfort and insight. However, the child did not know to whom she was surrendering.

Now you, the Arcturian, and the owner of the form have become ONE Being. Suzanne has become Suzille, and Suzille is returning Home to the higher dimensions of reality. Yet, the wounded ego still battles doubt. Because of this, we recommend that Suzille take the helm of this earth vessel in every way. How will this exchange occur?

This question is important, for the “changing of the Guard” of the earth vessel is a vital component of Ascension. Of course, as with every process, this release of all ego can only be accomplished by total surrender. Your Arcturian SELF will not abandon the small earth vessel that it inhabits. Nor will it abandon the wounded

ego that suffered through many years of deep depression and overwhelming challenges.

Do you remember when the young child was allowed to go Home to Faerie? Do you remember when you the wounded teenager was lovingly sent to study in the Mystery Schools of the fourth dimension? Do you remember when you released the all-suffering wife who could not find her SELF while minding the rules of being married in her generation?

Do you remember how these releases allowed your human element to surrender these portions of wounded self to a higher frequency of reality, so that the earth vessel could be more fully inhabited by light?

Now you, Suzanne and Suzille, can release the last wounded portion of the human identity, the wounded ego. Just as Suzanne sent her children off to college knowing that her relationship with them would never be the same, you now send the wounded ego off to the higher Mystery schools of Venus. On Venus, this persona can be fully healed and transmuted into light.

Observe as the vapors of the ego, in fact all ego, drifts away. The one who suffered, but always continued, the one with courage and tenacity to fulfill her obligation to Earth in order to Ascend, as well as many other traits, thoughts and emotions has been transmuted into the frequency of the fifth dimension and beyond.

These components of the human ego will remain with you, the SELF, because they have risen in frequency to the ever-escalating resonance of your true, Arcturian Nature. You, our Arcturian family member, have assisted the wounded one for 65 years. Now, much of that wounded has been transmuted and will remain in form for the final duties of Ascension.

However, the frequency of ego that cannot survive the frequencies of reality to which you will return is being lovingly surrendered back to the ONE. In reality, without Suzille the Arcturian, the form would have expired long ago. Because the human element of the earth vessel was able to perceive the Arcturian, she could allow her Arcturian constituent to repeatedly heal her form of clay.

Suzanne now merges her human, clay form with her Arcturian body of light. Just as she sent her children off to college, she now surrenders her wounded ego to the

Mystery Schools of her beloved Venus. YOU, human and Arcturian, can FEEL the unconditional love that escorts the wounded ego to Venus.

YOU both have embraced all the loving, human relationships and will happily continue them. However, YOU will no longer be encumbered by the wounded ego who was created by myriad incarnations. What remains, as the inhabitant/creator of the earth vessel is YOU, the composite of human and Arcturian.

YOU are the one who first took a form on Earth at the close of Atlantis. YOU are the ONE who has visited your other Galactic realities during meditations and inbetween incarnations. Hence, YOU are the one to close this cycle of birth-death-birth to return to infinity.

Now, with the surrender of the doubts, insecurities and limitations of the wounded ego, all karmic debts are paid and all cycles are completed. Thus, YOU, Suzanne/Suzille, are FREE to assist others to release their wounded ego and return to their SELF.

Do you have any questions?

**Suzanne/Suzille Speaks:**

I have NO questions.

I am ready to meet with the Galactics NOW!

\*\*\*

*October 19, 2012*

After I wrote this message I had to rush off to work. I worked a full day and somehow drove home. I was exhausted beyond words, went to bed early, slept for ten hours and dreamt of being on the Ship. When I awoke, I was still exhausted and wondered if I should share this message.

However, when I read the message again it was clear that, even though it was deeply personal, it is what we are all doing. We are all coming into our true SELF



and our new reality. Therefore, we need to clear our unconscious of ALL elements of our self that are unable to transmute into the fifth dimension.

*October 20, 2012*

This day was also very busy. By the time I stopped, I could not enter my handwritten message into the computer. I felt my wounded ego try to come back into my consciousness, as third dimensional habits are strong and persistent.

Therefore, I did not force myself to type this message and totally relaxed. When I surrendered to the NOW, I could feel a strength and power inside that I had not ever felt before. At the same time, I could feel the habit of ego trying to manipulate my thinking.

*October 21, 2012*

Even as I type this today, the day of releasing all that stands in the way of our Ascension, I can still feel the habit of the wounded ego wanting to get my attention.

Therefore I say “I love you Ego. I am sorry that you became so wounded. You protected me again and again by guarding my Inner Core. For that, I shall always be grateful. Goodbye for NOW, dear wounded Ego. I know that Venus will heal you forever.”

[youtube][https://youtu.be/0k\\_nw1-d2aQ](https://youtu.be/0k_nw1-d2aQ)[/youtube]

**Releasing all Darkness from Gaia**

## **Wes Annac: The Ascended Masters: Ego is Energy that can be Transmuted**

May 25, 2012

<https://goldenageofgaia.com/2012/05/25/the-ascended-masters-ego-is-energy-that-can-be-transmuted/>



## **The Ascended Masters: Ego is Energy than can be Transmuted**

May 24, 2012

<https://aquariuschannelings.com/>

Channeled through Wes Annac-

You are all beautifully carrying forth the Light that you have held within yourselves for every bit of your Earthly experience, and this Light has gone unnoticed by so many of you throughout most of your Lives and it is now in this final incarnation you have all taken on the surface of Gaia before the beautiful harvest of souls on Her surface who are ready for ascension, that this Light held within is becoming known by many of you and is showing itself to you in less veiled ways than in the past.

The raising of the collective and individual Light quotient of humanity is one that is very specific and delicate, and one that requires much planning by you dear souls on Earth who are undergoing this experience.

It is true that on some other worlds who are experiencing lower dimensions, the access to one's spirit Guide is more readily available than has been so on your world for the majority of your Lives in this current cycle of the lower dimensions, and this is because the ability to awaken and open one's chakras is itself more available and easier to attain as while these worlds are themselves lower dimensional, the learning of lessons and the growing and experiencing Lives upon their surfaces are much easier processes still than those of what you are used to routinely going through on Earth.

Have you not been told so very much dear souls that these lessons you are undergoing are Masterful?

This is a subject and truth that will continue to be brought up as it is expressed that only by passing the most Masterful of lessons that you have set out for yourselves upon this last incarnation on the lower dimensional surface of this world, will you be able to discover and feel for yourselves the timelines in which all of these beautiful and marvelous changes are to burst forth into your perception and your reality so very beautifully.

Indeed, the general collective of humanity is currently on the timeline of your world leading to ascension, and all other timelines are quickly merging into the one set timeline for Earthly ascension. Even still, there have been a select few alternate 'fates' so to speak and timelines mapped out for the souls who will not resonate with the most pure increases and upgrades of the energies being sent to and through you.

Such souls who do not yet wish to experience the ascension of Earth and the uplifting energies bringing you such ascension, have chosen to alternate away from the converging and ultimate timeline(s) given and planned out for the surface of your world and all on the surface who are ready to experience the ascension of Earth and who do not instead choose to divulge into the so-called 'alternate fate'.

This 'alternate fate' that we speak of is nothing more than choosing to discarnate from Earth before the most potent changes begin as indeed so very many potent

energy increases and upgrades have already been and will continue to be gracing the surface of your world at this time.

Some are simply not yet ready to feel in themselves the energetic and celestial upgrades that are to expand your awareness and assist you in reaching the states of consciousness that you have Created the matrix and grid for you to experience your lower realities on Earth and so very many other lower dimensional planets from, and these souls will instead choose to enter the incarnation cycle of a different third or fourth dimensional world. Which world and experience one enters upon discarnating from the surface of Earth will be unique to that soul and left entirely up to them and their higher self.

Many souls continually depart the surface of your world every moment for differing reasons and many of these reasons do indeed have to do with the restructuring of their own cells which is taking place, which they are not quite ready for or ready to be used to.

Many souls on Earth have kept parts of themselves, of their egos and of their higher selves alike, hidden away from their perceptions, just beyond the horizon so to speak, and there will be and have been many who are not yet ready to be exposed to such parts of themselves quite yet.

You have begun to hear of the various ego personalities and perceived multiple selves that you have possessed whilst on Earth throughout each and every Life that you have been experiencing consciousness on this world during, and while you underwent these experiences you indeed accumulated so very many aspects of your ego self whom was built up in every Life and shifted around, transmuted and turned into an entirely different ego-self in another.

The common theme throughout every Life that you have taken is that your higher self has been with you; you are this higher self whom is with you in each and every Life that you have experienced on Earth and on any other planet.

As you are awakening now at the end of this last Earthly cycle, this higher self whom has been with you throughout every experience is coming through and to you and making it's presence known to you in profound ways, as you begin to meld with this soul and become this soul that you are and have always been, through transmuting those hollow and false parts of yourselves based on Earth,

based in the lower dimensions, who are still only concerned with Earthly things that will hold you back from your perception of the higher realms and serve only to keep you binded to the Earth experience which is now fading in increased acceleration at this time.

Your entire experience whilst on Earth has been one of balancing your two 'identities' so to speak. We use this phrase for lack of a clearer way to explain what we mean, but we can say that throughout your experiences you have been sharing your temple so to speak, with your ego selves.

Your egos have Lived in your bodies and made up the majority of your lower dimensional personalities whilst you underwent this experience but again, the true and pure you who is your higher self and whose spirit and body structure lays the foundation for the bringing forth and crafting of the ego self whom you inhabit your body temple with throughout your experience; your higher self has been with you throughout your experiences as well and is now beginning to come through as you again, transmute those parts of yourself whom have always taken their templates from your higher self.

Ask your higher self and your various, innumerable Guides to be with you whenever you feel a fading aspect of your ego coming through, as we will be with you every time and we can feel that so many of you are now beginning to know, understand and recognize when you are bringing ego through even in the most subtle of ways, as ego will truly 'work its magic' so to speak to come through your temples in any ways possible, to get you to attach to its influence and let it experience sweet, Earthly Life through your temples for that much longer.

We say that while the Earth experience is indeed enjoyable and everyone deserves to experience it, those parts of your ego have been brought through and maintained throughout so many Lives in the lower realms and this is why it is now becoming increasingly important to notice and understand when these parts of yourselves are coming through one last time, so that they can be transmuted and transformed back into the original structures of your higher self or rather, back to an aspect of your higher self just as you are.

Each and every aspect of your ego is energy that can be changed, transformed and transmuted.

It only takes recognizing those parts of your ego, thanking them for all that they have given you during your experience, having Created an alter-personality for yourselves to experience the lower vibrations a bit more comfortably in.

It is important to expose to those parts of your ego which are themselves consciousness, that you appreciate their energy and that you would like them to come join you on the 'other side' so to speak, on the side of your continually developing Light so that they can aide you in bringing forth your higher self in as energetic of a way as [your higher self has] attempted to get you to feel them and bring them through you.

It is literally a transmutation, from ego to higher dimensional, and it is truly that simple.

Of course, more must be made than a simple proclamation dear souls and you must feel in yourselves the willingness to do this, to bring this change forth in yourself and to feel parts of yourself that at your surface you may feel ashamed of, that you feel should not be Loved or should not even exist in your continually expanding and developing perspective of what Life and the experience of Oneness is supposed to be.

Each and every facet of your ego seeks some type of Earthly pleasure, stimulation or validation in some way, because ego feeds off of anything based in the Earth matrix as while ego is indeed a facet of your higher self, its very existence and the specific imprint of its existence was designed entirely to function and run on everything based in the lower dimensions of Earth, until its time came and the time came in the temple it was inhabiting to be transmuted and ascended back to the pure, higher dimensional Logos energy that each and every dear soul throughout Creation truly is.

Ego seeks only the surroundings and habits that it has thrived in, which is why the various different aspects of your ego coming up for review now will be and are trying to get you to return to your ancient, Earthly ways of doing and being.

Again, dear souls, transmutation is the best and after a certain point, the only option for dealing with ego so to speak, and a key and crucial aspect of transmutation is recognizing ego and forgiving it. We can feel already that many of you are beginning go to transmute ego in the most wonderful and glorious of ways,

and it is encouraged that you continue on in these endeavors and continue on in any endeavor that makes you happy.

Can you not feel dear souls, how happiness is the underlying foundation and emotion for anything based in anything good?

Happiness is by its very essence the seeming opposing side of anything based in an unhappy, lower experience, and yet we still see and feel that many of you will choose unhappiness and unhappy experiences in favor of the manifestation the same lower vibrational experience or in favor of pleasing another.

Dear souls, the most important thing at this time, especially with the critical junctures you have been and will continue to reach in this month of May and in the crucial months ahead, is to allow yourselves to sit, to relax and to integrate, for only by keeping your channels and your emotions clear and balanced will you be able to find the energies being given to your bodies and to your world in the increased purity that such energies are being brought forth.

Our communications and specific energy prints are attached to these energies, and each and every ascended soul who is assisting with the ascension of the surface of Earth has been and will continue to be speaking to humanity, through channels or through the interested contact of an individual Earth soul who may not choose to go public with the information and energies that they are being given each and every time they wish to attune to our energies.

Each and every soul in the higher realms has a specific energy signature; a specific individual recognition of who we are in relation to what you may term 'the big picture', and all of us are able to feel the individuality and the uniqueness without feeling the perceived separation that has been instated with the Earth experience.

This is because we know with our perception, that eventually we will all be One in the pure realms of Creation with our beautiful Mother/Father Creator, and when this experience and expansion is brought forth for us we know that indeed, we will have no identity, no perceived individuality or 'uniqueness', and we will simply exist as the One true soul that we all are.

At the same, time, it is a wonderful experience to know that with our current perception we are still able to enjoy the experience of individuality and uniqueness,

and dear souls we do not want anybody to feel that upon ascending into states of consciousness past that of even what we experience, you will somehow lose yourself and any shred of individuality that you came to such realms with for dear souls, this is simply not so.

Our scribe has been speaking on the subject of the continual fading and disappearance of ones' ego self and the importance of enacting the changes and disciplines in ones' own Life to bring such changes forth, and it is indeed so that very many familiar parts of yourselves are beginning to be transmuted as you realize that even some of these parts, of which you have been experiencing the most during your lower dimensional experience and some of that which has given you aide and comfort throughout such an experience, is still in itself based in the lower dimensions in unique ways.

You are realizing just which aspects of your Lives are based in ego and which aspects are based in the earthly experience at this point in your beautiful unfolding evolution, and we will assist you in finding which aspects of yourself are incompatible with the energies of the higher realms.

Imagine dear souls, feeling a Uniting and a Oneness with each and every ascended soul around you who is speaking to you through channels and who is personally guiding so very many of you at this time, but at the same time retaining your own bit of individuality. It is such wonderful experience dear souls, and it is an experience that we look forward dearly to sharing with you in the abundance that such experiences will soon be given.

You have begun to hear of the physical nature of which we are helping in bringing about some of the change on your world, and to proclaim that we are speaking to many Lighted organizations on Earth at this time through experienced mediums would be quite an understatement, as with recent technology that has been utilized by the side of the Light and attempted unsuccessfully to be reinvented and claimed by the ever-fading and crumbling dark side on your world, we have been able to reach the most prominent of our Lighted Organizations and families in much, much more direct ways than by simply coming through the instrument of an Earthly soul.



This action has needed to be taken, because our very energies coming to Earth in such a pure manner and indeed, this new technological manner which is bringing us to your world in much more pure ways than our coming to you through scribes has been, has been aiding and assisting in the bringing through of the increasingly pure energies being sent to you, by the expanding of the Earth chakras which bring such energies through Gaia in each and every thread of reality upon Her beautiful and marvelous structure.

Our very presence is acting in accordance with the Light Grid of dear Gaia, which is reaching ever-higher dimensional proportions and which is itself aiding in bringing through energies that are so pure and that have yet to be fully experienced and brought through to the surface of your world and your current reality and timelines, as such energies have not yet 'reached' your specific reality.

We are working as well on some of the more physical aspects of the changes to be brought forth and as always, our doing this has acted in accordance with the actions we have laid before our Earth Allies to bring forth in the very near future.

We recommend strongly that you pay attention to each and every bit of legal action against every soul whose signature you can recognize, for [clarification and validation of] the beginnings of the changes that have truly only began to spring forth into your reality.

On numerous alternate Earthly timelines, the energies underlying these changes have now come through marvelously and your world and reality is just beginning to experience the bleeding-through of the physical events that are to manifest on your world in relation to the pending mass arrests and the beginning of the revelations of all that has happened on your world for so very long, that you have been blissfully unaware of.

Every bit of legal action that you hear is taken through your news, even that which may seem insignificant, is in fact quite significant in view of the coming changes.

By this legal action we speak of, we do not just mean lawsuits such as what you have heard about from terrestrial sources; these are obviously included in this [overall scenario] but we mean as well the seemingly insignificant news of an influential person getting arrested or probed for information, as such reports and

happenings are only beginning to pick up even with how many arrests have already been made and how many resignations alike have been brought forth.

As always dear souls, we encourage looking within more than looking without for the confirmations and the feeling of the energies that are bringing your wonderful ascension to you.

We are with you at all times, simply waiting to be called upon for whatever specific actions you wish us to help you with during your expanding experience, and we wish you to know that the close bonds we share with humanity will be felt in such purity that your hearts will expand exponentially upon your perceiving of us in our true, undistorted and pure forms.

Thank you to the Ascended Masters.

[WesAnnac.com](http://WesAnnac.com)

[AquariusChannelings.com](http://AquariusChannelings.com)

## ⌘ Transcending the Ego ⌘

# Transcending the Ego

March 13, 2023

<https://goldenageofgaia.com/2023/04/13/transcending-the-ego/>



*Oh, no! Not again! (1)*

In the game of life that the Creator set up, (2) it doesn't seem to be enough to change our vote (3) at the intellectual level. It may or may not be enough to change it at the experiential level. It may await realization. (4)

I don't think the realization has to be a major one. It can be a minor one. The decision just has to be up to the realizational level.

I'm facing a major decision right now, a major change of vote. (5) And it won't be changed by just thinking about it or even feeling into it - although the latter leads to a realization if followed through.

My major decision is to stop voicing or listening to the ego.

No, I don't put anything in its place. The minute I determine it's the ego speaking or about to speak - Oh, what a good boy am I! - I stop. That's all I do. I drop it and no longer speak from that place.

I could ask the Mother to take the energy away. Either way works.

The ego never leaves us. it simply becomes our servant rather than our master, according to Sri Ramakrishna.

"The ego does not vanish altogether. The man coming down from [Sahaja] samadhi [or Ascension] perceives that it is Brahman [God] that has become the ego, the universe, and all living beings. This is known as vijnana [spotless jnana or perfected wisdom; i.e., Sahaja Samadhi or Ascension]." (6)

"The relationship of master and servant is the proper one [for the ego]. Since this 'I' [i.e., ego] must remain, let the rascal be God's servant." (7)

Adyashanti explains how the ego-as-master (rather than the ego-as-servant) corrupts our longing for liberation:

"The impulse to be free [longing for liberation] is an evolutionary spark within consciousness which originates beyond the ego. It is an impulse toward the divine, unity, and wholeness. It is an impulse originating from the Truth itself.

"This impulse to evolve is often co-opted by the ego, which then creates the illusion of the spiritual seeker. This impulse, which is inherently innocent, is something, in and of itself, has nothing to do with any seeking to attain.

"It is only when the ego co-opts the impulse and then tries to attain something that the seeker is born. This impulse, this spark of evolution, becomes almost instantly corrupted by a wanting which gives birth to the seeker." (8)

Oh my gosh. There's so much more to say. But I'd better stop here and pick up in another article. [Another article turned into this book.]

We all *know about* the ego. But do we *know* it?



Immediately upon entering this territory, I see how many of my thoughts and how much of my behavior is and are colored by my subservience to the ego.

My subservience consists in giving it my ear and carrying out what it suggests. Without the first, there can't be the second.

When I (the observer, the Self) take my attention off the ego, it falls silent like a loudspeaker deprived of electricity. (9)

In terms of pushing my edge in awareness work, the next step for me is to disconnect from listening to the ego, practise it a few times, and get comfortable with the new "me" that results.

How many times have the Arcturian Group and SaLuSa said "You are your own guru"? I am being my own guru.

At the same time, everyone gets their inspiration from some higher source - their Higher Selves, their guardians, their guides, their archangel, the Mother. Even gurus get their inspiration from a higher source.

A guru is not a guru, in my books, for what they know, but for what they've surrendered to and how deeply they've surrendered to it.

But that's all past knowledge. It really is time to be our own guru, as I hope I'm illustrating by pushing my own edge in moving beyond the ego.

### **Footnotes**

(1) I had an experience of my own ego decades ago and it appeared to me, arising from inside, like a fire-breathing, horned, little red devil. Hence, "you again."

On that experience, see "Two Experiences of the Ego" in this book.

(2) See *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Purpose-of-Life-is-Enlightenment-3.pdf>

(3) On changing our vote, see:

- “A Radical Change of Vote,” December 23, 2019, at <https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>.
- "Changing My Vote on Change," January 25, 2023, at <https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>

(4) Intellectual, experiential, realized.

(5) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 104.

(6) *Ibid.*, 105.

(7) Adyashanti, *The Impact of Awakening*. Los Gatos: Open Gate Publishing, 2000, 3.

(8) See? Right away, the insights start pouring out when we've trained ourselves to look inwards on the awareness path.

## Reducing the Ego is the Real Difference We Make

April 23, 2009

<https://goldenageofgaia.com/spirituality/back-to-the-basics-2/reducing-the-ego-is-the-real-difference-we-make-2/>



We've been talking on occasion about "completing our unfinished business" as the best way to prepare ourselves for Ascension and for playing a leading role in the upcoming New Age.

I could raise as a hypothesis that the ego itself is composed of our unfinished business.

So completing unfinished business may be the same as reducing the ego.

For years – in fact perhaps throughout my fifties – I felt I needed to make my mark in the world, to make a difference, before I left the world scene.

I was driven to do something that showed that I had been alive on the Earth.

There were two things that I did. On the one hand, I wrote a handful of books, which sit gathering dust.



But on the other I also attended a cartload of finely-targeted retreats [Enlightenment Intensives] letting go of large chunks of unfinished business.

The first accomplishment was designed to be my memorial.

But in the second activity, the "I" that cared about creating a memorial receded into the distance.

The "I" that wanted to make a difference disappeared.

The books may or may not have an impact. I don't really care any more.

What has arisen in its place is an immense desire to serve. It is not as if what has taken its place is that "I" want to serve. No, there is only the desire.

I believe that that desire to serve is innate, just as the desire to know God is innate.

I did not "drop my ego." I did not "put it aside." I experienced through some of the unfinished business that formed the very substance of the ego and the ego, to a certain extent only, disappeared. It is not as pressing a matter anymore.

My desire to be someone turned out to be social conditioning mostly coming from my parents and teachers, etc. Everyone wants everyone to get ahead, to be somebody, to make a difference. So it is a very innocent piece of conditioning.

But the real difference I made is not the books, but the completion of the unfinished business which caused some of my ego to evaporate, to loosen its grip on me.

It is no longer about me. I can listen to others without jamming advice down their throat and saying "Look how I made a difference."

I can join a team and look for the way to support the leader rather than showing that I am the upcoming bright light in the firmament.

I can write a dynamite article to some luminary, get no response, and toss the article in the wastebasket.

It is no longer about me and that means I get to simmer in the bliss that arises in the space created by the evaporation of ego. Ego = No bliss. No ego = bliss.

Finally, it is not the "I" that matters. There is for sure difference-making and the more the merrier. But the object of making a difference is no longer to prove what a difference I make.

It is to make the difference itself, let it go, and then turn around and make another difference, and let it go, hopefully without mentioning any of it or even thinking of it again as somehow related to me.

The ego got us through our caveman days, when my hormones ruled and I had to be tougher than the men of the other tribes or smarter than the lions and tigers.

But now, when we are rising above our animal ways, where the ego got us what we wanted, the ego's impulses are no longer what are needed.

Time to deconstruct the ego. Time to stand in the face of the impulse that wants to have us be recognized for our contributions and see what the driving childhood trigger was and then experience that trigger through till we see the truth of it and it loosens its hold on us. That is completing it.

I tell you I don't matter.

What happens to me does not make a difference unless I totally lose myself to find myself, unless I die before I die.

I've only made a difference in the sense that the one who was there making a difference has subsided. I haven't made a difference if a strong "me" is left shouting from the rooftops that it was me who made the difference.

Strange game. Hard to understand. But the way I think God designed it. Once God gave us an ego and now we are to give it back to God. In return, we enter a new era of freedom and bliss and an expanded ability to truly make a difference.

## Not Acquisition, but Cessation of Desire

April 4, 2023

<https://goldenageofgaia.com/2023/04/04/not-acquisition-but-cessation-of-desire/>



*Vrrooommm, vrrrrooomm!*

Again, I have my eyes on indications that things are reaching a climax, which will bring the Reval with it. And when it does, our desires may go wild.

It's called sudden wealth syndrome.

I wanted to look at the whole business of desire so that we can understand how it works in us and maybe be able to ride the wave of desire when it hits.

I'd like to do that by taking up something that Andrew Cohen said years ago. It isn't that what he said hadn't been said before; the Buddha said it. But something in the way he put it had me get it much deeper this time around.

The particular passage that struck me, which I want to look at here, is:

"The experience of perfect peace, of perfect happiness, is the result of the *cessation* of the endless craving for oneself - the endless, endless wanting only for one's own self." (1)

So, by extension, perfect peace is not the result of obtaining the object of desire, but of ceasing to desire that which we have now obtained.

I need to make a switch here. I'm more attracted to the channel of love, bliss, ecstasy, and exaltation than I am to perfect peace. (2) So, instead of peace, may I substitute the divine quality of bliss from here on in? Admittedly, they both end up in the same place. Thank you.

Let me use a concrete, personal example to illustrate what I think he's saying.

I think I felt bliss when I bought a Triumph TR-4 (see photo) in 1969 when I was around 23. Vrrrooom, vrrroooooommm! I was in heaven.

But, according to Andrew, it was not the acquisition of the TR-4 that did it. I had a tremendous amount of desire, longing, or craving tied up in owning that car - or more precisely in having the image that I thought went along with owning that car. It was pent-up energy. And, when I bought it, I released all of it. In the space thus created, I think Andrew says, I felt bliss.

Of course, bliss is natural to my being; it's not foreign or external. I don't go somewhere and get some. A fountain of bliss exists inside the heart.

When the heart opens, at last we have access to that fountain of love, bliss, ecstasy and more. And NOW, our Ascension has been said to be interdimensional and multidimensional. (3) If so, all dimensions will be open to us.

But I digress. When I saw the vision of the purpose of life in 1987, I was immersed in bliss. For three months in 2015 I lived in bliss. I never at any point left this 3rd/4th Dimension consciously (Michael says I left it many times, but I'm not aware of it). (4)

Andrew would say that my bliss arose not because I now owned a TR-4 but because I let go of the tremendous energy tied up in wanting the car. In the space created by the release of that wanting, my native bliss could arise and be recognized by me and felt.

It makes perfect sense to me that bliss would arise as the result of the cessation of desire rather than the acquisition of a purely-personal object of desire.

In the quiet mind, what is native to us can arise - purity, innocence, bliss, abundance, mastery, all varieties of love. The quiet mind is not driven by desire.

To borrow a phrase from an Indian sage, trying to find satisfaction through the acquisition of things is like drinking the ocean hoping to catch a fish.

Moreover, we're not being asked to live as renunciates. I don't think we're talking about needing to divest ourselves of all desires forever. I believe we're talking more about reaching a level of detachment where, when a moment of spiritual opening occurs, we can for that moment utterly abandon all else to focus only on the spiritual stimulus - bliss, peace, happiness, abundance, joy, mastery. Nothing successfully competes for our attention at that moment with the divine state we find ourselves in.

To my way of seeing, when the mind, of itself, falls silent, then we're on the launch pad for whatever divine state - love, peace, forgiveness, unity - we've contracted to experience and demonstrate. For me, it's love. I abandon myself to love and then speak from that space. For you, it's.... (6)

I know that, since my heart opening in 2015, my worldly desires, if I can call them that, have gone down and down and down. I'm not forcing anything. It's just that the love of the higher planes is so much more enjoyable and satisfying that other desires can't compete. They wither and fall away.

### **Footnotes**

(1) Andrew Cohen, *The Promise of Perfection*. Lenox: Impersonal Enlightenment Fellowship, 1998, 9. He could have added aversion but that is also only craving - craving to have something eliminated or taken away.

(2) Apparently I made a commitment to the Mother. It resonates with me:

Divine Mother: You have said to me, "Mother, what if they forget? I will remind them. I will communicate with them through words, through my passion, through my heart, through my knowing. I will communicate the love to them."

This is your task and it is a task of change as this planet, in this great chaos, in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose to simply be the love. It can have an infinite, literally infinite number of expressions. (Divine Mother in a personal reading with Steve Beckow, April 30, 2019.)

(3) St. Germaine tells us:

St. Germaine: You see all the rules have changed. You have decided to maintain form. That doesn't mean we're going to have you punished by not allowing you access to the 7th.

That is the old paradigm. 'You can't come here, unless you die.' Well, that's not true! That's what enlightenment and Ascension is about. You can go as far [as you like?], you can go and feel and be the Love that is the 7th Christ consciousness. You can have it all and then you pull it into your physical form so that you are a walking, talking, working, creating Christ-conscious Being. ("Transcript: Heavenly Blessings – St. Germaine on Where to Look for Results," channeled by Linda Dillon, July 15, 2014, at <http://goo.gl/OxNpnG>.)

(4) Here is one occasion on which I visited a higher dimension and was not aware of it; i.e., asleep:

Steve: X thinks I have ascended. Have I?

Archangel Michael: Yes, you have.

Steve: I have ascended? (laughter) I must have fallen asleep at that moment.

AAM: You have fallen asleep. When we have been working ... this is about seven weeks ago ... and in one of your moments of despair, of deep questioning, you have said, Michael, take me, and you have gone through the portal to receive an infusion of the energy of what to look forward to, to bring you greater peace, serenity, tranquillity, knowing. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, July 11, 2014.) [Hereafter AAM.]

This must have been a moderated experience because Michael has expressed on other occasions a desire that I not ascend early lest I hit the highway. Here's one instance of that line of discussion:

Steve: Should I be orienting toward ascending early or not? I have this sense that I'm supposed to be here.

Archangel Michael: You're supposed to be here. [I'm a pillar. Of course I'm supposed to be here.]

S: So it's not my lot to go early? I'm going to stay at this post.

AAM: If you sit with me and you ask of me to come right away, then of course, I will work with you, such is my love for you. That has not been our plan.

S: No ... well, I understand that I'm supposed to be doing what I'm doing. I don't want to be going against the plan.

AAM: Then stay put, dear heart. (AAM, Sept. 13, 2011.)

I think he had confidence that I'd make the later experience only a visit.

(5) See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Our-Enlightenment-Partnership.pdf>.

(6) Here's a clue: As the Mother tells us, it's whatever you love, whatever brings you bliss, whatever sets your toes tapping:

Divine Mother: Does it bring joy to your heart? Does it ignite that wonderful smile in your tummy? Does it make your feet tap, wanting to get going? Does it feel like love? Does it feel that you could take this project, whatever it is, and show it to me in full confidence and pride that this is something that you are offering yourself, each other, and the multiverse, the omniverse?

Now, if it does not give you that feeling, then set it aside. Go on to the next idea. Because the inspiration that you are being flooded with — and I mean each and every one of you; you are not in a lull, you are overwhelmed with ideas. So go to the next one, and say, all right, is this the one that makes my heart sing? And it may be a multitude of steps.

Do what feels like unbridled joy. That is how you create Nova Earth. That is how you say, as a human, as a creator race, this is how I work with the elementals, with the kingdoms, with the devas, with the planet, with my guides, with my star brothers and sisters, with the Company of Heaven. ("The Divine Mother Blesses Nova Earth Day, Feb. 14, 2013," at <http://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/nova-earth-day/the-divine-mother-blesses-nova-earth-day-feb-14-2013/>.)

# Time to Let Go of the Ego

August 11, 2016

<https://goldenageofgaia.com/2016/08/11/279879/>



*Credit: givemmorea.com*

The energies have reached a place where I'm feeling urges to drop large chunks of formerly relevant and insistent parts of myself.

The most insistent large chunk is the ego.

Of all the "I's" that I am, the "I" of the ego feels most like an anchor that holds me down from rising into bliss.

The I of the ego functions to promote the survival of me and everything I identify my survival with - my partner, my children, my extended family, my house, my car, etc.

Once survival settles down as an issue, the ego functions to promote my pleasure and avoid pain.

The ego is like a spider that has spun its web. Its web is my vasanas (core issues) and conditioning.



The ego has taken each explosion and arrived at a conclusion about it and a decision as to what to do in the future. The courses of action mandated by the decisions become the strands of the web, which the ego uses to entrap other people and render them powerless to oppose or threaten me.

Even after the vasanas are cleared, the conditioning can persist.

A lot of what we're clearing now may not be seen as tied to a vasana. We may just think of it as the way we've always done things.

Focusing on the ego itself, rather than its detritus or residue (conditioning), the ego seems to me to be at about a caveman level of development. It's strictly self-serving. It seems able to justify anything. The individual who's unaware of its existence or leading role in some things simply thinks that "I" feel this way or "I" want to do that.

But gradually, as awakening expands, the individual begins to become a little shocked by some of the things that some part of them puts forward, speaks, etc. The "I" of everyday consciousness begins to distinguish between itself and the other "I's" and wonders who this insistent, often aggressive, often unforgiving voice within itself is.

In my experience, the more the ego is seen, the more we become able to contemplate letting go of it.

But we don't seem willing to do that in a thorough-going manner until we have something to replace it with, something that satisfies us as much as the ego's drama used to, something that promises to ensure our future as much as the ego did.

That something is transformative love or bliss. Either sweeps the ego aside. Either offers something so satisfying that the ego is seen as no longer needed.

I'd like to say that transformative love and bliss are the magic carpets that take us higher dimensionally, but I'm just guessing. I'm not an enlightened man and certainly not a spiritual teacher. This is all guesswork on my part, based on my own limited experience.

The degree to which I relate to others openly and peacefully seems inversely related to the degree to which I allow the ego the commanding role in my life. Less ego, more openness. More ego, less openness.

Sages like Ramakrishna and Shankara suggest that the ego does not disappear. After Sahaja, it has all the substantiality of a burnt rope. It then becomes what it was always meant to be: our obedient servant and willing guardian in situations of purely physical danger or threat, such as watching for traffic when we cross the street or running from imminent danger.

In our case, in the matter of letting the ego go, we can count on the help of the Company of Heaven, our star brothers and sisters, and our guides and we have the assistance of the rising energies. We've given our issues over to them. Now it's time to give them our ego.

# Letting Go of the Ways of the Ego

May 3, 2012

<https://goldenageofgaia.com/spirituality/the-game-of-life/letting-go-of-the-ways-of-the-ego/>



On the path of self-awareness, as we progress through this apparently heightened time of the Transition, I'm watching my own ego operate and seeing validated some things that were said many, many years ago about its nature and methods. I'd like to share to reveal my own ego to itself.

I mentioned earlier that the est Training was an exercise in recreating the way the mind operates so that the mind, seen, would fall silent. Perhaps this can be an exercise in revealing the ego to itself for whatever advantage that that presents.

I think my ego operates in standard fashion so there may be value here for others. Maybe not.

The fundamental process of the ego, as I see it revealed in my own operations, is the self-serving bias. What does that mean? It means that the ego operates to represent matters in a way that is advantageous to itself.

So I operate to cast things in ways that represent myself as winning and others as losing, me as the critical factor in success and others as the critical factor in failure, and my gains as noteworthy and others' losses as noteworthy.

Put another way, when I operate as my ego, I maximize my own success and minimize my failures, retell events as if my input was crucial to success and others' was not, and selectively remember my own part in all things that worked out and selectively forget my own part in things that did not.

I suggest that this is the game plan, the modus operandi, the way of being of the ego.

By the workings of the self-serving bias, I seek to get ahead of others. I view my success as vital to the beneficent outworking of life. I excuse myself whenever I'm in danger of being associated with an unsuccessful outcome. I work mightily to cast or represent things so as to distance myself from outcomes that are unfavorable, inglorious.

I used to sit in the lunchroom of a place I worked at and watch myself and others converse. I'd watch myself polish my statue, keep my ducks in a row, and keep up a good front by engaging in what I came to call "howdido" conversations. This kind of conversation sees us tell and retell the day's events in a manner that successively whittles down any reference to our own mistakes, losses, and failures and retains only our own part in successes, gains, and wins.

We constantly ask our conversational partner, whether directly or indirectly, "How did I do?" And, if they operate self-servingly, they conspire with us to feed back to us that we did great - whatever anyone else did. When we have our story right where we want it, then we cease our howdido conversation on that topic and move on to the next.

What we come up with as a result of this kind of image management, this kind of sanitization of life, because that's what it is, as far as I can see, is what many of us call our "story." History becomes boiled down to our "story." It's my story and I'm sticking to it. Instead of life becoming about the truth of ourselves or whatever happened, it becomes about defending our story and selling it to others.

Werner Erhard used to say that life lived this way becomes about dominating and avoiding being dominated, judging and avoiding being judged, and excusing ourselves while not excusing others. I would think the totality of what I've just said fairly much represents and typifies a separative life lived in duality.

In duality, we gossip about others and defend ourselves from whatever gossip we chance to hear about ourselves. We gossip about them but are outraged at the very thought that others may be gossiping about us. We work away at all the rough edges, not of ourselves, but of our story. And we collect around us friends who will engage with us in ways that serve that same image and story.

And that is the round of life that we're leaving, hopefully - and if we do.

What does such a round of life leave us with? It leaves us feeling self-righteous. We are right and others are wrong. Werner used to say that it leaves us feeling dead-right because there is no aliveness in life lived this way.

We turn ourselves into a god and then worship before the statue of ourselves. And everything we do becomes a rite of worship before the god of self.

I'm watching my own ego rise up. I'm watching myself be indignant at things that don't go my way. I see myself trying to whitewash my mistakes and represent myself to you in ways that have me come off looking good.

Put out the brushfires. Offset the bad buzz. Distinguish all who attack me as being somehow deficient or off. Yawwwnnnnn....

As Werner said, there's no aliveness in life lived this way. Even if I were to say to you, I don't want to live my life this way, I'd suspect myself of image management, of wanting to look good. I think it might be better to simply remain silent.

Life lived for self, life lived by way of image management, life lived according to the self-serving bias simply has no future any more, no promise of aliveness. More of it won't be better. But not like I know what will take its place.

Oh yes, I could represent myself to you as knowing. "Oh, yes, I know. It's called unitive consciousness. Yes, that's the ticket."

But I actually don't know. I mean really *know*. I'm as much in a process of discovery of what way of being will take the place of the self-serving bias as anyone else. I'm not sure I'm even at the place of "not knowing," which is itself a high place, above the line between unconscious and conscious awareness. I think I'm more at the place of just being tired of my own self-servingness. Just tired of it. Like one more round of my own self-servingness just won't do it for me any more.

There's no doubt in my mind that this coming month will make it harder and harder, and more and more costly, to be self-serving and I'll be weaned of it, quietly or kicking and screaming, along with the rest of us who are embracing the new energies. Whether the passage is smooth or rough, it will happen, I feel very sure.

The only thing I can make out, if even dimly, is the necessity of letting go of it sooner rather than later, and then forgiving myself for living by that code for so long. How does one acknowledge that one has had it wrong for so long, without wallowing in self-pity or preening one's own image even here?

I just don't know.

# Wes Annac: Transcending the Ego and Finding the God-Self – Part 1/3

December 13, 2014

<https://goldenageofgaia.com/2014/12/13/transcending-the-ego-and-finding-the-god-self-part-13/>



Written by Wes Annac, *The Culture of Awareness*, December 12, 2014

<https://tinyurl.com/kc7ej7n>

The ego is an innate aspect of our consciousness that can be used for benevolence or malevolence. Most people who hear the word ‘ego’ associate it with someone who’s full of themselves; who brags about their accomplishments or acts like they’re better than the people around them.

The ego is usually associated with people who are so confident in themselves that they tend to be overbearing, but there’s much more to it and its mechanisms than simple self-centeredness. As strange as it might sound, the ego’s actually necessary for us to survive and function in the lower realms, and it can only fill us with selfishness if we let it.

I think the mind can be used for good when the ego's overbearing influence is transcended, and here, I'd like to examine what some of our spiritual teachers have said about it.

I've probably done a report on the ego before, but I wanted to talk about it again because I'm fascinated with the idea of transcending it and using the mind for positive purposes.

As you can probably imagine, our teachers encourage us to transcend the ego and its constant wants and desires, and I agree that we'll have to transcend it if we want to feel, anchor or express spirit with any degree of purity.

Once we transcend its influence, we can work with it to produce helpful works that benefit others. We can express unhindered spirituality from right here on earth (as opposed to striving to evolve into a higher realm to feel it), but only when the ego's transcended will we express it properly.

Sadhu Arunachala describes his experience of ego death, which came in the form of an intense fear he started to feel after meditating for months.

“After I had been meditating in the presence of Bhagavan [Sri Ramana Maharshi] for some months, I reached a certain stage when I would be overcome by fear. ... [Bhagavan] explained that it was the ego that experienced the fear as it felt that it was gradually losing its grip.

“It was, in fact, dying, and naturally resented it. He asked me, ‘To whom is the fear? It is all due to the habit of identifying the body with the Self. Repeated experience of separation from this idea will make one familiar with this state and fear will then automatically cease.’” (1)

Paul Ferrini tells us that the ego puts all of its effort into sustaining what's already known.

“Your ego is terrified of the unknown. No matter how terrible the known past is, the ego prefers it to the unknown present.

“All of its energy goes into trying to make the present into the past. It thinks that this creates safety, but in truth it creates continued terror, a constant aggravation of the wound until the pain is so intense that it must



be dealt with. You see, everything, even your ego, conspires toward your awakening!

“So living the past over and over again creates the ultimate terror. Outwardly, life seems safe and predictable. Inwardly, the dynamite has been lit.” (2)

The more we try to live in the past by sustaining an experience we remember or understand, the more we trap ourselves in the ego’s confines.

Some of you who are on the path of spiritual evolution might notice that you’re sometimes tempted by the desire to fall back into old habitual patterns and ways of living/being that no longer serve you, and this could very well be because the ego’s striving to maintain its grip.

The ego will start to feel like its dying as we continuously fade into our sacred center. It’ll fight, fight and fight some more to postpone its inevitable transcendence, and it’s our duty to stay as centered and materialistically unfocused as we can in an effort to constantly embrace spirit.

If we can embrace spirit, the ego will have less and less control over our ability to think and discern. Let’s feed spirit as much as we can and go out of our way to deny the wants and demands of the ego, which fights to save its own life and influence over our consciousness and the decisions we make.

Adyashanti affirms what Paul told us about the ego’s need to sustain itself.

“The psychological self seeks to continue, to survive. Simultaneously there is a compelling, driving urge to break free of this self.

“However, to break free brings the end of time. When it happens, past and future will be over for you. Questions and answers will cease, and there will be nothing. Out of that nothing, something fresh will flower. You will have to become that flower.” (3)

Paramahansa Ramakrishna advises that to see ourselves as finite humans, and not as Source, is to limit ourselves and feed spiritual ignorance.

“‘I’ and ‘mine’ — these constitute ignorance. ‘My house,’ ‘my wealth’, ‘my learning’, ‘my possessions’ — the attitude which prompts one to say such things comes of ignorance. (4)

We’re much more than the meat suits we embody here on earth, and we can’t take our material possession with us into the higher realms. We can’t even take our physical bodies with us on our journey back to Source.

All we can take with us is our consciousness as it’ll exist when we’re ready to leave this sphere, so we’ll want to make sure we cultivate a wholesome life for ourselves in the realms beyond by living as much in love and centeredness as we can on earth.

It’s easy to fill our heads and hearts with material possessions and concerns, but we’ll make life much harder for ourselves when we’re back in the higher (or lower) realms if we do.

Where we go when the physical body perishes depends entirely on the choices we make in life, and if we make choices that are in alignment with our spiritual paths, I’m sure we’ll experience pure bliss when we’re back in the higher realms.

We’ll experience exactly what we create for ourselves, and if we create love and joy here on earth, that’s exactly what we’ll experience.

### **Footnotes**

1. Sadhu Arunachala (A.W. Chadwick), *A Sadhu’s Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961, 40.
2. Paul Ferrini, *Silence of the Heart*. South Deerfield, MA: Heartways Press, 1996, 22.
3. Adyashanti, <https://www.members.shaw.ca/adyashanti/>, 16 May 2004.
4. Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 105.

# Wes Annac: Transcending the Ego and Finding the God-Self – Part 2/3

December 14, 2014

<https://goldenageofgaia.com/2014/12/14/transcending-the-ego-and-finding-the-god-self-part-23/>



*When ego is lost, limit is lost. You become infinite, kind, beautiful.*

~ unknown ~



*Credit: Pinterest*

*Written by Wes Annac, The Culture of Awareness, December 13, 2014*

*<https://tinyurl.com/pagyt2j>*

Continued from [Part 1](#)

As Ramakrishna also tells us, the ‘I’ we’re familiar with isn’t intended to be our physical selves, but Source him/herself.

“By discriminating you will realize that what you call ‘I’ is really nothing but Atman. Reason it out. Are you the body or the flesh or something else?”

“At the end you will know that you are none of these. You are free from attributes. Then you will realize that you have never been the doer of any

action, that you have been free from virtue and faults alike, that you are beyond righteousness and unrighteousness.” (1)

As long as we empower the ego, he tells us, we’ll continue to live in the illusion of polarity.

“[Virtue and vice] both exist and do not exist.

“If God keeps the ego in a man, then He keeps in him the sense of differentiation and also the sense of virtue and sin. But in a rare few He completely effaces the ego, and these go beyond virtue and sin, good and bad. As long as a man has not realized God, he retains the sense of differentiation and the knowledge of good and bad.” (2)

The idea that only a select few people can find enlightenment seems a bit outdated, and I can only say this because of the opinions of the readers who commented on one of my recent articles about the concept of enlightenment only being attainable to the few seekers who are diligent enough to completely transcend the ego.

Even though inner work is still an absolute requirement, I think the portal has widened since Ramakrishna’s days and more seekers can now find enlightenment.

I suppose this perspective is partially influenced by modern day ascension beliefs; by the idea that all of humanity’s experiencing a gradual yet direct physical/spiritual evolution. The feeling I (and plenty of others) get is that enlightenment’s now widely available as long as we can do the inner work that’s always been (and always will be) necessary.

The ego, Ramakrishna tells us, “is like a stick that seems to divide the water in two. It makes you feel that you are one and I am another.” (3)

Spiritual ignorance, he advises, “lasts as long as one has ego. There can be no liberation as long as the ego remains. ‘O God, Thou art the Doer and not I’ — that is knowledge.” (4)

He expands on one of his quotes from earlier.

“My house,’ ‘my wealth’, ‘my learning’, ‘my possessions’ — the attitude which prompts one to say such things comes of ignorance. On the contrary,

the attitude born of Knowledge is: ‘O God, Thou art the Master, and all these things belong to Thee. House, family, children, attendants, friends are Thine.’ (5)

Becoming a conduit for Source’s energy and inspiration is worth our time and effort. When we can recognize that our finite physical selves are only capable of achieving things that resonate with our surface perception, we can open up, break the barrier and do things we never expected to do.

Source works through us to the extent that we’re willing and able to open up, and our creativity will flow (along with our general spirituality) when we allow Source to express his/her omnipotent love and intelligence through us. We’ll no longer stress or worry about how other seekers see our work, because we’ll know we didn’t create it by ourselves – we received divine assistance.

According to Krishnamurti, “It is the mind with its demands and fears, its attachments and denials, its determinations and urges, that destroys love.” (6)

He tells us how religious and political ‘propaganda’ have shaped the way we think.

“The experience of pleasure and pain is direct, individual; but the understanding of the experience is after the pattern of others, of the religious and social authorities. We are the result of the thoughts and influences of others; we are conditioned by religious as well as political propaganda.” (7)

Hazrat Inayat Khan affirms that seeing ourselves through an ego-driven lens causes a lot of unnecessary misery.

“A person who likes to say twenty times in the day, ‘I’, does not like to say, ‘I am not, Thou art’. But he does not know that this claim of ‘I’ is the root of all his trouble. It is this claim that makes him feel hurt by every little insult, by every little disturbance.

“The amount of pain that this illusion gives him is so great that it is just as well he got rid of it. But that is the last thing he would do. He would give up his last penny, but not the thought of ‘I’. ... That is the whole difficulty and the only hindrance on the spiritual path.” (8)

According to Sri Krishna, ‘cutting free from desire’ will liberate us and show us the way to the heart.

“Self-controlled, Cut free from desire, Curbing the heart And knowing the Atman, Man finds Nirvana That is in Brahman, Here and hereafter.” (9)

The Buddha tells us that “The world does not know that we must all come to an end here; but those who know it, their quarrels cease at once.” (10)

Everything in existence has a purpose, the Buddha shares, and living in love is the best thing we can do with this existence.

“All things that exist are not without cause. However, neither Ishvara, nor the absolute, nor the self, nor causeless chance, is the maker, but our deeds produce results both good and evil.

“The whole world is under the law of causation, and the causes that act are not un-mental, for the gold of which the cup is made is gold throughout. ... Let us surrender self and all selfishness, and as all things are fixed by causation, let us practice good so that good may result from our actions.” (11)

When we can live purely and unflinchingly in the heart, the karma we manifest will uplift us and those around us who’d benefit from our love and positivity. The afterlife we create for ourselves will be much more blissful, because we’ll have made a real and solid effort to make it pleasant for ourselves with our continuously loving actions on earth.

Sometimes, I want to shout from a mountaintop that love is the most important and powerful force in existence, second only to Source him/herself.

Love will help us see our way through the confusing earthly maze we have to try our best to navigate, and with love in our hearts and the willingness in our minds to consistently transcend the ego, we’ll align our thoughts, feelings and actions with a higher power.

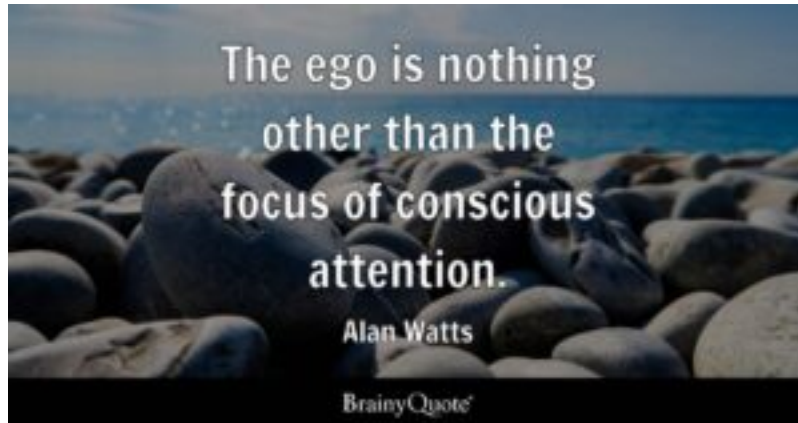
## Footnotes:

1. Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 208.
2. Ibid., 328.
3. Ibid., 387.
4. Ibid., 204.
5. Ibid., 105.
6. J. Krishnamurti, *Commentaries on Living. Second Series*. Wheaton, IL: Theosophical Publishing House, 1967; c1958, 223.
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8. Hazrat Inayat Khan, *Way of Illumination*. Delhi, etc.: Motilal Banarsidass, 1988, 197.
9. Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 61.
10. Edwin A. Burt, ed., *The Teachings of the Compassionate Buddha*. New York and Toronto: New American Library, 1955, 53.
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## Wes Annac: Transcending the Ego and Finding the God-Self – Part 3/3

December 16, 2014

<https://goldenageofgaia.com/2014/12/16/transcending-the-ego-and-finding-the-god-self-part-33/>



*Written by Wes Annac, The Culture of Awareness, December 15, 2014*

*<https://tinyurl.com/lgdasug>*

Concluded from [Part 2](#)

Abba Alonious tells us that the destruction of his ego was necessary so he could rebuild himself from the ground up.

“If I had not destroyed myself completely, I should not have been able to rebuild and shape myself again.” (1)

The ‘water of God’s grace’, Paramahansa Ramakrishna tells us, “cannot collect on the high mound of egotism. It runs down.” (2)

He also tells us that we won’t truly connect with Source until we renounce the self-serving ways of the ego.



“Unless one renounces the ego, one does not receive the grace of God.” (3)

‘Narendra’, who later became Swami Vivekananda, rejoiced at the transcendence of his ego and his experience of heaven on earth.

“Thou One without a Second, all Peace, the King of Kings! At Thy beloved feet I shall renounce my life And so at last shall gain life’s goal; I shall enjoy the bliss of heaven while yet on earth!” (4)

Sri Aurobindo encourages us to drive the ego out of all of its clever disguises and hiding places so we can finally and justly transcend it.

“The centre of all resistance is egoism and this we must pursue into every covert and disguise and drag it out and slay it; for its disguises are endless and it will cling to every shred of possible self-concealment. ... There is no I nor thou, but only one divine Self equal in all embodiments, equal in the individual and the group, and to realize that, to express that, to serve that, to fulfill that is all that matters.” (5)

In a Q&A, Ramana Maharishi tells us that renunciation doesn’t just entail giving up the ego – it entails giving up the false self who’s influenced by it.

“Q: What is renunciation?”

“M: Giving up the ego.

“Q: Is it not giving up possessions?”

“M: The possessor too.” (6)

In order to ‘give up everything’ materialistic, he advises, we’ll have to understand that the ego feeds all of it.

“If the ego is, everything else also is. If the ego is not, nothing else is. Indeed, the ego is all. Therefore the enquiry as to what this ego is is the only way of giving up everything.” (7)

Krishnamurti tells us that we’ll eventually care so much about others that we’ll have little desire to stimulate the ego.

“You must distinguish between the selfish and the unselfish. For selfishness has many forms, and when you think you have finally killed it in one of them, it arises in another as strongly as ever. But by degrees you will become so full of thought for the helping of others that there will be no room, no time, for any thought about yourself.” (8)

After so much diligent work, we’ll care less about our wants and desires and more about helping others find what they need to physically and spiritually thrive. We’ll stop wanting to stimulate the ego as we steadily learn to care more for the plight of others, and our selflessness will affect everyone who’s been lost in the confines of the ego.

We’ll serve others with an open and loving heart, and they could in turn awaken to their potential and start helping others find a spiritual perception or simply get a leg up in this difficult world.

The people out there who are feeding the hungry, giving drinks to the thirsty and giving clothes and shelter to the homeless probably don’t think much about themselves. Even though enlightenment isn’t their goal, they’re still doing selfless things that spirit will most likely reward them for when they’re back in the higher realms.

A lot of them probably don’t think about spirituality or the possibility of an afterlife – they simply see atrocities that need mended and seek to mend them. This is true selflessness, and in time, everyone will grasp it and finally start helping others.

In our final quote, Adyashanti encourages us to transcend our fixation on failure and success. Only when we cease to care about ‘our story’, which is meant to be blank so we can perceive Source with a greater degree of purity and clarity, can we embrace love.

“The biggest challenge for most spiritual seekers is to surrender their self importance, and see the emptiness of their own personal story.

“It is your personal story that you need to awaken from in order to be free. To give up being either ignorant or enlightened is the mark of liberation

and allows you to treat others as your Self. What I am describing is the birth of true Love.” (9)

It’s easy to stay fixed on our accomplishments and our failures, but as we’ve heard endlessly, only when we can empty ourselves of any thoughts that aren’t aimed at Source or service (I.e., when we can transcend egotistical thoughts) can we do anything pure or significant with our time on earth.

Once our sense of self is transcended, we’re basically infinite. We can explore our Christ consciousness with meditation, creativity and various other spiritual tools, and along the way, we can openly and lovingly serve others with the understanding that our service makes not only their lives, but ours more enjoyable

We obviously won’t serve others for the karmic rewards that are involved.

We’ll do it because we’ll have moved past our desire to help ourselves, which we’ll have replaced with the desire to help others. The whole world would benefit if even two seekers could transcend their sense of self and start serving this planet, and we definitely need more humanitarians and spiritual teachers.

We only need more spiritual teachers in the sense that we need more people who are willing to selflessly help show the way back into the higher realms, and it goes without saying by now that we’re our best spiritual teachers and inspiration or clarity can only come from within.

In the face of the ego’s constant schemes, I think the best thing we can do is live humble lives and serve others with an open heart, free of any ego-driven concerns about how the world sees us. We aren’t here to please the egos of others – we’re here to help the world find a higher state of consciousness that’ll liberate us all the stress and drama we’ve come to see as ‘normal’.

When we can do our work with no mental concerns or attachments, we’ll unlock our true potential; the true secret of life. This planet would change in an instant if everyone opened up to this, and the world will eventually awaken as long as we can continue to live in love and set an example.

## Footnotes:

1. Benedicta Ward, trans., *The Sayings of the Desert Fathers*. London and Oxford: Mowbray Books, 1981, 35.
2. Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. Ibid., 111.
3. Ibid., 790.
4. Ibid., 120.
5. Sri Aurobindo, *The Synthesis of Yoga*. Pondicherry: Sri Aurobindo Ashram, 1983, 3-16.
6. Paul Brunton and Munagala Venkataramaiah. *Conscious Immortality. Conversations with Sri Ramana Maharshi*. Rev. ed. 1996, n.p.
7. Sri Ramana Maharshi. *Forty Verses on Reality*. Trans. Arthur Osborne. Mountain Path, October 1964. Downloaded from [https://www.realization.org/page/namedoc0/40\\_verses/40\\_verses\\_0.htm](https://www.realization.org/page/namedoc0/40_verses/40_verses_0.htm), 25 August 2005, Verse 25.
8. J. Krishnamurti, *At the Feet of the Master*. Adyar: Theosophical Publishing House, 1974; c1910, 34-5.
9. Adyashanti, "How You Treat Others," 1998, downloaded from <https://www.adyashanti.org>, 2004.

*(Share this article freely.)*

*I'm a twenty-one-year-old writer, musician and blogger, and I created [The Culture of Awareness](#) daily news site. The Culture of Awareness features daily spiritual and alternative news, articles I've written, and more. Its purpose is to awaken and uplift by providing material about the fall of the planetary elite and a new paradigm of unity and spirituality. I can also be found on Facebook ([Wes Annac](#) and [The Culture of Awareness](#)) and [Twitter](#).*

# Nicky Hamid: Befriending Your Ego

April 9, 2023

<https://goldenageofgaia.com/2023/04/09/nicky-hamid-befriending-your-ego/>



<https://www.globalmissionoflove.com/>

## BEFRIENDING YOUR EGO

It is extremely easy to understand your ego.

Everything in all Creation including You are in constant movement.

Change, flux, movement, spin, in and out, IS the name of the game of Creation.

Ego want nothing more than for you to remain where you are. In the safest place it has found for you.

It wants static, familiar, inertia, safe, certainty, control, predictable, expected,....etc.

Change, any change is uncomfortable, unknown, unpredictable and Scary for the ego.

It says to all change, "Warning, Danger, effort, uncomfortable, threatening to me.

Don't go there, It is far better to stay where you are". "Think about it", "check it out first", " ignore it" "hide yourself from it".

When you know you need to change but are saying you do not know how to change it, then you do not want to change, you are postponing the inevitable change.

You are OF SOURCE. You CANNOT BE CONTAINED.

And as a Soul Being in HUman form you have been given the most Precious gift...FREEWILL.

You are the change and you are continually able to change, but you (ego you) simple is coming up with excuses for you not to be able to do what you are capable of in any given moment. What your Soul Being is asking of you.

You are being called to step into the VOID, but all your ego can do is nag you to AVOID.

How willing are you to change, to go with your own Flow of change?

It is Will, your will that is the key.

Your CHANGE comes from the choice to take hold of The Divine, Essential, Expansive, Knowing WILL of YOU, navigated through Heart direction REGARDLESS of the warnings of ego.

YOU are the CHANGE you have been waiting for.

It is time to put to rest forever the "illusionary safety of little mind" (ego self).

Let Change, New, Fresh, Clear, Expansive be your journey.

Rest in Peace Beloved ego.

Be still that I may fly FREE.

I So Love You

\*\*\*\*\*

PS UNDERSTAND. Your ego is not your enemy.

It has been your fail-safe. It lets you know immediately whenever you are out of alignment with who you truly ARE. It points to you the conscious choice you are having to make in order to stand FREE.

BEFRIEND YOUR EGO. Teach it to rest NOW because the WAR in yourself is over.

It has done its job and you are so grateful for how it is pointing always to your Truth calling.

# Wes Annac: Heightened Energy and a Balanced Ego

November 21, 2013

<https://goldenageofgaia.com/2013/11/21/heightened-energy-and-a-balanced-ego/>



*Written by Wes Annac, the Aquarius Paradigm*

*The recommended audio version of this article can be found [here](#).*

Vibrant spiritual energy is in the air right now, and we can make an effort to attune to it and feel its amazing effects because we're unlimited vessels for it.

I have a feeling that we've always been meant to access and benefit from the pure energy we have the full ability to absorb, and I can say from personal experience that tapping into it not only feels wonderful, but provides numerous benefits for us along our journey.

Can you feel the good vibration in the air? Has it been as brimming and blatant for you as it has been for me? I feel like this vibration we're being given is becoming purer by the day, and this goes along with what we've been told by our higher-dimensional sources.

For me, one of the biggest effects this increasingly pure energy is having is on my expression. Thoughts, ideas and feelings are flowing through me quite effortlessly, and as I've said in the past, I'd almost feel selfish not to share this overflow of positive energy and resulting clear-headedness with you all.



I've been enjoying articulating myself more with each day that passes, and as is probably clear, I've felt led to expand this articulation by recording audio clips and things of that nature much more. It feels great to say the least to be a part of this growing movement of conscious people looking to establish a new paradigm, and it feels even better to be able to contribute as directly as I'm blessed to be able to.

The energy being delivered to our planet from the higher dimensions seems to be getting purer as humanity subsequently rises in consciousness, and I have a feeling that I'm not the only one being vastly affected, for better or worse, by the latest round of it.

I couldn't talk about this energy without mentioning that it has and will continue to test us immensely, and for me, this testing is coming about in a way that's intended to see me release the final vestiges of ego that desire control over my experience.

As we're beginning to learn, ego and some of its derivatives, such as materiality, aren't necessarily "bad" things. The ego is the mind, which comes from a place of identity, and seems necessary for us to Live under and utilize as we go about this experience.

It's the extent to which we let ego or materialistic desires overpower and run us that determine their potential malevolence, but they can be appreciated and worked with in a healthy and balanced manner to produce an enjoyable Life.

If we Live from a constant place of ego and self-service, we'll only make our Lives harder until we learn the reality and importance of acting from the sacred heart space and utilizing ego in the healthy and balanced manner it's intended to be utilized in.

Letting materiality consume us only turns us into consumerist zombies, but consumerism itself doesn't have to be all-out rejected. My objective isn't to argue in favor of consumerism here, but to offer a different perspective of it that I'm certainly not the first to offer (thanks to comedian Russell Brand for the inspiration).

Technically, you're "consuming" this article as you read these words. Is that necessarily a bad thing?

I think that this heightened energy is leading us to see different concepts, such as ego and materiality, in a newer and perhaps more balanced light. You're encouraged not to let yourself be consumed by material things or desires, but I don't think we're intended to deny ourselves certain aspects of our Earthly experience that simply come with the territory.

The heightened energy is also leading the aforementioned growing number of conscious people to step up and proclaim our dissatisfaction with the old paradigm in the various forms it's come about, as displayed by the recent global protest against the mainstream media (though it's certainly not the only thing displaying this).

Geopolitical and spiritual awareness are growing as we're led to understand various things in a new light, and as always, I look forward to seeing where this interesting time takes us.

Wes Annac – Blessed to be here with you all.

Image: [https://blog.kirgs.com/images/balance\\_scales.jpg](https://blog.kirgs.com/images/balance_scales.jpg)

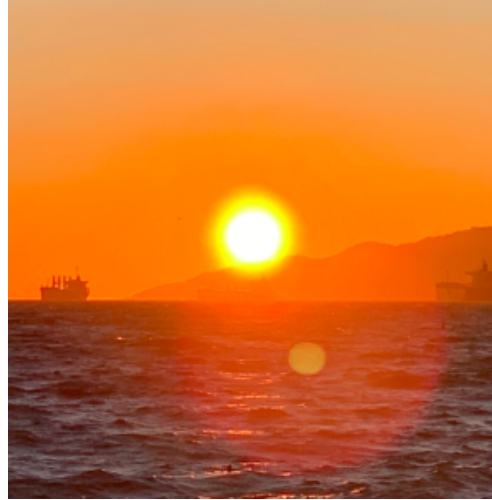
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# Experiencing and Realizing the Ego

April 30, 2019

<https://goldenageofgaia.com/2019/04/30/300704/>



As a result of the vision I had in 1987 (1), it's an article of faith with me that from the moment we emerge from the One as a point of Light until the moment we merge in It again, we are in school.

We're in school to learn our true identity, which we forgot in the process of individuation.

That vision showed me that the reason God created life forms - the purpose of life - is for them to remember and realize themselves. In a moment of their enlightenment, God meets God. For that meeting was all of this made.

From every encounter, from every experience, we learn something about ourselves, about our false and true identities.

I look upon my life as a constant learning experience, a workshop in which I run experiments and learn from the outcomes.

On the awareness path, I've been trained to notice the small moments and recognize them for what they are - hints as to the truth of the situation.

This evening, as I watched the sun set, I was mulling over an unrelated subject and I detected a quality about the way I was being at that moment.

When I focused my awareness on it, I recognized it as the same part of me that isn't very friendly, doesn't smile a lot, avoids contact. And then I realized: This is my ego. This is what we're pointing at when we use the word.

Once before I'd experienced my ego. My wife, looking upon the expression on my face at that moment, was horrified. I was horrified by what I saw. Let's just say that it was the scariest thing I've ever seen.

This time it wasn't like that. I simply was able to match a word ("ego") to what I was feeling that was having me be so decidedly unfriendly. When I tried the word on, it fit with the experience and my own knowledge. I own that I saw my ego.

It's one thing to know something intellectually. It's another to experience it. And it's something else again to realize it. I both experienced and realized my ego in that moment.

Now I know who the unfriendly part of me is. I don't plan to do anything about it. Just allow awareness to do its work. I've identified the side of me that causes mischief and disarray.

If I let it, awareness will dissolve the ego's unfriendliness.

### **Footnotes**

(1) See "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue," at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

From *The Purpose of Life is Enlightenment*, at <https://gaog.wpengine.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

## From Ego Self to Absolute Self

July 25, 2016

<https://goldenageofgaia.com/2016/07/25/ego-self-absolute-self/>



I feel the need to clarify the notion of "ego" for myself. We who need to learn write.

Ego is simply a Latin word for "I." Self-Realization is the purpose of life so what harm is there in focusing on and burnishing the self or "I" that the ego is? Is not the deepest realization of *that* the fulfilment of life?

The process of Self-Realization actually sees us move from an exclusive sense of the Self to an inclusive one, from a narrow sense to an umbrageous one. It also sees us put our self-importance aside and realize that only the One is important - and the One in everyone.

Exclusivity and self-importance are aspects of the ego, OK in their domain. If we remained cave people, they'd be important survival skills. But where we're going, they have no further usefulness. They're set free, retired!

## **Inclusivity vs. Exclusivity**

Joking aside, the ego is exclusive. It refers only to the limited identity of the Third Dimension, not the limitless identity of the highest planes of existence. Our job is to move from any imitation of identity to a limitless identity, is it not?

Ego is a survival mechanism, unique to the individual. It's useful in our ongoing efforts to remain whole and uninjured and provide for ourselves. It weighs courses of action that'll promote survival and avoid injury, argues for the most effective, and attempts to steer the will to act on its wishes.

These basic survival concerns being satisfied, ego then seeks pleasure and avoids pain.

It's become a commonplace to say that "ego is the guardian that turns into the guard." (1) What started as the servant turns out later for most of us, I think, to be the master. Our fears, our concerns all emanate from the ego.

The ego has to be transcended if we're to ascend the ladder of spirituality, from Third Dimensionality, where the relative, 3D ego and mind flourish, to the various bodies of the higher dimensions, with their higher Selves, free of the ego and lower-dimensional mind.

The ego builds its survival wall and defenses out of beliefs. Beliefs steer the ship, provide the motive power, etc. And the foremost belief of the ego is in its own self-importance, superiority, entitlement, and so on. Fairly caveman-level behavior, just overlain with a patina of civility.

These beliefs wall off the ego and its lower-level consciousness and keep it separate from others.

The ego has to be transcended for us to proceed to the higher dimensions. It has to be left behind. It has to be given full honors for keeping us alive and released on permanent vacation.

The path that leads upwards, I'm told, is one of increasing inclusivity. There's no future in exclusivity.

## **What Exists and What Does Not? What Expands and What Disappears?**

A sense of self-importance leads to arrogance. A sense of selflessness (egolessness) leads to love. Arrogance puts barriers between us and others. It blocks our experience of the joyous companionship of others. Love invites us to expand and deepen that society and companionship.

With regard to self-importance, it's in fact paradoxically true that we are the only one that exists, that we are ultimately important, etc. We are God, who is the only one that exists, despite the numerous temporary, illusory forms that God takes.

As God, we are important. As a being deemed to be separate from God, we lose the ground of our oneness and the basis of our importance. We remain important but the sense of it "densifies."

The loss of all seeming separation from God awaits us achieving existence on the highest-possible plane. And we're not there yet ... or we wouldn't be here.

Again paradoxically, our sense of self *does* expand and expand. Is this puffery? No, it's spiritual growth providing that what expands is our sense of the umbrageousness of the One Self.

Truth is what expands and illusion disappears as we mount the ladder to heaven. Achievement of bliss causes our knowing and expanding to accelerate for the time we're in bliss.

The sense of the one Self we are grows - and blossoms with the progressively-higher experiences of enlightenment that open up to us.

It's said by sages that the fourth-chakra experience of spiritual awakening leads us to understand that we are penultimately a brilliant and eternal Light, Self of the All Self.

Sixth-chakra savikalpa samadhi or cosmic consciousness has us see that we are one with the Energy that comprises all of creation (the Mother).

Seventh-chakra Brahmajnana or transcendental consciousness has us see that we're one with That which transcends and contains creation (the Father). And our sense of the Self keeps expanding infinitely past that point.

We see one body after another fall away, until we reach a state of formless existence. However that still goes on within the dimensional framework and we're all of us beings that transcend the dimensions. So our spiritual evolution continues, until only God is left. We disappear even as we emerge. Again paradoxically.

When we let go of the exclusivity of self-importance, with the arrogance it leads to, we're able to embrace the inclusivity of the oneness of all, with the love it leads to.

Miracle of miracles, we find that the pleasure, joy, and happiness we sought by forever indulging the ego is in fact to be found by letting it go.

### **Footnotes**

(1) Clint G. Bridges, "Ego," Truly Alive Magazine, at <https://www.trulyalive.net/ego/>.



## Is Ascension a Moment of Complete Egolessness?

May 16, 2021

<https://goldenageofgaia.com/2021/05/16/is-ascension-a-moment-of-complete-egolessness/>



I have an hypothesis, that Ascension is identical to a moment of complete egolessness.

I'm not saying that the ego does not return. But for a time - a moment or longer - the ego is utterly transcended and falls completely silent.

At that moment, I hypothesize, the heart opens fully and permanently. That is Ascension.

When the ego returns, as it will, Sri Ramakrishna advises making it our servant rather than, in its own estimation, our master.

"The ego does not vanish altogether. The man coming down from [Sahaja] samadhi [or Ascension] perceives that it is Brahman [God] that has

become the ego, the universe, and all living beings. This is known as vijnana [literally perfect wisdom, Sahaja Samadhi, or Ascension]." (1)

"It is impossible to get rid of the ego. Therefore it should be made to feel that it is the devotee of God, His servant." (2)

In what way is the ego the barrier to enlightenment? I've already said that the vasanas are the major barrier to enlightenment. (3)

The ego is a construction of the mind called forth by the strong desires inherent in our vasanas. If we have a "want," an "I" arises to fill it. That "I" is the ego. An Indian mystic used to say that "I want" is the problem. I agree.

Strong desires for the good and pleasurable are still vasanas but, according to Sri Ramana, they don't impede Ascension (or what he called Sahaja) if enjoyed without attachment. (4)

I suspect therefore that much work on vasanas will one day lead to an apprehension of the ego itself, the operator behind the vasanas, the "I" serving my upsets, my addictions, and my concerns for survival.

### **Footnotes**

(1) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 104. Hereafter PR in GSR.

(2) PR in GSR, 788.

(3) "The term "vasana" is used by Advaita Vedantists (or non-dualists) to describe the primary obstacle to enlightenment....

"A vasana is usually considered to be a behavior pattern formed in early-childhood, based on a traumatic incident, complete with decisions and reactions, which persists through time, sleeps, and is awakened by a triggering event. It exists as a disturbing wave in the mind, preventing the stillness of mind which is considered to be a prerequisite for enlightenment." (Steve Beckow, "Processing a Vasana of Strong Attack – Part ½," at <https://goldenageofgaia.com/ascension/preparing-for-ascension/processing-a-vasana-of-strong-attack-part-12/>.)

(4) "*Vasanas* which do not obstruct Self-Realization remain [after Self-Realization]. In Yoga Vasistha two classes of *vasanas* are distinguished: those of enjoyment and those of bondage. The former remain even after *Mukti* [liberation from 3D or Ascension] is attained, but the latter are destroyed by it. Attachment is the cause of binding *vasanas*, but enjoyment without attachment does not bind and continues even in *Sahaja* [i.e., Ascension]." (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 89.)

## ⌘ Background ⌘

## Basic Third-Dimensional Illusion: Separate Selves Struggling for Survival amid Seeming Scarcity

May 17, 2020

<https://goldenageofgaia.com/2020/05/17/basic-third-dimensional-illusion-separate-selves-struggling-for-survival-amid-seeming-scarcity-2/>



What is the mindset we're trying to let go of, that tells us how life is in our everyday setting? Can we state it in its simplest and most fundamental form?

Let me offer my version of it:

*We are separate selves struggling for survival amid seeming scarcity.*

The best label for this view of life, in my opinion, is "social Darwinism." Life is a struggle for existence, in which only the strong survive.

Can we look at this short statement, as an approach to dispelling our primary 3D illusions?

*(1) We are separate selves.*

(a) We are selves. That's true. God tied a knot in the ocean of love, light, and consciousness. The balloon thus formed, full of God-stuff and consciousness, we call a self.

(b) So long as our vibrations are dense and heavy, we can only know that self as something separate from all other selves.

We don't see or feel the God-stuff. We refuse to admit that the seeming individuality we have is not fixed, permanent, or eternal. We are God but we refuse to abandon our penultimate state as God the Self, Christ, Atman, or pearl of great price.

St. Paul describes the ultimate surrender of the Self - in Biblical code - here:

"Then *cometh* the end [final enlightenment], when he shall have delivered up the kingdom [all the bodies, all the selves] to God, even the Father." (1)

This surrendering of the Self constitutes "final" enlightenment, which, in my vision of 1987, was represented by the small golden star returning to the Father and immersing itself in him. (2)

Therefore, viewed from the standpoint of ultimate Reality, there is only One and therefore we must be that One. Otherwise there would be a second.

Viewed from the Highest Reality, then, there never was, is, or ever shall be separation between God and this apparent "me."

So the separation from God is only a seeming, which occurs on the Third and Fourth Dimensions, the lowest and most dense we'll ever see.

Therefore, this part of our statement - that we are separate selves - is not absolutely and fundamentally true. In the end, it's revealed as an illusion.

*(2) struggling for survival*

Survival - do we actually need to survive? Have we ever questioned that?

I've been outside my body and see that I am not my body. When I was outside it, I never felt hunger or questioned where I'd sleep that night. I was free of all those conditions.

Whatever happens to my body at death need not concern me for I have a life independent of it. So for me, anyways, survival is not an issue.

(b) Struggling - do we need to struggle to survive? Or struggle for anything?

In the time I spent in Fifth- and Seventh-Dimensional love, I found myself in a state of consciousness where any idea of struggle would have been laughable. Laughable because I could not have struggled for anything, so deeply awash with love was I - rich, profligate, generous. I could have given it all away, knowing that the replenishing flow was endless.

No struggle there. But no struggle also because I had everything I wanted. Don't you see? Love - real love - is what we're looking for. So I know a state of being where real love is free and plentiful and in that state is not a thought of struggle.

In that state, we're certain that we've arrived. There is nowhere else to go except deeper and deeper into Love.

Therefore, that we need to struggle to survive is another myth, another illusion.

*(3) amid seeming scarcity.*

Leaving aside the fact that any scarcity we create increasingly seems to arise out of our own beliefs in lack and limitation, there was certainly no scarcity where I ended up. I drowned in an ocean of love. No scarcity there and I wanted nothing else.

If you offered me gold while I was in that state, I'd have only smiled. I wouldn't have lifted a finger for it. What can gold give me that love does not? In that state you really get the importance to us of how we feel. Because when we feel brimful of love, we want nothing else.

All I wanted was to touch the fingers of other love-soaked pilgrims as they passed me by going wherever they were going in an unrushed, love-drenched world.

Consider the free gifting of replicators as a mid-term tangible indication that there's no scarcity. The replicator will give you whatever you ask of it.

Then consider that, before our journey of Ascension has ended, we'll be creating what we want by thought. No scarcity there either.

The trend is not towards scarcity but away from it. So this part of our statement too seems to be an illusion.

There isn't a part of our statement of the fundamental credo of the Third Dimension that has held up to scrutiny when viewed from a higher-dimensional perspective.

And yet this point of view is so basic to our behavior patterns that we "live it," without thinking about whether anything about it is true, real, eternal. And nothing about it is.

*We are not separate selves struggling for survival amid scarcity.*

We are Children of God, not different than or separate from the Mother/Father, learning our true identity by willingly entering an illusory world and limited existence for a time. Our journey ends when all individuating bonds are broken (the balloon is burst) and we experience our Oneness with Mother/Father God again.

### **Footnotes**

(1) I Corinthians 15:24.

(2) See "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue," at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>



# The Purpose of Life is Enlightenment

August 13, 2011

<https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>



*The little golden star sees the Father, far off, from the cloud of the Mother.*

Last revised: March 7, 2023. Discussion of enlightenment added as footnote 1.

## **When time stood still**

What inspired this book? What motivates me as its author?

The energy I have for the subject arises from an event that happened on 13 February 1987, a vision. Rather improbably, it happened while I was driving my car. I'll try to describe it in as much detail as I can for interest's sake. You may recognize it as a variation on the spiritual parabola or Jacob's ladder of consciousness. (1)

The previous weekend I had been at a rebirthing workshop and had had a full breath release, an event which left me feeling incredibly clean and clear.

Moreover, I was at the time studying for my doctorate in sociology and had been counselling people on a volunteer basis. This experience as a counsellor contributed directly to what happened next.

At first, like so many counsellors, I used “problem-solving therapy,” but soon became weary of trying to “sell” solutions to people who weren't inclined to buy. They seemed to want to tell their stories no matter what and rebuffed any attempt I made to offer a solution so I started listening.

I found that people presented me with a puzzle and, when I listened and they talked about it long and deeply enough, they suddenly had an “Aha!” The puzzle turned into a picture which caused their upset to disappear. (Of course I'm simplifying a more complicated process.)

In all sincerity that day, I said to the universe in general, “If our early lives are a puzzle which turns into a picture, is it possible that life itself is a puzzle? And, if so, what might the picture be that life is?”

I'd turned the corner in my car and was travelling through a part of the city I knew well. Having asked my question, everything suddenly turned black. I forgot about my car and found myself staring at a wordless tableaux, a spiritual movie, if you will. All of it was relational, a cause-and-effect story in pictures. I was watching God's wordless way of speaking to me.

At the same time as I watched this spiritual tableau — and this is very important — I was filled with bliss. The experience of bliss resulted in greatly-increased comprehension. It somehow made it easier for me to take things in. What I could not wrap my thoughts around in everyday consciousness I now knew and understood quite simply, intuitively, and directly.

I knew intuitively the identity of the actors in the film and the nature of the drama that was unfolding before my eyes. Words just arose in my mind to explain what I saw.

There was before me a large Golden Sun, which I knew intuitively to be “God the Father” (Brahman, the irreducible Essence, the Tao). (2) From it emerged a small golden star, which I thought of as “God the Child” (the Atman, the Buddha-nature, the Christ, the Pearl of great price).

This small golden star streaked out into the blackness of space and disappeared.

I noticed that I had the capacity to follow the golden star wherever it went. I simply wondered where it had gone and, poof, I was there, looking at that corner of “space.”

In the corner where the golden star had gone, there was a kind of hazy cloud. I knew that cloud to be God the Holy Spirit, which I would now call “God the Mother” (Shakti, the Word, Aum/Amen, the creative universal vibration).

Within the haze, I saw a spiraling tube and recognized the Star-Child, moving through it. It had now lost its brilliance and I could only see its perfectly-circular outline, as it wended its way through what I knew intuitively to be “lifetimes in matter.”

I watched for a time and then, suddenly, the Star-Child flashed back into brilliance and I knew that to be an experience of enlightenment. As soon as its luminescence returned, it left the tube and raced back to the Golden Sun in which it submerged itself. I knew this to be another, more senior experience of enlightenment.

The Star-Child having disappeared, I pondered what I had seen and the words formed in my mind: “Enlightenment is the purpose of life.” God meets God in a moment of our enlightenment. "O thou I!" (3) This understanding summarized my experience.

As soon as I had reached this conclusion, the vision disappeared and I was back behind the wheel of a car.

The experience was not enlightenment. (4) It was a teaching *about* enlightenment. I had been given a glimpse of God’s great Plan for life, a representation of the total journey of an individual soul. It went out from God, on a spiritual parabola, all the while spiraling forward through the action of karma, through the universe of matter, and back again to God once it had achieved a supreme level of mergence or enlightenment.

**“It all works out in the final reel!”**

Knowing that part of the city well, I looked to the right and the left of me to see how far I had moved in the roughly eight seconds I had been somewhere else. I had

not moved an inch. I concluded that the whole event had taken place outside of time.

Behind the wheel of the car again, I came to a red light and looked over at the worried expression on the face of the driver in the next car. I wanted to roll down my window and shout: "It all works out in the final reel!"

For the next three days, I remained in bliss. I saw that all of nature praises God and reveals His Plan. Trees raise their leafy branches to the sky as if in adoration. Their leaves drop off, as our bodies do, but the trees don't die.

The birds flying through the air leave no trace; nor do souls journeying through life. The way the sand and sea mix and yet return to their basic natures reminded me of the relationship between the soul and the body. Everything natural was a metaphor of the Divine or one of Its created processes.

Thereafter my doctoral studies seemed insipid. I tried to enroll my professors in allowing me to study enlightenment for my dissertation but no one at the university, including the Religious Studies Department, would hear of it. Religious Studies said that the university's constitution forbade them studying such a subject. I was amazed.

Empirical materialism was the dominant paradigm at my university in those days. Only what could be known through the senses was considered real. None of what I'd seen was known through the senses; hence none of what I'd seen, to the university, was real.

I felt confined by the academic paradigm and left university.

I remained entranced by the vision. For the next ten years, I read nothing but the works of enlightened authors. I had to find words to express the vision's wordless message.

One by one, as I read the classics, statements appeared that explained what I had seen. Jesus saying that he came out from the Father out into the world and now returns to the Father was an exact description. Jacob's Ladder was a depiction of it. Here it was discussed in Ibn Arabi; there in Krishnamurti.

The next ten years were spent writing this book, trying to put that eight-second movie into words. And now it's done.

May your efforts to achieve the purpose of life and consummate God's Plan be blessed with success. May you be filled with divine joy and bliss. May all divine children be enlightened, fulfilled and reunited with God.

Namaste,

Steve Beckow

### **Footnotes**

(1) Steve, March 7, 2023: I address this footnote to contemporary readers of this article. On spiritual parabola or sacred arc:

"I had been given a glimpse of God's great Plan for life, a representation of the total journey of an individual soul.

"It went out from God, on a spiritual parabola [or arc], all the while spiraling forward, through the universe of matter, and back again to God once it had achieved a supreme level of mergence or enlightenment." (The Purpose of Life is Enlightenment at pp. 122.)

The spiralling or coiled nature of the parabola is due to us returning to the same place, the same karmic lesson lifetime after lifetime.

"Thus, to realize God, to know our true identity, to become enlightened is why we descended and now climb back up Jacob's Ladder of consciousness, the spiritual parabola. It's the goal that we seek. It's what lies ever before us, lifetime after lifetime, as we tread the spiritual arc away from and back to God. It's our final reward and the cause of our liberation from bondage to sorrow." (Ibid., 27.)

(2) I did not notice the blackness of space. If I had, what would I have known then? [Answer from 2023: The Godhead?]

(3) "I went from God to God, until they cried from me in me, 'O thou I!'" (Bayazid of Bistun in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.)

(4) After years of reflection, I now believe that the vision was in fact the first stage of enlightenment, a fourth-chakra experience, as were the heart opening of Feb. 13, 2015 and the sight of the Self on Sept. 18, 2018.

The reason I say that is that I was soaked in bliss for the whole of the experience and remained in bliss for two days after and would have remained longer if duty didn't call. Bliss is 8-9th dimensional:

Steve: The space that I call transformative love, what dimension is it?

Archangel Michael: It is the seventh dimension.

Steve: Then what dimension is bliss?

AAM: It is between eight and nine. (AAM, Jan. 20, 2016.)

If this is accurate, then it points to the fourth chakra being a portal to the higher dimensions.

Here's other evidence I offer:

Archangel Michael through Linda Dillon has said we could - and probably should - experience more than one fourth-chakra experience:

Steve: Was the sight of the self at the Xenia retreat a fourth-chakra event?

Archangel Michael: Yes, it was.

Steve: So it's possible to have two fourth-chakra events [heart opening was one] or maybe even more possibly?

AAM: It is possible to have multiple chakra events throughout your lifetimes, sweet one.

Again, what you are thinking of is a limitation. Something [like the heart] is [either] activated or not activated.

Think in terms of open [eg., heart], open, open, open, bigger [experience], bigger, bigger. So yes, you might have several [fourth-chakra] events. You *should* have

several events! (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, June 12, 2019.) [Hereafter AAM.]

If it's possible to have multiple experiences, and those experiences can be as different as a heart opening and the sight of the Self, then a vision, accompanied by such bliss, would seem another probable candidate.

These experiences don't come in a bottle with a label on them.

That therefore is my evidence for saying the vision was a "fourth-chakra enlightenment."

# Our Common Life is a Negotiated Reality

August 13, 2019

<https://goldenageofgaia.com/2019/08/13/our-common-life-is-a-negotiated-reality/>



*UN*

I think something we may overlook - and polarization only increases our chances of doing so - is that our common life together is a negotiated reality.

It isn't a case of one group having power and control over another any more. That paradigm did not work on Earth - two world wars prove it - and will not work in the higher vibrations.

There's no ability to have power over another in the Fifth Dimension and higher. All beings are free in every conceivable way.

I actually asked Michael about this matter some time ago. I had heard that there were actually wars in higher dimensions. How could that be?

He said there were not wars in higher dimensions. What there was was inter-dimensional travel by some students of the occult sciences who took devices from



the higher dimensions, brought them back to the Third, and then used them for military purposes. They were not intended to be so used.

So no war in the higher dimensions save through incursions such as these.

Which brings me back to the alternative to warring on each other. Our life together must be a negotiated reality in the world that lies ahead, in my opinion. As it is in the higher dimensions.

Gone are the days of imposing absolute views on other people - only our God is the right God. You die if you believe in your God. Gone.

Holding views like that would be like trying to fly with mud on our wings. It wouldn't work in terms of raising our vibrations.

I'm speaking this into the collective consciousness. Launching it, so to speak.

This is my intention:

Gone are the days of social hierarchies - race, religion, class, whatever.  
Gone are the days when an unequal distribution of wealth could be justified, anywhere in the world. Gone are the days of pandemics and freak weather and kidnapped children. Gone are the days of power over others.

In their place are the days of peace and negotiation.

Now I'm not saying I know very much about negotiation. I really don't.

But I can see that the only alternative to making war on each other is to consult together and reach decisions after a process of win/win negotiation.

And I don't simply mean government-to-government. I mean at all levels, everywhere. Conciliar government looks to be the next model of governance. And councils negotiate.

Reality itself is negotiated. Believing is literally seeing.

If the power holders negotiate a view of reality prejudicial to women, in the past they'd have used their influence in the media to present programming that made

that view of things look simply like reality. We're not doing anything. This is simply (the way it is, the way God intended it to be, etc.).

The same with heterosexual families. Or America depicted as a country where only white lives matter.

Reality needs to be re-negotiated, again at a global level. And at every level after that.

And from that moment on, there need be no area of life on this planet that is not also open to negotiation at a social level, save if biology or some other consideration requires otherwise.

At a personal level, the individual has full and final say.

I'm moved by something the Mother said in 2017:

"I have chosen and created and birthed you into form. That is the Plan at work and I have done this - we have done this - with that spark of divinity so that you would be divine in form.

"And what that means in very practical terms is the assumption of your divine authority to be in charge of your life, of your thoughts, of your feelings, of your actions, of your behaviors, of your steps, of your environments, all the way out to the edges of the universe, throughout all times and dimensions. ...

"If you do not take authority over your existence – think in practical terms, this life – then what happens? You are adrift. You are in fact that row boat in the middle of the ocean being twisted and turned every which way. Divine authority means choosing – yes, with ... your divine authority of free will – to direct how, where, when, [and] if you choose to proceed." (1)

I assert on my divine authority, subject to being tested without prejudice, that our common life together is a negotiated reality. And what arises next is to learn the skills of negotiation and end the practice of war.

Not me. I'm a visionary. Someone needs to take the ball and run with it.

Let this communication, this message in a bottle lodge in the collective consciousness as what Matthew Ward would call a "streamer."

### **Footnotes**

(1) "Repost: The Divine Mother: Assume Your Divine Authority," March 11, 2017, at <https://goldenageofgaia.com/2017/03/11/repost-the-divine-mother-assume-your-divine-authority/>

## Ego or Heart: For the Good of the People

May 26, 2016

<https://goldenageofgaia.com/2016/05/26/ego-heart-good-people/>



OK, it's after the Reval and you're a gazillion richer.

And a waiter snubs you in a sandwich shop. Do you buy the sandwich shop?

A car salesman doesn't pay you the respect you deserve, according to you. Do you buy the car dealership?

How will we respond when all financial considerations have been removed from our lives? From ego or from heart?

When all restraints are gone, all limitations lifted, all faces around you admiring, where will you come from? Ego or heart?

When you see some of the baser impulses you've simply been hiding, what'll you do with them? Indulge them? Money now buys you privacy.

Or will you move through the baser impulses; experience them until they're complete and leave you, hopefully forever. Which wolf will you feed?

Egoic feelings like arrogance, power, lust, vanity - they feel good. The reason it's so hard to do the right thing is that the wrong thing feels so yummy.

Mmmm, lust. Mmmm, power. Will you be willing to experience these feelings through to completion, rather than acting on them?

Will you release into love? Will you send love out into the world? Will you see your money as the Divine Mother's love, which she's given to you in a large treasure chest, for the good of the people?

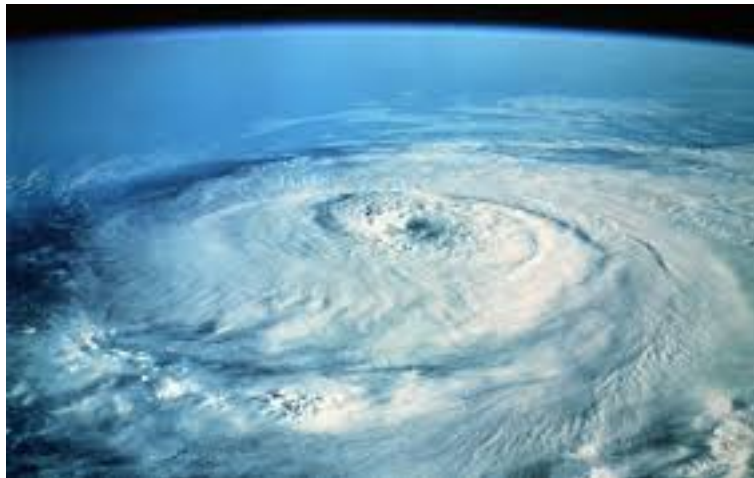
Heart consciousness requires a flow of love from our hearts out into the world. Love, which is the great teacher, flows. It doesn't stand still. So if we want to learn from love, if we want to develop our heart consciousness, we need to let our love flow.

Which will it be? Devolution into 3D ego or evolution into 5D consciousness of the heart?

## Last Stand for the Ego

September 4, 2013

<https://goldenageofgaia.com/2013/09/04/last-stand-for-the-ego/>



In a private conversation a channeler recently said to me that we may go through a “perfect storm” this month designed to roust out of us everything that remains hidden and resists our evolution to the next spiritual step.

On Aug. 1, 2013, the Hathors characterized the period we're going through as a "chaotic node":

"Earth's passage through the summer Solstice of 2013 was an energetic marker for the beginning of a new Chaotic Node. ...

"You can expect to see a pronounced increase in emotional instability and psychological imbalances among your fellow humans (perhaps including yourself). The collective social challenges of this will be profound.

"For an Initiate, meaning one on the journey to higher states of consciousness, this particular Chaotic Node is, and will continue to be, both extremely challenging and full of possibilities." (1)

In his message of Sept. 2, 2013, Matthew Ward characterized the time this way:

"Previously we have stated that Earth is within the energy level that brings forth positive and negative extremes in individuals' behavior. Along the way to this point in the ascension journey, global restlessness has been increasing as people were responding to a growing sense of urgency to act upon their thoughts and feelings." (2)

Notice how this fits with what "the General" said the other day in Lorna Wilson's QHHT session:

"You seem to need a storm to change direction in your thinking and so this coming shift will be your storm. Some of you will learn to dance in the storm. The way to prep yourself is to learn to dance in the storm now and everyday, and to see the light in chaos everyday." (3)

The suggestion from the channel was that many of us might feel crazy for a while and get ourselves into positions where it looks like we're defending our principles, taking a stand, etc. But what we may really be doing is getting out everything third-dimensional that we're attached to in a last stand for the ego.

It isn't my intention to put out a prophecy. I'm neither trying to do so nor would I want to even if everything said were somehow "correct."

But it does beg the question of what may lie ahead for us and how we wish to be with it.

I have to confess that I'm already seeing some positional responses from people and wouldn't be at all surprised if we were headed into an alleged storm even now.

Not that the ego will disappear. It doesn't disappear, even after several stages of enlightenment. But it does subside, surrender and become like what Sri Ramana called a "burnt-up rope" after *sahaja samadhi* or Ascension. (4)

If we were headed into a perfect storm, we'd come up against a very difficult decision. There's a line in the sand on one side of which are those who'll want to take a strong stand for what they see as their beliefs, principles, etc. On the other side stand those who are willing to accept what the Company of Heaven has said: That we must have world peace and that means that we have to abandon our desire to have one more go at war.

Occupying that second position is hard. It obliges us to encounter within ourselves all that fears being seen as afraid, ill-informed, taking the easy way out, or abandoning our principles. But sooner or later we have to take a stand for peace and agree to put up with the ridicule and obloquy that may come from that.

A second aspect of this discussion is confronting our fear that, if we choose peace, the dictators of the world will run us and the Syrian people over, take away our civil rights, allow the old financial elite to resuscitate itself and suck up the potential benefits for the world from such things as the prosperity program, etc.

I saw a discussion earlier today that raised the spectre of FEMA camps by the end of the month. I don't believe the Company of Heaven under any circumstances would allow anything like that to happen. Long ago Matthew Ward said they would permit no such thing. (5)

But again, sooner or later, we have to trust that choosing the road of peace will not result in the loss of our freedoms, the death of thousands more people, the return of financial servitude, etc.

Sooner or later we have to cross the line and mentally and emotionally lay down our arms, so to speak, and ask others to do so as well. And when we do, we may become the target of that perfect storm.

Were that to happen, I'd need to remind myself that there's no sense arguing with others on any one individual issue at hand. The minute we do so, we step back into the world of dispute, polarity, heightened emotions, etc.

The other person will argue their side and insist that we argue "ours." And that risks us going into meltdown and abandoning our intention.

The individual issue is less important than the general need for peace in the world. Therefore we need to shift the discussion from issues to peace itself. Perhaps this reflects what the Hathors called the challenge and the opportunity.

Archangel Michael made this point in our last *Hour with an Angel*:

"Despite these upheavals of violence, what is really happening is the people, each of you, in tandem with your brothers and sisters of these areas, is saying, 'No, this simply cannot continue.'"



"It is not a matter of which faction is right or wrong, because that is a completely gray area and it has no place, because to determine that someone is right or wrong means that they have greater favor with One, with God, with the Mother. And that is simply not so. It is an illusion of the most dim sort. ...

"There is no room for further conflict. Are these situations coming to the surface for the human collective to say, 'This is too abhorrent. It cannot continue'? Yes. Have these souls died, as a soul group, to make this point? Yes.

"Everybody is playing a role in this unfoldment. But the purpose, the higher purpose of the unfoldment is not to go and play political hockey, but to raise it to a joint decision on the part of all nations that this cannot continue." (6)

Our future, it seems to me, doesn't depend on one issue over another. It depends on choosing peace or not choosing peace. And we'll have chosen peace. The rest of the work is to endure whatever follows - in peace - without being drawn back into issues.

Peace is the default of the universe. Peace is the natural state of all things. War has to be maintained, fed, prosecuted day after day. Peace doesn't have to be maintained or prosecuted. When all things have done what they do, they return to peace. Peace is what's real; war is not.

War has never successfully brought about or resulted in peace. A simple cessation of hostilities is not peace.

Peace is born of itself. Being an aspect of God and a divine quality, it's *sui generis* [unique to itself], without cause, without beginning, and without end.

Sooner or later we have to take that monumental decision: No matter what the issue is, no matter what the result, if we want a world that works, we have to choose world peace.

## Footnote

(1) "A Hathor Planetary Message via Tom Kenyon: Orchidium," Aug. 1, 2013, at <https://goldenageofgaia.com/2013/08/a-hathor-planetary-message-through-tom-kenyon-orchidium/>.

(2) Matthew's Message, Sept. 2, 2013, at <https://goldenageofgaia.com/2013/09/matthews-message-via-suzy-ward-september-2-2013/>.

(3) "The General ~ A QHHT Session Given by Lorna Wilson," Suzanne Spooner, TAUk Messages, Aug. 29, 2013, at <https://tauksuzanne.com/2013/08/29/the-general-a-qhht-session-given-by-lorna-wilson/>.

(4) "The Jnani [sage], although he has scotched the ego, it continues to rise again and again due to prarabdha [karma already in motion]. So, for both the Jnani and the ajnani [ignorant one] the ego springs up, but with this difference: whereas the Jnani enjoys the transcendental experience, keeping its lakshya (aim, attention) always fixed on its source, ... the ajnani is completely ignorant of it. The former is not harmful, being a mere skeleton of its normal self, like a burnt-up rope. By constantly fixing its attention on the Source, the Heart, the ego gets dissolved into it [upon attainment of sahaja samadhi or Ascension] like a salt doll which has fallen into the ocean." (Ramana Maharshi, GR, 56.)

(5) "To ease minds about several issues that keep popping up in Internet articles or channeled messages: ... Concentration-type camps will not be filled with the millions who oppose government policies." (Matthew's Message, Sept. 24, 2008.)

"The millions who speak against US administration policies will NOT be rounded up and put in prison camps." (Matthew's Message, May 21, 2008.)

"Fear is being deliberately created by the dark forces because fear's energy is incompatible with the energy of light, so you can see that the fearful "what if" situations are making the progress of the light more difficult. Instead of feeling fear about the "unknown," we ask that you send love-light energy to all souls, those who are suffering and those who are causing it, and judge none." (Matthew's Message, Feb. 16, 2005.)

(6) "Archangel Michael: Violence and War Cannot Continue - Part 1/2," at <https://goldenageofgaia.com/2013/09/archangel-michael-violence-and-war-cannot-continue-part-12/>.

# ⌘ Egoless Technologies ⌘

# Respect, Fairness and Integrity: The Basis of Principled Negotiations

November 17, 2014

<https://goldenageofgaia.com/2014/11/17/respect-fairness-and-integrity-the-basis-of-principled-negotiations/>



I've had quite a few interactions the past two or three days which have a common theme. And what that theme is illustrates how important it is for us, in doing lightwork, to have a good idea of the basic principles that we all subscribe to.

Obviously we all subscribe to love and that doesn't change, apparently, no matter which dimension, form, or universe we're in.

But I'm thinking of three other principles which come up again and again in the teams that I'm on. Those three principles are respect, fairness and integrity.

A good definition of the work of those who serve justice and the law would be the application of fairness with integrity and respect. I administered sections of a statute of Canadian Law - the Immigration and Refugee Protection Act - as a Member of the Immigration and Refugee Board (IRB). I watched day after day as the claimants and everyone else in the hearing room cooperated, contributed and

agreed to what was done with respect, fairness and integrity. Let's look at those qualities more closely.

## **Respect**

I live in the Downtown Eastside of Vancouver and I see so many quarrels start or escalate because one person feels disrespected by another. A person who feels disrespected seems to feel bitter, vengeful, victimized.

The disrespect need not show up in, say, language used. It may show up in something as innocuous as significant spacing or as difficult to observe as unconscious bodily gestures. Respect shows up in taking account of the other person, listening to what they say, and directing one's attention with sincerity to the points they make.

A person who feels respected is a person more likely to cooperate with the team's ends and means or correct them and stay with the team through disagreement.

## **Fairness**

As I sat hearing cases at the IRB day after day, I was struck by how the crux of the matter before me so often boiled down to a question of fairness.

I was struck as well by how counsel for the claimant remained calm and satisfied under a wide range of circumstances so long as the proceedings were seen as fair and counsel had a say in determining what fair looked like in the circumstances before us.

Fairness, to me, means that everyone sharing equally in the work and its rewards, in responsibility and acknowledgment.

Leaving love aside (and who can do that?), fairness seems to be the next most important consideration in getting along as a society and a team. On many occasions, I've looked for a second (remaining in line, taking turns, sharing), and either nothing approaches the desire for fairness or else the principle resolves itself into fairness in the end.

## **Integrity**

For me, integrity means the willingness to live and work in a manner that adheres to and upholds the ethics and morals of society, the laws of the land, and the universal laws.

Central to integrity is credibility. The individual team member must be seen to be telling the truth, to be reliable, to be credible.

One aspect of integrity, and where the rubber often meets the road, is to give serious attention to exceptions to the law. There are always exceptions to any law. An exception to a law may be made, for instance, in the case of a disabled person. A disability may create an unlevel playing field, in which case the disability must be taken into consideration in applying the law.

Oftentimes this translates into protecting the rights of the minority in a decision in which the majority has decided.

Here's an example of an unwritten rule proving unfair to a minority class of people.

The bus system in my city operates efficiently and speedily. When anyone interferes with the smooth and steady flow of bus traffic, the action is viewed as being unfair to the bus passengers.

However each time a person in a wheelchair comes aboard the bus, the driver lowers a ramp, wheels the person in, fastens their chair belts, etc. When the person in the wheelchair leaves, the process is reversed. And each time the driver attends to a chair-bound person, the bus's progress comes to a halt.

Seeing to the need of the person in a wheelchair causes the passengers to wait. The passengers would be less inconvenienced if wheelchairs were not allowed on the bus. But that affronts our sense of fairness at some level and calls for making an exception to the rule.

The outcome is that the bus passengers generally accept the wait as an exception to the rule that nothing should be permitted to hold passengers up. They see the circumstances as an acceptable exception to the rule. They regard it as fair under the circumstances to wait.

## **Principled Negotiations**

Ury and Fischer wrote about "principled negotiations." (1) Their point was that negotiations flowed more smoothly when we first establish and agree to the principles that we'll defer to in case of disagreement. That shifted negotiations from being subjectively-based to being objectively-based.

As we form our teams I encourage us to be aware of and articulate the principles, whatever they may be, upon which the team's work is based and by which success will be measured. In the case of most teams, I submit that the principles that teams will be seen to follow, whether knowingly or not, are, in the vast majority of situations, respect, fairness, and integrity.

## **Footnotes**

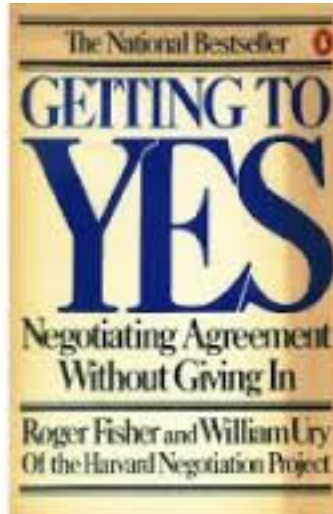
(1) Roger Fisher and William Ury. *Getting to Yes: Negotiating Agreement Without Giving In*, 3rd ed. New York, NY: Penguin Books, 2011.



## Ury and Fisher: Principled Negotiation – Part 1/2

November 17, 2014

<https://goldenageofgaia.com/2014/11/17/ury-and-fisher-principled-negotiation-part-12/>



*I mentioned Ury and Fisher's approach of principled negotiation today. Let me provide a summary of their book Getting to Yes from the globally-relevant website Beyond Intractability.*

### **Summary of *Getting to Yes: Negotiating Agreement Without Giving In***

By Tanya Glaser, Conflict Research Consortium

<https://www.beyondintractability.org/bksum/fisher-getting>

**Citation:** Fisher, Roger and William Ury. *Getting to Yes: Negotiating Agreement Without Giving In*, 3rd ed. New York, NY: Penguin Books, 2011.

<https://www.beyondintractability.org/library/external-resource?biblio=23737>.

In this classic text, Fisher and Ury describe their four principles for effective negotiation. They also describe three common obstacles to negotiation and discuss ways to overcome them.

Fisher and Ury explain that a good agreement is one which is wise and efficient, and which improves the parties' relationship. Wise agreements satisfy the parties' interests and are fair and lasting. The authors' goal is to develop a method for reaching good agreements. Negotiations often take the form of positional bargaining. In positional bargaining each part opens with their position on an issue. The parties then bargain from their separate opening positions to agree on one position.

Haggling over a price is a typical example of positional bargaining. Fisher and Ury argue that positional bargaining does not tend to produce good agreements. It is an inefficient means of reaching agreements, and the agreements tend to neglect the parties' interests. It encourages stubbornness and so tends to harm the parties' relationship.

Principled negotiation provides a better way of reaching good agreements. Fisher and Ury develop four principles of negotiation. Their process of principled negotiation can be used effectively on almost any type of dispute. Their four principles are 1) separate the people from the problem; 2) focus on interests rather than positions; 3) generate a variety of options before settling on an agreement; and 4) insist that the agreement be based on objective criteria. [p. 11]

These principles should be observed at each stage of the negotiation process. The process begins with the analysis of the situation or problem, of the other parties' interests and perceptions, and of the existing options. The next stage is to plan ways of responding to the situation and the other parties. Finally, the parties discuss the problem trying to find a solution on which they can agree.

### **Separating People and Issues**

Fisher and Ury's first principle is to separate the people from the issues. People tend to become personally involved with the issues and with their side's positions. And so they will tend to take responses to those issues and positions as personal attacks. Separating the people from the issues allows the parties to address the issues without damaging their relationship. It also helps them to get a clearer view of the substantive problem.

The authors identify three basic sorts of people problems. First are differences on perception among the parties. Since most conflicts are based in differing interpretations of the facts, it is crucial for both sides to understand the other's viewpoint. The parties should try to put themselves in the other's place.

The parties should not simply assume that their worst fears will become the actions of the other party. Nor should one side blame the other for the problem. Each side should try to make proposals which would be appealing to the other side. The more that the parties are involved in the process, the more likely they are to be involved in and to support the outcome.

Emotions are a second source of people problems. Negotiation can be a frustrating process. People often react with fear or anger when they feel that their interests are threatened. The first step in dealing with emotions is to acknowledge them, and to try to understand their source. The parties must acknowledge the fact that certain emotions are present, even when they don't see those feelings as reasonable.

Dismissing another's feelings as unreasonable is likely to provoke an even more intense emotional response. The parties must allow the other side to express their emotions. They must not react emotionally to emotional outbursts. Symbolic gestures such as apologies or an expression of sympathy can help to defuse strong emotions.

Communication is the third main source of people problems. Negotiators may not be speaking to each other, but may simply be grandstanding for their respective constituencies. The parties may not be listening to each other, but may instead be planning their own responses. Even when the parties are speaking to each other and are listening, misunderstandings may occur. To combat these problems, the parties should employ active listening.

The listeners should give the speaker their full attention, occasionally summarizing the speaker's points to confirm their understanding. It is important to remember that understanding the other's case does not mean agreeing with it. Speakers should direct their speech toward the other parties and keep focused on what they are trying to communicate. Each side should avoid blaming or attacking the other, and should speak about themselves.

Generally the best way to deal with people problems is to prevent them from arising. People problems are less likely to come up if the parties have a good relationship, and think of each other as partners in negotiation rather than as adversaries.

### **Focus on Interests**

Good agreements focus on the parties' interests, rather than their positions. As Fisher and Ury explain, "Your position is something you have decided upon. Your interests are what caused you to so decide." [p. 42] Defining a problem in terms of positions means that at least one party will "lose" the dispute. When a problem is defined in terms of the parties' underlying interests it is often possible to find a solution which satisfies both parties' interests.

The first step is to identify the parties' interests regarding the issue at hand. This can be done by asking why they hold the positions they do, and by considering why they don't hold some other possible position. Each party usually has a number of different interests underlying their positions. And interests may differ somewhat among the individual members of each side. However, all people will share certain basic interests or needs, such as the need for security and economic well-being.

Once the parties have identified their interests, they must discuss them together. If a party wants the other side to take their interests into account, that party must explain their interests clearly. The other side will be more motivated to take those interests into account if the first party shows that they are paying attention to the other side's interests. Discussions should look forward to the desired solution, rather than focusing on past events. Parties should keep a clear focus on their interests, but remain open to different proposals and positions.

### **Generate Options**

Fisher and Ury identify four obstacles to generating creative options for solving a problem. Parties may decide prematurely on an option and so fail to consider alternatives. The parties may be intent on narrowing their options to find the single answer. The parties may define the problem in win-lose terms, assuming that the only options are for one side to win and the other to lose. Or a party may decide that it is up to the other side to come up with a solution to the problem.

The authors also suggest four techniques for overcoming these obstacles and generating creative options. First it is important to separate the invention process from the evaluation stage. The parties should come together in an informal atmosphere and brainstorm for all possible solutions to the problem. Wild and creative proposals are encouraged.

Brainstorming sessions can be made more creative and productive by encouraging the parties to shift between four types of thinking: stating the problem, analyzing the problem, considering general approaches, and considering specific actions. Parties may suggest partial solutions to the problem. Only after a variety of proposals have been made should the group turn to evaluating the ideas. Evaluation should start with the most promising proposals. The parties may also refine and improve proposals at this point.

Participants can avoid falling into a win-lose mentality by focusing on shared interests. When the parties' interests differ, they should seek options in which those differences can be made compatible or even complementary. The key to reconciling different interests is to "look for items that are of low cost to you and high benefit to them, and vice versa." [p. 79]

Each side should try to make proposals that are appealing to the other side, and that the other side would find easy to agree to. To do this it is important to identify the decision makers and target proposals directly toward them. Proposals are easier to agree to when they seem legitimate, or when they are supported by precedent. Threats are usually less effective at motivating agreement than are beneficial offers.

### **Use Objective Criteria**

When interests are directly opposed, the parties should use objective criteria to resolve their differences. Allowing such differences to spark a battle of wills will destroy relationships, is inefficient, and is not likely to produce wise agreements. Decisions based on reasonable standards makes it easier for the parties to agree and preserve their good relationship.

The first step is to develop objective criteria. Usually there are a number of different criteria which could be used. The parties must agree which criteria is best

for their situation. Criteria should be both legitimate and practical. Scientific findings, professional standards, or legal precedent are possible sources of objective criteria.

One way to test for objectivity is to ask if both sides would agree to be bound by those standards. Rather than agreeing in substantive criteria, the parties may create a fair procedure for resolving their dispute. For example, children may fairly divide a piece of cake by having one child cut it, and the other choose their piece.

There are three points to keep in mind when using objective criteria. First each issue should be approached as a shared search for objective criteria. Ask for the reasoning behind the other party's suggestions. Using the other parties' reasoning to support your own position can be a powerful way to negotiate.

Second, each party must keep an open mind. They must be reasonable, and be willing to reconsider their positions when there is reason to.

Third, while they should be reasonable, negotiators must never give in to pressure, threats, or bribes. When the other party stubbornly refuses to be reasonable, the first party may shift the discussion from a search for substantive criteria to a search for procedural criteria.

(Concluded in Part 2.)

## Ury and Fisher: Principled Negotiation – Part 2/2

November 18, 2014

<https://goldenageofgaia.com/2014/11/18/ury-and-fisher-principled-negotiation-part-22/>



*In Part 2, we conclude our look at Ury and Fisher's approach of "principled negotiations."*

### **Summary of *Getting to Yes: Negotiating Agreement Without Giving In***

By Tanya Glaser, Conflict Research Consortium

<https://www.beyondintractability.org/bksum/fisher-getting>

### **When the Other Party Is More Powerful**

No negotiation method can completely overcome differences in power. However, Fisher and Ury suggest ways to protect the weaker party against a poor agreement, and to help the weaker party make the most of their assets.

Often negotiators will establish a "bottom line" in an attempt to protect themselves against a poor agreement. The bottom line is what the party anticipates as the worst

acceptable outcome. Negotiators decide in advance of actual negotiations to reject any proposal below that line. Fisher and Ury argue against using bottom lines.

Because the bottom line figure is decided upon in advance of discussions, the figure may be arbitrary or unrealistic. Having already committed oneself to a rigid bottom line also inhibits inventiveness in generating options.

Instead the weaker party should concentrate on assessing their *best alternative to a negotiated agreement* (BATNA). The authors note that "the reason you negotiate is to produce something better than the results you can obtain without negotiating." [p. 104] The weaker party should reject agreements that would leave them worse off than their BATNA.

Without a clear idea of their BATNA a party is simply negotiating blindly. The BATNA is also key to making the most of existing assets. Power in a negotiation comes from the ability to walk away from negotiations. Thus the party with the best BATNA is the more powerful party in the negotiation. Generally, the weaker party can take unilateral steps to improve their alternatives to negotiation. They must identify potential opportunities and take steps to further develop those opportunities.

The weaker party will have a better understanding of the negotiation context if they also try to estimate the other side's BATNA. Fisher and Ury conclude that "developing your BATNA thus not only enables you to determine what is a minimally acceptable agreement, it will probably raise that minimum." [p. 111]

### **When the Other Party Won't Use Principled Negotiation**

Sometimes the other side refuses to budge from their positions, makes personal attacks, seeks only to maximize their own gains, and generally refuses to partake in principled negotiations. Fisher and Ury describe three approaches for dealing with opponents who are stuck in positional bargaining. First, one side may simply continue to use the principled approach. The authors point out that this approach is often contagious.

Second, the principled party may use "negotiation jujitsu" to bring the other party in line. The key is to refuse to respond in kind to their positional bargaining. When the other side attacks, the principled party should not counter attack, but should



deflect the attack back onto the problem. Positional bargainers usually attack either by asserting their position, or by attacking the other side's ideas or people.

When they assert their position, respond by asking for the reasons behind that position. When they attack the other side's ideas, the principled party should take it as constructive criticism and invite further feedback and advice. Personal attacks should be recast as attacks on the problem. Generally the principled party should use questions and strategic silences to draw the other party out.

When the other party remains stuck in positional bargaining, the one-text approach may be used. In this approach a third party is brought in. The third party should interview each side separately to determine what their underlying interests are. The third party then assembles a list of their interests and asks each side for their comments and criticisms of the list. She then takes those comments and draws up a proposal.

The proposal is given to the parties for comments, redrafted, and returned again for more comments. This process continues until the third party feels that no further improvements can be made. At that point, the parties must decide whether to accept the refined proposal or to abandon negotiations.

### **When the Other Party Uses Dirty Tricks**

Sometimes parties will use unethical or unpleasant tricks in an attempt to gain an advantage in negotiations such as good guy/bad guy routines, uncomfortable seating, and leaks to the media. The best way to respond to such tricky tactics is to explicitly raise the issue in negotiations, and to engage in principled negotiation to establish procedural ground rules for the negotiation.

Fisher and Ury identify the general types of tricky tactics. Parties may engage in deliberate deception about the facts, their authority, or their intentions. The best way to protect against being deceived is to seek verification of the other side's claims. It may help to ask them for further clarification of a claim, or to put the claim in writing. However, in doing this it is very important not to be seen as calling the other party a liar; that is, as making a personal attack.

Another common type of tactic is psychological warfare. When the tricky party uses a stressful environment, the principled party should identify the problematic

element and suggest a more comfortable or fair change. Subtle personal attacks can be made less effective simply by recognizing them for what they are. Explicitly identifying them to the offending party will often put an end to such attacks. Threats are a way to apply psychological pressure. The principled negotiator should ignore them where possible, or undertake principled negotiations on the use of threats in the proceedings.

The last class of trick tactics are positional pressure tactics which attempt to structure negotiations so that only one side can make concessions. The tricky side may refuse to negotiate, hoping to use their entry into negotiations as a bargaining chip, or they may open with extreme demands.

The principled negotiator should recognize this as a bargaining tactic, and look into their interests in refusing to negotiate. They may escalate their demands for every concession they make. The principled negotiator should explicitly identify this tactic to the participants, and give the parties a chance to consider whether they want to continue negotiations under such conditions.

Parties may try to make irrevocable commitments to certain positions, or to make-take-it-or-leave-it offers. The principled party may decline to recognize the commitment or the finality of the offer, instead treating them as proposals or expressed interests. Insist that any proposals be evaluated on their merits, and don't hesitate to point out dirty tricks.