

Spirit vs. Ego

- * Ever wish **life was as easy** as following the simple directions?
- * **Ever get caught in a moment of indecision**, and wonder what to do?
- * Ever wish you could **easily distinguish between** the controlling, restrictive influence of the ego -- and just allow your "Higher Self" to guide you?

What is Spirit? --INNER PEACE, INNER POWER, inner choice, all knowing, internal guiding system, intuition, personal integrity -- guiding you whether you want or not. Some refer to as God/Holy Spirit/Higher Self/Universe. What is it for you?

Elements of Spirit..

Spirit IS...

- * YOU (not outside of yourself).
- * About Serving your highest good and others
- * Unconditionally loving (to both you and others)
- * Wise & All knowing
- * ALIVENESS
- * "indescribable" (30 hours to write this chapter)

What is EGO? False self. Ego bodyguard. Protect. Keep you separate.
NOTE: Ego is not bad. Not to be resisted. We don't want to "get rid" of our ego. We want to recognize it for what it is.

What is EGO? How do you know EGO is present? (GROUP DISCUSSION)

- * in past or future
- * tight physically
- * defensive
- * competitive
- * reactive
- * struggle, things don't flow
- * self-doubt
- * not happy
- * in control
- * striving
- * certain I'm right
- * attachment
- * getting it right or not wanting to get it wrong
- * fight or flight - adrenaline rush

- * impatient, frustrated, angry (negative emotions)
- * fear
- * change
- * becoming inflexible
- * judgmental
- * negative judgments of self and others
- * feel separate from others
- * Thinking a lot
- * I SHOULD, I NEED TO, I HAVE TO
- * Avoidance
- * feel pulled around by emotions
- * feeling sorry for self
- * talking more than listening
- * "too involved"
- * not for the good of all
- * feeling threatened, FEAR, offended
- * when I want to be RIGHT
- * Analyzing, intellectualizing
- * Being "in the way"
- * Comparison -- bigger, bigger, better, worse
- * Not listening -- in my head
- * Busy trying to "say it right" - trying to look good for others - judgment
- * Taking things personally
- * all about me attitude
- * Anxiousness, nervousness
- * Mind chatter
- * Feels "serious" -- not light, but heavy
- * When the words, "I'm afraid that..." or "I fear..."
- * Possessiveness -- attachment to something

>From Power of Inner Choice: **EGO INDICATORS.**

Note: Ego indicators often come in pairs. We can be polarized on one end or the other...

1. Negative emotional states - doesn't "FEEL GOOD"
2. Control, Manipulation or Force - attachment to outcome - "I should, I need to, I have to"--- POLAR OPPOSITE: helplessness, victim mentality
3. Self-righteousness or specialness - POLAR OPPOSITE: minimizing self
4. Confusion
5. Laziness or POLAR OPPOSITE workaholic
6. Neediness or POLAR OPPOSITE: I don't need anything
7. **RESISTANCE to anything.** struggle. stress, pushing, frustration

How do you know you're connected to Spirit? (GROUP DISCUSSION)

- * peaceful and blissful
- * body geography is different -- shifts from high to lower in body
- * effortless/flow
- * inspired, excited, energetic
- * feel love
- * generous
- * there is a softening
- * there is an openness
- * receptivity
- * Calm
- * KNOWING - a sense of rightness
- * Everything is okay
- * actions occur out of the now
- * present in the moment
- * life is flowing
- * slowing down
- * detachment
- * pulled into action
- * doing the Choice exercise and realizing Spirit was ALWAYS present and always is.
- * see something with fresh eyes
- * this feeling I "never want to go away"
- * catch a sense of peacefulness/relaxed -- even when irritated
- * channeling it for others
- * want to bless and help people
- * surrendered
- * trusting "all is well"
- * sense of inner peace
- * alignment
- * comfortable with "whys" -- and motivations
- * feel connected
- * Light
- * Feel good, HAPPY
- * Synergy and energy
- * No anxiety -- EASE
- * "It just feels right."
- * Feels good, peaceful, smoothe (love that word "smoothe"!)
- * "You just KNOW"
- * Compassion is present
- * Calmness, Openness, Receiving, Being Grounded in God's love
- * Safe. It'll be all right.
- * Accepting

Recognizing Spirit (from Book)

1. KNOWING is present
2. TRUST is present
3. Feelings of peace and relief are present
4. Inspired Action occurs

**Working with Spirit's Guidance. Cultivating more of Spirit in your life.
(See Lesson #3 in book)**

1. Always LISTEN for it. Need to be present. Learn to listen literally.
2. Choose high vibrations
3. Patience - when you don't know, wait.
4. Trust it.
5. Let it pull you into action
6. Respond quickly
7. Tame the ego - HUMILITY
8. Commit to the process.

HOMEWORK:

1. Exercise from Book. p. 119 -- Look at several Choices you've made in your life - 3 Major ones and 3 Minor ones. See if you can identify the point where the decision was made. Were the elements of "Spirit" there? Share with the group.
2. Which faces of the ego do you want to consciously work on taming?
3. **EXPERIMENT: Listening to the voice of Spirit. 100% listen and follow it over the next week. Come prepared to share your experience here.**
4. Practice literal listening without reaction. HEARING the words said by the other person.