

## **EGO**

We must remain aware that ego is a constant force in our lives, and needs to be addressed. We are all aware of those people who strove to make a difference, never asked for their name to be remembered, and just continued doing what they were doing. They made differences in this world because of the fact that they stepped back and insisted the spotlight be on the issue or cause. This is how we should see each and every moment of service. The spotlight is not on the server but on those being served and how they take that service, make it their own and serve others.

The above example is of balancing our two spheres of ego- our Upper or big ego and the Lower or little ego. The upper ego is part of our physical self and attempts to make us aware of our self in this physical plane. It points out where we are, how our actions impact our environment, and it places the responsibility squarely on our shoulders for ourselves. An unbalanced upper ego manifests itself in a person who feels that their thoughts, actions, and self are “special”, of more importance than others. The ego tells us that all things that happen are in some way connected to us; that our joy, pain, happiness or sadness are greater than others. A person who is experiencing an imbalance of the upper ego will desire the spotlight and will cause harm to others to maintain their place as center of attention.

The lower ego is also a part of our physical self and it attempts to keep us motivated, urging us to strive for improvement. Little ego points out to us areas we can improve on, it gives a clear image of what can be difficult areas in our selves. A little ego that is out of balance will create low self esteem. This manifestation of unbalanced ego will result in our self believing we are not good enough, we do harm, and that our thoughts and lives are somehow less important. This imbalance in the lower ego speaks to us and urges us to NOT attempt to be who we really are because we will fail.

Lower ego is the bridge we must cross before we can truly be empowered spiritually, emotionally, and mentally. Upper ego is the bridge we must avoid crossing or we misuse our empowerment for personal gains.

## **EGO Meditation**

The following meditation assists me in trying to maintain a balanced ego.

1. Visualize a shadow behind you, this is the darkness we find our selves in when lower ego is imbalanced to the extreme.
2. In front of you is a bridge. It is wooden, worn and tired.
3. Start walking towards it. As you take that first step on the bridge visualize or speak an issue your Lower ego has presented you with, as an example perhaps you have poor self image. Visualize leaving this false image of self standing on the right or left side of the bridge. With each step you will feel the detachment of this thought, you will visualize that it is disconnected from you. Allow yourself to fully see the impact this issue has had on your life. Then turn your attention to seeing the truth of your self, pull this truth to you. Embrace it as your true self.
4. Walk on. With each step leave these pieces of lower ego behind.

5. Reaching the end of this bridge visualize a steppe of land with a body of water running thru it. Walk forward onto this steppe, visualize the warmth of earth on your feet and ankles, the wetness of water of the ocean lapping at your legs, the gentle wind blowing around you, and the heat of the sun shining above you.
6. Rest in the warmth for a bit.
7. As you walk forward visualize a metallic bridge ahead of you. It is shining with a coldness you do not expect.
8. On this bridge you will leave pieces of upper ego that have been created, as example perhaps in the past you have not been able to admit when your have erred. Leave these pieces on the right side of the bridge. With each step you will feel the detachment of this thought, you will visualize that it is disconnected from you. As you take each step think of how this action led to hurting those in your life.
9. As you reach the end of this bridge you will visualize an abyss. This is the result of Upper ego. There is no forward path when Upper is at it strongest.
10. Now turn around and walk back toward the steppe of land, cast your eyes towards the empty side of the bridge.
11. As you take each step, forgive yourself.
12. As you reach the steppe, once again, , visualize the warmth of earth on your feet and ankles, the wetness of water of the ocean lapping at your legs, the gentle wind blowing around you, and the heat of the sun shining above you.
13. As you reach the center turn to face outward, a bridge to the left and a bridge to the right.
14. Visualize your path leading out straight ahead of you.
15. As you walk down this path visualize both of these bridges disintegrating, taking the negative behaviors and thoughts away.

A variant is to visualize a see-saw instead of the bridges and place each thought or action on the furthest seat. As you leave these pieces of ego the see-saw will balance with you sitting in meditation in the middle. I call this my playground- swings, slides and sunshine.