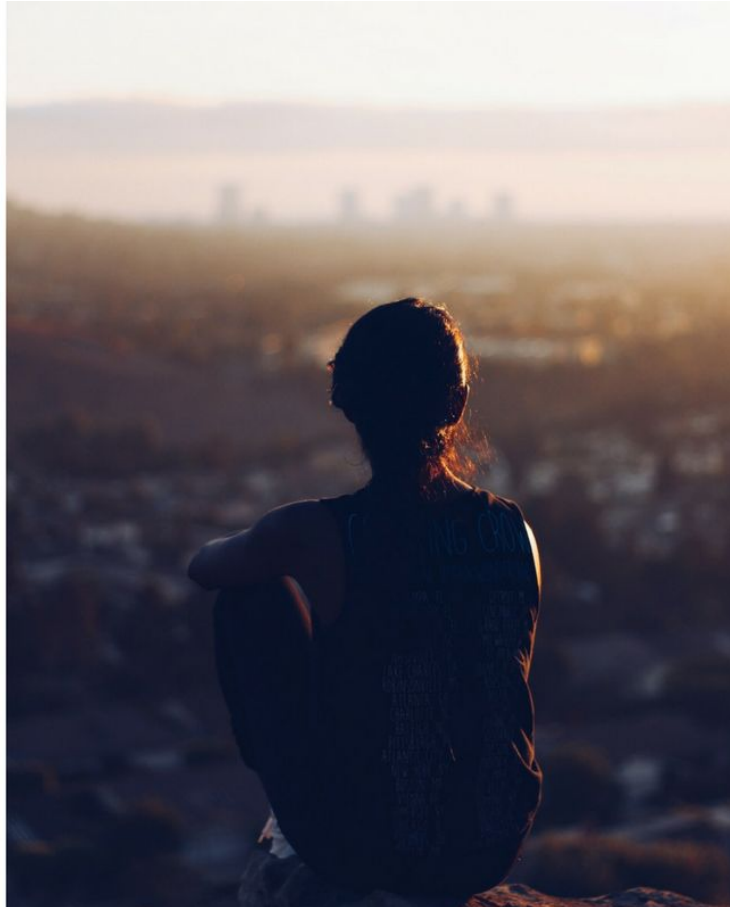


Perth Sound Therapy & Life Coaching

Article No. 005

Developing Spiritually in the Ego & Spiritual Pride

FREE EBOOK



*Are you focusing your spiritual development in your Ego?
And How would you Know?*

Any experience that you engage in which creates or supports separateness from you and your environment and humanity is the work of your egoic structure.

Any experience you engage in where the impact and outcome only works in your favour in some way is the work of your egoic structure.

Have you ever noticed when you've gone to do some sort of workshop or visited a 'spiritual', 'healing' type class, person or organisation that perhaps the service that was offered was good but there was something missing? Or perhaps a group you've connected with appear to present themselves to be connecting with you but you still feel you're not a part or included in that group. It may be that you are included to a certain degree but there is an invisible line where

you can sense you are not permitted to cross. In my experience this is where a particular group or person has become involved in self development and spiritual practices only within the egoic self and so when you come across them you will find separation at some level between you and them, elitism, limits in collaboration opportunities or some order of hierarchy that is imposed as opposed to a highly developed person who has remained humble and with humility who naturally attracts people to them.

We have been taught that we are a species that is best run by competition and to adhere to the model of survival of the fittest. To survive we must be better than our neighbour and if it comes to it we may need to completely separate ourselves from whole nations with prejudice to attain what it is we think we need to survive and be better off. The current, new science and what we know in our hearts is that the only way we will survive as a co inhabitant on this earth is through connection, coherence, collaboration and mutual aid.

Recently over the last 4 weeks i have been doing 22-24 hr fasting everyday. The amazing insights i have experienced during this time have all been to do with my egoic structure. For me it has been more obvious to identify my ego in my day to day living where there have been displayed attributes such as righteousness and superiority however it has been an insightful journey to discover that my lesser mind attributes which might be cycles of sadness, flatness, feeling like a victim and so on are all within my egoic structure as well.

In the first few days of fasting it was evident how sugar in my body immensely exaggerated any anxiety, anger or distress within my being With greatly declining the amount of sugar in my body also greatly decreased the degree of intensity of any distress within my body. Thus alleviating to some degree the potential to become overwhelmed by environmental stimulus.

My mind and heart mind began to become clearer and my perception greater. During my interactions within my environment i began to see so clearly my egoic structure wanting to uphold itself, make itself right or define a role or position to create a false sense of security or protection. All of these things are self centred in that they are solely focused on 'Storme' her ego and how to maintain it.

So how do we know if what we are engaging in is purely self serving and feeding the ego?

The answer is not a simple one as we need to understand that there are many storylines and characters that inhabit our egoic structure which all have varying needs. Once we can gain some insight into these structures it is then we can begin to have compassion and kindness towards them, see their origins and make a conscious decision to practice mindfully each day to choose connection with our environment, recognise the ego in action and gently step aside from it to embrace collaboration and the energy of 'how can i serve?'

Poignant questions to determine if your Ego is running the show.

It is true to say that not every interaction we have with our environment is self serving however as we look deeper we will find that a great percentage of it is. This may become confusing as i hear you say-What's wrong with wanting to receive a benefit of some kind, make some money from a deal etc? Well there is a difference in the original seed of the motivation and need within yourself that determines whether you are coming from competition or mutual aid.

Diving well below the surface of our conscious mind we can be motivated from either side of the duality. It is likely we will be motivated to engage with our egoic structure to sustain our ideas of survival to serve ourselves if we are coming from the places noted at Number 1.

1.Low self worth,scarcity, lack, fear, consciousness of the good and bad duality, greed, dominance and power.

If we are motivated from the below at number 2. There can still be egoic structures employed however they are in closer alignment to our true expression and the engagement of self importance can be minimal and in highly developed cases non existent.

2. Wholeness, love and self love, compassion,acceptance, completeness, consciousness of unity and connection.

Here is where we can illustrate an example of spiritual pride or developing spiritually in your ego. Let's look at this example: Throughout my life experience i have been apart of many groups and had friends here and there but i couldn't say i felt like i have fitted in anywhere in particular. I recently met some people who appeared to show similar interests to me and we had spent some time together in which it felt mostly good. Over the years as i have developed my sound therapy and counselling business i have inadvertently also developed an attachment to the identity of myself as a sound therapist, the role and position i perceive it provides me in the community and therefore how i am viewed and included or excluded. One day there was a misunderstanding between myself and the other persons. Initially i was quite distressed. I was still fasting so with a clearer perception than normal i decided to ask myself some questions and identify closely my reactions and responses. The main reponses i had were about firstly being able to reconcile with the other party and secondly to have them understand my suffering as a result of this misunderstanding.You might think that the first was devoid of the ego and second all about my ego but in actual fact they were both involved in my egoic structure. The best part of me that was mainly devoid of the ego was the part that wanted more understanding of myself and the other party so that i would not be offended in anyway, be completely accepting, inclusive of the combined suffering and have no expectations of any outcomes whatsoever.

So let's un pick it further. What was my motivation to reconcile? Well i felt excluded from this other party, i felt harmed and bullied so what i wanted was to to be able to have an

opportunity to reconcile so i could be understood. Well who is this I? The 'I' that wanted to be understood and to be accepted back into the group again was a part of my egoic structure that felt victimised and excluded it was a part of me that believes that we are all separate and that our suffering is separate from one another. The root origin of this motivation was a seed of separateness and being a victim. This is not to say that i did not also at the same time have compassion and care for the other party however it was important for me to examine what percentage of me was about helping myself to feel better, to try and recreate a sense of inclusiveness for myself and in doing this explain myself to maintain a position of who is right and who is wrong.

In an enlightened state it is no matter to a person if there has been a supposed 'wrongdoing' or right doing' what is important and prevalent is a state of compassion for oneself and the environment without discrimination. Once i understood this within myself the feelings of needing to reconcile were abated and i felt a higher percentage of compassion for the other party and an acceptance of who they are and what they were experiencing with a lessening of compulsion in myself to need to follow through the original impulses.

What i could see also was that there was a combination of a recognition of the other parties suffering and an impulse in me to want to try and help them with some sound therapy and treatment work but also an egoic structure that would want to offer this assistance as it would provide the egoic structure an opening to be included again and connected with this other party so we wouldn't feel excluded. Once i had identified this i no longer felt compelled to push for the other party to engage with me in this way. In place of this i felt acceptance of what was happening and a heightened state of compassion and care without a need to pursue my offer. I had already communicated i was open to assist at anytime and that was understood, there was no longer a compulsion to go on about it. The compulsion was fuelled by my ego.

The second point which was present was where i wanted to be understood. This was a more obvious egoic structure as it was about my needs fundamentally. It is not that my needs are not important however when ones needs are a driving force that could contribute to defining positions and causing separation then it is a clear indicator that it is an egoic structure that needs to be unpicked, understood, to find the root cause of the structure and provide some healing and resolution for this part of yourself. It is then we can be closer to a place of connection, consideration and acceptance of ourselves the other party and the presented conflict with a higher potential for peace and reconciliation.

As i worked through all of this it was from no small effort of myself and my colleague who helped with the treatment sessions and hypnosis to come to these understandings. I did have a query to myself that if this work is as hard as this everytime i may not be able to keep up! The good news is that when you do have deep understandings and come to know the nature of yourself and your ego the knowing stays with you so with each bump in the road the knowings build momentum and strength to assist you with each bump in the road.

Think of a conflict you have had with another person, an organisation or your environment. Identify and write down what are the strong thoughts you have mulled over and over about this other party? Look deeply and take your time to really understand what your thoughts and feelings are.

What action have you felt compelled to undergo to supposedly remedy, dispel or protect yourself from this other party?

Once you have identified this ask yourself the following questions.

-What is the surface motivation of the comment, communication or action you are feeling compelled to pursue? Assess your response to see if it is coming from a place of needing to justify, define a position or defend yourself-if you find it does this would indicate this is your ego at work.

-What is the expected outcome of pursuing this for you? And what is the expected impact and outcome to your environment? What do you really want to achieve? And what part of you is it that feels victimised and have you in fact participated in the bullying role as well?

-Is the expected outcome for yourself one that alleviates a tension within yourself and satisfies this tension or provides a type of relief for you? If your answer is yes this would indicate again that you are wanting to distract from what lies underneath and you are wishing to somehow get rid of the uncomfortableness inside you by sending anger or blame to the other person so you may feel better in some way.

-Is your action or communication within your environment coming from a place of responsibility and compassion for your role amongst the greater good? This is where we need to find our humility and practice being humble to identify our true motivations. What are we truly trying to achieve here? Do we want peace and resolution? It is at this point where we commonly tend to fall into a victim state and experience feelings of low self worth and self doubt and this is for a reason. It is a part of our processing to lessen the holds of the ego to be able to identify our real motivations. Once we can do this we can then practice love, acceptance and kindness towards ourselves and our composition as a human being which leads to a greater understanding of the combined suffering of the human consciousness leading to a place of compassion.

The peace and resolution you seek is actually within yourself and if we can sift through the layers of our ego which cause separation we understand that our suffering is not our own and what we really want is to remain connected and for our hearts to be full of compassion and also for our local and global community as well. If we can see clearly past the egoic structures of those around us we will see they have these common desires as well. This is where we want to connect into.

This is where we need to be the change we want to see around us. It starts by each one of us making these personal changes, responsible choices and mindfulness practices to tread gently, speak kindly no matter what the situation and practice compassion for ourselves and those around us including our earth and all who inhabit it.

The ego is a construct of our mind. A big problem in our world as we know it now is the dominant focus on the mind and using only the mind to navigate our way through life. Our way

forward is to connect to our heart brain, our gut brain with our intellectual brain to work coherently as a three brained being and move into operating as a human 'being' and not a human 'thinking' or a human 'doing'. It has been scientifically shown that we all have neural cells in our heart and in our gut. If you think about it we already know this where we have felt something was a good thing as our heart has detected a high and positive resonance in something or we had a gut feeling something wasn't right. Research and take a read through the Heart Math Institutes website. This is a science based institution that has proven the importance and validity of heart brain coherence for us and our wellbeing.

Here is the link to the website: <https://www.heartmath.org/>

Until next time and thank you for having a read of this article:)

I am available in person or via skype to take any appointments should you wish to work through the ego and come closer to your true nature. It can be frustrating to try to unpick this on our own it is again through collaborating and connecting to one another we can work through it together. The choice is yours. 'To connect or to separate that is the question.'

Love
Storme